

## Young Living Everyday Essential Oil Starter Kit

Welcome to the wonderful world of Young Living essential oils. Here are a few suggested uses for the oils in the Everyday Oils kit- never leave home without them!

### GENERAL USES

- You or someone you know, animals included, may have mishap or accident.
- You may be sleepy after lunch and have trouble concentrating.
- You may have eaten something that didn't agree with you.
- You may have met someone who did not agree with you.
- You may get stuck in traffic and feel agitated.
- You may find yourself in a public restroom that doesn't have soap or water.
- You may get stung by a bee or insect.
- You may get a sunburn.
- You may have sore muscles after exercising.
- You may just want to smell good and feel better.

### VALOR (A blend of Spruce, Rosewood, Blue Tansy & Frankincense.)

- This blend has been used to help empower the physical and spiritual bodies.
- Rub on the bottoms of your feet to overcome fear and opposition.
- Wear to build courage, confidence and self esteem.
- Valor brings feelings of calm and peacefulness.
- Valor calms hyperactivity and ADD in children.
- Can help align the physical structure of the body, relieving pain along the spine.
- Valor is known as "a chiropractor in a bottle."
- It balances and aligns electrical energies within the body.
- Has improved scoliosis in as little as 30 minutes and/or with repeated use.
- Apply to the jaw for TMJ balance and comfort.

### THIEVES (A blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, & Rosemary.)

- Brush and gargle with Thieves for a clean mouth and to prevent periodontal disease.
- Thieves protects against colds and flu.
- It is anti-fungal and helpful for candida.

- It is helpful for sinusitis.
- It protects against bronchitis and pneumonia.
- It protects against sore throats and strep infections.
- It is a strong antiseptic for cuts, bruises and infection.
- Try it on warts, moles and skin tags, slivers and splinters.
- Sniff on a tissue for nausea.
- Use orally to balance blood sugar (because of the cinnamon).
- Stimulates the immune system.
- Considered as anti-plague. (It was used by thieves in England to protect them from the plague when stealing from the sick and dying, hence the name.)

PANAWAY (A blend of Helichrysum, Wintergreen, Clove & Peppermint.)

- Apply topically to sore muscles after exercising.
- Use on injuries to reduce inflammation and bruising.
- Rub on temples, forehead and back of neck to relieve headaches.
- Mix in a carrier oil and massage on location to relieve growing pains.
- Rub on arthritic hands to relieve pain.
- Rub at the base of the spine for sciatic pain.
- For arthritic pets, massage PanAway oil diluted with V-6 oil on the location.

PEACE & CALMING (A blend of Tangerine, Orange, Ylang Ylang, Patchouly, & Blue Tansy.)

- Rub on the bottoms of feet and the shoulders before bedtime to improve sleep.
- Diffuse to calm overactive, hard to manage children.
- Mix with massage oil for a relaxing massage.
- Use 1-2 drops in a warm bath for total relaxation.
- Diffuse while sleeping to help with teeth grinding and snoring issues.

PURIFICATION (A blend of Citronella, Lemongrass, Rosemary, Melaleuca Alternifolia, Lavandin & Myrtle.)

- Diffuse to clean the air and neutralize foul or stale odors.
- Place on a cloth and place in air vents in hotel room, office, or other enclosed area to freshen air and kill germs.
- When traveling, inhale during flights to protect yourself from pathogens in the air.
- Use on insect bites.
- Apply on blemishes.

- Apply on blisters.
- Place on cotton balls in the toes of smelly sneakers.
- Use in humidifiers and water fountains to purify and add to the clean air smell.
- Swab the nasal cavity to ward off cold and sinus problems.
- Use as an insect repellent, neat or in a spray bottle.
- Dilute with carrier oil and rub inside pets' ears to eliminate ear mites.
- Add 50 drops to a gallon of paint to eliminate the odor.

#### FRANKINCENSE (*Boswellia Carterii*)

- May help oxygenate the pineal and pituitary glands.
- Increases the activity of leukocytes in defense of the body against infection.
- Promotes a positive attitude and happy feelings.
- Enhances meditation and prayer.
- It is antiseptic and helpful for wounds and scarring.
- It is an expectorant for mucous and catarrh.
- It stimulates the immune system.
- It is a sedative and balances emotions.
- It is anti-infectious.
- It is the "Holy anointing oil" in the Middle East, used to compliment prayers and meditation.

#### LAVENDER (*Lavandula Angustifolia*)

- The "Swiss Army Knife" of essential oils.
- Rub on feet for a calming effect.
- Rub on your palms and smooth on your pillow to help you sleep.
- Reduces swelling and itching of insect bites.
- Decreases pain of minor burns.
- Use on cuts to help stop bleeding and reduce pain.
- Mix with carrier oil and use on eczema and dermatitis.
- For motion sickness, place a drop on the end of the tongue, around the navel, or behind the ears.
- For a nosebleed, place a drop on a tissue, then cover an ice chip and hold at the base of the nose.
- For blocked tear ducts, apply a drop over the bridge of the nose.
- Rub chapped hands with Lavender.
- Use on chapped or sunburned lips.
- To reduce or minimize scars, massage on the area.
- Apply several drops as a deodorant.
- Inhale in palms of hands to alleviate hay fever symptoms.

- Rub on scalp to help eliminate dandruff.
- Use as an insect repellent in linen closets to repel moths and insects.
- Place in your water fountain to scent the air and kill bacteria.
- Put a few drops on a cloth and add to the dryer to scent linens and clothes.
- Use on cold sores.
- Diffuse to alleviate symptoms of allergies.
- Mix with distilled water and use a spray for sunburn.
- Use on cuts and wounds to kill bacteria.
- Use on rashes to help with itching and heal the skin.

LEMON (Note: Citrus oils can cause skin to be sensitive to direct sunlight or ultraviolet light.)

- Use 6 drops of lemon and 6 drops of Purification in a spray bottle of distilled water as an air freshener.
- Use to remove gum, oil, grease spots or crayon.
- Use 1 drop to add flavor to baked goods, water or cooking.
- Mix 2 drops lemon, 2 tablespoons honey and 2 cups spring water for homemade lemonade.
- Use 1 drop morning and night on corns, callouses and bunions.
- To clean and increase life of fruit, fill a bowl with cool water and 2-3 drops of lemon oil; be sure fruit is covered.
- Add 2-3 drops to water and spray counters to disinfect.
- Soak dishcloths overnight in lemon/water mixture to disinfect and kill bacteria between laundering.
- Add a drop to the dishwasher before the wash cycle to help with cleaning.
- Rub a drop on your hands after using public restrooms as a disinfectant.
- Sanitize fixtures with a few drops on a cloth.
- Use on cold sores.
- Use on bleeding gums caused by gingivitis or tooth extraction.
- Use on oily skin and acne.
- Massage a few drops on cellulite areas to improve circulation and help eliminate waste from fat cells.
- Rub 2 drops on location to clear athlete's foot.
- Rub on varicose veins to improve circulation and relieve pressure on veins.
- Rub a drop on a wart morning and night until it disappears.
- Rub a few drops on butcher blocks to kill bacteria.

- Put 10-15 drops in each gallon of carpet cleaning solution to help remove stains and brighten the rug while smelling fresh and clean.

PEPPERMINT (*Mentha Piperita*) (Note: Do not use on children's faces under age 3.)

- Rub over stomach to relieve indigestion, flatulence, and diarrhea.
  - Add one drop to herbal tea to aid digestion and heartburn.
  - Massage on area of injury to relieve inflammation.
  - Good for shock of an acute injury or shock in general.
  - Place on bottom of feet to reduce fever.
  - Apply to unbroken skin to relieve itching.
  - For poison oak or poison ivy, dilute with carrier oil and apply on location.
  - Inhale before a workout to boost your mood and energy.
  - Massage on abdomen to relieve nausea.
  - For headaches, place a few drops in your palms and inhale deeply; also apply to temples and back of head. (Avoid eyes.)
    - May relieve hiccups: put 1 drop on the 5th cervical at the base of the neck (2 notches up from C7, the large vertebra).
    - For alertness, place a drop on tongue and under the nose.
    - Diffuse when studying or when concentration is needed.
    - Rub 4 drops on chest and stomach to relieve travel sickness.
  - Inhale to relieve stuffiness and congestion.
  - Use as a flavoring when cooking.
  - Use to deter rats, mice, ants and cockroaches by placing on cotton balls in the areas of concern.
    - Mix 1 15ml. bottle to a gallon of paint to dispel fumes.
    - Try a few drops in hot water to replace coffee.
    - To kill aphids, add 4-5 drops to 4 ounces of water and mist plants.
  - For hot flashes, apply to base of neck.