

100+ uses for The EVERYDAY OILS



a practical guide to the everyday use of:
Frankincense **Lavender**
Lemon **PanAway**
Joy **Peace & Calming**
Peppermint **Thieves**
Valor **Purification**

compliments of your Young Living Independent Distributor

The Everyday Oils Kit

Tips, Notes, & Common “Scents” Precautions

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

This kit contains four single oils: Lavender (*lavendula angustifolia*), Frankincense (*boswellia carteri*), Peppermint (*mentha piperita*), and Lemon (*citrus limon*).

This kit also contains six blends: Joy, Valor, Thieves, PanAway, Peace & Calming, & Purification.

Please carefully read and follow these guidelines for the safe use of Young Living Essential Oils. The suggested uses in this booklet apply **only** to the use of therapeutic-grade Young Living Essential Oils.

Applying Young Living Essential Oils

Internally: All single oils may be used as dietary supplements by dropping into empty capsules to swallow, or dripping in the throat or under the tongue.

Aromatically: All of the oils - including blends - may be diffused. Young Living's Home Diffuser combines a humidifier, air purifier, atomizer, and aromatherapy diffuser into one product that safely releases essential oils into the air to eliminate odors and create a spa-like atmosphere. The ultrasonic diffusing allows the oils to stay suspended in the air to reduce bacteria, fungi, and mold. It disperses the oils without heat, which could render the oils ineffective.

When inhaling, it takes 22 seconds for an oil to reach the brain!

Topically: All of the oils can be applied to the Vita Flex points on the feet (See diagram in this booklet), added to bath water mixed with YLEO's gel base or Epsom Salts, applied topically on location, or used with body and foot massage.

When applied topically, it takes 2-3 minutes for an oil to reach the bloodstream, 20 minutes to affect every cell in the body, and 2 1/2 hours to fully metabolize.

Obligatory Disclaimer: The information in this booklet 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 and use essential oils at their own risk.

Precautions

Therapeutic-grade essential oils from Young Living are strong and safe when used as directed. The following are some preventative precautions to help you have an enjoyable and healthy experience using YLEO.

- Always test for skin sensitivity and keep a bottle of Young Living's V-6 vegetable mixing oil, YL massage oil base, or any pure carrier oil handy when using essential oils. They can be used to dilute essential oils if they cause discomfort or skin irritation. Water does not help.
- Read the complete label before using an essential oil.
- Keep bottles of essential oils tightly closed and store them in a cool location away from children. If a child swallows an essential oil, administer milk, honey, or another safe, oil-soluble liquid such as soy or rice milk.
- Do not use oils rich in menthol (such as Peppermint) on the throat or neck area of children under 30 months of age.
- Beware of the sun! Lemon, Joy, & Purification (in this kit) are citrus-based and therefore photosensitive. They should not be used on areas of the skin that will be exposed to the sun or UV rays within 72 hours. They may cause increased reaction to the sun. Other YL oils to beware of are Bergamot, Grapefruit, Orange, and Tangerine, among others.
- Keep essential oils away from the eyes and out of the ears. Do not handle contact lenses or rub your eyes with essential oils on your fingers. If the oils should get into your eyes, soothe with a drop of vegetable oil - not water.
- Oils with a high phenol content (Thieves, Oregano, Helichrysum, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, and ImmuPower) may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contact lenses.
- Epileptics and those with high blood pressure should consult their health care professional before using some essential oils. Avoid Hyssop, Fennel, and Idaho Tansy oils.
- Before taking GRAS (Generally Regarded As Safe by the FDA) essential oils internally, always dilute with an oil soluble liquid like honey, olive oil, or soy milk.
- Do not add undiluted essential oils directly to bath water. They will disperse more evenly with YL's Bath Gel Base or Epsom Salts.
- 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.

Lavender

Lavendula Angustifolia is the most versatile of all essential oils. Therapeutic-grade Lavender is marvelous for the skin. It has also been clinically evaluated for its relaxing effects. It may be used on cuts, bruises, and skin irritations. The fragrance is calming, relaxing, and balancing - both physically and emotionally. This plant is grown and distilled at the Young Living Farms.

1. Calming

Rub Lavender on the feet for a calming effect on the body.

2. Sleep Aid

Rub a drop of Lavender on your palms and smooth on your pillow to help you sleep.

3. Bee Sting & Insect Bite

Put a drop of Lavender on a bee sting or insect bite to stop itching and reduce swelling.

4. Minor Burn

Put 2-3 drops of Lavender on a minor burn to decrease pain once the wound has cooled.

5. Cuts

Drop Lavender on cut to stop bleeding, cleanse wound, and kill bacteria.

6. Eczema & Dermatitis

Mix several drops of Lavender with a carrier oil and use topically on affected area.

7. Motion Sickness

To alleviate the symptoms of motion sickness, place a drop of Lavender on the end of the tongue, behind the ears, or around the navel.

8. Nosebleed

To stop a nosebleed, put a drop of Lavender on a tissue and wrap it around a small piece of ice. Push the tissue-covered ice chip up under the middle of the top lip to the base of the nose and hold for as long as comfortable or until the bleeding stops.

9. Tear Ducts

Rub a drop of Lavender over the bridge of the nose to unblock tear ducts.

10. Dry or Chapped Skin & Lips

Rub a drop of Lavender on dry or chapped skin and lips.

11. Scar Tissue

To reduce or minimize the formation of scar tissue, massage Lavender on and around the affected area.

12. Deodorant

Rub 2-4 drops of Lavender over armpit area to act as a natural and non-toxic deodorant.

13. Allergies & Hay Fever

Rub a drop of Lavender between your palms and inhale deeply to help alleviate the symptoms of hay fever. Swipe a touch of Lavender on the upper lip right under the nose and in the nose. Diffuse Lavender in your home to help with symptoms.

14. Dandruff

Rub several drops of Lavender into the scalp to help eliminate dandruff.

15. Moths & Insects

Place a few drops of Lavender on a cotton ball and place in your linen closet to scent linens and repel moths and insects.

16. Water Fountains

Drop a little Lavender in your water fountain to scent the air, kill bacteria, and prolong the time between cleanings.

17. Sweeten Laundry

Place a few drops of Lavender on a wet cloth and throw into the dryer to freshen and deodorize laundry.

18. Cold Sores

Put a drop of Lavender on a cold sore throughout the day.

19. Sunburn

Spritz several drops of Lavender mixed with water on a sunburn - after it has cooled - to decrease the burn pain.

20. Rashes

Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

Frankincense

Boswellia Carteri was considered more valuable than gold in ancient times and can still be used to treat every known ill to man. It is known for its anti-tumoral, immunostimulant, anti-depressant, and muscle-relaxing benefits. It also stimulates the limbic system of the brain, and the hypothalamus, pineal, and pituitary glands. Frankincense heals cells.

21. Concentration

Use 1-2 drops of Frankincense on temples and back of neck to improve concentration.

22. Immune System

Apply 1-3 drops of Frankincense on each foot to strengthen the immune system.

23. Blisters

Dilute Frankincense with a carrier oil and apply to blistered area 3-5 times daily.

24. Insect Bites

Put a drop of Frankincense on an insect bite to help reduce swelling and speed healing.

25. Depression

Diffuse or inhale Frankincense from the bottle to help elevate your mood.

26. Brittle Fingernails

Apply 1-3 drops of Frankincense on fingernails and at the base of the nails 3 times per week.

27. Stretch Marks

Rub a few drops on stretch marks morning and night to lessen the visibility of stretch marks and heal the skin.

28. Cysts & Warts

Apply 1-2 drops on cyst or wart 2 times a day until it disappears completely.

29. Skin Spots & Sun Spots

Apply 1-2 drops of Frankincense on sun-damaged skin spots 2 times a day until it fades.

30. Breast Health

Rub 2-3 drops of Frankincense on breasts and lower abdomen every day.

31. Healthy Maintenance

Dilute 1 drop of Frankincense in 1 tsp of honey or 4 oz. of rice or coconut milk and ingest daily for maintenance.

Valor

Valor is an energy-balancing blend of Rosewood, Blue Tansy, Frankincense, and Spruce in a base of pure almond oil. Valor works with the body's electrical and nervous system, bringing alignment and balance throughout the whole body. Valor is often called "chiropractor in a bottle."

32. Emotional Strength

Rub a few drops of Valor over the heart, neck, wrists, and on the bottom of each foot to relieve fear and anxiety.

33. Back Pain & Injury

Apply Valor to bottoms of feet and spine to help alignment.

34. Joint Pain & Injury

Add a few drops of Valor to a carrier oil and apply to the joints where needed.

35. TMJ

Rub Valor on the jaw before bed and in the morning until pain is relieved.

36. Sciatica

Apply 2 drops of Valor to the heels of your feet using massage pressure. (See Vita Flex chart.)

37. Anxiety

Rub a few drops on feet, neck, and chest. Breathe deeply.

38. Sleep Apnea

Apply Valor to the bottoms of your feet before bed.

39. Stiff Neck

Massage 2 drops of Valor on your neck.

40. Spinal Adjustment

Rub several drops of Valor up and down the spine and the bottom arches of the feet.

Peppermint

Mentha piperita is one of the oldest and most highly regarded herbs for soothing digestive issues. Scientists have researched its affect on the liver and respiratory system as it improves concentration and mental accuracy. This plant is grown and distilled at the Young Living Farms.

41. Indigestion / Flatulence / Diarrhea

Rub 4-6 drops of Peppermint in the palm and rub over the stomach and around the navel to relieve discomfort.

42. Heartburn

Add a drop of Peppermint to herbal tea to aid in digestion and relieve heartburn.

43. Inflammation (unbroken skin)

Massage several drops of Peppermint on an area of injury or chronic inflammation.

44. Bruise

Apply Peppermint immediately to an injured area (unbroken skin) to relieve pain and lessen bruising. If there is a cut, apply peppermint around - but not on - the open wound.

45. Fever

Rub several drops of Peppermint on the bottoms of the feet to reduce fever.

46. Itching

Apply a drop of Peppermint topically on unbroken skin to stop itching.

47. Poison Ivy & Poison Oak

Apply Peppermint on location "neat" or dilute it with a carrier oil.

48. Workout

Inhale Peppermint before and during a workout to boost your mood and reduce fatigue.

49. Nausea

Massage several drops of Peppermint on the abdomen.

50. Hiccups

To stop hiccups, apply a drop of Peppermint on each side of the fifth cervical vertebra. (Up three notches from the large vertebra at the base of the neck.)

51. Headache

To relieve a headache, rub a drop of Peppermint on the temples, forehead, over the sinuses (avoid the eyes!), and on the back of the neck.

52. Alertness & Concentration

Place 2 drops of Peppermint on the tongue and rub another drop under the nose to improve alertness and concentration.

53. Studying & Mental Recall

Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.

54. Travel Sickness

Rub 4 drops of Peppermint on the chest and stomach to relieve motion or travel sickness.

55. Congestion

Place a drop of Peppermint on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.

56. Flavoring & Preservative

Add Peppermint to flavor food (peppermint brownies, anyone?) or use as a preservative.

57. Household Pests

To deter rodents, ants, or cockroaches, place 2 drops of Peppermint on a cotton ball and place along the path or point of entry for these pests.

58. Paint Fumes

Mix a 15ml bottle of Peppermint into a 5 gallon can of paint to dispel the fumes.

59. Coffee Replacement

Place a drop of Peppermint in a cup of hot water for tea and enjoy instead of coffee.

Peppermint, continued...

60. Summer Cooler

Drink water with a drop of Peppermint added to refresh yourself on a hot day.

61. Aphids

Add 4-5 drops of Peppermint to 4 ounces of water and spray plants to kill aphids.

62. Arthritis or Tendonitis

Rub Peppermint on joints to relieve arthritic or tendon pain.

63. Bad Breath

Place a drop of Peppermint on the tongue as a breath freshener.

64. Curb Appetite

Inhale the fragrance of Peppermint to curb the appetite and lessen the impulse to overeat.

65. Ticks

Remove a tick by applying a drop of Peppermint on a cotton swab and swabbing the tick. Wait for it to withdraw its head from the skin and remove it with tweezers.

66. Sore Feet

Mix Peppermint in a footbath to relieve sore feet. Swish feet around to agitate the water while soaking for maximum benefit.

67. Energizing Hand Soap

Mix several drops of Peppermint with 1/4 cup of castile soap and fill foaming soap dispenser with mixture plus water.

Thieves

Thieves is a highly antibacterial blend of Clove, Lemon, Cinnamon Bark, Eucalyptus, and Rosemary. Thieves got its name from the 15th century thieves who rubbed these oils on themselves during the plague so as not to contract disease while robbing the dead and dying. When they were caught, they exchanged their secret recipe for a lesser sentence. Thieves as a 99.96% kill rate against airborne microorganisms.

68. Cold & Flu

Diffuse Thieves in a room. Rub a drop on the bottom of feet. Place 1 drop in a glass of water and drink. (Breathe, apply, drink!)

69. Strep Throat

Drop 2-4 drops of Thieves in water and gargle as needed. Dilute 50/50 with carrier oil and apply to throat and back of neck.

70. Household Germs

2-6 drops of Thieves in a small spray bottle with water can be used to spray and clean countertops, bathtubs, toilets, sinks, and door knobs.

71. Washing Dishes

Put a few drops of Thieves in the detergent receptacle of your dishwasher for a germ-killing cleaning cycle.

72. Gingivitis or Bleeding Gums

Rub a drop or two of Thieves all over gums twice a day until gone. May dilute with carrier oil if it feels too "hot."

73. Mold

Diffuse Thieves to kill mold wherever it is present.

74. Bronchitis

Dilute 50/50 2-6 drops of Thieves with carrier oil and rub on chest and upper back. Apply a warm compress. Diffuse.

75. Cold Sores & Canker Sores

Apply 1 drop (or less) directly on cold sore, fever blister, or canker sore 3 times a day or as needed until healed.

76. Fungal Skin & Toenail Infections

Drop or rub 1 drop of Thieves on the infection or nail bed 2 to 3 times a day until gone.

PanAway

PanAway is a pain relief blend of Wintergreen, Helichrysum, Clove, and Peppermint. This blend will ease the discomforts of an active lifestyle or those everyday twinges with a warming and soothing effect. PanAway soothes the skin while providing comforting warmth to tired muscles.

77. Inflammation & Bruising

Apply PanAway topically on an injured area to reduce inflammation and bruising.

78. Sore Muscles

Use PanAway as a muscle rub and massage onto sore muscles after exercising.

79. Headache

Rub a drop of PanAway on the temples, forehead, and back of the neck to relieve a headache.

80. Growing Pains

Mix PanAway with massage oil and rub onto aching legs to stop growing pains.

81. Arthritis Pain

Rub 1-2 drops of PanAway onto arthritic hands to lessen the pain.

82. Arthritis in Pets

For arthritic pets, massage PanAway diluted with carrier oil on location or add a drop in their food to pain relief.

83. Sciatic Pain

Rub 2-3 drops of PanAway at the base of the spine to help relieve sciatic pain.

Lemon

Citrus limon has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. Lemon can do anything from house cleaning to liver detoxing. Lemon eats away petrochemicals, so use a glass cup when drinking it in water. [Photosensitivity Caution: citrus oils should not be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.]

84. Air Freshener

Put 6 drops of Lemon and 6 drops of Purification in a spray bottle filled with water to use in bathrooms as an air freshener.

85. Sticky Residue

Use 1-2 drops of Lemon to remove residue from chewing gum, oil, grease spots, or crayons.

86. Varicose Veins

Rub several drops of Lemon on varicose veins to improve circulation and relieve pressure on the veins.

87. Lemonade

In a blender, mix 2 drops of Lemon, 2 tbsp of honey, and 2 cups of water. Adjust to suit your own taste. Serve chilled.

88. Drinking Water

Drink an 8 oz glass of water with 1-2 drops of Lemon in it daily to detox the liver, to balance the body's PH, to help with gallstones, constipation, and heartburn. Lemon can also be dropped in tap water to

89. Skin Callouses

Rub a drop of Lemon on a corn, callous, bunion, or wart 2 times a day until it has disappeared.

90. Fresh Fruit & Vegetables

To clean and increase the shelf life of fresh fruit and vegetables, fill a bowl with cool water and 2-3 drops of Lemon. Drop cleaned fruit into the water and stir around to be sure that all surfaces of the fruit come in contact with the Lemon.

91. Countertops

Add 2-3 drops of Lemon to water and spray countertop to sterilize it.

92. Dishcloths

Soak dishcloths overnight in a bowl of water and a drop of Lemon to disinfect and kill germs.

93. Public Restrooms

Rub a drop of Lemon on your hands after using a public restroom to disinfect and kill germs.

94. Studying

Diffusing Lemon or drinking it in water is known to wake up neurons and increase brain function during studying and testing.

Purification

Purification is an antiseptic blend of Citronella, Lemongrass, Rosemary, Melaleuca, Lavandin, and Myrtle oils. It was formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke, and disagreeable odors.

95. Air Purifier & Freshener

Diffuse Purification to clean the air and neutralize foul or stale odors. If no diffuser is available, mix several drops of Purification with a carrier oil and soak cotton balls or tissues to place in the air vents of the home, office, car, hotel room, etc.

96. Personal Air Purifier

When traveling - or in crowded, germ-infested spaces - rub a few drops of Purification in your palms and cover your nose and mouth to inhale. It will protect from pathogens found in recycled air.

97. Insect Bites

Put a drop of Purification on insect bites to stop the itching.

98. Skin Blemishes

Apply a drop of Purification on blemishes to clear the skin.

99. Sore Throat

Rub a drop of Purification on the outside of a sore throat when it is first beginning.

100. Blisters

A drop of Purification on a blister will cleanse and disinfect it.

101. Tennis Shoe Odors

Put 2 drops of Purification on 2 cotton balls and place in the toes of smelly shoes to combat odors.

102. Humidifier

Place a drop of Purification on each end of a cotton swab and place it on top of a cool mist humidifier to clean the air.

103. Flu

Dilute Purification with a carrier oil and swab the nasal cavity to ward off the flu.

104. Insect Repellent

Spritz several drops of Purification mixed with water to repel insects.

105. Cat & Dog Ear Mites

Apply Purification and Peppermint diluted in carrier oil to a cotton swab and rub just inside the ear to eliminate ear mites.

Peace & Calming

Peace & Calming is a gentle, fragrant blend of Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy oils. Originally designed for diffusing, the uses for Peace & Calming have expanded. It can be used topically (and in a diffuser) to promote relaxation and a deep sense of peace. It helps to calm tensions and lift spirits.

106. Sleep

Rub 1-2 drops of Peace & Calming on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.

107. Overactive Children

Diffuse Peace & Calming in the room to calm active or hard to manage children.

108. Relaxing Massage

Mix Peace & Calming with massage oil for a relaxing massage.

109. Bathing

Put Peace & Calming mixed with bath gel base or epsom salts in warm water for a relaxing bath.

110. Teeth Grinding

Diffuse Peace & Calming while sleeping to help stop nocturnal teeth grinding.

Joy

Joy is an uplifting blend of 10 different oils: Bergamot, Ylang Ylang, Geranium, Rosewood, Lemon, Mandarin, Jasmine, Roman Chamomile, Palmarosa, and Rose. This powerhouse of oils is anti-infectious, anti-inflammatory, antibacterial, antioxidant, anti-depressant, anti-viral, anti-fungal, anti-spasmodic, anti-hemorrhaging, sedative, and aphrodisiac.

It is a luxuriously exotic blend with stimulating overtones that create magnetic energy and bring joy to the heart. Joy can exude an alluring and irresistible fragrance that inspires romance and togetherness.

111. Quick Uplift

Put 1-2 drops of Joy on a tissue or in the palm of your hand and inhale to lift your spirits and release negative emotions. Or wear a drop on your heart or tip of your nose for the same thing. Diffuse in the home to give everyone a happy boost!

112. Floor Freshener

Put 2-3 drops of Joy on a cotton ball and place inside the canister of your vacuum cleaner. Sprinkle a few drops onto a rag and wipe down the hard floors in your home.

113. Mood-Boosting Bath

Use several drops of Joy in your bathwater (better yet, pre-mixed with Epsom Salts or Young Living's Bath Gel Base) to boost your mood, clear your mind, and calm stress.

114. Blood Circulation

Rub a drop or two "neat" on areas of poor circulation to improve blood flow.

115. Anxiety

Use a drop on wrists, neck, heart, or feet to help reduce irritability and nervous tension.

116. Laundry Fragrance

Place 2 drops on a cloth and place in the dryer for great-smelling clothes.

117. Perfumed Deodorant

Mix in a small jar: 2 oz cornstarch, 1 oz baking soda, 5 drops of Joy. Apply to underarms instead of traditional deodorant.

118. Massage

Dilute 10-12 drops in 2 oz of massage oil for an energizing and romantic massage.

119. Scented Body Lotion

Stir a few drops into plain lotion for a joyful addition to your daily beauty regimen.

120. Menstrual Cramps

Massage a few drops on abdomen to relieve menstrual cramping.

121. Blood Pressure

Joy may lower blood pressure, especially when stress-induced. Rub on wrists, forearms, neck, and heart.

122. Postpartum Depression

Apply Joy topically or diffuse and breathe to relieve symptoms of postpartum depression.

123. Lower Back Pain

Rub a few drops of Joy onto your lower back daily to relieve lower back pain.

124. Scented Stationery

Sprinkle Joy on note cards and letters to make a lovely scented stationery that lifts others' spirits, too.

125. Car Air Freshener

Place Joy on a cotton ball into the air vents of your car or mix with water in a spray bottle and spritz the inside of your vehicle for happy family road trips.

126. Libido

Joy can boost a low sex drive. Diffuse and apply topically.

127. Headaches

Use a few drops of Joy on temples and breathe deeply for emotional headaches.

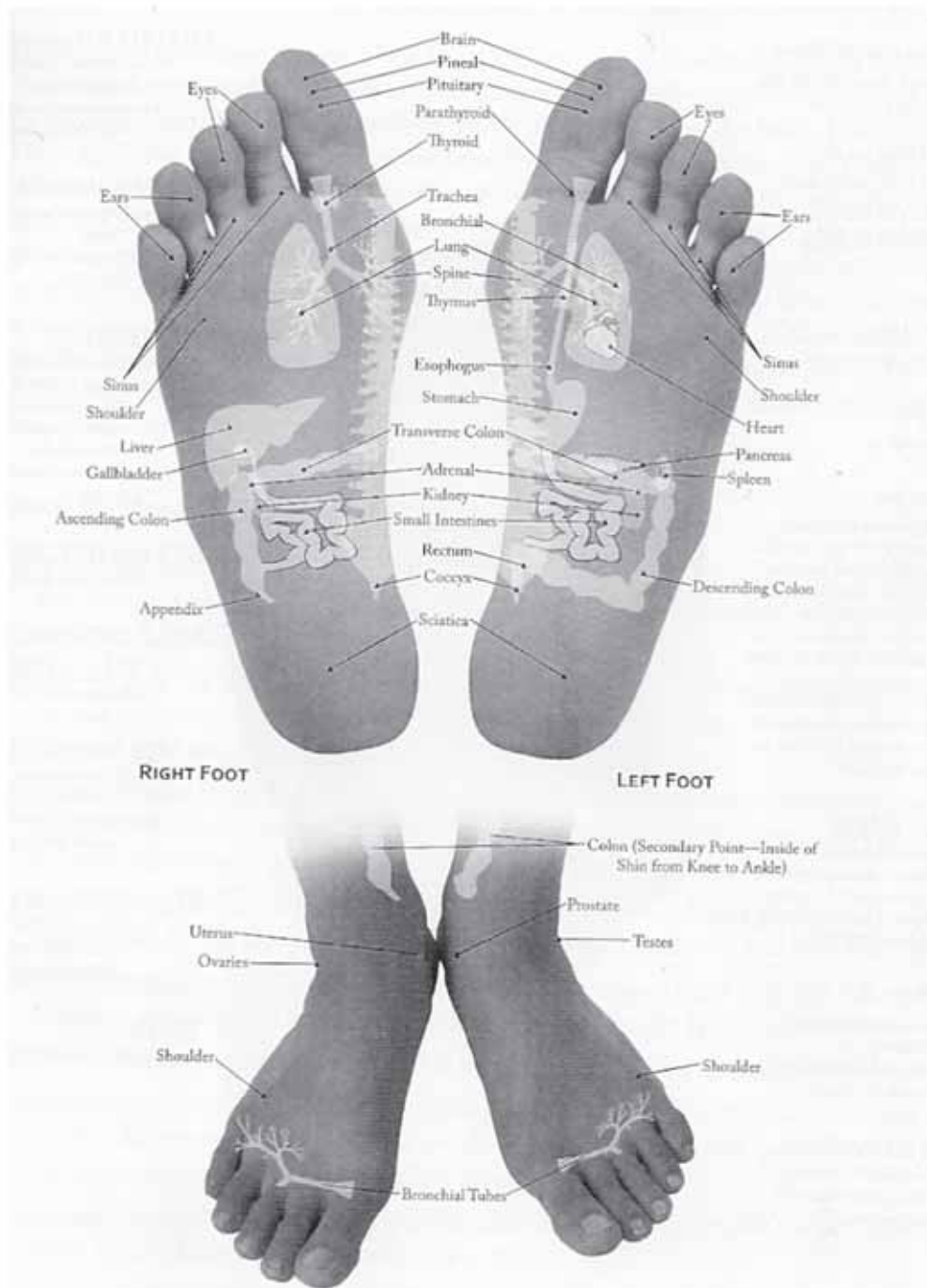
128. Mood Swings

Rub a drop of Joy over the heart and on the bottom of each foot to relieve feelings of frustration or depression and to prevent mood swings.

Vita Flex Foot Chart

Vita Flex Technique means "vitality through the reflexes." It is a specialized form of hand and foot massage that is exceptionally effective in delivering the benefits of essential oils throughout the body. It is based on a complete network of reflex points that stimulate all the internal body systems.

Essential oils are applied to contact points, and energy is released through electrical impulses created by contact between the fingertips and reflex points. This electrical charge follows the nerve pathways to a break or clog in the electrical circuit usually caused by toxins, damaged tissues, or loss of oxygen.



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