

BEGINNERS GUIDE TO MY

4 Favorite Oils



Lavender



Lemon

<p>FABRIC FRESHENER & DEODORIZER Place a few drops on a cloth to freshen laundry scent and naturally deodorize.</p>	<p>PET SMELLS Mix baking soda and lavender, sprinkle onto carpets and vacuum up!</p>	<p>GOT NAIL FUNGUS? Apply a few drops of lemon oil to the affected nail several times a day.</p>	<p>DEODORIZE YOUR FRIDGE Add a few drops of lemon oil to a box of baking soda and place in the fridge or freezer.</p>
<p>SUNBURN RELIEF Add 10 drops of lavender EO to 3oz of cool, distilled water. Place in a spray bottle & mist sunburned areas whenever relief is needed.</p>	<p>SLEEPY TIME INDUCER Place drops of lavender on pillows to lull restless children (and adults) into a restful sleep.</p>	<p>MOUTH FRESHENER Add a drop of lemon EO to your toothbrush about once a week. Your mouth will feel fresher & your toothbrush will remain germ-free.</p>	<p>DE-GUMMER Got gum? In your hair? Lemon oil will save the day!</p>
<p>EASE INSECT BITES & STINGS Put a drop of lavender EO on a bee sting or insect bite to stop itching and reduce swelling.</p>	<p>LINEN SPRAY Breathe new life into musty linens with lavender. It leaves no oil marks and leaves linens smelling fresh.</p>	<p>ELIMINATE FOOD ODORS Just set a small pot of water on your stovetop, bring it to a boil, and add a few drops of lemon essential oil to the simmering water.</p>	<p>APHID ASSASSIN Kill aphids on contact by spraying with a combination of lemon oil and water.</p>
<p>IRONING AID Apply 1-2 drops of lavender EO to the water in your iron to freshen your clothes.</p>	<p>COLD/FLU STEAM TREATMENT Add 4-6 drops of lavender to a bowl of hot water. Place a towel over your head, and inhale the vapor deeply.</p>	<p>PRODUCE WASH Fill a bowl with cold water, add 2-3 drops of lemon EO, and drench fruit and vegetables to extend their shelf life.</p>	<p>DISH DELIGHT Add some lemon oil to your dishwasher soap container. Your dishes will sparkle!</p>
<p>HEADACHE AID Rub a drop of lavender EO on your temples to alleviate a headache.</p>	<p>SPLINTER EXTRACTOR Add a few drops of lavender, let the splinter swell and slip out.</p>	<p>SEND A LETTER Add a drop of lemon oil to the envelope when sending a letter or card. The recipient will love the little personal touch!</p>	<p>HAIR HIGHLIGHTER Skip the salon...Use lemon oil to create your own hair highlights. Just go in the sun after using with your favorite hair product.</p>
<p>LINEN CLOSET HELPER Place a few drops on a cotton ball to scent the linens and repel moths and insects.</p>	<p>SOAP REPLACEMENT Rather than using soap and water at bath time, add lavender oil. Your skin will feel and smell wonderful!</p>	<p>HAND SANITIZER Rub a drop of Lemon oil on your hands after using a public bathroom to sanitize hands.</p>	<p>FEET SOFTENER Massage a few drops of lemon oil onto corns and calluses regularly and before you know it you'll have soft feet again!</p>
<p>NATURAL DEODORANT Rub 2 drops of lavender EO over the armpit area to act as a deodorant.</p>	<p>MATTRESS REFRESHER Put a few drops of lavender on your mattress when you change your sheets and inhale the sweet, fresh smell.</p>	<p>FLOOR CLEANER Add 1/4 cup of white vinegar & 5-10 drops lemon EO to a bucket of water. If the floor is especially dirty, add a few drops of dish soap.</p>	<p>MENTAL PICK-ME-UP Diffuse some lemon when you're feeling a little blue and your disposition should turn sunny before you know it!</p>
<p>ACHING MUSCLES Add Epsom salts & a few drops of lavender EO to a hot bath and soak away soreness and tension.</p>	<p>VACUUM HELPER Place some cotton balls soaked in lemon and lavender oil inside of your vacuum bag (or collector cup) and spread the freshness around the house as you vacuum!</p>	<p>CALLUSES, CORNS, & WARTS Rub a drop of lemon EO on a corn, callus or wart each day until it disappears.</p>	<p>LOVE FOR LEATHERS Use a lemon oil soaked cloth to preserve leather jackets, sofas, etc, and prevent leather from splitting.</p>
<p>COLD SORES Dilute 1 drop of lavender EO in 10-15 drops of fractionated coconut oil and apply directly to the cold sore</p>	<p>ATTACK ALLERGIES Calm irritated sinuses and other respiratory issues. Apply to the back of your neck, chest, and between your eyes.</p>	<p>AIR FRESHENER Put 6 drops of lemon EO in a spray bottle mixed with distilled water to use in the bathroom, or any room, as an air freshener.</p>	<p>RESPIRATORY RESCUE Add some lemon oil to your humidifier to ease colds, cough, and other upper respiratory problems.</p>
<p>SCAR TISSUE Minimize the appearance of scar tissue by massaging lavender EO on or around the affected area.</p>	<p>FIRST-AID KIT MUST-HAVE First-aid kits are usually geared toward minor scrapes, rashes, etc and lavender is great for all those!</p>	<p>SPOT CLEANER Use 1-2 drops of lemon EO to remove gum, oil, grease spots or crayon marks from surfaces.</p>	<p>BANISH COLD SORES Conquer cold sores with a few drops of lemon oil.</p>



Peppermint



Tea Tree

<p>TAME TUMMY TROUBLES One drop of peppermint oil rubbed on the stomach or taken internally can calm indigestion and upset stomach. Great traveling companion.</p>	<p>COOL YOUR TOOTSIES If you've been on your feet all day, add a few drops to cold water and soak over-heated feet.</p>	<p>ACNE BREAKOUTS Add a drop to your normal cleansing routine, or dab a very small amount on acne breakouts.</p>	<p>TATTOOS Apply after tattoos to avoid infection. Use diluted with coconut oil or as a spray with purified water.</p>
<p>HUNGER FIGHTER The aroma of peppermint oil will make you feel full, faster...especially if you breathe it in during a meal!</p>	<p>ENERGIZE YOUR LATHER Add peppermint to your shampoo and conditioner to stimulate the scalp, energize and wake up! Also helps remove dandruff and lice.</p>	<p>ATHLETE'S FOOT Add a drop to your shoes, massage into the feet, or soak in a foot bath of sea salt and 2-3 drops of melaleuca.</p>	<p>MOLD & MILDEW REMOVER Mix 2 teaspoons tea tree EO with 2 cups water and spray on growing mold and mildew. Shake well before using and do not rinse.</p>
<p>ALLERGIES BE GONE Peppermint oil with lemon eases airways that come under attack during allergy season.</p>	<p>TOOTHACHE RELIEF Peppermint oil acts as a natural pain killer and muscle relaxant, especially helpful after dental work.</p>	<p>CANKER SORES/COLD SORES Dab a small amount directly over the sore, diluting with coconut oil if needed.</p>	<p>LAUNDRY HELPER Add 20-30 drops of tea tree EO to your laundry for towels and other fabric prone to getting moldy.</p>
<p>HANDLE A HEADACHE A few drops of peppermint dabbed on your temples, neck and sinuses can quickly cure even stubborn headaches!</p>	<p>THEME PARK RELIEF After a wild ride, 4-5 drops of peppermint EO rubbed on the stomach can calm stomach muscles and ease discomfort.</p>	<p>COMBAT CAVITIES Add to homemade toothpaste, or you can add a drop to your toothbrush before brushing (and after to disinfect).</p>	<p>EAR ACHES Apply on the outside of the ear that is aching, or add a couple drops on a cotton ball and place just inside the ear opening.</p>
<p>KICK TICKS! Smother nasty ticks with peppermint oil on a cotton swab. They will remove their heads to come up for air and then you get 'em!</p>	<p>ENERGY BOOSTER Inhale peppermint EO before and during a workout to boost your mood and reduce fatigue.</p>	<p>TAKE AIM AT ALLERGIES Massage into the chest, abdomen or the reflex points of the feet.</p>	<p>DANDRUFF Add 3-4 drops of oil into a whole bottle of shampoo should do the trick.</p>
<p>STAY ALERT WHILE DRIVING Add a few drops of peppermint oil to a cotton ball, then clip the cotton ball to your air vents. The scent of the oil will freshen the car and keep you awake.</p>	<p>CONSTIPATION Massage over the lower abdomen to relieve constipation and get things moving again.</p>	<p>EARACHE ATTENTION Dilute 1 drop of oil in 1-2 tb of water and use a dropper to drop the mixture into the ear for 30-60 seconds each.</p>	<p>TICK REMOVAL Just add to skin, and the little stinker will usually unlatch.</p>
<p>SPIDER-FREE ZONE No chemicals needed. Spiders hate peppermint and at the first whiff of it will head for the hills!</p>	<p>CONTROL ODOR A few drops in the bottom of your garbage can will leave a fresh, minty smell and will also deter ants, spiders and mice.</p>	<p>LAST STAND FOR LICE Add several drops to purified water and soak hair and scalp in the solution. Use on combs, brushes and massage into the hair and scalp.</p>	<p>BAD BREATH Rinse mouth with 1 ounce water and 1 drop tea tree EO. Do not swallow!</p>
<p>NATURALLY CLEAN Peppermint oils' antifungal and antibacterial properties make it an ideal cleaner. Spray on countertops and bathroom surfaces, scrub, and enjoy.</p>	<p>TENDONITIS & JOINT PAIN Rub peppermint EO on joints to relieve arthritis or tendonitis pain.</p>	<p>CARE FOR PIERCINGS Apply after piercings to avoid infection. Use undiluted, diluted with coconut oil or as a spray with purified water.</p>	<p>PERMANENT MARKER REMOVAL When soap & water won't cut it, tea tree EO is great for removing permanent marker from skin.</p>
<p>BE PRODUCTIVE Need an energy boost to make it through the rest of your work day? Add some peppermint essential oil to your favorite diffuser!</p>	<p>COOL A FEVER Rub several drops on the bottoms of the feet to comfort and cool a fevered body.</p>	<p>WARTS REMOVER Apply directly to the wart, dilute if necessary for sensitive skin.</p>	<p>ECZEMA To soothe the skin, try diluting 1-2 drops in 1 tablespoon of coconut oil and massage onto the affected area a couple times a day.</p>
<p>PEPPERMINT PICK-ME-UP Peppermint improves blood circulation and awareness, leaving you feeling energized!</p>	<p>RECOVER FROM YOUR WORKOUT Sore muscles? Mix 5 drops peppermint oil with 1 tsp carrier oil, and use as a massage oil on painful areas.</p>	<p>GUM DISEASE Create a mouthwash with purified water, 1 drop of peppermint and 1 drop of tea tree oil.</p>	<p>DEODORANT Make homemade deodorant by mixing a few drops of tea tree with coconut oil and baking soda.</p>