

General usage tips for Essential Oils:

- Never use in the eyes.
- Keep out of the ears, nose and ‘south of the border’ without professional advice
- Determine skin sensitivity with each oil. To dilute the oil, use carrier oil, not water, when you sample a new oil. Begin with small amounts.
- Internal use—be knowledgeable
- Store blends in dark glass bottles, away from heat and light
- Shelf life: 2-6 years and some longer. Citrus Oils: 6 months. Enemies are heat, light, oxygen, and you

Here are some general safety tips:

- Avoid in general if pregnant in the first trimester. Thereafter consult a professional.
- Use caution with children under two years of age. Restrict to the soles of feet or diffuse, if used.
- In general, citrus oils concentrate the burning ability of the sun and tanning beds when used on exposed skin. Our Orange may be well tolerated.

Common Methods of Use

- **MASSAGE:** Approximately 12 drops of essential oil per ½ oz. bottle of carrier oil.
- **INHALATION:** 6 to 8 drops essential oil/blend in bowl of hot water or a diffuser. Place a towel over head. Inhale for 5 minutes. Close your eyes if irritation. You can inhale EO’s (essential oils) from cupped palms while on the go during your day.
- **AROMATHERAPY BATH/SHOWER:** Mix 10 drops of essential oil into 2 c of Epsom salts or a Tbsp. of liquid soap for a bath. Soak 18-20 minutes. One - 6 drops on washcloth for use in a steamy shower with the water temporarily off.
- **SPRITZER:** Add 15-45 drops of EO’s to 2 oz. water. Shake well before applying. Use caution regarding the face and eyes.
- **ROLLER BALL:** Add 20-80 drops of EO’s to Carrier Oil
- **OINTMENT:** Add 20-25 drops of EO (like Tea Tree) to Golden Salve (1oz. jar)
- **POWER BATH:** The goal is support the healthy energies of the body including healthy detoxification. Premix ¼ - 1/2 teaspoon of essential oils to 2 cups each of Epsom and Kosher salts for one bath. Consider Eucalyptus, Lavender, Essential Shield, Tea Tree, Core, Pine Needle. Stay below 10 drops of Renew due to citrus content may create skin sensitivity in the bath.

Inhalation Benefits

- Quick entrance into the bloodstream
- Direct therapy for the lungs
- Bonus –purification of the air during diffusion

Topical Benefits

- Easily absorbed
- Treating the immediate area where applied (organs, glands, spine, joints)
- Neat = undiluted applications
- Use a carrier oil of any doubt as to heat and sensitivity of strong oils
- Using multiple means of absorption increases the benefits

Cooling Peppermint After Sun Spray Recipe

Add 10 drops to a 4 ounce spray bottle with water and aloe vera as desired and spritz on to reduce the feeling of heat. Would you like to add Lavender? Frankincense?

Soothe & Relieve Itching

Lavender, Peppermint, Purity, Tea Tree, & Silver Shield. Apply neat to the bite or mix with Silver Shield.

Bad Food? Carsickness? Boating? Flying? Carnivals? ...Digestive Comfort

- Peppermint
- Core

Place 4-5 drops total into the palms and inhale deeply for 5-10 minutes

These can also be massaged into the liver/gallbladder and belly with Carrier Oil. Start with 2-4 drops of your choice. Repeat in 10 minutes if needed or as desired.

Sore Throat? Here is a recipe that can help:

- Apply to the throat: 6-8 drops of Essential Shield or Purity
- Add 1 tsp of Carrier Oil
- Apply a very cold, wet compress
- Pin a dry cotton cloth around this

Leave on overnight.

Rollerball Recipe: Peppermint, Lavender, Tea Tree, Lemon, Essential Shield or Purity

Thyroid Soother Recipe: Lemon, Purity.

Cold and flu discomfort? Here is an Immune support recipe:

- ESSENTIAL SHIELD - Massage into the neck and chest.
- PURITY—Apply 3 drops to the soles of each foot or add to a diffuser
- LEMON—Apply 6 drops to the soles of each foot
- PEPPERMINT - 2-3 drops massaged into the stomach and liver with Carrier Oil

Muscle Strain? These are great products to help soothe muscles & tissues:

Tei Fu Massage Lotion: May apply to the neck, shoulders and parts of the body (not for whole body massage)

Recover Oil: Apply and spread with a tsp of Carrier oil to desired site.

Allergy Symptoms? Itching, sneezing, watery eyes? Here are some options:

- LAVENDER OR REFUGE
- PEPPERMINT
- LEMON OR BREATHE DEEP

Apply 2-4 drops of each to the liver and gallbladder

Cover with a tsp of Carrier Oil

Massage 4-6 drops of Lemon into the chest with a tsp of carrier oil. Can repeat every 30 minutes

Put a few drops of each of the above essential oils into the palm: inhale 5 minutes Repeat as needed.

Diffuse: Lemon, Lavender, Purity,

Breathe Deep as desired

EARS: Peppermint, Frankincense, Lavender —massage around the ear to nourish healthy hearing

Do you have nightmares or sleeplessness? Here is a recipe for promoting relaxation, calm, healthy sleep.

- LAVENDER
- REFUGE

Massage a blend of 3- 6 drops into the soles of each foot. Place 2-3 drops on a handkerchief and inhale until feeling more calm and relaxed

Diffuse as needed

Here is a great blend for when your kids have a boo-boo:

- 10 drops Tea Tree Oil
- 10 drops Lavender Oil
- 10 drops Frankincense Oil

Carefully measure out the drops of oils into a roller bottle and fill the remainder of the bottle with the carrier oil of your choice

Kids Fever Reliever Recipe:

Use Peppermint, Lavender or Lemon Oil, or a combination of all 3, diluted in coconut oil. Apply it to the bottom of the feet.

You can also rub a little bit of Lemon Oil (diluted) along the spine

Headache Helper Roll On Recipe:

- 10 drops of Peppermint oil
- 6 drops of Lavender Oil
- 5 drops of Frankincense Oil

Fill the rest of the roller bottle with Coconut oil. Apply to your temples and the back of the neck. This also helps with stress in general.

ANTISEPTIC ESSENTIAL OILS RECIPE FOR CUTS AND SCRAPES RECIPE:

- 5 drops of Lemon Oil
- 10 drops of Tea Tree Oil
- 5 drops of Eucalyptus Oil
- 2 ounces Filtered water

Add filtered water into a spray bottle. Then add each essential oil in the amounts listed here and put top back on. Shake for 30 seconds before spraying on cuts and scrapes.

Rounding Out your First Aid Kit:

- Activated Charcoal—ease symptoms of intestinal distress
- Silver Shield and gel—great for a hand sanitizer too
- Epsom Salts for a soothing bath
- Hydrogen Peroxide 1-3 Quarts for an Immune Power Bath
- Band aids and Gauze and Scissors
- Ace Bandage
- Telfa Pads (non-stick for wounds)
- Steri strips –hold a cut together until you can see a doctor
- Tape—find the kind for sensitive skin