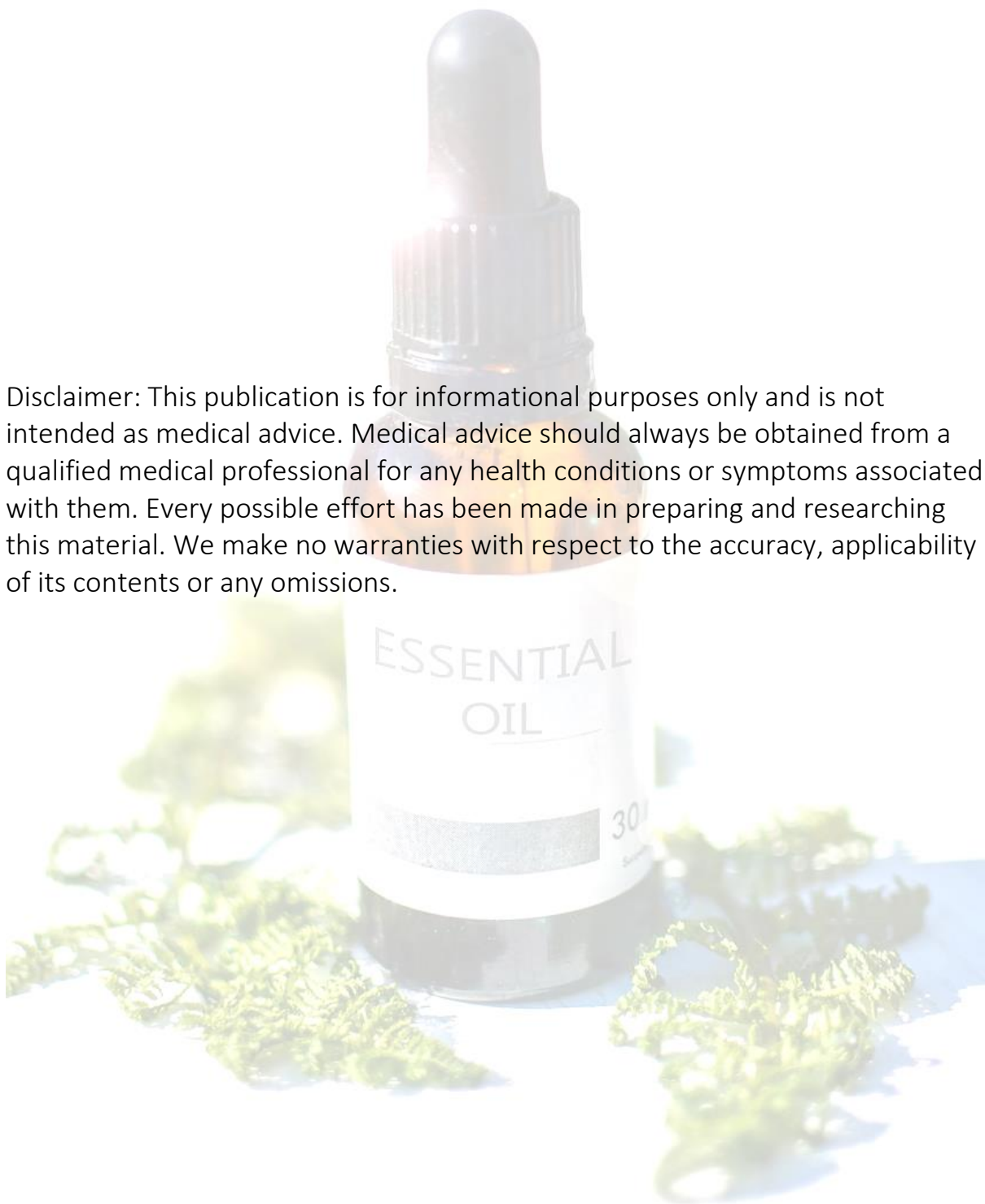




50 Health And Wellness Uses for Essential Oils & Aromatherapy Cheat Sheet

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➤ How To Use Essential Oils Topically

Never use carrier oils topically without blending them with a carrier oil

Blend Dilution Formula

Dilute with

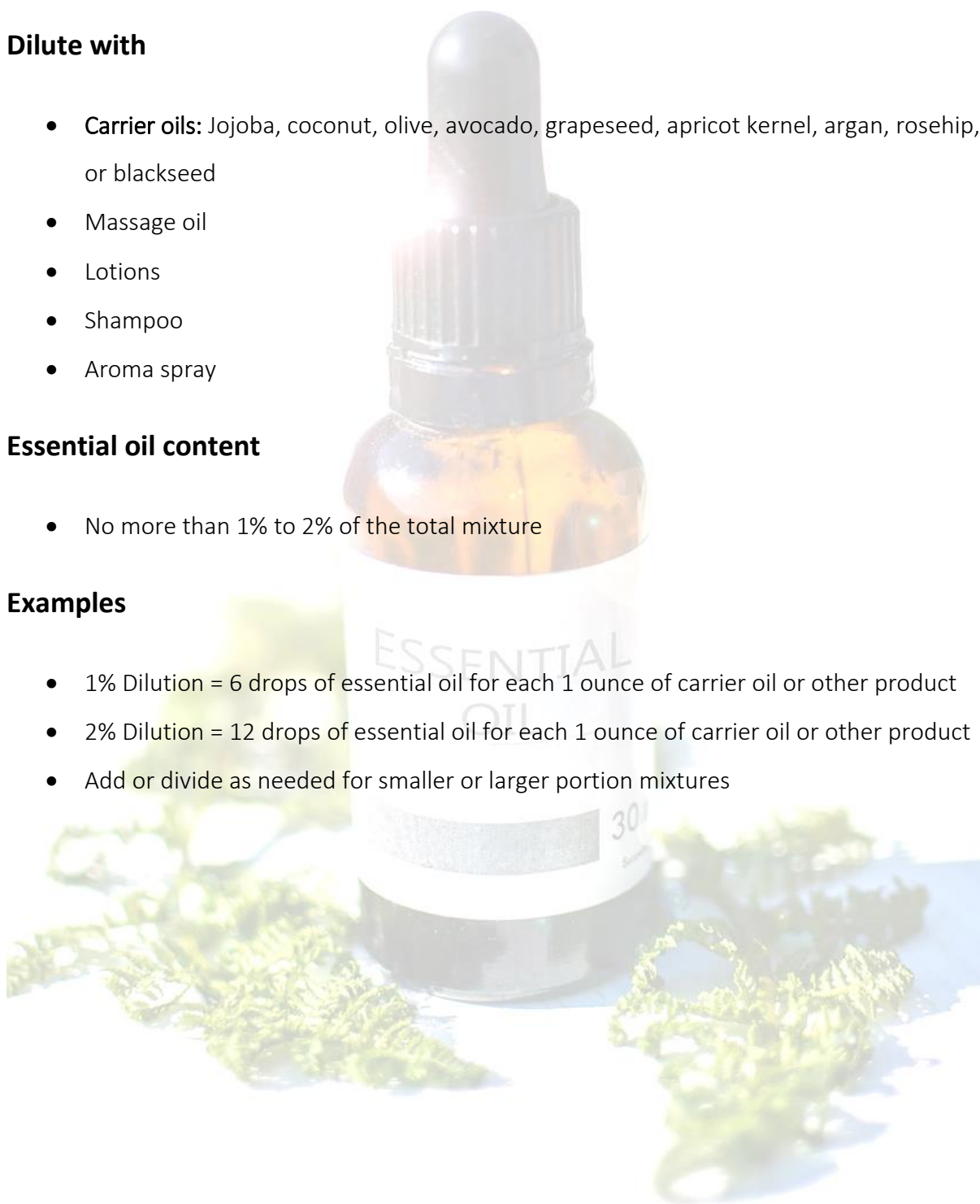
- **Carrier oils:** Jojoba, coconut, olive, avocado, grapeseed, apricot kernel, argan, rosehip, or blackseed
- Massage oil
- Lotions
- Shampoo
- Aroma spray

Essential oil content

- No more than 1% to 2% of the total mixture

Examples

- 1% Dilution = 6 drops of essential oil for each 1 ounce of carrier oil or other product
- 2% Dilution = 12 drops of essential oil for each 1 ounce of carrier oil or other product
- Add or divide as needed for smaller or larger portion mixtures



➤ How To: Inhale Essential Oils

- ✓ Aromatherapy diffuser
- ✓ Aromatherapy candles
- ✓ In a hot bath
- ✓ A few drops on a handkerchief or tissue
- ✓ A few drops on pillowcases
- ✓ 1 or 2 drops in a steaming cup or bowl of hot water

➤ Use Only 100% Therapeutic Grade Oils

It's incredibly important that you use only *100% pure therapeutic grade* essential oil rather than those that just contain the aroma. The cheaper oils don't contain any of the medicinal value that is in pure essential oils.



➤ Stress Relief

- ✓ Lavender
- ✓ Ylang ylang
- ✓ Lemon
- ✓ Bergamot
- ✓ Peppermint

➤ Fight Depression

- ✓ Lavender
- ✓ Peppermint
- ✓ Jasmine
- ✓ Chamomile

➤ Memory Boosting

- ✓ Sage

➤ Energy Boost

- ✓ Sage
- ✓ Black pepper
- ✓ Jasmine
- ✓ Cardamom
- ✓ Angelica
- ✓ Rosemary
- ✓ Clove
- ✓ Tea tree
- ✓ Cinnamon
- ✓ Citrus: lemon and orange



➤ Quicker Healing

- ✓ Rosehip
- ✓ Lavender
- ✓ Buckthorn
- ✓ Calendula
- ✓ Helichrysum (Everlasting oil)

➤ Headache Relief

- ✓ Rosemary
- ✓ Peppermint
- ✓ Sandalwood
- ✓ Eucalyptus

Inhale or blend with a carrier oil (sesame, almond, jojoba, or avocado) and rub on temples, skin, neck, and scalp

➤ Sleep Regulation

- ✓ Lavender
- ✓ Jasmine
- ✓ Sandalwood
- ✓ Chamomile
- ✓ Sweet marjoram
- ✓ Neroli
- ✓ Ylang ylang
- ✓ Benzoin

➤ Stronger Immune System

- ✓ Eucalyptus
- ✓ Oregano
- ✓ Cinnamon
- ✓ Frankincense
- ✓ Peppermint
- ✓ Lemon



➤ Pain Relief

- ✓ Lavender
- ✓ Peppermint
- ✓ Juniper
- ✓ Chamomile
- ✓ Rosemary
- ✓ Clary sage
- ✓ Eucalyptus

➤ Digestion

- ✓ Chamomile
- ✓ Ginger
- ✓ Lavender
- ✓ Dill
- ✓ Clary sage
- ✓ Fennel

➤ Acne

- ✓ Tea tree oil

➤ Skin Conditions

- ✓ Calendula
- ✓ Drop in a bath or use with carrier oil and massage it into the skin

➤ Mental Focus

- ✓ Peppermint oil in a diffuser
- ✓ Peppermint oil mixed with water to drink



➤ Indigestion

- ✓ Peppermint oil in a diffuser
- ✓ Peppermint oil mixed with water to drink

➤ Bug Bites

- ✓ Frankincense

➤ Anti-Bacterial

- ✓ Oregano

➤ Concentration and Mood Boost

- ✓ Lemon
- ✓ Orange
- ✓ Citrus blends

➤ Jet Lag Fatigue

- ✓ Grapefruit

➤ Antiseptic

- ✓ Grapefruit

➤ Allergies

- ✓ Eucalyptus
- ✓ Use in baths, vaporizers, or diffusers



➤ Mental Fatigue

- ✓ Rosemary
- ✓ Eucalyptus
- ✓ Basil
- ✓ Peppermint

➤ Bug Repellent

- ✓ Citronella
- ✓ Eucalyptus
- ✓ Lemongrass

Mix essential oils with a carrier oil as a topical solution or use in a diffuser

➤ Indoor Air Quality

- ✓ Cinnamon contains anti-microbial properties to remove allergens and pollutants in the air

➤ Anxiety

- ✓ Lavender

➤ Yoga Performance

- ✓ Blend citrus and clove to clean yoga mats
- ✓ To aid relaxation and yoga performance inhale sandalwood or lavender or blend the two

➤ Cellulite

- ✓ Mix grapefruit essential oil with coconut as a carrier oil and massage cellulite areas



➤ Fresher Breath

- ✓ Peppermint essential oil is the ideal way to give your breath a natural freshness

➤ Dandruff

- ✓ Massage a blend of basil, lavender, or cedarwood and shampoo into your scalp

➤ Nail Strengthening

- ✓ Blend lemon, frankincense, and myrrh with vitamin E oil and massage directly into your cuticles

➤ Whiter Teeth

- ✓ Mix coconut oil with lemon oil and strawberries, rub across your teeth, and let it sit for two minutes before rinsing

➤ Age Spots

- ✓ Frankincense

➤ Nausea

- ✓ Inhale peppermint oil and/or blend with a carrier oil and apply to the upper chest and neck
- ✓ Inhale lavender
- ✓ Inhale ginger



➤ Stretch Marks

- ✓ Grapefruit
- ✓ Frankincense
- ✓ Myrrh

Blend with coconut oil and rub on stretch marks

➤ Dry and Cracked Feet

- ✓ Blend lavender with coconut oil, apply to feet, and put on soft socks

Use at bedtime or during the day

➤ Congestion and Coughs

- ✓ Inhale eucalyptus

Use a diffuser or add 1 or 2 drops to a hot cup of water

➤ Burn Treatment

- ✓ Aloe Vera plus lavender

➤ Asthma Relief

- ✓ Mix coconut oil with peppermint and eucalyptus oil and rub on the chest and neck

➤ Bruises

- ✓ Compress with hot water and a few drops of frankincense and lavender – apply to bruised area



➤ Reduce Teeth Grinding

- ✓ Blend a few drops of lavender essential oils with jojoba oil and rub it behind your ears and the bottom of your feet at bedtime

➤ PMS Relief

- ✓ Add 2 to 3 drops of rosemary, sage, and basil to a warm towel and place over your stomach

➤ Beat Cravings

- ✓ Cinnamon oil
- ✓ Peppermint oil

➤ Relieve Arthritis Pain

- ✓ Blend unscented lotion with wintergreen, lemongrass, and cypress oils and massage affected areas

➤ Sunburn Soother

- ✓ Chamomile or lavender oil combined with coconut oil reduces swelling and sunburn pain

➤ Blisters

- ✓ Blend a carrier oil with tea tree oil and apply to blisters as much as five times throughout the day



➤ Morning Sickness

- ✓ Add a drop or two of ginger, wild orange or lemon oil to a hankie and keep it handy to inhale as needed

➤ Reducing Back Pain

- ✓ Blend coconut oil or any unscented massage oil with cypress, ginger, and peppermint and apply to the affected muscles

➤ Treating Poison Ivy and Poison Oak

- ✓ Add peppermint oil to an unscented oil and apply it to affected areas

➤ Skin Health

- ✓ A quick spritz of rosewater won't just give your day a boost – it also helps keep your skin's pH balance right

➤ Hair Growth

- ✓ Rosemary

➤ Fatigue

- ✓ Patchouli oil that also relieves stress has an earthy, woody smell – so a quick dab behind your ears could keep you on course all day
- ✓ Rosemary
- ✓ Basil
- ✓ Peppermint
- ✓ Eucalyptus
- ✓ Geranium

