

68 Ways to Use Aromatherapy Essential Oils for Beginner's

by Evelyn Vincent, Young Living Essential Oils Distributor #476766

Have you ever used a high quality therapeutic-grade essential oil before? If not, you are in for a wonderful surprise!

Young Living Essential Oils are the best I have ever found. I've been using essential oils for aromatherapy purposes for 20 years. But it wasn't until I discovered Young Living almost 9 years ago that I began using the oils in the hundreds of ways I had only read you could. My life and the methods I apply for healing and wellness, have forever been changed by discovering Young Living oils – I turn to them for absolutely everything!

The basics that you'll need to know...



YL oil applied directly to the skin w/V-6 massage oil.

Note: the suggested uses only apply to pure organic Young Living essential oils. Please do not use other brands of oils in the same ways we use Young Living oils, you results will not be the same.

- To “**dilute**” with a carrier oil means to mix with Young Living’s V-6 Massage Oil or an organic vegetable or massage oil.
- To use “**neat**” means to apply the Young Living essential oil full strength to the area of concern.

Discover uses for Lavender, Lemon, Peppermint, and the popular Thieves Blend...

The 68 Ways to Use Young Living Essential Oils can help anyone immediately use and appreciate the benefits of Young Living’s pure, organic, unadulterated, therapeutic-grade essential oils. Whether diffusing, applying topically, ingested as a dietary supplement, as air fresheners to kill airborne bacteria, as part of a First Aid kit, using to flavor beverages, in cooking or baking – Young Living’s oils will help you step into a world of wellness.

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. Rub a couple drops on the soles of feet for calming.
2. Rub a drop on your pillow to help you sleep.
3. Put a drop on a bee sting or insect bite to help stop itching and reduce swelling.
4. Put 2-3 drops on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops with V-6 Mixing Oil and use topically on eczema and dermatitis.
7. For motion sickness, place a drop on the end of the tongue, around naval or behind the ears.
8. To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
9. Rub a drop over the bridge of the nose to unblock tear ducts. (Keep away from eyes!)
10. Rub a couple drops of Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips. (Do not use during sun exposure.)
12. To minimize the formation of scar tissue, massage on and around the affected area.
13. Rub 2 – 4 drops over armpit area as a deodorant.
14. A drop between your palms, inhale deeply to help alleviate the symptoms of hay fever.

15. Rub several drops of Lavender oil into scalp to help eliminate dandruff.
16. Place a few drops on a cotton ball, put in your linen closet to scent the linens and repel moths and insects.
17. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. Put a few drops on a damp washcloth and throw into the dryer in place of dryer sheets.
19. Put a drop of Lavender oil on a cold sore.
20. Diffuse Lavender to alleviate symptoms of allergies.
21. Mix 7-10 drops drops of Lavender oil in a 4oz. spray bottle filled with water, to spray on sunburn to cool and soothe (shake before use).
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

LEMON – (*Citrus lemon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. Lemon oil has also been shown to elevate mood – tip: inhale lemon and lavender combined to uplift mood!

CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hrs.



24. Use 1-3 drops of Lemon oil to add flavor to salad dressings, baked goods or beverages.
25. For homemade lemonade, in a blender, add 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water. Tip: add 1 cup of ice (in place of water) to make a slushy.
26. Use 1-2 drops to remove gum, oil, grease or crayon.

27. Rub a drop on a corn, callous or bunion morning and evening.
28. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Be sure all surfaces of the fruit contact the lemon water.
29. Add 2-3 drops to water (in a spray bottle) and spray counter tops to sterilize them.
30. Soak your dishrag in Lemon oil overnight in water to disinfect and kill germs.
31. Add a drop of Lemon oil to your dishwasher before the wash cycle.
32. Rub a drop of Lemon on your hands after using a public bathroom.
33. Place a drop of Lemon oil on cold sores or fever blisters to lessen pain and aid healing.
34. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
35. Rub 2 drops of Lemon oil topically for athletes foot.
36. Rub 1 drop on a wart morning and night until it disappears.
37. Put 10-15 drops of Lemon oil in a gallon of carpet cleaning solution to pull out stains and brighten the rug. Note: do a test area first.

PEPPERMINT - (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermints effect on the liver and respiratory systems. Dr. William N. Dember of the University of Cincinnati studied peppermints ability to improve concentration and mental accuracy.



Alan Hirsch, M.D., studied peppermints ability to directly affect the brains satiety center, which triggers a sense of fullness after meals.

38. Rub 2 drops over stomach/ around navel w/V-6 to relieve indigestion, flatulence, diarrhea.

39. Add 1 drop Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
40. Massage 2-3 drops of Peppermint w/carrier oil (V-6) on an injury to reduce inflammation.
41. Apply Peppermint oil immediately to an injured area to relieve pain. If there is a cut or open wound, apply the Peppermint oil around, **not on**, the open wound.
42. Rub 2-5 drops of Peppermint oil on soles of the feet to reduce fever.
43. Apply Peppermint oil topically on unbroken skin to stop itching.
44. Poison ivy or poison oak, apply Peppermint oil on location, dilute with V-6 (carrier oil).
45. Inhale Peppermint before and during a workout to boost your mood and reduce fatigue.
46. Massage 2 drops with V-6 on abdomen to relieve nausea.
47. To relieve a headache, rub on the temples, forehead, over the sinuses (keep away from eyes) and on the back of the neck.
48. Place 1 drop of Peppermint oil on the tongue to improve alertness and concentration.
49. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
50. Place a drop of Peppermint on tongue and palms of your hands, inhale deeply into the nose and sinuses to relieve congestion from a cold.
51. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
52. Mix one 15 ml. bottle of Peppermint into a 5 gals. of paint to dispel the fumes.
53. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
54. Put "one" drop in a glass of cold water to cool off on a hot day.
55. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
56. Put "one" drop of diluted Peppermint oil on the tongue or (undiluted) into a glass of water to stop bad breath.
57. Inhale the fragrance to curb appetite and lessen the impulse to overeat.
58. Add 6 drops to a 4oz. spray bottle filled with water, keep in bathroom for air freshener.

59. Mix Peppermint oil in a footbath to relieve sore feet.

Thieves (essential oil blend)

The blend of essential oils in Thieves is well known for enhancing health and well-being. Each of the single essential oils in this blend makes Thieves one of Young Living's most effective and favorite essential oils.



The single oils in the blend Thieves are:

Clove (*Syzygium aromaticum*) is nature's richest source of eugenol, known for its immune-enhancing properties. Clove oil is the highest-scoring single natural substance tested for its antioxidant capacity on the ORAC (ORAC of 1,078,700 uTE/100g). Clove oil contains compounds that inhibit the growth of oral pathogens *Streptococcus mutans*, *Actinomyces viscosus*, *P. gingivalis*, and *P. intermedia*.*

Lemon (*Citrus limon*) with 68 percent d-limonene, Lemon oil is a powerful antioxidant known for its ability to act as a natural solvent and cleanser.

Cinnamon Bark (*Cinnamomum verum*) Young Living's Cinnamon comes from the "bark," not the leaves – this provides us with huge benefits, unlike the leaf which smells the same but does not carry any wellness benefits. Cinnamon Bark has a long held reputation for relieving discomfort during the winter season and supporting the digestive system.

Eucalyptus radiata is one of the most versatile of the Eucalyptus oils and has many health-promoting properties. This powerful essential oil contains eucalyptol, which in lab studies has been reported as being effective against bacteria in topical applications.*

Rosemary (*Rosmarinus officinalis CT 1,8 cineol*) is naturally energizing and may be helpful in restoring mental alertness during fatigue.* Many studies have been done on Rosemary's ability as an anti-fungal, infections, and antimicrobial benefits.

60. Apply 1-2 drops to cuts or open wounds to help prevent infection and promote healing.

61. Mix 1 drop in a Tbls water, gargle and swallow for a sore throat.
62. Morning and evening, apply 2 drops on the soles of feet to protect from colds and flu.
63. Apply one drop to a bee or wasp sting to neutralize the toxin and relieve the pain.
64. Once or twice a week, add enough drops (3-4) to a Q-Tip and rub on gums and teeth to help kill oral pathogens, and promote healthy gums and teeth.
65. Diffuse at home or office to kill airborne germs of colds and flu.
66. Put 3-5 drops on a dampened washcloth in place of toxic dryer sheets.
67. Mix 3-4 drops of Thieves with ½ cup Baking Soda for an effective tub and tile cleaner.
68. Mix 1 drop with a teaspoon of honey for cough relief.

For more information, or to place an order, please contact:

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Order Online: <http://TheVeryEssence.com>

Essential Oil Blog: <http://TheVeryEssenceBlog.com>

For more tips and fact sheets on Young Living Essential Oils go to:

http://theveryessence.com/free_essential_oil_reports.php

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