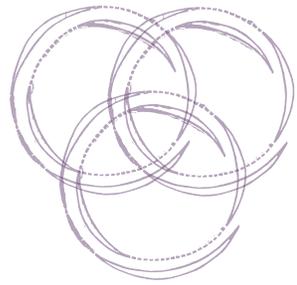


Cheat Sheet for Common Oils



Below you will find common ways to use our most versatile oils.



AROMATIC
USE



TOPICAL
USE



INTERNAL
USE

We recommend diluting all of your oils before using them topically.

You can find dilution guidelines at: www.essentiallyhiswisdom.com/blog/dilution



Lemon



Puts your family in a good mood
Breaks up mucus
Purifies the air
Cleanses body systems
Kidney or gallstones

Furniture polish
Runny nose
Gout, rheumatism, arthritis
Releases sticky residues from surfaces
Clean stainless steel surfaces



Lavender



Calms you down
Helps you sleep better
Decreases tension
Calms skin irritations (rash, wound, burn, bruise)

Allergies (drop under tongue)
Teeth grinding
Sunburns
Bug bites
Pink eye (with Tea Tree)



Peppermint



Boosts energy
Stops headaches
Increases alertness
Reduces bloating and nausea
Opens up airways

Fevers and hot flashes
Sunburns
Cravings
Increase concentration
Add to chocolate

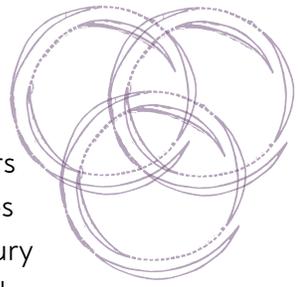


Copaiba



Soothes joint pain
Supports nervous system
Increases deep sleep
Decreases anxiety
Tendonitis, plantar fasciitis, heel spurs

Bedwetting and incontinence
Eczema and psoriasis
Headaches and migraines
High blood pressure
Bruising, sprains and strains



Frankincense



Anti-aging skin benefits
 Enhances mood
 Decreases inflammation
 Boosts other oils to help them have stronger effects (FLOOT)

Autoimmune disorders
 Anti-cancer properties
 Seizures and brain injury
 Scars and stretch marks
 Ingest daily for cellular health



Tea Tree (Melaleuca)



Cleans the skin
 Cleanses scrapes and cuts
 Immune system booster
 Anti-fungal, anti-viral, anti-bacterial
 Canker and cold sores

Dandruff and lice
 Ear infections
 Athlete's Foot (with Lavender)
 Bathroom cleaner
 Diaper rash



On Guard



Boosts immune system
 Helps keep you healthy
 Cleans surface areas
 Protects your family from germs and infections

Fights colds and flu
 Chronic fatigue and autoimmune issues
 Soothes a sore throat
 Diffuse while cutting onions (no tears!)
 Hand sanitizer



Adaptiv Calming Blend



Decreases stressful feelings
 Decreases anxiety
 Decreases depression
 Helps to calm overactive thinking
 Helps to adapt to transitions

Addictive or compulsive behaviors
 Lack of motivation and mental fatigue
 Decrease cortisol levels
 Helps with insomnia when stressful thoughts are keeping you awake



Breathe Respiratory Blend



Clears a stuffy nose
 Opens up breathing airways
 Clears chest congestion
 Helps with snoring
 Allergies and asthma

Bronchitis and influenza
 Sinusitis and nasal polyps
 Promote oxygenation during exercise
 Use in coffee cup with steaming water to open up sinus and airway passages

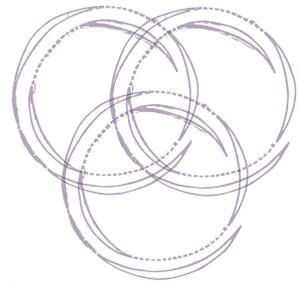


Balance Grounding Blend



Decreases stressful feelings
Calms anxiety
Helps you feel grounded and less overwhelmed

Calms emotions
Mood swings
Anger and rage
Fear, grief, and trauma



DigestZen Digestive Blend



Calms upset stomach
Nausea (morning sickness, motion sickness, flu)
Indigestion, acid reflux, colic
Vomiting

Colitis and irritable bowel
Diarrhea and constipation
Cough and sinus congestion
Lactose intolerance
Fullness/bloating from over-indulging



Past Tense Tension Blend



Tension headaches
Migraines
Shoulder and neck tension
Hot flashes and cooling

Restful sleep
Swelling and cramping
Joint pain



Deep Blue Soothing Blend



Soothes aches and pains
Workout recovery for muscles
Soothes neck muscles (sleep funny)
Fibromyalgia and lupus

Soothes growing pains
Bone pain and healing
Neuropathy and carpal tunnel
Arthritis



Serenity Restful Blend



Insomnia and sleep issues
Decreases stressful feelings
Calms fears and nervousness

Calms fussy baby or restless child
Anger, irritation, and irritability
Incorporate into your bedtime routine

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