

ESSENTIAL OIL CHEAT SHEET

Your A to Z Guide

You can use essential oils in 3 ways; Topically, Internally, and Aromatically. If the bottle has a 'supplement' box on the label, it has been specially formulated to use internally. When diluting* essential oils, use coconut oil at a ratio of 1:1. It is not necessary to dilute essential oils, but for some oils which are particularly cool (Peppermint, Wintergreen) or hot (Oregano, Cinnamon, Clove, Cassia), it may not be comfortable on your skin without diluting, and may be particularly uncomfortable for a child. If the oils get in the eyes, it will sting but will not do damage. Simply rub a few drops of your diluter oil on the eye and it will relieve the discomfort. When you are not sure which oils to use, don't be afraid to mix several oils because the body will gain a myriad of benefits. Any oils can be mixed. If you are not sure how to apply the oil, know that you can ALWAYS rub it on the bottoms of the feet and you'll get the full effect. For the occasional need, apply 2-3 drops 2-3 times a day. For more serious needs, apply 2-3 drops every hour. For discomfort and digestion support you would typically rub the oils right on the spot of discomfort. For oral application, dilute with coconut oil and rub on gums, teeth or swish around in the mouth, or drop into an empty gel cap.

*To dilute you can also use Olive Oil, Vegetable Oil, or Grape Seed Oil.

USE OF OILS

ESSENTIAL OILS FOR SUPPORT

Antioxidant	Frankincense, Wintergreen, Myrrh, Clove, Lavender, Thyme, Peppermint, Melaleuca, Lemongrass, Eucalyptus, Helichrysum
Bad breath	Peppermint, Lemon, Clove, Melaleuca, Cinnamon
Beautifies and naturally hydrates skin	Frankincense, Helichrysum, Cypress, Lavender, Geranium, Sandalwood
Cleanse and purify the skin	Melaleuca, Thyme, Lavender, Geranium, Peppermint, Rosemary
For eye health	Melaleuca, Purify, Lavender
For healthy circulation*	Clove, Fennel, Deep Blue Polyphenol Complex, Black Pepper, Mito2Max, xEO Mega
For moisturized skin	Myrrh, Sandalwood, Geranium, Lavender
For occasional ear discomfort	Melaleuca, Wintergreen, Purify, Thyme, Lavender, Rosemary, Helichrysum, Peppermint, Eucalyptus, Deep Blue, OnGuard
For occasional nausea or morning sickness	Peppermint, Ginger, Wintergreen, Peppermint, Lemon
For occasional or mild heartburn	DigestTab
For occasional upset stomach	Ginger, Peppermint, DigestZen, Rosemary
For overall skin health	Melaleuca, Lemongrass, Oregano, Lavender, Helichrysum
For overall skin health (bump)	Cinnamon
For overall skin health (dry skin)	Lavender, Myrrh, Cypress, Geranium, Purify, Helichrysum
For overall skin health (head)	Melaleuca, Rosemary, Peppermint, Lemon, Lavender
For overall skin health (irritated skin)	Wintergreen, Peppermint, Myrrh, Eucalyptus, Melaleuca
Help soothe throat	Oregano, Lemon
Helps beautify the legs and hips	Grapefruit, Rosemary, Lemon, Cypress, Lemongrass
Helps relieve minor discomfort associated with normal menstrual cramps	ClaryCalm, Lavender, Clary Sage, Basil, Rosemary, Cypress, Vetiver
Helps with focus & staying on task	Basil, Lemon, Rosemary, Vetiver, Peppermint, Lemongrass, Frankincense, Lavender, Serenity, Sandalwood
Helps you breathe easier	Breathe
Immune system support	Eucalyptus, Breathe, OnGuard, Purify, Rosemary, Basil, Frankincense, Wintergreen, Oregano, Clove, Cypress, Lavender, Lemon, Marjoram, Peppermint, Thyme, Lemongrass, Melaleuca, Geranium
Immune system support	Cypress, OnGuard, Thyme, Frankincense, Oregano
Immune system support	Breathe, Peppermint, OnGuard, Eucalyptus, Thyme, Melaleuca, Rosemary
Intestinal microbial cleanse	Lemongrass, OnGuard, Basil, Peppermint, Ginger, Cumin, Melaleuca, Rosemary
Keeps skin hydrated for dry nipples	Myrrh, Lavender, Geranium, Sandalwood
Maintain clear airways, support respiratory health	Breathe, OnGuard, Eucalyptus, Rosemary, Thyme, Clove, Wintergreen, Oregano, Melaleuca, Myrrh, Purify, Deep Blue

Maintain clear airways, supports respiratory health	Wintergreen, Breathe, Eucalyptus, Lemon, Lavender, Frankincense, Marjoram
Maintains healthy cholesterol levels that are already within normal range*	Lemongrass, Rosemary, Clove, Helichrysum
Non-toxic cleaner	Melaleuca, OnGuard, Thyme, Clove, Oregano, All Citrus Oils, Rosemary, Cinnamon, Cassia, Lavender, Eucalyptus, Cypress, Wintergreen, Peppermint
Reduces oxidative stress by decreasing emotional stress	Clove, Helichrysum, Cypress
Reduces sad and anxious feelings; also, helps you relax, calms emotions, soothes away tension, relieves restlessness, eliminates irritability	Serenity, Balance, Elevation, Peppermint, Ylang Ylang, Rosemary, Lemon, Frankincense, Lavender, Sandalwood, Rose, Clary Sage, Fennel
Soothe irritation for bug bites	Purify, Lavender, Eucalyptus, Melaleuca, Peppermint, Rosemary, Deep Blue, Wintergreen
Relieves head and neck tension	Peppermint, Wintergreen, Frankincense, Deep Blue, Lavender, Helichrysum
Relieves minor discomfort such as muscle discomfort following exercise	Deep Blue, Wintergreen, Peppermint, Frankincense, Helichrysum, Ginger, Lavender, Rosemary
Relieves occasional constipation	Peppermint, DigestZen, Ginger
Relieves occasional or mild acid indigestion; also, for occasional upset stomach, aids digestion, and alleviates gas or bloating	DigestZen, Peppermint, Ginger, Grapefruit, Lemongrass, Lemon, Oregano, Thyme
Relieves occasional sleeplessness	Lavender, Serenity
Relieves pressure	Lavender
Seasonal threats	Lavender and Wintergreen
Sinus support	Breathe, Eucalyptus, Peppermint, Deep Blue, Melaleuca, Rosemary, Lavender, Geranium
Soothe mouth while maintaining overall oral health	Clove, Melaleuca, Wintergreen, Helichrysum, Eucalyptus, Thyme, Oregano, OnGuard, Deep Blue, Sandalwood, Peppermint, Purify
Soothes minor skin irritations	Melaleuca, Lavender, Purify
Soothes minor skin irritations	Melaleuca, Clove, Thyme, Oregano, Purify, OnGuard
Support bone health	Thyme, Deep Blue, Helichrysum, Wintergreen, Peppermint, Lemongrass, Frankincense
Support overall respiratory health	OnGuard, Breathe, Eucalyptus, Peppermint, Marjoram, Serenity
Support skin	OnGuard, Cypress, Melaleuca, Oregano, Sandalwood, Thyme, Peppermint
Support skin	Wintergreen, Deep Blue, Peppermint, Basil, Lavender, Oregano, Helichrysum, Rose
Support the circulatory and central nervous system	Wintergreen, Serenity, Basil, Marjoram, Lavender, Cypress
Supports cartilage and joint function	Wintergreen, Deep Blue, Peppermint, Clove, Helichrysum, Frankincense, Marjoram, Basil, Cypress, Lemongrass
Supports healthy brain function*	Peppermint, Basil, Sandalwood, Frankincense
Supports overall gastroenterological health	DigestZen, Ginger, Oregano, Clove, Lemon
Supports overall respiratory health	Breathe, OnGuard, Oregano, Melaleuca, Thyme, Eucalyptus, Peppermint
Supports the immune system against seasonal threats	OnGuard, Peppermint, Thyme, Oregano, Eucalyptus, Melaleuca, Rosemary, Purify, Breathe, Frankincense, Peppermint, Wintergreen, Lemon, Clove, DigestZen
Supports tissue integrity	Geranium, Helichrysum, Lavender, Wintergreen, Peppermint, Deep Blue, Serenity, Frankincense, Lemongrass, Basil, Cypress, Marjoram, Vetiver, Eucalyptus, Rosemary

*Disclaimer: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health provider for medical treatment. Statements with asterisks refer to internal use. *These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

