

160 Uses for The Everyday Oils Collection



Simple ways to add aromatherapy
to your daily routines

Pure Home and Body

The Everyday Oils Collection

The Everyday Oils Collection was created by Young Living Essential Oils to offer a collection of commonly used essential oils that would make it easy to begin integrating aromatherapy into everyday life. The new collection contains 10 oils that have many benefits and help you replace toxins in your home for something more natural.

Essential oils provide balance for the mind, body and spirit and do not have unpleasant side effects like many over the counter drugs and pharmaceuticals. Essential oils are pure extracts from plants, shrubs, trees and roots. Do not substitute inferior oils for these purposes as the results cannot be guaranteed and may actually be harmful if an oil is 'cut' or filled with synthetics.

This information has not been evaluated by the FDA and is not intended as a substitute for medical care. If you are sick, see a doctor. This brochure is not intended to diagnose, treat or cure any disease.

How Do You Use Essential Oils?

Direct Application: All of the oils in the Everyday Oils collection can be inhaled directly, applied to the skin, used with body and foot massage, added to bath water and many other uses. Peppermint should not be used on children under 6 (unless directed by an experienced practitioner) and should be diluted for older children. Topical application is useful when oils are needed on location as for a bump, bruise, scrape or burn. Some oils are considered "hot" and should always be diluted. Oils like Lavender, Frankincense and Melaleuca are gentle enough to be used undiluted or "neat" on people of all ages. See individual oils for specific application ideas.

Dietary Supplements: Most of the YL oils have been approved by the FDA for ingestion. See individual oils for specific uses. It is recommended that internal use only be done under the care of an experienced holistic practitioner or aromatherapist. Just adding a drop to a glass of water (never use plastic or some oils will dissolve the plastics!) is a simple way to ingest an oil is to start gently.

Diffuse: All of the oils may be diffused. Only use a diffuser created for use with essential oils which disperse the oils in a micro fiber vapor. This allows the oils to stay suspended in the air to help fight airborne bacteria, kill mold spores and mildew. Diffusing also adds natural fragrance to your home, an excellent non-toxic alternative to plug-ins and synthetic air fresheners.

LAVENDER (*Lavandula angustifolia*)

True Lavender is the most versatile of all essential oils. Therapeutic grade lavender has been highly regarded for use on the skin. It may be used to cleanse cuts, bruises and skin irritations. Lavender has been clinically evaluated for its relaxing effects. The fragrance is calming, relaxing and balancing—physically and emotionally. Lavender is grown and distilled at the Young Living farms in Utah and France.



SUGGESTED USES

1. Allergies: Diffuse lavender oil to alleviate the symptoms of allergies.
2. Allergies: Combine 1 drop of lavender, 1 drop of lemon, 1 drop of peppermint oil and Adults may ingest in a gel capsule, for kids, massage into soles of feet.
3. Anxiety: Diffuse lavender essential oil or wear as a natural perfume to calm the senses.
4. Baby Wipes: Swish a drop of lavender in warm water. Soften a soft remnant of flannel to clean baby's bottom. For travel, fill a wipes container with folded paper towels or folded flannel remnants and moisten with lavender water.
5. Blocked tear duct: Rub a drop of lavender oil over the bridge of the nose to unblock tear ducts.
6. Burns: Put 2-3 drops of lavender oil on a minor burn to decrease pain or place several drops in a spray bottle with pure water to spray on irritated skin or sunburn.
7. Chapped Lips: Combine a drop of lavender oil with 1 tsp of coconut oil and massage into chapped or sunburned lips.
8. Chapped Skin: Rub lavender oil on dry or chapped skin.
9. Clothes Freshener: Place a few drops of lavender oil on a wet cloth and throw into the dryer, which will deodorize and freshen your laundry.
10. Cold Sore: Put a drop of lavender oil on a cold sore.
11. Cuts: Drop lavender oil on a cut to stop the bleeding.
12. Dandruff: Rub several drops of lavender oil into the scalp to help eliminate dandruff.
13. Deodorant: Rub 2 to 4 drops of lavender oil over the armpit area to act as a deodorant.
14. Eczema: Mix several drops of lavender oil with vegetable oil and use topically to soothe skin.
15. Fever: Massage 2 drop onto the soles of feet to cool the body with a fever. Alternatively, massage the drops along the spine. Safe for babies & kids.

16. Hay Fever: Rub a drop of lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
17. Headache: To relieve a headache, inhale lavender and rub a drop of it on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
18. Insect Repellent: Place a few drops of lavender oil on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
19. Insomnia: Rub a drop of lavender oil on your palms and smooth on your pillow to help you sleep.
20. Itchy skin: Apply 2-3 drops of lavender oil to a rash to stop the itching and heal the skin.
21. Labor & delivery: Diffuse during childbirth for relief in labor.
22. Massage: soothe sore muscles and ease kid's growing pains. Combine 1 drop of lavender oil with 1 tsp vegetable oil and massage into sore limbs.
23. Motion sickness: To alleviate the symptoms of motion sickness, place a drop of lavender oil on the end of the tongue or around the naval or behind the ears.
24. Nosebleed: To stop a nosebleed, put a drop of lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
25. Scar tissue: To reduce or minimize the formation of scar tissue, massage lavender oil on and around the affected area.
26. Stings: Put a drop of lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
27. Stress: Rub lavender oil on the feet for a calming effect on the body.
28. Stuffed animal cleaner: add a drop of lavender to a bowl of warm water. Moisten a clean washcloth and gently wipe baby's toys or surfaces that cannot go in the laundry.
29. Water Cooler: Place a drop of lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
30. Wound cleaner: Drop lavender oil on a cut to clean the wound and kill bacteria.

A recent study by Henley linked the use of lavender oil with pre-pubertal breast development in boys. The study (2007) has several flaws in data including no consideration of other ingredients (parabens/phthalates/synthetic fragrance) in body care products (already proven to disrupt hormones) that the study used to incriminate lavender. Robert Tisserand author of *Essential Oil Safety* has researched essential oils for decades and confirms there is no validity to this study. Further, he recommends that lavender is totally safe for babies and children. The British lovingly refer to lavender oil as the Swiss Army Knife of Aromatherapy because of it's many benefits to all.

PEPPERMINT

Peppermint (*Mentha piperita*) has historically been used for digestive ailments. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. 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. Peppermint is grown and distilled at the Young Living farms.



SUGGESTED USES

31. Appetite Suppressant: Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat.
32. Arthritis: Rub peppermint oil on joints to relieve arthritis or tendonitis pain.
33. Bumps & Bruises: Massage several drops of peppermint oil on the area of injury to reduce inflammation.
34. Coffee Replacement: Place a drop of peppermint oil in a cup of hot water and enjoy in place of coffee.
35. Concentration: Place two drops of peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
36. Cool the body: Drink a glass of cool water into which you have placed one or more drops of peppermint oil to cool off on a hot day.
37. Diarrhea: Massage several drops of peppermint oil on the abdomen to ease cramping and relax digestive tract. Sip a glass of peppermint water, adding 1 drop to a 16 oz. glass of purified water: no plastic!
38. Energy: Inhale peppermint oil before and during a workout to boost your mood and reduce fatigue.
39. Fever: Rub several drops of peppermint oil on the bottoms of the feet to reduce fever. It works!
40. Food Flavoring: Add peppermint oil to food as flavoring.
41. Halitosis: Place a drop of peppermint oil on the tongue to stop bad breath.
42. Headache: To relieve a headache, rub a drop on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.

43. Hiccups: To stop hiccups, apply 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).
44. Insect Repellent: To kill aphids, add 4-5 drops of peppermint oil to 4 ounces of water and spray the plants.
45. Itching: Apply a drop of peppermint oil topically on unbroken skin to stop itching.
46. Magnifies the effects of other oils. Peppermint is known as a pusher or a puller. If you put it on first, it will pull in the other oils you use after it. If you apply it last, it will push the other oils in.
47. Memory Recall: Diffuse peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall.
48. Nausea: Rub 1-2 drops in the palm and rub over stomach and around the navel to relieve nausea. Repeat as needed. Breathe in aroma from bottle as well. Add a drop to a glass or stainless steel water bottle and sip slowly to calm queasy stomach.
49. Odor Eliminator: Mix one 15 ml. bottle of peppermint oil into a 5 gallon can of paint to dispel the fumes.
50. Pain Relief: Apply peppermint oil immediately to an injured area to relieve pain. If there is a cut, apply the peppermint oil around (not on) the open wound.
51. Pest Deterrent: To deter rats, mice, ants or cockroaches, place two drops of peppermint oil on a cotton ball and place along the path or point of entry for these pests.
52. Poison Ivy: or poison oak, apply peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
53. Sinus Congestion: Place a drop of peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
54. Swollen Feet: Mix peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet.
55. Tick Removal: Remove ticks by applying a drop of peppermint oil on a cotton swab and swabbing the tick. Wait for it to release its head and then remove from your pet.
56. Travel Sickness: Rub a drop of peppermint oil on chest or stomach or the soles of the feet to relieve travel sickness.

Frankincense (*Boswellia carterii*) Frankincense is an ancient oil known for its potent healing potential. Frankincense was once more valuable than gold. It is antitumoral and an immunostimulant. Frankincense has been studied for its use in treating people with cancer and respiratory infections. It has been called an antidepressant by many. It has also been used for enhancing meditation and uplifting the spirit.

SUGGESTED USES

57. Breast Health: Massage into breast tissue to help maintain breast health.



58. Cuts: Rub 1-2 drops on wounds and cuts to stop bleeding and speed healing.

59. Eye health: Apply around the outer rim of the eye or over the eyebrows to improve eyesight.

60. Frankincense contains sesquiterpenes, which stimulate the limbic system of the brain, that area is the center of memory and emotions.

61. Immune Support: Apply topically or take internally for elevating the immune system.

62. Infection Control: when someone is sick, diffuse in kid's rooms to lessen germs from spreading.

63. Meditation: diffuse during prayer to stay focused and alert.

64. Mental Clarity: Inhale to increase oxygen in brain tissue.

65. Mood Elevator: Diffuse in house to elevate mood, lift spirits and improve attitude.

66. Respiratory Support: Apply topically on chest, feet, or spine for respiratory infections and inflammation.

67. Stress: Drop 1-2 drops on hands and inhale during stressful times.

68. Skin Health: Rub 1-2 drops on face to restore skin health.

69. Warts: apply daily to warts. File away excess skin and repeat until gone.

LEMON

Has antiseptic-like properties and contains compounds that have been studied for their effects on immune function and acts as a gentle solvent. *Caution: Lemon Essential Oil is Phototoxic, avoid sun exposure 12 hours after application.*



SUGGESTED USES

70. Air Freshener: Using 6 drops of lemon oil in a glass spray bottle mixed with distilled water as an air freshener.
71. Allergies: Combine 1 drop of lemon, lavender and peppermint. Massage onto soles of feet for allergy relief. Adults may take the oils in a gel capsule or in a spoon of rice milk.
72. Athlete's Foot: Rub two drops of lemon oil on feet to keep skin clean and dry.
73. Calluses: Rubbing a drop of lemon oil when you detect a corn, callous or bunion.
74. Carpet Cleaning: Put 10-15 drops of lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.
75. Cellulite: Mix 2 drops of lemon oil with 1 T vegetable oil and massage into areas of cellulite to improve circulation and help eliminate waste from the cells.
76. Circulation: Rubbing several drops of lemon oil on legs may improve circulation.
77. Dishwasher Freshener: Add a drop of lemon oil to your dishwasher before the wash cycle to freshen the interior and boost cleaning.
78. Food Flavoring: Use 1 drop of lemon oil as flavoring in baked goods or beverages.
79. Fruit & Veggie Wash: 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.
80. Grease remover: Apply 1-2 drops of lemon oil directly to grease stains on clothes, testing a small area first to remove gum, oil, or grease spots.
81. Hand Sanitizer: Rub a drop of lemon oil on your hands after using a public bathroom may help to disinfect.

82. Lemonade, mix 2 drops of lemon oil, 2 tablespoons of honey and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.

83. Pimples: Put a drop of lemon oil on oily skin or skin blemishes to dry pustules.

84. Polish Bathroom Fixtures: Use a paper towel soaked with several drops of lemon oil may help sanitize bathroom fixtures.

85. Putting a drop of lemon oil on sore gums may be soothing.

86. Sanitizer: Soaking your dishcloth overnight in a bowl of water with a drop of lemon oil to clean it.

87. Season Cutting Board: Rub a drop of lemon oil to clean a butcher's block or other cutting surfaces.

88. Sore Throat: Mix 1 drop of lemon essential oil with a spoonful of agave nectar or honey and swallow to soothe a scratchy or sore throat. Safe for kids!

89. Surface Cleaner: Add 2-3 drops of Lemon oil to water and spray counter tops to help sanitize them.

Melaleuca alternifolia (Tea Tree) Melaleuca alternifolia is a species of melaleuca known as Tea Tree. It has been researched for decades for it's anti-fungal, anti-infectious and anti-viral qualities. The Aborigines historically used tea tree internally and topically to heal the body and fight infection from wounds, insect bites and more recently found to protect the skin from radiation therapy.



SUGGESTED USES

90. Acne: apply undiluted to pimples to clean skin and dry pustules.

91. Air Cleaner: Diffuse to freshen the air and kill airborne bacteria.

92. Bacterial Skin Infection: Apply to small skin infections to clean and disinfect areas and prevent spreading. Always wash hands thoroughly before and after contact with infected areas.

93. Candida, Yeast Infection: Add 2-3 drops of melaleuca to warm sitz bath and soak 10-15 minutes. Repeat 2-3 times a day.

94. Dermatitis: Overuse of tea tree may cause dermatitis, dilute 50% for best results when soothing irritated skin from dermatitis. 1 drop of tea tree to 1 drop vegetable oil.
95. Eczema: Dilute tea tree 2 drops to 1 tsp vegetable oil and lightly apply to irritated skin after bathing.
96. Flu ingest 1 drop in a glass of warm water at first sign of flu. Do not exceed 5 drops in one day or use more than 4 days in a row.
97. Fungal Infection: Apply undiluted to areas of fungus and athlete's foot. Keep areas clean and dry, exposing skin to sunlight when possible. Wear clean, cotton sock.
98. Gingivitis: Mix 1 drop in glass of warm water and use as a mouthwash.
99. Hand Cleaner: Massage 2 drops of *Melaleuca alternifolia* into skin to cleanse and freshen.
100. Herpes simplex: use undiluted on pustules before they burst. Dilute 50% in carrier oil after bursting to lessen chance of infection spreading.
101. Insect bites: Apply undiluted to insect bites as soon as possible to stop irritation.
102. Lice: Combine 2 drops *melaleuca alternifolia* with 1 Tablespoon coconut oil and massage into hair and scalp. Leave on 8 hours to combat lice.
103. Poison Ivy: Add 2-3 drops to a tsp of aloe vera and splash on infected skin. Alternatively add *melaleuca* to green clay and apply as a poultice to dry skin and draw out toxins. Wash hands thoroughly after touching contaminated skin. **Do not dilute in oil!**
104. Respiratory Infections: Add a drop of *melaleuca* to a bowl of warm water and breathe in vapors to soothe bronchitis and respiratory infections.
105. Sore Muscles: Dilute 1-2 drops *melaleuca* into vegetable oil and massage into tired, achy muscles.
106. Thrush: Add 1 drop *melaleuca alternifolia* to a cup of warm water, rinse mouth and spit out. Repeat 3-5 times a day, keeping mouth clean.

PANAWAY – PAIN RELIEF BLEND

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.



SUGGESTED USES

106. Arthritis: Rub 1-2 drops of PanAway oil on arthritic hands to lessen discomfort.

107. Bumps and Bruises: Apply PanAway oil ASAP topically on an injured area to reduce inflammation and bruising. Keep away from eyes.

108. Growing Pains: Mix PanAway oil with massage oil and massage on location to stop growing pains.

109. Headache: Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache. Keep oils away from the eyes.

110. Muscle Pain: Apply PanAway oil topically to sore muscles, muscle spasms, cramps, bumps, bruises, aches and pains.

111. Pets: For arthritic pets, massage PanAway diluted with V-6 vegetable oil on location, or add a drop to the food.

112. Post Surgical Healing: Rub 1-2 drops of PanAway around bandaged areas and on soles of feet to increase circulation and speed healing.

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

PURIFICATION – THE ANTIBACTERIAL BLEND

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



SUGGESTED USES

113. Blemishes: Apply a drop of Purification oil on blemishes to clear the skin.
114. Blister: Rub a drop of Purification oil on a blister to cleanse and disinfect.
115. Cold & Flu: Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
116. Dandruff: Dilute 1 drop in a tsp of coconut oil and massage into scalp for dandruff relief.
117. Ear Mites: Apply Purification oil and peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.
118. Freshen air: Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
119. Humidifier: Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
120. Insect Repellant: Spray several drops of Purification oil mixed with water to repel insects.
121. Insect Stings: Put a drop of Purification oil on insect bites, bee stings, spider bites, wasp stings and poisonous snake bites to cleanse and stop the itching and discomfort. Repeat every five minutes until discomfort subsides.
122. Neutralize Odors: Diffuse Purification oil to clean the air and neutralize foul or stale odors, to purify air and kill mold.
123. Sore Throat: Rub a drop of Purification oil on the outside of a sore throat when it is first beginning.

124. Stinky Sneakers: Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.

125. Travel: While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the re-circulated air.

126. Wound Care: Apply as an antiseptic treatment for sores, cuts, bruises, and wounds.

THIEVES – ANTIMICROBIAL BLEND

A powerful essential oil blend that contains anti-infectious oils of clove, cinnamon, eucalyptus, rosemary and lemon. The Thieves oil blend was created from a recipe used by 15th century thieves to protect themselves from becoming sick from the plague while robbing the bodies of the dead. This oil is also an important ingredient in Thieves Household Cleaner, bar soap, foaming hand soap, toothpaste, mouthwash, throat lozenges, waterless hand purifier, wipes, and antiseptic spray to keep your home clean.



SUGGESTED USES

127. Acne: Dab a drop on pimples to disinfect and dry pustules.

128. Air Purifier: Diffuse in house to prevent spread of colds and flu. Start by diffusing for 15 minutes once a day, until nasal passages are accustomed to the oil.

129. Arthritis: Dilute 1 drop of Thieves in 1 tsp vegetable oil and massage into sore muscles and joints to decrease inflammation.

130. Bee & Wasp Stings: Apply a drop to sting site ASAP to stop the spread of venom. Repeat application every 5 minutes until pain subsides.

131. Bathtub: Add a drop to ¼ cup of baking soda and scour your bathtubs and sinks.

132. Car Odors: Drop 1 drop of Thieves under front seat in car to neutralize stale air.

133. Clothes Dryer: Add 2 drops on wet cloth and place in clothes dryer.

134. Cold Sores: Apply 1 drop to cold sores to speed healing and soothe painful areas.

135. Dishwasher: Drop Thieves into dishwater when washing dishes to kill germs.

136. Floor Cleaner: Add Thieves to vinegar and water to kill germs when washing floors and freshen the whole house with cinnamon and clove.

137. Garbage Cans: Add 3-4 drops of Thieves to water, then spray and rinse garbage cans to freshen and disinfect.
138. Hand Cleaner: Rub 1-2 drops on hands to cleanse skin and prevent spread of germs.
139. Hotels & Travel: Put 4-8 drops on cotton ball and place in vents.
140. Immune Support: Add a drop to a spoonful of rice or almond and swallow for protection from colds and flu.
141. Laundry: Use several drops in washing machine when washing laundry.
142. Litter Box: Diffuse Thieves near litter box to reduce smell and kill germs.
143. Mold: Diffuse Thieves in bathroom and throughout house to prevent mold growth.
144. Surface Cleaner: Spray several drops of Thieves oil mixed with water on dirty surfaces to clean.
145. Sore Throat: Gargle with 1-2 drops of Thieves in water to help heal sore throat and laryngitis.

CITRUS FRESH Citrus Fresh is a blend of Orange, Tangerine, Lemon, Mandarin, Grapefruit and Spearmint essential oils. Citrus oils are naturally a mood lifter and very anti-bacterial. Freshen your home and uplift your spirits with this oil that is like sunshine-in a bottle! Citrus oils are phototoxic, so avoid exposure to the sun 12 hours after applying to the skin.



SUGGESTED USES

146. Anxiety: Breathe in a drop to calm the mind.

147. Foot deodorizer: massage a drop into toes after showering to freshen feet.

148. Immune Booster: Massage 2 drops into lymph glands at the first sign of cold.

149. Mental Clarity: Rub a drop between the palms of hands and breathe in deeply prior to doing office work.

150. Mood Booster: Diffuse to lift the spirits and combat depression.

151. Soda replacement: Add a drop to sparkling water to curb your appetite, optionally add a teaspoon of agave nectar to sweeten.

JOY is an exquisite blend of Lemon, Mandarin, Bergamot, Ylang Ylang, Rose, Rosewood, Geranium, Palma Rosa, Roman Chamomile and Jasmine essential oils. This luxurious blend uplifts the spirit and balances the body. Citrus oils to make the skin more sensitive to the sun, avoid sun exposure 12 hours after applying Joy, or apply to areas that will not be exposed to sun.



SUGGESTED USES

152. Circulation: Massage 1-2 drops into feet to improve circulation and lymph flow.

153. Mood Lifter: Rub a drop over the soles of feet to relieve feelings of frustration.

154. Lingerie Scent: Place 1-2 drops in lingerie drawer to gently scent clothing.

155. Skin Soother: Add a drop to a teaspoon of apricot oil and massage into skin at bedtime.

156. Perfume: replace chemical, synthetic perfumes with this pure and natural blend. Apply a drop to pulse points.

Stress Away is a refreshing essential oil blend with Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender. This amazing blend brings balance to your senses with exotic oils distilled on the Young Living Farms in Ecuador and Utah. Essential oil blends are more powerful as a whole than their individual oils, making this a powerful blend for brain health and mood elevation. Citrus oils make the skin more sensitive to the sun, make sure to avoid sun exposure 12 hours after applying Stress Away to skin. Available in a drop bottle and convenient Roll-on.



SUGGESTED USES

- 157. Insomnia: Place a drop on your pillow at bedtime to calm down and relax.
- 158. Perfume: Apply to pulse points as a natural fragrance.
- 159. Stress: Diffuse Stress Away during times of anxiousness.
- 160. Tension: Breathe in aroma to relax after a rough day at the office.

For More Green Living Ideas visit www.pureHOMEandBODY.com

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Nausea: Peppermint
Nosebleed: Lavender
Odor eliminator: Peppermint, Purification
Pain Relief: Peppermint, PanAway
Perfume: Lavender, Joy, Stress Away
Pest Deterrent: Peppermint
Pets: Lavender, PanAway, Purification (odors)
Pimples: Lemon, Melaleuca, Purification
Poison Ivy, Poison Oak: Melaleuca alternifolia, Peppermint
Post Surgical Healing: PanAway
Respiratory Support: Frankincense, Melaleuca alternifolia
Scar Tissue: Frankincense, Lavender
Sinus Congestion: Peppermint
Soda Replacement: Lemon, Citrus Fresh
Sore Muscles: Frankincense, Melaleuca alternifolia, PanAway
Sore Throat: Frankincense, Lemon, Thieves
Skin Health: Frankincense, Lavender, Joy
Stainless Steel Polish: Lemon
Stings: Lavender, Purification, Thieves
Stinky Shoes: Purification

Stress: Frankincense, Lavender, Stress Away
Stuffed Animal Cleaner: Lavender
Surface Cleaner: Lemon, Purification, Thieves
Sweaty Odors: Purification
Swollen Feet: Lavender, Peppermint
Thrush: Melaleuca alternifolia
Tick Removal: Peppermint, Thieves
Travel Sickness: Lavender, Peppermint
Warts: Frankincense, Thieves
Water Cooler Cleaner: Lavender
Wound cleaner: Lavender, Melaleuca alternifolia, Purification

Safety Measures

- Only Therapeutic essential oils from Young Living are recommended for these uses. With little regulation in the essential oil industry, a manufacturer could add 90% synthetics, food flavorings or additives to an oil and market it as an essential oil. Young Living grows, distills and packages many of their essential oils and tests every bottle for purity. They have been producing the highest quality essential oils for over 20 years and stood the test of time. If you have not invested in these oils yet, you can enroll for wholesale pricing. List #1003003 in the enroller and sponsor columns and you will be linked with Pure Home and Body as your Essential Oils Coach.
- Do not put essential oils in your eyes, ears or nose
- If you get essential oils in your eyes, dilute it with a vegetable oil like V-6 blend from Young Living, olive oil or coconut oil, or milk. Do not use water or it will cause the oil to spread.
- Make sure to dilute peppermint oil for children. PHB recommends avoiding the use of peppermint oil on children under 6 as it can cause respiratory distress. Lavender and Frankincense are powerful yet gentle oils for babies and small children.
- Most essential oils can be applied undiluted to the soles of the feet if person is sensitive to smells. The oils just go where they need to!
- Avoid application of citrus oils before exposure to sun (Lemon, Stress Away, Joy, Citrus Fresh). Citrus oils cause the skin to be more sensitive to the sun and may encourage a sunburn.
- Ingestion of oils should be done under the care of an experienced practitioner, and always following the recommended amounts on each bottle. No essential oil should be consumed unless it has a Food Grade Supplement label on the packaging.

Notes