



# Your Practical Guide to the Young Living Everyday Essential Oils



**Everyday Uses, Vita Flex Chart and More**

# Why These Essential Oils?

[Young Living](#) Essential Oils assembled this kit with the ten basic essential oils that you can use in your everyday life. As you continue through the book you will discover the various therapeutic benefits of each oil.

The kit comes with four single oils: Lavender, Lemon, Peppermint and Frankincense as well as six blends (a combination of oils): Thieves, Purification, Peace & Calming, Joy, Valor and Panaway. There is also a bonus oil blend, Stress Away for those that order the Premium Starter Kit.

## Remember this... Important:

The information in this eBook only applies to the use of therapeutic-grade Young Living Essential Oils. Please ensure that you read the guidelines for application and the “scentsible” precautions before getting started.

The usage tips are just a handful of all the applications of the oils. For more information, it is recommended to use a Quick Reference Guide for Using Essential Oils or the [Desk Reference for Essential Oils](#).

## Guidelines for Application:

### Aromatically

Aromatic means that the oils are inhaled through the mouth and nose. We can inhale directly from the bottle, put a drop on our hands and then cup over our nose breathing deeply, or by using a cold air diffuser. Young Living’s Home Diffuser (part of the Premium Starter Kit) releases essential oils into the air; neutralizing odors and creating a wonderful spa-like atmosphere. By diffusing, we detoxify our homes from harmful household chemicals, and safeguard the health of our loved ones by fighting airborne pathogens such as viruses, bacteria, germs, fungi and mold. (Refer to Thieves and Purification blends)

Never burn or use a diffuser that heats up Young Living Essential Oils, as this will compromise the therapeutic properties of the oil. Limit the diffusion of unfamiliar essential oils to 10 minutes/day, increasing the time after determining their effects.

## Topically

Topical refers to the oils being applied directly to the skin, hair or other surface of the body. Many of the Young Living Essential Oils can be applied directly to the skin, which is referred to as 'neat'. When starting, and before using a new oil that you haven't used before, it is suggested that you check the Young Living Product Guide to see if dilution is suggested for the oil that you wish to use. You can also skin test new oil, by applying one drop to the inside (underneath) of your forearm. Wait for 5 minutes to see how your body reacts to the new oil before proceeding further.

All of the oils can also be applied topically to the Vita Flex points on the feet, added to bath water in a gel or Epsom Salts, or used with an organic carrier oil during massage. Young Living carries excellent massage oils, the Ortho Ease or V-6 Vegetable Oil Complex.

When we apply oils topically, it doesn't take long to experience...an oil reaches the bloodstream within 2 to 3 minutes and reaches every cell within 20 minutes; metabolizing fully in 2 ½ hours.

## Other Uses

All single oils in the kit may be used as dietary supplements. Using essential oils for cooking, cleaning, laundry and baths are other possibilities.

## “Scentsible” Precautions

Therapeutic-grade essential oils are potent and safe when used as directed. Below are some preventative precautions to help you have an enjoyable experience using Young Living Essential Oils.

- Always test for skin sensitivity and keep a bottle of V-6 vegetable mixing oil, massage oil base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation. Do not use water as it will not help and will cause the oil to go deeper.
- Always read the complete label before using.
- Keep bottles of essential oils tightly closed and store them in a cool location away from children. If a child swallows an essential oil, administer milk, honey or another safe, oil-soluble liquid such as soy or rice milk.
- Do not use essential oils rich in menthol (such as Peppermint) on the throat or neck area of children under 30 months of age (2 ½ years of age).
- The citrus-based oils of Bergamot, Grapefruit, Lemon, Orange and Tangerine as well as oil blends with a heavy citrus concentration such as White Angelica and Purification should not be used on areas of the skin that will be exposed to the sun or UV rays within 72 hours. They may cause an increased reaction to the sun.
- Wash your hands after using essential oils. Even the tiniest trace of essential oils can be unpleasant if wiped in the eye or in areas with delicate skin (such as when going to the toilet).
- Do not use essential oils in or near the eyes. Essential oil residue may damage contact lenses.
- Do not put essential oils inside the ears/ear canal.
- Epileptics and those with high blood pressure should consult their health care professional before using some essential oils. Avoid Hyssop, Fennel and Idaho Tansy oils.

- Do not add undiluted essential oils directly to bath water. Use Epsom salts or a bath gel as a dispersing agent for oils in the bath.
- Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as Clary Sage, Sage, Idaho Tansy, Juniper and Fennel.
- Before taking GRAS (Generally Regarded as Safe by the FDA) essential oils internally, always dilute with an oil soluble liquid like honey, olive oil or soy milk. Some oils such as Lemon and Peppermint can be added to drinking water.
- Consult a health professional about any serious disease or injury. DO NOT attempt to self-diagnose or prescribe any natural substances for conditions that require professional attention.
- Use only 1 new oil at a time to determine how your body responds. Wait 30 minutes before applying another new oil.



## Lavender

(*Lavandula Angustifolia*) Referred to as the “universal” oil, Lavender is the most versatile oil in the kit. Clinically studied, the fragrance is calming, relaxing and balancing, both physically and emotionally. It does wonders for the skin and is useful for cuts, burns and other skin irritations.

1. **Sleep** – Rub a drop on your palms and smooth on your pillow to help you sleep.
2. **Insect Bites** – Put a drop on a bee sting or insect bite to stop itching and reduce swelling.
3. **Minor Burn** – Put 2–3 drops on a minor burn to decrease pain.

4. **Cuts** – Drop on a cut to stop the bleeding, clean wound and kill bacteria.
5. **Eczema/Dermatitis** – Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
6. **Motion Sickness** – To alleviate the symptoms of motion sickness, place a drop on the end of the tongue or around the naval or behind the ears.
7. **Nosebleed** – To stop a nosebleed, put a drop on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
8. **Unblock Tear Ducts** – Rub a drop over the bridge of the nose to unblock tear ducts.
9. **Dry/Chapped Skin** – Rub on dry or chapped skin.
10. **Chapped/Sunburned Lips** – Rub a drop on chapped or sunburned lips.
11. **Scar Tissue** – To reduce or minimize the formation of scar tissue, massage on and around the affected area.
12. **Deodorant** – Rub 2 – 4 drops over the armpit area to act as a deodorant.
13. **Hay Fever** – Rub a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
14. **Dandruff** – Rub several drops into the scalp to help eliminate dandruff.
15. **Repel Moths** – Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
16. **Water Fountains** – Place a drop in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
17. **Freshen Laundry** – Place a few drops on a wet cloth and throw into the dryer, which will deodorize and freshen your laundry.
18. **Cold Sores** – Place a drop on cold sores, herpes or other mouth ulcers to lessen pain.
19. **Allergies** – Diffuse to alleviate the symptoms of allergies.

20. **Sunburn** – Spritz several drops mixed with distilled water on a sunburn to decrease pain.
21. **Rashes** – Apply 2–3 drops to a rash to stop the itching and heal the skin.
22. **Calming** – Diffuse or inhale to calm your mind, body, and spirit after a hard day’s work. Rub on the feet for a calming effect on the body.



## Frankincense

(*Boswellia Carteri*) has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair. It was considered more valuable than gold in ancient times and used to treat every known ill to man. It's known for its antitumoral, immunostimulant, antidepressant and muscle relaxing benefits. It has been found to be stimulating to the limbic system of the brain and the hypothalamus, pineal and pituitary glands. More recently, it has been used in European and American hospitals and is the subject of substantial research. Frankincense is also a valuable ingredient in skin care products for aging and dry skin.

23. **Concentration** – Use 1–2 drops on temples and back of neck to improve concentration.
24. **Immune System** – Apply 1–3 drops on each foot to strengthen the immune system.
25. **Blisters** – Dilute 50/50 with carrier oil and apply to blistered area 3–5 times daily.
26. **Depression** – Diffuse or inhale from the bottle to help with mood elevation.
27. **Stretch Marks** – Rub a few drops on stretch marks 2 times per day.

28. **Cysts and Warts** – Apply 1–2 drops on cyst or wart 2 times per day until it disappears completely.
29. **Skin Health** – Apply 1–2 drops on sun damaged skin spots 2 times until no longer visible.
30. **Breast Health** – Rub 2–3 drops on breasts and lower abdomen on a daily basis.
31. **Healthy Maintenance** – Dilute 1 drop oil in 1 tsp. honey or 4 oz. rice milk and ingest daily for health maintenance.
32. **Nervous Energy** – Rub on the bottom of feet to help alleviate nervous energy.
33. **Spiritual Focus** – Inhale whenever you wish to enhance spiritual focus.
34. **Acne** – Apply directly to dry up blemishes.



## Valor

Valor is an empowering combination of oils that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. Renowned for its strengthening qualities, Valor enhances an individual's internal resources. It has also been found to help energy alignment in the body by working with the body's electrical and nervous system. Known as “chiropractor in a bottle”, it contains a blend of Rosewood (*Aniba rosaeodora*), Blue Tansy (*Tanacetum annuum*), Frankincense (*Boswellia carteri*) and Spruce (*Picea mariana*) in a base of pure almond oil.

35. **Positive Energy** – Massage 1–2 drops on temples or neck to ward off negative energy and increase inner strength when it's time to have a serious talk with your boss, friend, or teenager.
36. **Massage** – Add a few drops to the back following a massage for an uplifting experience.



37. **Confidence** – Rub on wrists and bottoms of feet to ease anxiety and yield confidence at the start of your day.
38. **Spinal Balancing** – Rub a few drops on the bottom arches of feet and up and down the spine.
39. **Nightmares** – Apply to bottom of feet for children, if they're scared at night, or for adults – for bad dreams.
40. **Injury Protective** – Apply a few drops before exercising to prevent injury (i.e. on knees).
41. **Bruise** – Use combined with Balsam Fir to put on a bruise
42. **Back Pain and Injury** – Rub on feet when spine is out of alignment or for sciatica pain
43. **Teeth Grinding** – Apply to sore jaw resulting from teeth grinding before bed and in the morning until pain is relieved.
44. **Sinus Congestion** – Put a drop on the bridge between nostrils and one drop on throat when allergy symptoms first appear.
45. **Menstrual Cramps** – Rub a few drops directly on womb to alleviate cramps and bloating..
46. **Sleep Apnea** – Apply to the bottoms of feet before bed.



## Peppermint

(Mentha Piperita) has a strong, clean, fresh, minty aroma. One of the oldest and most highly regarded herbs for soothing digestion, it may also restore the efficiency of the digestive tract. Scientists have studied peppermint's supportive effect on the liver and respiratory systems and its ability to improve concentration and mental sharpness. This powerful essential oil is often diluted before topical application. Peppermint may also be used to enhance the flavor of food and water.

47. **Digestive Aid & Heartburn** – Add a drop to herbal tea to aid in digestion and relieve heartburn.

48. **Injury Inflammation (unbroken skin)** – Massage several drops on the area of injury to reduce inflammation.
49. **Injury Bruise (unbroken skin)** – Apply immediately to an injured area (bruised shin, hit on the foot or hand) to relieve pain. If there is a cut, apply around (not on) the open wound.
50. **Fever** – Rub several drops of on the bottoms of the feet to reduce fever.
51. **Itching** – Apply a drop topically on unbroken skin to stop itching.
52. **Poison Ivy** – For poison ivy or poison oak, apply on location neat or dilute with V-6 Vegetable Mixing Oil.
53. **Working Out** – Inhale before and during a workout to boost your mood and reduce fatigue.
54. **Nausea** – Massage several drops on the abdomen to relieve nausea.
55. **Headache** – To relieve a headache, rub a drop on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
56. **Hiccups** – To stop hiccups, apply a drop on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
57. **Alertness** – Place two drops on the tongue and rub another drop under the nose to improve alertness and concentration.
58. **Travel Sickness** – Massage several drops on the abdomen and chest, place a drop on wrists, or inhale to soothe the minor stomach discomfort associated with travel.
59. **Congestion** – Place a drop on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
60. **Flavoring & Preservative** – Add to food as a flavoring and a preservative.
61. **Deter Rodents & Insects** – To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
62. **Paint Fumes** – Mix one 15 ml. bottle into a 5 gallon can of paint to dispel the fumes.
63. **Caffeine Substitute** – Place a couple of drops in a cup of hot water and enjoy in place of coffee.

64. **Aphids** – To kill aphids, add 4–5 drops to 4 ounces of water and spray the plants.
65. **Hot Day Relief** – Drink a drop mixed in a glass of cold water to cool off on a hot day.
66. **Arthritis & Tendonitis** – Rub on joints to relieve arthritis or tendonitis pain.
67. **Bad Breath** – Place a drop on the tongue to stop bad breath.
68. **Appetite Suppressant** – Inhale to curb the appetite and lessen the impulse to overeat.
69. **Ticks** – Remove ticks by applying a drop on a cotton swab and swabbing the tick. Wait for it to unhedge its head and remove from your pet.
70. **Sore Feet** – Mix in a footbath to relieve sore feet. Keep water agitated while soaking feet.
71. **Sinus Pain** – Rub one drop on the temples, forehead, over the sinuses (careful to avoid contact with your eyes), and on the back of the neck to relieve head pressure.
72. **Energy** – Apply to the back of the neck and shoulders throughout the day to keep energy up.
73. **Morning Wake-Up** – Inhale, apply topically to temples or neck, or put a drop on tongue or in water to jump-start morning routine.
74. **Stomach Ache** – Inhale or rub a drop on to your abdomen to soothe minor stomach discomfort.
75. **Indigestion, Flatulence and Diarrhea** – Rub 4–6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
76. **Hot Flashes** – Rub a couple of drops on the back of your neck to cool down from hot flashes.



## Thieves

Thieves is a highly potent antibacterial blend of Clove (*Syzygium Aromaticum*), lemon (*Citrus limon*), Cinnamon Bark (*Cinnamomum verum*), Eucalyptus (*Eucalyptus radiata*) and Rosemary (*Rosmarinus officinalis*). Clinically proven to kill 99.96% of airborne microorganisms after 12 minutes of diffusion, this blend is a must have during exposure to flu season.

77. **Prevent Infection** – Dilute a few drops with V-6 Enhanced Vegetable Oil Complex and apply to cuts or open wounds to prevent infection and promote healing.
78. **Sore Throat** – Mix 2-3 drops with a tablespoon of olive oil or water, gargle and swallow.
79. **Bronchitis** – Apply 2-6 drops diluted 50/50 with V-6 oil directly to the upper chest and throat.
80. **Headache** – Place a drop on thumb and apply to the roof of the mouth.
81. **Longevity** – Put 10-12 drops in a size OO capsule undiluted and swallow daily for longevity.
82. **Flu Prevention** – Put directly on the soles of the feet to protect from colds and flu. Diffuse in the home or office to ward off germs, increase concentration and work efficiency.
83. **Travel Safeguard** – Inhale deeply and/or apply a drop to each foot before boarding a plane to safeguard against viruses.
84. **Lung Congestion** – Breathe in the vapours to decrease lung congestion.
85. **Disinfect Pets Cages** – Add a few drops to water in a spray bottle to disinfect pet cages, creating a healthier environment for them.
86. **Clothes Washer** – Add 1-2 drops to the laundry cycle for cleaner clothes.
87. **Floors** – Add a few drops to mop water for cleaner floors.
88. **Repel Insects** – Mix a few drops with water to make a spray to repel insects on your flowers and plants.

89. **Gingivitis/ & Bleeding Gums** Rub a drop or two all over gums twice daily until gone. Apply to gums to prevent and treat gum disease.
90. **Toothache** – Apply a drop to a square piece of gauze and place against gums and teeth for pain relief from toothaches.
91. **Cold Sores** Place a diluted drop on cold sores, herpes or other mouth ulcers to lessen pain and aid healing.
92. **Mould** – Diffuse in homes or business to solve mould problems. For mould problems as a result of flooding, it's recommended to use the TheraPro diffuser.
93. **Phlegm** – Add 1-2 drops to orange juice and drink to reduce phlegm and congestion.
94. **Smoking Cessation** – Put on the tip of the tongue to help stop smoking.
95. **Colds** Drink a few drops in water or juice every three hours to stop a cold.
96. **Protect Children** – Rub on the bottoms of children's feet for protection before school every day. Diffuse in the house as your children come home from school every day to kill airborne bacteria. Diffuse in the classroom to reduce student sickness and absenteeism.
97. **Shingles** – Mix 50:50 with V6 vegetable oil and rub on daily for relief of shingles.
98. **Cough** – Mix a few drops with honey or agave in a teaspoon for cough relief.
99. **Laryngitis** – Put a drop under the tongue to restore voice.
100. **Hotel Rooms** – Drop several drops on a cotton ball and place in the heat/AC vents of a hotel to rid it of airborne germs. Spritz Thieves Spray on sheets, comforters and pillows to deter bed bugs and kill microorganisms.
101. **Bathtubs** – Mix a few drops with baking soda to clean bathtubs.
102. **Fungus** – Apply undiluted to the toes and feet to combat fungus.
103. **Earrings** – Sanitize pierced earrings by cleaning with 1-2 drops.
104. **Vision** – Rub a drop on the big toe before retiring to help with proper vision.
105. **Toothbrush** – Apply 1 drop onto toothbrush to sanitize.

106. **Hot Tub** – Add 3 drops of Thieves oil or 3 drops of Geranium oil after each use of hot tub to cleanse water without use of chemicals. Clean filter by soaking in bucket of Thieves cleaner and water.



## Purification

Purification is a purifying blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosmarinus officinalis*), Melaleuca (*Melaleuca alternifolia*) lavandin (*Lavandula x hybrida*), and myrtle (*Myrtus communis*). It can be used undiluted to cleanse and soothe insect bites, cuts, and scrapes. It also helps when diffused to purify and cleanse the air from environmental contaminants and odors including cigarette smoke and other disagreeable odors.

107. **Insect Repellent** - Add several drops in a spray bottle mixed with water and spritz as needed over clothes and on skin.
108. **Insect Bites** - Apply one drop topically to soothe, cleanse and stop the itching of bug bites.
109. **Bee/Wasp Stings** - Apply a drop neat to the sting immediately to neutralize pain and inflammation.
110. **Sports Shoes/Bags** - Add a couple of drops on cotton balls and add to shoes or sports bags to help combat odors.
111. **Neutralize Odors** - Diffuse to dispel unpleasant odor and clear the air of impurities such as cigarette smoke, mildew and disagreeable smells.
112. **Air Freshener** - Put several drops on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
113. **Air Purifier** - Diffuse 6 drops in water to purify the air. Place a drop on each end of a cotton swab and place on top of your cold-water humidifier to clean the air.

114. **Pet Odors** - Diffuse to eliminate odors after the dog returns from playing outdoors in the rain.
115. **Travel Safeguard** - While traveling, inhale during flights to protect from pathogens found in the re-circulated air.
116. **Sore Throat** - Rub a on the outside of a sore throat when it is first beginning.
117. **Blisters** - Rub a drop on a blister to cleanse and disinfect.
118. **Cat/Dog Ear Mites** - Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.



## Lemon

(Citrus limon) with its strong, purifying, citrus scent, is both refreshing and mood elevating. The benefits are well documented for this versatile oil, which is well known for its ability to clean toxins from any part of the body. Lemon consists of 68 percent d-limonene, which has been proven to be a powerful antioxidant and is the result of ongoing clinical studies. When diffused, lemon helps increase memory recall by 50%.

119. **Adhesive Remover** - Use 1–2 drops of lemon essential oil to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces.
120. **Weight loss** - Add 1–2 drops to cold or hot water in order to detoxify or lose weight (1 drop = 40 glasses of lemon water)
121. **Sanitize** - Combine 2–3 drops of with water in a spray bottle to help cleanse and sanitize surfaces. Use a paper towel soaked with several drops to sanitize bathroom fixtures. Rub a drop of on hands after using a public bathroom.
122. **Acne** - Place a drop on oily skin or blemishes to help balance oil glands and minimize oil production.

123. **Corns, Calluses, Bunions** - Soothe corns, calluses, or bunions by rubbing oil on the affected area morning and evening.
124. **Cellulite** - Massage into cellulite to help improve circulation and eliminate waste from cells.
125. **Refresh** - Add to your morning tea or breakfast shake for a refreshing pick-me-up.
126. **Replenish** - Inhale or place a few drops on a cotton ball to replenish your mind, body, and spirit.
127. **Carpet Cleaning** - Add 10–15 drops of lemon essential oil to a gallon of carpet cleaning solution to help pull out stains, brighten carpet and rugs, and leave a fresh smell in the room.
128. **Flavoring** - Use 1 drop to add flavor to baked goods or beverages.
129. **Lemonade** - For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.
130. **Prolong Life of Fruit** - To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2–3 drops of lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
131. **Disinfect** - Add a drop in a bowl of water and then soak your dishcloth overnight to disinfect and kill germs. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
132. **Dishwasher** - Add a drop to your dishwasher before the wash cycle to enhance cleaning power.
133. **Bleeding Gums** - Put a drop on bleeding gums caused by gingivitis or tooth extraction.
134. **Athlete's Foot** - Rub two drops topically to clear athlete's foot.
135. **Varicose Veins** - Rub several drops on varicose veins to improve circulation and relieve pressure on the veins.
136. **Warts** - Rub a drop on a wart morning and night until it disappears.
137. **Memory Recall** - Diffuse in the room while studying to improve recall, concentration and accuracy. Inhale while taking a test to improve recall.





## PanAway

PanAway is a blend of wintergreen (*Gaultheria procumbens*), peppermint (*Mentha piperita*), helichrysum (*Helichrysum italicum*) and clove (*Syzygium aromaticum*) essential oils. The active components in these oils are widely used to help alleviate painful or stressed muscles.

138. **Tired Feet** - Rubbing/Rolling it on the bottom of your feet, gives the soles a boost from all the weight they carry on a daily basis to keep us active and moving.
139. **Stomach Cramps/Bloating** - Add to V-6 or organic carrier oil and rub across stomach area, put warm compress over to drive the oils in.
140. **Growing Pains** - Dilute with a carrier oil and massage the areas of pain, especially the muscles.
141. **Sprains/Arthritis/Tennis Elbow** - Rub a few drops in gently and let it be driven in again by warm compress.
142. **Bumps/Bruises** - Apply to bumps, bruises and minor injuries to accelerate healing immediately following an injury.
143. **Pain After Surgery** - Apply a few drops with warm compress alternated with cold.
144. **Headache** - Rub on temples, back of neck, or forehead to ease minor head tension or headache.
145. **Sciatica Pain** - Rub 2-3 drops at base of spine to relieve pain.
146. **Sore Muscles** - Massage into sore muscles after exercising to help alleviate stressed muscles or other physical discomforts. To alleviate strong pain. Alternate Panaway with Peppermint Essential oil to further drive in and Lavender essential oil to seal.
147. **Fibromyalgia** - Massage into sore points to relieve pain from fibromyalgia.



## Peace & Calming

Peace & Calming is a gentle, fragrant blend. When diffused, it helps calm tensions and uplifts the spirit, promoting relaxation and a deep sense of peace. When massaged on the bottoms of the feet, it can be a wonderful prelude to a peaceful night's rest. Peace & Calming may be especially calming and comforting to young children after an overactive and stressful day. Its contains tangerine (*Citrus nobilis*), orange (*Citrus aurantium*), ylang ylang (*Cananga odorata*), patchouli (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*).

148. **Relaxation** - Massage on the reflex points of the feet and back of the neck for a soothing and relaxing effect.
149. **Overactive Pets** - Rub behind overactive pets' ears after an afternoon of playing with the kids.
150. **Children's Sleep** - To help children go to sleep, put a drop on the bottom of the feet, wrists and/or the outside of each ear.
151. **Sleep** - Rub 1-2 drops on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
152. **Overactive Children** - Diffuse in the room to calm overactive or hard to manage children.
153. **Relaxing Bath** - Mix with Bath Gel Base in warm water for a relaxing bath.
154. **Teeth Grinding** - To help stop nocturnal teeth grinding, diffuse while sleeping.



## Joy

Joy essential oil blend is a combination of *ten* different essential oils, and is well named for its ability to bring Joy to the heart. It eliminates depression, acts as an aphrodisiac, fights infections and bacteria, and has many

therapeutic properties too long to list. Joy eases profound emotional pain such as grief and heartache and works well either diffused or worn as a cologne. It contains bergamot (*Citrus bergamia*), ylang ylang (*Cananga odorata*), geranium (*Pelargonium graveolens*), rosewood (*Aniba rosaeodora*), lemon (*Citrus limon*), mandarin (*Citrus reticulata*), jasmine (*Jasminum officinale*), roman chamomile (*Chamaemelum nobile*), palmarosa (*Cymbopogon martinii*) and rose (*Rosa damascena*) essential oils.

155. **Anxiety** - Calm anxiety by adding a drop into hand and deep inhaling from cupped hands over nose, and then apply over heart.
156. **Mood Boost** - Diffuse or rub on wrists to elevate mood. Add a few drops to bath water.
157. **Irritability** - Rub a drop in front and behind ears or the back of the neck for a stabilizing effect.
158. **Depression** - Inhale, diffuse, apply to the top of the head to combat heavy feeling
159. **Poison Ivy** - Apply a few drops neat or diluted with organic carrier oil onto affected areas as needed.
160. **Stress** - Inhale and deep breathe to alleviate feelings of stress.
161. **Blood Circulation** - Rub 1-2 undiluted drops directly onto any area with poor blood circulation.
162. **Menstrual Cramps** - Rub a few drops directly onto the abdomen to help alleviate cramps.
163. **Grief / Sorrow** - Diffuse, apply over heart center, wrists and temples and inhale from oil applied to cupped hands.
164. **Increase Libido** - Set the mood by diffusing on date night or applying directly on the body.
165. **Floors** - Rub down wooden floors with a few drops added to a rag.



## Stress Away

Stress Away essential oil blend is a natural solution created to combat normal stresses that creep into everyday life. Stress Away is the first product to contain the unique stress-relieving combination of lime and vanilla pure, therapeutic-grade essential oils and also includes copaiba and lavender to reduce mental rigidity and restore equilibrium. Featuring powerful plant constituents, such as the cedrol found in cedar wood and the eugenol that occurs naturally in vanilla, Stress Away can help induce relaxation and reduce occasional nervous tension.

Use it for any kind of stress including stress that comes with tiredness, irritation or insomnia. Any way, Stress Away is a natural stress reducer.

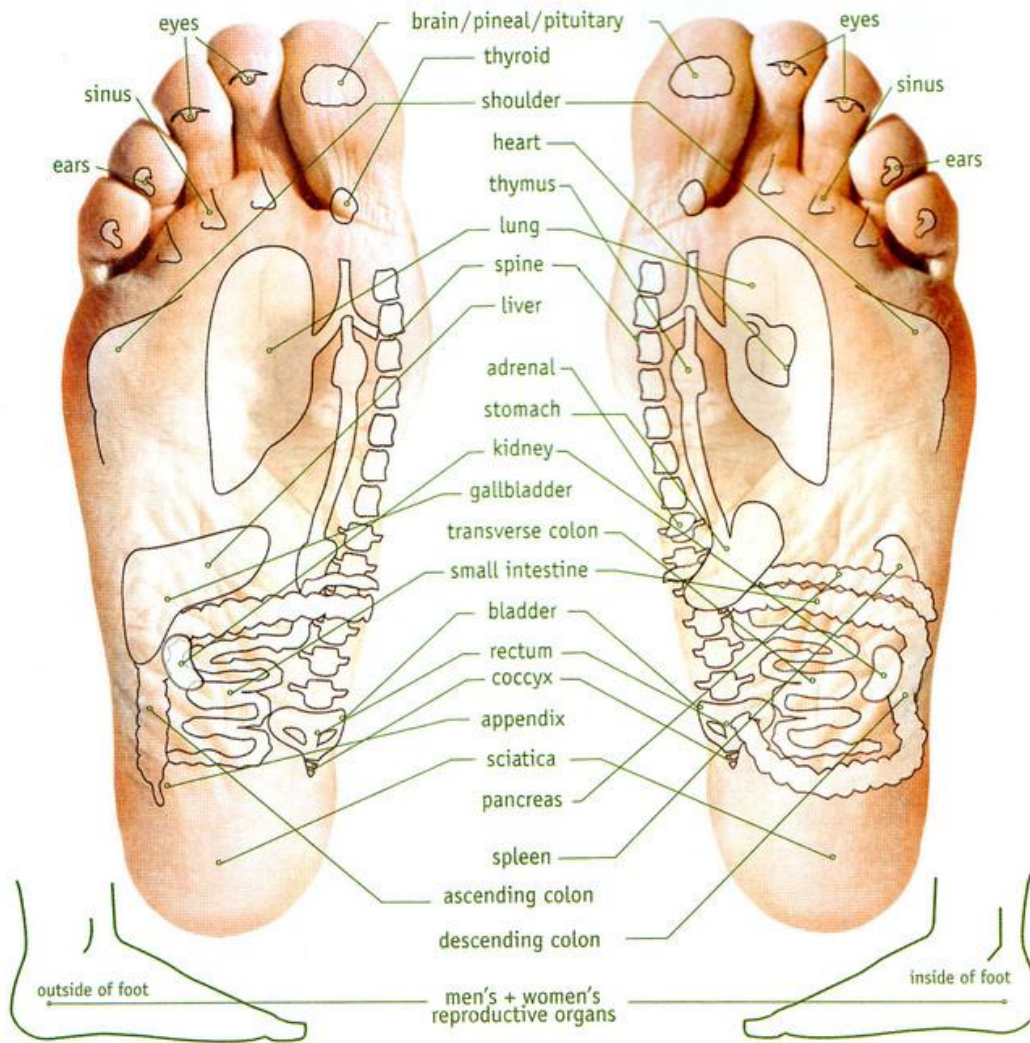
166. **Stress** - To minimize stress, apply a couple of drops and apply to temples and back of neck.
167. **Sore Muscles** - Add 10 drops of oil to 2 cups of Epsom salts to warm bath water and soak for up to 20 minutes.
168. **Sleep** - Diffuse 4 drops with 4 drops of Lavender at bedtime to promote a deep sleep.
169. **Balance Emotions** - Apply to wrists and temples as needed throughout the day.
170. **Anxiety / Tension** - Apply a drop or 2 to areas where you feel anxiety and tension, such as stomach, back of neck, temples, etc.

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# Vita-Flex Foot Chart



The Vita Flex technique is a specialized form of foot massage that delivers the therapeutic benefits of essential oils throughout the body. It is based on an organization of interconnected reflex points that stimulate all the internal body systems. After essential oils are applied to the vita flex points, contact between the points and the fingertips release an electrical impulse. This electrical impulse follows and helps to open the nerve pathways where breaks or obstructions in the electrical circuit has been caused by oxygen deprivation, toxins or damaged tissues.

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