

Tips on how to use the essential oils in your



Everyday Oils collection

The **Everyday Oils Collection** was created by *Young Living Essential Oils* (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils.

The **Everyday Oils Collection** contains nine oils. Frankincense (*Boswellia carteri*), Lavender (*Lavandula angustifolia*), Lemon (*Citrus limon*) and Peppermint (*Mentha piperita*). And the oil oil blends: PanAway, Peace & Calming, Purification, Thieves and Valor.

In the following pages you'll find some good reasons why you should never leave home without your essential oils.

Grab the oils anytime you experience 'symptoms'. Start with one and if you don't get relief after a few minutes, try the next one and keep going until you get the result you are after!

SOME WAYS TO USE YOUR ESSENTIAL OILS:

Dietary Supplements: All **single** oils may be used as dietary supplements. Try adding a drop or two of Lemon or Peppermint to water and drink, or use neat on the tongue.

Inhale: Inhale any of the oils from the bottle, or rub on your hands and inhale.

Diffuse: Add any of the oils to a spray bottle of clean water and mist into the air, or mist Lavender onto your skin. Can also sprinkle oils onto a cotton ball or towel and place in enclosed areas.

Direct Application: All of the oils can be safely applied to the body. The safest and easiest place to put them is on the feet (where there are reflexology points for the whole body!). Note cautions re using citrus oils and sun exposure.

Read on for some ideas on how to use and enjoy each of these powerful oils!

IDEAS FOR HOW TO USE SPECIFIC OILS:



PEPPERMINT: (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety centre, which triggers a sense of fullness after meals.

1. Rubbing 4-6 drops in the palm and rubbing over stomach and around the navel may help relieve occasional indigestion, flatulence, nausea and diarrhoea.
2. Adding a drop of Peppermint oil to hot water and drinking like a herbal tea may help aid digestion and heartburn.
3. Massaging several drops of Peppermint oil on a bruise may help to reduce tenderness and be soothing.
4. Rubbing several drops of Peppermint oil on the bottoms of the feet may help lower high temperature/fever.
5. Applying a drop of Peppermint oil topically on unbroken skin may help to stop itching.
6. Inhaling Peppermint oil before and during a workout may help boost your mood and reduce fatigue.
7. Placing two drops of Peppermint oil on the tongue and rubbing another drop under the nose may help improve alertness and concentration.
8. Rubbing a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck may help in soothing head pressures.
9. Applying a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck) may be beneficial in helping to stop hiccups.
10. Rubbing 4 drops of Peppermint oil on chest and stomach may help to relieve travel sickness.
11. Placing a drop of Peppermint oil on the tongue and inhale into the nose and sinuses may help stuffiness.
12. Drinking a drop of Peppermint oil mixed in a glass of cold water may help to cool off on a hot day.
- 13 Rubbing Peppermint oil on joints may be soothing.
14. Placing a drop of Peppermint oil on the tongue may help in stopping bad breath.
15. Inhaling the fragrance of Peppermint oil may help in curbing the appetite and lessen the impulse to overeat.



LAVENDER: (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing - physically and emotionally.

1. Rubbing Lavender oil on the feet may cause a calming effect on the body.
2. Rubbing a drop of Lavender oil on your palms and smoothed on your pillow may help you sleep.
3. Putting a drop of Lavender oil on a bee sting or insect bite may soothe itching, stinging and discomfort.
4. Putting 2-3 drops of Lavender oil may soothe a minor burn.
5. Dropping Lavender oil may soothe a skin irritation, rash, dry or chapped skin
6. Rubbing a drop of Lavender oil on chapped or sunburned lips may help discomfort.
7. Possible help in reducing and/or minimizing the appearance of scar tissue may be to try massaging Lavender oil on and around the area.
8. Rubbing a drop of Lavender oil between your palms and inhaling deeply may help in alleviating the discomfort of air borne pollen and/or dust.
9. Spritzing several drops of Lavender oil mixed with distilled water on sunburn may help soothe it.
10. Dropping Lavender oil on a cut may help clean the wound, sanitize and soothe it.



LEMON: (*Citrus limon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

1. Using 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with distilled water may help in the bathroom as an air freshener.
2. Using 1-2 drops of Lemon oil may remove gum, oil, grease spots or crayon.
3. Using 1 drop of Lemon oil may help add flavour to baked goods or beverages.
4. Use a drop or two on the tongue if you are craving something sweet.
5. Rubbing a drop of Lemon oil on the appearance of a corn, callous or bunion mornings and evenings may be soothing.
6. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
7. Adding 2-3 drops of Lemon oil to water and spraying counter tops may help sanitize them.
8. Soaking your dishcloth overnight in a bowl of water with a drop of Lemon oil may sanitize it.
9. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
10. Putting a drop of Lemon oil on sore gums may be soothing.
11. Rubbing two drops of Lemon oil topically may help to clear athlete's foot.
12. Rubbing several drops of Lemon oil on legs may improve circulation.



FRANKINCENSE: (*Boswellia carteri*) has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Frankincense is considered a holy anointing oil in the Middle East, where it has been used in religious ceremonies for thousands of years.

More recently, it has been used therapeutically in European and American hospitals and is the subject of substantial research. The ancient Egyptians used it in rejuvenation face masks. It has been used to treat every conceivable ill known to man. In ancient times it was valued more than gold and only those with great wealth and abundance possessed it. Frankincense has an approximate ORAC of 6,125 (TE/L). TE/L is expressed as micromole Trolox equivalent per litre.

1. May be useful for visualising, improving one's spiritual connection and centering.
2. Try inhaling if you need a mood booster or are feeling down. It has comforting properties that help with focusing the mind on the positive.
3. Apply neat or diluted for aging and dry skin.
4. May relax tight muscles when applied.



PEACE & CALMING: A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

1. Rubbing 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime may help you get good quality sleep.
2. Rubbing Peach & Calming on the stomach/solar plexus area may be soothing when upset or under stress.



PANAWAY: A blend of wintergreen (*Gaultheria procumbens*), which has an active constituent similar to cortisone; clove (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; peppermint (*Mentha piperita*), which is calming for nerves; and helichrysum (*Helichrysum italicum*), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

1. Applying PanAway oil topically on an injury that is bleeding will slow or stop bleeding, lessen pain, and help to cleanse the wound.
2. Applying PanAway oil topically on an injured area may be soothing.
3. Applying PanAway oil topically may help soothe sore muscles after exercising.
4. Rubbing a drop of PanAway oil on the temples, forehead and back of the neck may help with head pressure.
5. Rubbing 1-2 drops of PanAway oil on the joints may lessen pressure.
6. Rubbing 2-3 drops of PanAway oil at the base of the spine may help to soothe back pressure.



VALOR: Combining Rosewood (*Aniba rosaeodora*), Blue Tansy (*Tanacetum Annuum*), Frankincense (*Boswellia Carteri*) and Spruce (*Picea mariana*) in a base of Sweet Almond oil (*Prunus dulcis*), this blend came from the recipe used by soldiers going into battle in ancient Rome. Valor amplifies the benefits of any essential oils applied afterwards and is used in the Raindrop Technique®, Young Living's signature massage technique. When using a series of oils, ideally, apply Valor first and wait five to ten minutes before applying other oils.

1. Apply on the soles of the feet (or have someone do it for you and hold your feet for several minutes) and lie on your back to allow your body to correct its balance and alignment.
2. Inhale or apply to your wrist, chest and base of neck and base of spine when you need a boost of courage, confidence and self esteem.
3. Add to bathwater for a relaxing and balancing treat.
4. Add to a base oil (V6 Blend) to use in massage.



PURIFICATION: An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavandin (*Lavandula hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odours.

1. Diffusing Purification oil may help clean the air and neutralize foul or stale odours.
2. Putting several drops of Purification oil on a cotton ball and place in the air vents in enclosed areas may help control odours.
3. While travelling on planes, inhaling Purification oil during flights, may help in protecting yourself from pathogens found in the recirculated air. It may also help with jetlag.
4. Putting a drop of Purification oil on insect bites may help to cleanse and stop the itching.
5. Applying a drop of Purification oil on blemishes may help to clear the skin.
6. Rubbing a drop of Purification oil on the outside of the throat may be soothing when it feels irritated.
7. Rubbing a drop of Purification oil on a blister may help to cleanse and sanitize.
8. Putting 2 drops of Purification oil on two cotton balls and placing in the toes of smelly/damp boat shoes may help combat odours.
9. Spritzing several drops of Purification oil mixed with water may help to repel insects.



THIEVES: Thieves blend is formulated with highly antiviral, antiseptic, antimicrobial and anti-inflammatory essential oils. It was created based on research done on a group of thieves, who in the 15th century, protected themselves by using cloves, rosemary and other aromatics while robbing plague victims. University testing has shown this blend to be highly effective in supporting the immune system. It has been documented to kill more than 99.96% of bacteria that it comes into contact with. Ingredients include: clove, lemon, cinnamon bark, eucalyptus, rosemary.

1. Diluting with V-6™ Enhanced Vegetable Oil Complex and applying to cuts or open wounds may prevent infection and promote healing.
2. Mix with a tablespoon of water, gargle and swallow for a sore throat.
3. Put 1-2 drops neat either directly on or under your tongue for sore throat or laryngitis to restore your voice.
4. On a teaspoon mix a few drops in honey or agave and swallow for cough relief.
5. Apply undiluted directly to the skin of your upper chest and throat for bronchitis.
6. Place a drop on your thumb and apply to the roof of your mouth for a headache.
7. Put 10-12 drops in a size 00 capsule undiluted and swallow daily for immunity and longevity.
8. For acne, take internally and also apply to the skin, either neat or diluted with Young Living V-6™ carrier oil. Dab on pimples to make them disappear.
9. Put directly on the soles of your feet to protect you from colds and flu.
10. Breathe in the vapours when you have lung congestion.
11. Add to your laundry cycle for cleaner clothes.
12. Add to your mop water for cleaner floors.
13. Mix with water to make a spray to repel insects on your flowers and plants.
14. Use to dissolve the gummy adhesive on price labels.
15. Apply to bee and wasp stings to neutralise the toxin and relieve the pain.
16. Apply to gums to prevent and treat gum disease, maintain healthy teeth and reduce cavities.
17. Diffuse in homes or office to solve mold problems.
18. Drop into vents or A/C in hotels to eliminate germs.
19. Put on the tip of your tongue to help you stop smoking.
20. Put on cold sores or canker sores to make them disappear. Place a drop on the tongue and a drop in a glass of water every day for herpes.
21. Mix 50:50 with V6™ Vegetable Oil and rub on daily for relief from shingles.
22. For warts, apply topically, inhale and ingest in capsules to make them disappear.
23. Rub on the soles of children's feet for protection before school every day.
24. Diffuse in the home or office to kill airborne bacteria and ward off germs.
25. Diffuse to increase concentration.
26. Add a few drops to your carpet cleaner/steamer to disinfect carpet.
27. Inhale for relief of allergy symptoms.
28. Use in-flight to protect from germs on the plane.
29. Applying undiluted to toes and feet may combat fungus.
30. Use on a cloth for the remove permanent marker stains.
31. Apply a drop to your toothbrush to sanitize.

GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS

1. Always keep a bottle of pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.
3. Direct sunlight and essential oils. Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays with 3 to 4 days of use.
4. Keep essential oils away from eye area and do not put into ears. Do not handle contact lenses or rub eyes with essential oils on fingers. Oils with high phenol content - oregano, helichrysum, cinnamon, thyme, clove. Lemongrass, bergamot, Thieves and ImmuPower - may damage contacts and irritate eyes.
5. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel and Idaho tansy oils.
6. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
7. Before taking GRAS (Generally Regarded as Safe) essential oils internally, always dilute with an oil-soluble liquid like honey, olive oil or soy milk.

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician.

THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

References: Young, N.D., Gary D. An Introduction to Young Living Essential Oils. Eleventh Edition, 2001. Essential Oils Desk Reference. Compiled by Essential Science Publishing, Second Edition, July 2001.