



# EVERYDAY USES FOR THE EVERYDAY OILS FROM YOUNG LIVING

***Formulated to give knowledge and expand use of the products***

## HOW TO USE YOUR ESSENTIAL OILS:

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

- 🔥 **Direct Application:** All of the oils can be applied topically, used with body and foot massage, to the Vita Flex points on the feet, or added to bath water mixed with Epsom Salts or YLEO's Bath Gel Base. If any oil causes redness or irritation to the skin, dilute with a carrier oil, such as V-6 Mixing oil or olive oil.
- 🔥 **Direct Inhalation:** Put a drop of oil in the palm of the hand and rub palms together, put over the nose and breathe deeply. Also try inhaling through the nose, holding breath, counting to 3, and releasing the air out through the mouth. Try merely opening the bottle, holding up to the nose and breathe deeply. The bottle can also be opened and placed on a desk or counter to reap the benefits of the oil in the air.
- 🔥 **Diffuse:** All of the oils may be diffused. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold as well as neutralize toxins in the air. Diffusing also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. Diffusers should disperse the oils without heat, which could render the essential oils less effective.
- 🔥 **Internal Consumption:** Certain oils (check the reference guides) may be taken internally, on the tongue or dripped into an empty vegetable capsule.

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**FRANKINCENSE** (*boswellia carteri*) is stimulating to the mind with its sweet, balsamic aroma, useful for visualization, improving one's spiritual connection and centering. It has comforting properties that help focus the mind and overcome stress and despair.

- Rubbing a drop or two to the bottoms of the feet may relieve symptoms of depression.
- Applying a drop directly to skin tags, moles or other skin discolorations may help them disappear.
- Putting a drop of frankincense directly on a cold sore or wart may clear them up.
- Using a drop of frankincense on an area of skin blemish from too much sun may bring relief and reduce symptoms.
- Rubbing a drop on a fibroid tumor may shrink it. Try rubbing a drop of peppermint oil after, to drive the oil into the area.
- Combining a drop of frankincense with a carrier oil and applying around the eye area (*use caution not to get too close to the eye*) may eliminate blurred vision and improve eyesight.

**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.

- Rubbing Lavender oil on the feet or palms may cause a calming effect on the body and help with sleep.
- Putting a drop of Lavender oil on a bee sting or insect bite may soothe itching, stinging and discomfort.
- Putting 2-3 drops of Lavender oil may soothe a minor burn.
- Dripping Lavender oil may help clean, sanitize and soothe a cut or other wound.
- Mixing several drops of Lavender oil with V-6 Mixing Oil and used topically may be soothing to dry or irritated skin.

- Placing a drop of Lavender oil on the end of the tongue or around the navel or behind the ears may help in alleviating the symptoms of motion sickness.
- Rubbing a drop of Lavender oil on chapped or sunburned lips may help discomfort.
- Massaging Lavender oil on and around the area of scar tissue may reduce and/or minimize the appearance.
- Rubbing 2 – 4 drops of Lavender oil over the armpit area may act as a deodorant.
- 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.
- Rubbing several drops of Lavender oil into the scalp may help with flaking.
- Placing a few drops of Lavender oil on a cotton ball and placing in your linen closet to scent the linens and may help repel moths and insects.
- Placing a drop of Lavender oil in your water diffuser may help to scent the air, help sanitize and prolong the time between cleanings.
- Placing a few drops of Lavender oil on a wet cloth and throwing into the dryer, may help to deodorize and freshen your laundry.
- Diffusing Lavender oil may support the body's natural defenses against air borne sensitivities to the skin and immune system.
- Spritzing several drops of Lavender oil mixed with water on a sunburn may help 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.

- Using 6 drops of Lemon oil and 6 drops of Purification oil in a 1 ounce spritzer bottle mixed with distilled water may help in the bathroom as an air freshener.
- Using 1-2 drops of Lemon oil may remove gum, oil, grease spots or crayon.
- Using 1 drop of Lemon oil may help add flavor to baked goods or beverages.
- Rubbing a drop of Lemon oil on the appearance of a corn, callous or bunion mornings and evenings may be soothing.
- Rubbing lemon oil undiluted on cutting surfaces or adding 2-3 drops of Lemon oil to water and spraying counter tops may help sanitize.
- Soaking your dishcloth overnight in a bowl of water with a drop of Lemon oil may sanitize it.
- Adding a drop of Lemon oil to your dishwasher before the wash cycle may help in cleaning.
- Rubbing a drop of Lemon oil on your hands after using a public bathroom may help to disinfect.
- Putting a drop of Lemon oil on sore gums may be soothing.
- Putting a drop of Lemon oil on oily skin or skin blemishes may help balance (oil glands).
- Rubbing several drops of Lemon oil on cellulite may improve circulation and help eliminate waste from the cells.
- Rubbing two drops of Lemon oil topically may help to clear athlete's foot.
- Putting 10-15 drops of Lemon oil in each gallon of carpet cleaning solution may help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

**PEPPERMINT** (*mentha pipertia*) 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 center, which triggers a sense of fullness after meals.

- Rubbing 4-6 drops in the palm and rubbing over stomach and around the navel may help relieve occasional nausea, indigestion, flatulence and diarrhea.
- Adding a drop of Peppermint oil to herbal tea may help aid digestion and heartburn.
- Massaging several drops of Peppermint oil on joints or an area of injury may help to reduce tenderness.
- Rubbing several drops of Peppermint oil on the bottoms of the feet may help lower high temperature.
- Applying a drop of Peppermint oil topically on unbroken skin may help to stop itching.
- For poison ivy or poison oak, applying Peppermint oil on location may help with irritation and be soothing.
- Inhaling Peppermint oil before and during a workout may help boost your mood and reduce fatigue.
- 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.
- 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.
- Placing two drops of Peppermint oil on the tongue and rubbing another drop under the nose may help improve alertness and concentration.

- Diffusing Peppermint oil in the room or inhaling while studying may help to improve concentration and accuracy. Inhaling Peppermint oil, when taking a test, may help in improving recall.
- Rubbing 4 drops of Peppermint oil on chest and stomach may help to relieve travel sickness.
- Placing a drop of Peppermint oil on the tongue and inhale into the nose and sinuses may help stuffiness.
- Add Peppermint oil to food as a flavoring and a preservative.
- To deter rats, mice, ants or cockroaches, placing two drops of Peppermint oil on a cotton ball and placing along the path or point of entry for these pest may help to send them elsewhere.
- Mixing one 15-ml. bottle of Peppermint oil into a 5-gallon pail of paint may dispel the fumes.
- Placing a couple of drops of Peppermint oil in a cup of hot water to enjoy in place of coffee.
- Adding 4-5 drops of Peppermint oil to 4oz. of water and spray on plants may help get rid of aphids.
- Drinking a drop of Peppermint oil mixed in a glass of cold water may help to cool off on a hot day.
- Placing a drop of Peppermint oil on the tongue may help in stopping bad breath.
- Inhaling the fragrance of Peppermint oil may help in curbing the appetite and lessen the impulse to overeat.
- Applying a drop of Peppermint oil on a cotton swab and swabbing the tick may help it removal. Wait for it to unhedge its head and remove from your pet.
- Mixing Peppermint oil in a footbath may help relieve sore feet. Keep water agitated while soaking feet.

**PANAWAY** is 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.

- Applying PanAway oil topically on an injured area may be soothing.
- Applying PanAway oil topically may help soothe sore joints and muscles.
- Rubbing a drop of PanAway oil on the temples, forehead and back of the neck may help with head pressure.
- Mixing PanAway oil with massage oil and massage on location may help in stopping growing pains.
- Rubbing 2-3 drops of PanAway oil at the base of the spine may help to soothe back pressure.
- Massaging PanAway oil diluted with V-6 Mixing oil on location or a drop in the food may help with the joints of your pets.

**PEACE & CALMING** is 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.

- Rubbing 1-2 drops of Peace & Calming oil on the bottom of the feet, chest, or on the shoulders before bedtime may help you get good quality sleep.
- Diffusing Peace & Calming oil in the room may calm overactive or hard to manage children.
- Mixing Peace & Calming oil with massage oil for a relaxing massage.
- Putting Peace & Calming oil mixed with Bath Gel Base in warm water for a relaxing bath.
- Diffusing Peace & Calming oil while sleeping may help in stopping nocturnal teeth grinding.
- Rubbing Peace & Calming on the stomach may be soothing when upset or under stress.
- Diffusing Peace & Calming may be calming to animals.
- Rubbing Peace & Calming on the paws of animals may help them to remain calm when traveling.

**PURIFICATION** is an antiseptic blend of citronella (*cymbopogon nardus*), lemongrass (*cymbopogon flexuosus*), rosemary (*rosmarinus officinalis*), melaleuca (*melaleuca alternifolia*), lavender (*lavandula hybrida*) and myrtle (*myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

- Diffusing Purification oil may help clean the air and neutralize foul or stale odors.
- Putting several drops of Purification oil on a cotton ball and placing in the air vents in the home, office, hotel room or other enclosed area may help control odors.
- While traveling, inhaling Purification oil during flights, may help in protecting yourself from pathogens found in the recirculated air.
- Putting a drop of Purification oil on insect bites may help to cleanse and stop the itching.
- Applying a drop of Purification oil on blemishes may help to clear the skin.
- Rubbing a drop of Purification oil on the outside of the throat may be soothing when it feels irritated.
- Rubbing a drop of Purification oil on a blister may help to cleanse and sanitize.
- Putting 2 drops of Purification oil on two cotton balls and placing in the toes of smelly sneakers may help combat odors.

- o Placing a drop of Purification oil on each end of a cotton swab and placing on top of your cold water humidifier may help to clean the air.
- o Spritzing several drops of Purification oil mixed with water may help to repel insects.

**THIEVES** is a blend of cinnamon bark (*cinnamomum verum*), clove (*syzygium aromaticum*), eucalyptus radiata, and rosemary cineol (*rosmarinus officinalis*) created by four thieves in France who covered themselves with this blend while robbing plague victims. It is essential for cleaning abilities and highly effective in supporting the immune system and good health.

- o Rubbing a drop or two of Thieves oil on the bottoms of the feet may fight off colds, flu and other infectious diseases.
- o Diffusing Thieves may strengthen the immune system.
- o Rubbing a drop on the outside of the throat may relieve sore throat symptoms.
- o Mixing 2 drops with water and gargling may eliminate sore throat and cold symptoms.
- o Adding 5 drops to water in a 1 ounce spritzer bottle may be used for an air freshener, breath freshener, hand and surface sanitizer.
- o Dabbing a drop of Thieves oil on a cotton swab onto a painful tooth may stop the pain and anesthetize the area
- o Spraying surfaces with Young Living Thieves Cleaner may clean and sanitize your home without using harmful, damaging, toxic chemicals.

**VALOR:** An empowering blend of spruce (*picea mariana*), blue tansy (*tanacetum annuum*), rosewood (*aniba rosaeodora*), and frankincense (*boswellia carteri*), that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. It has also been found to help energy alignment in the body.

- o Applying valor to the bottom of the feet, neck, back and shoulders may alleviate any discomfort.
- o Rubbing valor on the jaw may relieve TMJ symptoms.
- o Rubbing drops of valor on the bottoms of both feet may lock a chiropractic adjustment up to 40% longer.
- o Mixing valor with lotion and rubbing on the legs may reduce symptoms of restless leg.
- o Putting valor on the bottoms of the feet before bedtime may reduce the effects of sleep apnea.
- o Putting a drop of valor on the bridge of the nose and on the throat may clear nasal/ facial congestion and mucous congestion in the throat.
- o Rubbing valor on the spine of a dog may alleviate the pressure from the hips and back.

*\*Thanks to the creators of the "101 Uses for the Essential 7" and others that have contributed to the creation of this list.*

#### **GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS**

1. Always keep a bottle of V-6 Vegetable Mixing Oil, Massage Oil Base or any 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. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
5. 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.
6. 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.
7. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as clary sage, sage, Idaho tansy, juniper and fennel.
8. 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.
9. 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.
10. Before taking GRAS (Generally Regarded as Safe) essential oils internally, 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.

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.

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