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Please note that all uses for these oils are not listed

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101 USES FOR THE ESSENTIAL 7 KIT

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician. **THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.**

The Essential 7 Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic grade essential oils. The Kit Contains three single oils: Lavender (*Lavandula Angustifolia*), Lemon (*Citrus Limon*) and Peppermint (*Mentha Piperita*), and four oil blends, Joy, PanAway, Peace & Calming and Purification.

All single oils may be used as dietary supplements.

All of the oils may be diffused. The diffuser from YLEO is a special air pump that is custom designed to disperse the oils in a microfiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective.

All of the oils can be applied to the Vita Flex points of the feet, added to bath water mixed with YLEO's Bath Gel Base, applied topically or used with the body and foot massage.

PLEASE CAREFULLY READ AND FOLLOW THE GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS INCLUDED AT THE END OF THIS DOCUMENT.

LAVENDER (*Lavandula Angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing, physically and emotionally. This plant is grown and distilled at the Young Living Farms.

1. **Calming.** Rub Lavender oil on the feet for a calming effect on the body.
2. **Sleep Aid.** Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.
3. **Bee Sting/Insect Bite.** Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
4. **Minor Burn.** Put 2-3 drops of Lavender oil on a minor burn to decrease pain.

5. **Cuts.** Drop lavender oil on a cut to stop the bleeding, clean the wound, and kill bacteria.
6. **Eczema/Dermatitis.** Mix several drops of Lavender oil with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. **Motion Sickness.** To alleviate the symptoms of motion sickness, place a drop of Lavender oil on the end of the tongue, behind the ears or around the navel.
8. **Nosebleed.** To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip 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).
9. **Unblock Tear Ducts.** Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
10. **Dry/Chapped Skin.** Rub Lavender oil on dry or chapped skin.
11. **Chapped/Sunburned Lips.** Rub a drop of Lavender oil on chapped or sunburned lips.
12. **Scar Tissue.** To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area.
13. **Deodorant.** Rub 2-4 drops of Lavender oil over the armpit area to act as a deodorant.
14. **Hay Fever.** Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. **Dandruff.** Rub several drops of Lavender oil on a cotton ball and place in your linen closet to scent linens and repel moths and insects.
16. **Water Fountains.** Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
17. **Sweeten Laundry.** Place a few drops of Lavender oil on a wet cloth and throw into the dryer to deodorize and freshen your laundry.
18. **Cold Sores.** Put a drop of Lavender oil on a cold sore.
19. **Allergies.** Diffuse Lavender oil to alleviate the symptoms of allergies.
20. **Sunburn.** Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
21. **Rashes.** Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

LEMON (Citrus limon) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. **CAUTION:** Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

23. **Air Freshener.** Put 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with distilled water to use in the bathroom as an air freshener.
24. **Gum, Oil and Grease Spots.** Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon.

- 25 **Crayon.** Use 1-2 drops of Lemon oil to remove crayon.
- 26 **Flavoring.** Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
- 27 **Lemonade.** For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and 2 cups of pure water. Adjust the amount of each ingredient to suite your own taste.
- 28 **Calluses/Bunions.** Rub a drop of Lemon oil on a corn, or callus or bunion mornings and evenings.
- 29 **Prolong Life of Fresh 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.
- 30 **Counter Tops.** Add 2-3 drops of Lemon oil to water and spray counter tops to sterilized them.
- 31 **Dishcloths.** Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.
- 32 **Dishwashers.** Add a drop of Lemon oil to your dishwasher before the wash cycle.
- 33 **Public Bathrooms.** Rub a drop of Lemon oil on your hands after using a public bathroom.
- 34 **Bathroom Fixtures.** Use a paper towel soaked with several drops of Lemon oil to sanitized bathroom fixtures.
- 35 **Cold Sores/Herpes/Mouth Ulcers.** Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid in healing.
- 36 **Bleeding Gums.** Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
- 37 **Acne/Oily Skin.** Put a drop of Lemon oil on oily skin or acne to balance sebaceous glands (oil glands).
- 38 **Cellulite.** Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
- 39 **Athlete's Foot.** Rub 2 drops of Lemon oil topically to clear athlete's foot.
- 40 **Varicose Veins.** Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
- 41 **Warts.** Rub a drop of Lemon oil on a wart morning and night until it disappears.
- 42 **Butcher's Blocks/Cutting Boards.** Use a drop of Lemon oil to clean a butcher's block or other cutting surface.
- 43 **Carpet Cleaning.** Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

PEPPERMINT (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied Peppermint's effect on the liver and respiratory systems. Other scientists have also researched Peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied Peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied Peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. This plant is grown and distilled at the Young Living Farms.

44. **Indigestion/Flatulence/Diarrhea.** Rub 4-6 drops of Peppermint oil on the palm and rub over the stomach and around the navel to relieve indigestion, flatulence and diarrhea.
45. **Heartburn.** Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
46. **Injuries (unbroken skin).** Massage several drops of Peppermint oil on an area of injury (not broken skin) to reduce inflammation.
- 46a. **Injuries (unbroken skin).** Apply Peppermint oil immediately to an injured area (not broken skin) – bruised shin, hit on the foot or hand – to relieve pain. If there is a cut, apply the Peppermint oil around but not on the open wound.
47. **Fever.** Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
48. **Itching.** Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
49. **Poison Ivy/Oak.** For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 vegetable mixing oil.
50. **Working Out.** Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
51. **Nausea.** Massage several drops of Peppermint oil on the abdomen to relieve nausea.
52. **Headache.** To relieve a headache, rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
53. **Hiccups.** To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
54. **Alertness/Concentration.** Place 2 drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
55. **Concentration/Recall.** Diffuse peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall.
56. **Travel Sickness.** Rub 4 drops of Peppermint oil on the chest and stomach to relieve travel sickness.
57. **Congestion.** Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.

58. **Flavoring/Preservative.** Add Peppermint oil to food as a flavoring and a preservative.
59. **Rodents/Ants/Cockroaches.** To deter rodents, ants or cockroaches, place two drops of peppermint oil on a cotton ball and place along the path or point of entry for these pests.
60. **Paint Fumes.** Mix a 15 ml. bottle of Peppermint oil into a 5 gallon can of paint to dispel the fumes.
61. **Tea as a Coffee Substitute.** Place a drop of Peppermint oil in a cup of hot water and enjoy in place of coffee.
62. **Aphids.** Add 4-5 drops of Peppermint oil to 4 oz. of water and spray plants to kill aphids.
63. **Summer Cooler.** Drink a drop of Peppermint oil mixed in a glass of cold water to cool off on a hot day.
64. **Arthritis/Tendonitis.** Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
65. **Bad Breath.** Place a drop of Peppermint oil on the tongue to stop bad breath.
66. **Curb Appetite.** Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat.
67. **Ticks.** Remove tick by applying a drop of peppermint oil on a cotton swab and swabbing the tick. Wait for it to withdraw its head from the skin and remove it.
68. **Sore Feet.** Mix Peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet.

JOY is an exotic, luxurious blend of Lemon (Citrus limon), Mandarin (Citrus reticulata), Bergamot (Citrus bergamia), Ylang Ylang (Cananga odorata), Rose (Rose damascene), Rosewood (Aniba rosaedora), Geranium (Pelargonium graveolens), Palmarosa (Cymbopogon martini), Roman Chamomile (Chamaemelum nobile), and Jasmine (Jasminum officinale) that produces and uplifting magentick energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

69. **Frustration/Depression.** Rub a drop of Joy oil over the heart and on the bottom of each foot to relieve feelings of frustration and/or depression.
70. **Mood Lifter.** Put a drop of Joy oil on the tip of the nose to uplift your mood.
71. **Perfume.** Wear a drop of Joy oil behind each ear as a perfume.
72. **Aftershave.** Rub a drop of Joy oil between your palms and then spread over the face and neck after shaving.
73. **Deodorant.** Rub 2 drops of Joy oil on the armpit area to use for a deodorant.
74. **Poor Circulation.** Rub 2 drops of Joy oil on areas of the body with poor circulation to improve blood flow.
75. **Increase Libido.** Rub 2 drops of Joy oil on the heart and feet to increase libido.

76. **Potpourri Fragrance.** Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.

PANAWAY is a blend of Wintergreen (*Gaultheria proumbens*) – which has an active constituent similar to cortisone, Clove (*Syzygium aromaticum*) – which contains eugenol, used by dentists to numb gums, Peppermint (*Mentha pieperita*) – which is calming for the nerves, and Helichrysum (*Helichrysum italicum*) – which is soothing for localized discomfort. This blend was created by Dr. Gary Young following an injury that severely tore the ligaments in his leg.

77. **Inflammation/Bruising.** Apply PanAway oil topically on an injured area to reduce inflammation and bruising.
78. **Sore Muscles.** Apply PanAway oil topically to sore muscles after exercising.
79. **Headache.** Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
80. **Growing Pains.** Mix PanAway oil with massage oil and massage on locations to stop growing pains.
81. **Arthritis Pain.** Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
82. **Sciatic Pain.** Rub 2-3 drops of PanAway oil at the base of the spine to relieve sciatic pain.
83. **Arthritis in Pets.** For arthritic pets, massage PanAway oil diluted with V-6 vegetable oil on locations or add a drop in the food.

PEACE & CALMING is a gentle, fragrant blend of Tangerine (*Citrus nobilis*), Orange (*Citrus sinensis*), Ylang Ylang (*Cananga odorata*), Patchouly (*Pogostemon cablin*), and Blue Tansy (*Tanacetum annuum*). Originally designed for diffusing, its uses have expanded. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

84. **Sleep.** Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
85. **Overactive Children.** Diffuse Peace & Calming oil in the room to calm overactive or hard to manage children.
86. **Relaxing Massage.** Mix Peace & Calming oil with massage oil for a relaxing massage.
87. **Relaxing Bath.** Put Peace & Calming oil mixed with Bath Gel Base in warm water for a relaxing bath.
88. **Teeth Grinding.** Diffuse Peace & Calming while sleeping to help stop nocturnal teeth grinding.

PURIFICATION is an antiseptic blend of Citronella (*Cymbopogon nardus*), Lemongrass (*Cymbopogon flexuosus*), Rosemary (*Rosemarinus officinalis*), Melaleuca (*Melaleuca alternifolia*), Lavandin (*Lavandula x hybrida*) and Myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

89. **Air Purifier/Freshener.** Diffuse Purification oil to clean the air and neutralize foul or stale odors.
90. **Air Purifier/Freshener.** Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, car, hotel room or other enclosed area.
91. **Air Purifier/Freshener.** While traveling, inhale Purification oil during flights to protect yourself from pathogens found in recirculated air.
92. **Insects Bites.** Put a drop of Purification oil on insect bites to cleanse and stop the itching.
93. **Skin Blemishes.** Apply a drop of Purification oil on blemishes to clear the skin.
94. **Sore Throat.** Rub a drop of Purification oil on the outside of a sore throat when it is first beginning.
95. **Blisters.** Rub a drop of Purification oil on a blister to cleanse and disinfect.
96. **Sneaker Odors.** Put 2 drops of Purification oil on 2 cotton balls and place in the toes of smelly sneakers to combat odors.
97. **Humidifier.** Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
98. **Flu.** Dilute Purification oil with V-6 vegetable mixing oil and swab the nasal cavity to ward off the flu.
99. **Insect Repellent.** Spirtz several drops of Purification oil mixed with water to repel insects.
100. **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.

Common “Scents” Precautions

Guidelines for the Safe Use of Young Living Essential Oils

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

1. 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. Water does not help.
2. Read the complete label before using essential oils.
3. 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.
4. Do not use essential oils rich in menthol (such as Peppermint on the throat or neck area of children under 30 months (2 ½ years) of age.
5. 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.
6. Keep essential oils away from the eyes and out of your ears. Do not handle contact lenses or rub your eyes with essential oils on your fingers. If the oils should get into your eyes, soothe with a drop of vegetable oil, not water.
7. Oils with a high phenol content – Oregano, Helichrysum, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, Thieves, and ImmuPower – may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contact lenses.
8. 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.
9. 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.
10. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.
11. 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.

You can order Young Living Therapeutic Grade Essential Oils
at
www.bloominggrove.net