

Ways to use the Top 10 Oils



Lemon



I A T N

- Diffuse to improve mood & purify air.
- Add 1-2 drops in your 8 ounce glass of water to cleanse the body & aide in digestion.
- Clean your fruits and veggies, just add 10 drops to a bowl with water and soak.
- Use to clean & disinfect surfaces, as well as protect your leather.
- Apply to a cloth to clean silver and other metals.
- Apply to throat when sore.
- Helps with seasonal threats when mixed with lavender & peppermint.
- Use 1-2 drops to remove sticky residues from surfaces.
- Use on wood finishes: just add a few drops to olive oil to clean, protect & shine.

Try This... Add 5-8 drops to your store bought classic hummus!

Lavender



I A T N

- Diffuse to promote feelings of relaxation.
- Helps skin recover quickly: apply if you spent too much time in the sun or grabbed a hot pan!
- Eases feelings of tension: apply to temples and the back of the neck, layer with peppermint.
- Apply to the bottoms of the feet, neck and wrists for a better night's sleep.
- Add to bath water to soak away stress.
- Mix with peppermint and lemon for relief of seasonal threats.
- Add a few drops on the cardboard inside the toilet paper roll.
- Apply to bug bites or skin irritations.

Try This... Mix a few drops with your non-scented lotion and apply before bed to soothe skin & help with sleep.

Frankincense



I A T N

- Take 1-2 drops under the tongue or in a veggie cap to support cellular function, reduce inflammation, help strengthen immunity, and ease anxious feelings/improve mood.
- Diffuse with wild orange to promote feelings of confidence.
- Helps skin recover quickly: combine with lavender & melaleuca for "owies", skin irritations & blemishes.
- Eases feelings of head tension: apply to temples and the back of the neck, layer with peppermint and lavender.
- Diffuse with lavender for a better night's sleep.
- Massage into hands and feet after a long day for a warming and soothing effect.

Try This... Add to facial moisturizer or lotion to reduce the appearance of blemishes and rejuvenate skin.

Peppermint



I A T S

- Helps reduce bloating, gas & indigestion.
- Add 1-2 drops to 8 ounces of water for fresh breath & help with stomach upset.
- Eases feelings of stress and tension: apply to the back of the neck to help relax.
- Apply to back of neck and temples for head tension.
- Promotes clear breathing: apply to chest before a workout or yoga.
- Pair with wild orange for energy & focus.
- Eases seasonal threats when paired with lemon & lavender.
- Cools body: apply to back of neck and along spine when temperature is elevated.

Try This... Add 1 drop to your chocolate protein shake OR... Add 5-10 drops to your favorite brownie mix & bake!

Melaleuca (TEA TREE OIL)



I A T N

- Apply 1-2 drops on areas of skin that are irritated (breakouts, cuts, bites, etc.)
- Are your ears bothering you? Apply a few drops to a cotton ball and place the cotton ball inside your ear.
- Feeling "Under the Weather"? Gargle with Melaleuca and water, take 1 drop in a veggie cap, or combine with On Guard, Lemon, Oregano & Frankincense for the "Immunity Bomb"!
- Helps with nail & skin health
- Know a teacher, student or parent? Studies have shown that lice do NOT like Melaleuca!
- Use for seasonal threats
- Apply to chest or diffuse for respiratory relief

Try This... Add to your shampoo or conditioner for a cooling effect that will help wake you up in the morning & protect against lice!

Digestzen



I A T N

- Add to water, tea or take 1-2 drops in a veggie cap daily to maintain a healthy GI tract
- Apply to chest for heartburn
- Use for motion sickness
- Have it on-hand during the holidays or when you overindulge with a heavy meal
- Apply to the bottoms of the feet (diluted) on children to help ease digestive issues
- Apply to your stomach to ease digestive discomfort or nausea

Try This... When seasonal threats are bothering you, apply a drop on your forehead, in between your eyes. Seems weird, but it works for a lot of people!

Breathe



A T S

- Opens Airways: Apply to chest and bottoms of your feet for respiratory support.
- Apply to chest & diffuse when feeling anxious
- Helps with snoring: apply to chest, bridge of the nose & under toes.
- Diffuse with lavender for better sleep.
- Helps with seasonal threats.
- Apply to chest before a workout or yoga.
- Add 4-8 drops along the perimeter of your shower, inhale steam.

Contains: Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara Leaf, Cardamom

On Guard



I A T N

- Supports healthy immune function
- Cleans surfaces, use to disinfect & purify
- Combine a few drops with fractionated coconut oil to create a natural hand cleaner
- Feel a cold sore coming on? Apply a drop (diluted) to area of concern, every 3-4 hours
- Diffuse to purify the air (it also keeps ants away)
- Take 1-2 drops internally daily to support a healthy immune system
- Gargle with water as a healthy mouth rinse or for an irritated throat
- Bladder trouble? Apply topically or take internally

Contains: Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary

Try This... Apply (diluted) to the gums for tooth discomfort.

Deep Blue



T S

- Soothes sore muscles & aches joints
- Supports healthy circulation
- Reduces inflammation
- Apply to the back of your neck and brain stem for head tension
- Use on knees, wrists, back, neck (any area that is causing discomfort)
- Rub on growing kids legs to help with growth spurts
- Apply on feet before or after a workout or long day
- Perfect blend for a soothing massage

Contains: Wintergreen, Peppermint, Camphor, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus

Try This... Add a few drops to your epsom salt bath after a long day or strenuous workout.

Oregano



I A T D

- Natural immune support
- Excellent source of antioxidants
- Supports healthy respiratory function & digestion
- Use as a powerful cleansing & purifying agent
- Use internally as part of a monthly cleansing regiment for GI health
- Feeling "Under The Weather"? Combine with On Guard, Lemon, Melaleuca & Frankincense to create an "Immunity Bomb"
- Combine with Frankincense to aide in the removal of warts, skin tags and cysts.
- Dealing with any sort of toenail fungus? Yup... Oregano Oil!

Try This... Add to your favorite marinara sauce! Remember, a little goes a long way, you will likely only need 1-2 drops!

Safety & Usage

A AROMATICALLY

- Place a drop in palms & inhale
- Add oil to a batch of laundry or to dryer sheets
- Use as a household cleaner
- Add to diffuser to boost mood, cleanse air & provide respiratory support

I INTERNALLY

- Add desired oils into empty gel cap
- Place under your tongue or gargle
- Add to a glass of water - Use glass or stainless steel

T TOPICALLY

- Apply 1-2 drops localized area or bottoms of feet, wrists, or back of neck
- Use Fractionated coconut oil to help oils absorb into skin & prevent any skin sensitivities
- Follow dilution chart for kids
- Add 2 drops to a bath
- **Avoid UV rays for up to 12 hours after applying citrus oils. They are photosensitive and may cause burn. Apply to bottoms of feet, or area that is covered if you will be in sun.**

These are guidelines only, responsibility belongs to user. References such as the **Modern Essential Guide Book (or app)**, **The Essential Life Book** are recommended.

Do not put oils in eyes, nose, or ears. If oils get into your eyes, use a carrier oil (any vegetable oil) on a napkin to gently rub out. Do not use water.

N NEAT can apply without a carrier oil

S SENSITIVE SKIN
Dilute for young or elderly

DILUTION GUIDE *made easy*

10ML ROLLERBALL

AGE	DROPS of EO
0-12 months	1-6 drops
1-5 years	6-15 drops
6-11 years	15-30 drops
12+ years	15-40 drops
Elderly	6-15 drops

SINGLE USE FROM BOTTLE

Babies Under 1 year old

1-2 drops Essential Oil
1 Tbsp Carrier Oil

Child

1-2 drops Essential Oil
1 Tsp Carrier Oil

12+ years old

1-2 drops Essential Oil
3 drops Carrier Oil



TIP

Many people 12 years & older find that filling a 10ml rollerball 1/3 full with essential oils & the remainder with a carrier oil, works well.

It's always advisable to use several small doses throughout the day rather than a single large dose. Start with the lowest possible dose (1-2 drops) and skin patch for sensitivity. Because every individual is unique, the dose will vary for each individual based on size, age, and overall health status.