

Got My Oils, Now What?

Lemon

Keep in kitchen and where you work.

Add 1 drop to warm, filtered water and drink first thing in morning.

Add to diffuser with peppermint for energy and an uplifting start to day.

Soak veggies + one drop of lemon each veg to clear chemicals. 2-3 drops on a cloth and use to dust.

Peppermint

Add 10 drops to roller bottle, top with FCO, use for headaches or for cooling the body down.

Keep bottle where you work and place a drop in palm, inhale, rub on the back of neck for pick me up.

Use on floors to deter ants. Drink 1 drop in water after a meal to aid digestion.

Lavender

Keep in bedroom. Add 3-4 drops in diffuser or 1 drop on bottom of feet for sleep.

Use to calm irritations in skin. (sunburns, blemishes, mosquito bites, etc) Dilute in carrier oil.

Add 1 drop to tea after a stressful day and sip while resting. Mix with 2 oils above for seasonal allergies

Tea Tree

For skin irritations apply 1-2 drops to affected area. To support healthy immune function add 1-2 drops to water. Add 1-2 drops to facial cleanser. Add a few drops to a spray bottle with citrus oil to use on surfaces. Spray into shoes to remove odors. Diffuse to clear odors from air.

Oregano

Add 8 drops each oregano, on guard, frankincense and tea tree to roller bottle and top with FCO. Use when sick on bottoms of feet. Roll every 3 hours until better. Continue 3 days after.

Or make flu bomb: in veggie cap, add 2 drops each oregano, tea tree, on guard and frank or lemon.

Frankincense

Add to roller bottle with lavender and peppermint for a headache remedy (8 drops each). Place drop on thumb, press to roof of mouth, to prevent migraines. Place one drop under tongue every night for prevention and anti-inflammatory support. Add 1-2 drops to skin cream to support anti-aging.

Easy Air

Diffuse at night when congested (3 drops). Apply 1 drop diluted in carrier oil to chest before a workout for improved performance. Apply to nasal area when sinus's are clogged. Mix with carrier and apply to chest when congested.

On Guard

At change of season, begin using every day. Place 10-15 drops in roller bottle, top with FCO, apply to bottom of feet daily. Add a drop to smoothie. Add 5 drops to spray bottles, top with water, use to clean anything! (floors, counters, toilets, sinks, etc.) Diffuse to kill air-born pathogens.

Zen Gest

Keep in purse or kitchen. Rub 1-2 drops on stomach if gassy, bloated, crampy, burning, or constipated.

Drop 1-2 drop in water and drink to support digestion. Use when feeling nauseated. Use in car to prevent nausea.

Deep Blue

Place 1 drop in a tsp FCO, rub on shoulders after long day.

Rub on aching joints, muscles, stomach., temples. Add frankincense for an extra boost of anti-inflammatory support.

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