

Using Oils Today

Headaches

Peppermint, Rosemary

Apply to temples, back of neck, and forehead.

Diffuse or inhale.

Insomnia

Lavender, Orange,

Roman Chamomile

Diffuse. Mist onto linens or place on pillow. Apply

Memory

Rosemary, Peppermint,

Frankincense

Diffuse or inhale directly.

Apply to temples or back

Pain

Lavender, Eucalyptus

Apply on location.

Diffuse or inhale.

Stress

Lavender, Lemon, Ylang

Ylang

Diffuse or inhale. Apply

to neck, back and

Using Oils Today

Colds

Thyme, Lemon, Tea Tree
Diffuse. Inhale from water vapor. Apply to throat,

Cooling Oils

Peppermint, Eucalyptus, Tea Tree
Apply on location.

Depression

Lemon, Frankincense, Lavender
Diffuse or Inhale. Apply

Energy

White Fir
Inhale or diffuse. Apply to temples or

Gas/Flatulence

Lavender, Ginger
Apply on stomach, abdomen, or feet.

Using Oils Today

Acne

Tea Tree, Juniper

Berry

Apply on Location.

Blisters

Lavender

Apply on location.

Burns

Lavender, Geranium

Apply on location.

Allergies

Tea Tree, Lavender

*Apply on sinuses and
bottoms of feet.*

Bruises

Helichrysum,
Geranium, Fennel

Apply on location.