



100 WAYS
to use essential oils

PRACTICAL USES FOR RADIANT, HEALTHY SKIN AND HAIR

For rollerbottle applications

Add 1 part essential oil to 2 parts fractionated coconut oil to a rollerbottle. Roll on back of neck, chest, feet, and other areas of concern.

For topical applications

Add 2-4 drops essential oil to about a tablespoon of fractionated coconut oil and apply to feet, chest, and areas of concern.

HAIR AND SCALP

1. For a soothing scalp massage— apply a drop of Lime, Peppermint, Rosemary, Melaleuca, Basil, Jasmine, or Roman Chamomile to your fingertips and massage onto your scalp
2. Add a drop to shampoo to improve the look of your hair—Sandalwood, Geranium, Lime, Clary Sage
3. For healthy, shiny hair during the damaging heat of summer—apply a drop of Ylang Ylang or Sandalwood to the palm of your hands and rub throughout your hair

SKIN

4. To soothe the irritation of distressed skin—Basil, Birch, Cedarwood, Douglas Fir, Eucalyptus, Geranium, Helichrysum, Immortelle, Jasmine, Juniper Berry, Lavender, Melaleuca, Purify, Rose, and Wintergreen
5. For a cooling skin sensation—Basil, Cardamom, Citrus Bliss, ClaryCalm, Deep Blue, Fennel, and Melissa
6. To maintain your skin's natural moisture—Citrus Bliss, Immortelle, Juniper Berry, Lemongrass, and Rose
7. To maintain a clear complexion with oily skin—Coriander, Cypress, Deep Blue, Melaleuca, Myrrh, Rose, Sandalwood, and Thyme
8. To give relief from sunburn—Lavender and Melaleuca
9. To protect your skin from the sun's effects—Helichrysum and Arborvitae
10. To protect the skin from insects when outdoors—Arborvitae and TerraShield
11. As rollerbottle support for healthy skin—Lavender and Melaleuca

MOUTH AND TEETH

12. Add to water for an effective mouth rinse—Cinnamon Bark, Cumin, Eucalyptus, Melaleuca, Lemon, Peppermint, Myrrh, On Guard, and Spearmint
13. Add a drop to your toothpaste—Clove, On Guard, and Myrrh

OTHER USES

14. To create a peaceful, renewing aroma during a warm bath—Serenity
15. To create your own personal cologne—Arborvitae, Cedarwood, Frankincense, and Whisper
16. To use during a soothing massage—AromaTouch, Basil, Bergamot, Cassia, Clove, Deep Blue Rub, Eucalyptus, Grapefruit, Lavender, Peppermint, and Rosemary

To create your personal massage blends

Add 2-3 drops each of your favorite essential oils to a tablespoon or so of fractionated coconut oil or lotion. Apply to your skin with your hands in soothing, slow rubbing motions, especially in areas where you are experiencing tension or stress.

PRACTICAL USES FOR SUPPORTING NATURAL HEALTH

GENERAL HEALTH AND WELLNESS

17. To support overall health and wellness—Wild Orange
18. Protection against environmental and seasonal threats—Arborvitae, Breathe, Lemon, Melaleuca, and TriEase
19. To support a sense of peace and calm—Arborvitae, Balance, Cedarwood, Peace, Jasmine, Roman Chamomile, and Patchouli
20. Apply topically before you begin your day—Balance
21. To clear your mind—Eucalyptus and Patchouli
22. To promote positive feelings—Cheer, Console, Forgive, Motivate, Passion and Peace
23. To maintain focus and clarity—InTune, Spearmint, Basil, Douglas Fir, and Frankincense
24. Use while meditating or practicing yoga—Arborvitae, Balance, and Sandalwood
25. Diffuse or apply topically to uplift mood—Citrus Bliss, ClaryCalm, Douglas Fir, Elevation,

Stress Relief

When dealing with moments of stress, the most quickest way to find relief is to use the oils aromatically. We see that our Limbic System is loaded with millions of receptors in our nose, so by sniffing an oil or diffusing it into the air, we are able to find a fast relief.

For Relief from Intense Head Discomfort

Apply 1-2 drops of Deep Blue, Frankincense and Basil to your temples and to the back of your neck.

Frankincense, Jasmine, Lemon, Lime, Myrrh, Sandalwood, Spearmint, Tangerine and Ylang Ylang,

PROMOTE RESTFUL SLEEP

26. To promote peaceful dreams and restful sleep—Balance, Peace, Lavender, Melissa, Sandalwood, Serenity, Breathe, Clary Sage, and Dill

RELIEVE STRESS AND TENSION

27. Apply topically to lessen stress and tension—AromaTouch, Balance, Basil, Wintergreen, Bergamot, Citrus Bliss, Elevation, Lavender, Marjoram, PastTense, Rosemary, and Ylang Ylang
28. For a stress-relieving bath—Clary Sage, Lavender, Sandalwood, Balance, Roman Chamomile, Frankincense, and Rosemary
29. Diffuse to lessen stress and anxious feelings—Dill, Bergamot, Lemon, Juniper Berry, Citrus Bliss, Wild Orange, Melissa, Sandalwood, Serenity, and White Fir
30. As a soothing massage blend for targeting tired, stressed muscles—Marjoram, Deep Blue, and White Fir

MUSCLE AND JOINT SUPPORT

31. To help support healthy joint function—Ginger, Cinnamon Bark, and Deep Blue
32. To relieve minor pain such as muscle pain after exercise—Deep Blue and Marjoram

SEASONAL SUPPORT

33. To maintain clear airways and easy breathing—Breathe, Cardamom, Douglas Fir, Eucalyptus, and Peppermint
34. To soothe your throat—Cinnamon Bark, Myrrh, and On Guard
35. To provide seasonal support—Lavender, Lemon, Peppermint, Breathe, and Arborvitae
36. To relieve occasional distress in the head—PastTense and Peppermint
37. For relief from intense head distress—Deep Blue, Frankincense, and Basil

38. To support the ear canal—Melaleuca and Oregano (Rub behind the ear)

As a Daily Detox Drink

Put a few drops of Lemon essential oil in a glass of water and drink at the start of your day.

For Protection from the Sun

Add 5-10 drops of Helichrysum and Arbovitae to a tablespoon of fractionated coconut oil and apply to your skin before going outside.

To Be Ready for Many Common Distresses or Discomforts

Make several rollerbottle support vials for distresses you face often, using your favorite essential oils for each specific rollerbottle. Store in your purse or car for ready access.

BODY SYSTEMS SUPPORT

39. To maintain healthy circulation—Black Pepper and Fennel
40. To promote healthy digestion—Cassia, Cardamom, Cassia, Cilantro, Coriander, Dill, DigestZen, Fennel, Ginger, Lemon, Lemongrass, Oregano, Peppermint, Rosemary, Spearmint, and Black Pepper
41. To support your immune system—Cassia, Cinnamon Bark, Lavender, Lime, Marjoram, Melaleuca, Melissa, On Guard, Oregano, Roman Chamomile, Tangerine, Thyme, Vetiver, and Wild Orange
42. To relieve occasional stomach distress—Peppermint, Ginger, and Fennel
43. To support a healthy thyroid—Frankincense, Myrrh, Basil, and Lemongrass
44. To aid in detoxing your system—Helichrysum, Juniper Berry, Rosemary, and Coriander
45. To maintain healthy cholesterol levels—Lemongrass, Clary Sage, and Helichrysum
46. To support the cardiovascular system—Wild Orange, Cypress, and Sandalwood
47. To maintain healthy blood sugar levels—Slim & Sassy

OTHER SPECIFIC USES

48. To relieve menstrual cycle discomfort—Clary Sage, Clary Calm, and Basil
49. To cool off when overheated—Peppermint
50. For antioxidant support—Black Pepper, Cilantro, Clove, Dill, Fennel, Ginger, Lime, On Guard, Oregano, Tangerine, Wild Orange, and Ylang Ylang
51. To increase motivation for weight loss—Grapefruit, Slim & Sassy, and Helichrysum,
52. To provide a healthy inflammatory response—Frankincense, and Eucalyptus
53. To give relief from burns—Lavender
54. To boost energy—Lemongrass, Wild Orange, and Elevation

55. To help reduce occasional nausea—Ginger

ROLLERBOTTLE USES

56. As a rollerbottle incentive to happiness—Lemon and Frankincense
57. As a rollerbottle support for restful sleep—Lavender, Roman Chamomile, Bergamot, and Frankincense
58. As a rollerbottle encouragement for focus—Lavender, Peppermint, Lemon, Wild Orange, and Peppermint
59. As rollerbottle support for clear breathing—Breathe and Lime
60. As a rollerbottle boost for your immune system—Oregano, Lemon, and OnGuard
61. As a rollerbottle support for digestive issues—Wild Orange, and DigestZen
62. As a rollerbottle support for seasonal issues—Lemon, Lavender, and Peppermint

PRACTICAL USES FOR A MAINTAINING A HEALTHY HOME

NATURAL MAINTENANCE IN YOUR HOME

63. To protect surfaces in your home—Arborvitae, Eucalyptus, Lemon, Melaleuca, On Guard, Wild Orange
64. Use as an effective wood preservative—Arborvitae, Lemon,
65. To make cleaning simpler in your bathroom—OnGuard Cleaner
66. To keep your hands and kitchen and bathroom sinks clean—On Guard Foaming Hand Wash
67. To keep moths at bay in closet and storage areas—Cedarwood,

DIFFUSING ESSENTIAL OILS

68. To diffuse in your car to create calmness—Balance, Ginger, Lavender, and Purify
69. Diffuse to maintain peaceful feelings during the holidays—Myrrh, Clove, Cassia, Ginger, and White Fir

**3 Fall Diffuser
Blends for your
Home**

Cozy Home Blend

3 drops of Wild
Orange
2 drops of Cassia
2 drops of
Cedarwood

**Crispy Autumn
Blend**

3 drops of Wild
Orange
3 drops of Patchouli
1 drop of Clove

Cozy Holiday Blend

2 drops of Wild
Orange
2 drops of Cassia
2 drops of White Fir

Insect Itch Relief

10 drops
Melaleuca
10 drops Lavender
10 drops Roman
Chamomile
1 oz. water
1 tsp. alcohol

Place in mister
and spray as
needed.

70. Diffuse for a grounding, uplifting aroma—Arborvitae, Bergamot, Birch, Black Pepper, Cilantro, ClaryCalm, Juniper Berry, Lemongrass, and Vetiver
71. Diffuse to relax the mind and body—Cedarwood, Bergamot, Dill, Elevation, Myrrh, Patchouli, and Wintergreen
72. Diffuse to reduce stress and uplift a bad mood—Citrus Blend, Cypress, Balance, Lemon, Lime, Melissa, Myrrh, Roman Chamomile, White Fir, and Ylang Ylang
73. Diffuse to encourage productivity—Fennel, InTune, Frankincense, Ginger, Lime, Rosemary, Tangerine, Thyme, and Wild Orange
74. Diffuse while dieting to increase motivation—Grapefruit and Peppermint
75. Diffuse to promote a restful night's sleep—Melissa and Roman Chamomile
76. Diffuse to purify the air—Arborvitae, Juniper Berry, Lime, On Guard, and Purify

PRACTICAL USES FOR YOUR GARDENING SUPPORT

77. To repel insects naturally—Arborvitae, Cedarwood, Cinnamon Bark, Clove, Geranium, Lemongrass, Rosemary, TerraShield, and Thyme
78. To mix in mulch while gardening—Arborvitae and Cedarwood
79. Use when canning to preserve garden vegetables—Dill
80. As companion oils for many garden vegetables—Basil, Lavender, Thyme, Geranium
81. To attract pollinators to your garden—Wild Orange, Lavender, Marjoram, Helichrysum, and Rosemary
82. To attract butterflies to your garden—Lavender, Fennel, and Helichrysum
83. To prevent fungi—Melaleuca
84. To create your own natural insect repellent—Rosemary, Peppermint, Thyme, and Clove

Clean the Coop

8 oz. white
vinegar
25 drops Lemon
essential oil

Swirl in spray
bottle and spray
the coop.

PRACTICAL USES FOR YOUR HOMESTEAD AND ANIMALS

85. To repel flies, fleas and ticks—Rosemary, Basil, Peppermint, Cedar, Eucalyptus
86. To clean chicken coops and bedding—Lemon, Citrus Bliss, Lime, Tangerine
87. To soothe animal wounds—Lavender, Frankincense
88. To alleviate emotional and respiratory issues in goats—Lavender

PRACTICAL USES WITH YOUR CHILDREN

GENERAL USES

89. For a refreshing bath to soak away anxiousness and stress—Lavender
90. To promote calm after a difficult school day—Vetiver
91. For behavioral issues—Balance, Elevation, Vetiver, Serenity, and Lavender (diffuse or rub with a rollerball on feet)
92. As a great back-to-school blend—Thyme, Lemon, Melaleuca, and On Guard
93. To give your kids an immune boosting detox bath—On Guard and Wild Orange
94. To give your kids a detox bath for respiratory support—Eucalyptus, Peppermint, and Breathe
95. To give your kids a detox bath for digestive support—Peppermint, Cardamom, Lemon, and Peppermint

To relieve sleeplessness

Add a few drops
each of Lavender
and Serenity to a
small spray bottle
of water and
spray your child's
favorite stuffed
animal before
bedtime.

SLEEP SUPPORT

96. When little ones have trouble sleeping—Serenity, Vetiver, Lavender
97. To promote a return of peace to children scared in the night—Cedarwood, Peace, and Lavender
99. Apply to child's feet prior to a nap—Marjoram
99. Diffuse before waking to create a positive mood—Elevation

100. To give your kids a calming detox bath —Lavender, Ylang Ylang, Roman Chamomile, and Cedarwood