# 100+ uses for the EVERYDAY OILS

*a practical guide to the everyday use of:*

**Frankincense Lavender**
**Lemon PanAway**
**Joy Peace & Calming**
**Peppermint Thieves**
**Valor Purification**

compliments of your Young Living Independent Distributor

# The Everyday Oils Kit
## Tips, Notes, & Common "Scents" Precautions

The Everyday Oils Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of ten different therapeutic-grade essential oils.

This kit contains four single oils: Lavender (lavendula angustifolia), Frankincense (boswellia carteri), Peppermint (mentha piperita), and Lemon (citrus limon).

This kit also contains six blends: Joy, Valor, Thieves, PanAway, Peace & Calming, & Purification.

Please carefully read and follow these guidelines for the safe use of Young Living Essential Oils. The suggested uses in this booklet apply **only** to the use of therapeutic-grade Young Living Essential Oils.

## Applying Young Living Essential Oils

**Internally:** All single oils may be used as dietary supplements by dropping into empty capsules to swallow, or dripping in the throat or under the tongue.

**Aromatically:** All of the oils - including blends - may be diffused. Young Living's Home Diffuser combines a humidifier, air purifier, atomizer, and aromatherapy diffuser into one product that safely releases essential oils into the air to eliminate odors and create a spa-like atmosphere. The ultrasonic diffusing allows the oils to stay suspended in the air to reduce bacteria, fungi, and mold. It disperses the oils without heat, which could render the oils ineffective.

When inhaling, it takes 22 seconds for an oil to reach the brain!

**Topically:** All of the oils can be applied to the Vita Flex points on the feet (See diagram in this booklet), added to bath water mixed with YLEO's gel base or Epsom Salts, applied topically on location, or used with body and foot massage.

When applied topically, it takes 2-3 minutes for an oil to reach the bloodstream, 20 minutes to affect every cell in the body, and 2 1/2 hours to fully metabolize.

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**Obligatory Disclaimer:** The information in this booklet 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 and use essential oils at their own risk.

**Precautions**

Therapeutic-grade essential oils from Young Living are strong and safe when used as directed. The following are some preventative precautions to help you have an enjoyable and healthy experience using YLEO.

- Always test for skin sensitivity and keep a bottle of Young Living's V-6 vegetable mixing oil, YL massage oil base, or any pure carrier oil handy when using essential oils. They can be used to dilute essential oils if they cause discomfort or skin irritation. Water does not help.

- Read the complete label before using an essential oil.

- 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 oils rich in menthol (such as Peppermint) on the throat or neck area of children under 30 months of age.

- Beware of the sun! Lemon, Joy, & Purification (in this kit) are citrus-based and therefore photosensitive. They should not be used on areas of the skin that will exposed to the sun or UV rays within 72 hours. They may cause increased reaction to the sun. Other YL oils to beware of are Bergamot, Grapefruit, Orange, and Tangerine, among others.

- Keep essential oils away from the eyes and out of the 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.

- Oils with a high phenol content (Thieves, Oregano, Helichrysum, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, and ImmuPower) may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contact lenses.

- 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.

- 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.

- Do not add undiluted essential oils directly to bath water. They will disperse more evenly with YL's Bath Gel Base or Epsom Salts.

- 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.

# Lavender

**Lavendula Angustifolia** is the most versatile of all essential oils. Therapeutic-grade Lavender is marvelous for the skin. It has also been clinically evaluated for its relaxing effects. It may be used on cuts, bruises, and skin irritations. The fragrance is calming, relaxing, and balancing - both physically and emotionally. This plant is grown and distilled at the Young Living Farms.

**1. Calming**
Rub Lavender on the feet for a calming effect on the body.

**2. Sleep Aid**
Rub a drop of Lavender on your palms and smooth on your pillow to help you sleep.

**3. Bee Sting & Insect Bite**
Put a drop of Lavender on a bee sting or insect bite to stop itching and reduce swelling.

**4. Minor Burn**
Put 2-3 drops of Lavender on a minor burn to decrease pain once the wound has cooled.

**5. Cuts**
Drop Lavender on cut to stop bleeding, cleanse wound, and kill bacteria.

**6. Eczema & Dermatitis**
Mix several drops of Lavender with a carrier oil and use topically on affected area.

**7. Motion Sickness**
To alleviate the symptoms of motion sickness, place a drop of Lavender on the end of the tongue, behind the ears, or around the navel.

**8. Nosebleed**
To stop a nosebleed, put a drop of Lavender on a tissue and wrap it around a small piece of ice. Push the tissue-covered ice chip up under the middle of the top lip to the base of the nose and hold for as long as comfortable or until the bleeding stops.

**9. Tear Ducts**
Rub a drop of Lavender over the bridge of the nose to unblock tear ducts.

**10. Dry or Chapped Skin & Lips**
Rub a drop of Lavender on dry or chapped skin and lips.

**11. Scar Tissue**
To reduce or minimize the formation of scar tissue, massage Lavender on and around the affected area.

**12. Deodorant**
Rub 2-4 drops of Lavender over armpit area to act as a natural and non-toxic deodorant.

**13. Allergies & Hay Fever**
Rub a drop of Lavender between your palms and inhale deeply to help alleviate the symptoms of hay fever. Swipe a touch of Lavender on the upper lip right under the nose and in the nose. Diffuse Lavender in your home to help with symptoms.

**14. Dandruff**
Rub several drops of Lavender into the scalp to help eliminate dandruff.

**15. Moths & Insects**
Place a few drops of Lavender on a cotton ball and place in your linen closet to scent linens and repel moths and insects.

**16. Water Fountains**
Drop a little Lavender 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 on a wet cloth and throw into the dryer to freshen and deodorize laundry.

**18. Cold Sores**
Put a drop of Lavender on a cold sore throughout the day.

**19. Sunburn**
Spritz several drops of Lavender mixed with water on a sunburn - after it has cooled - to decrease the burn pain.

**20. Rashes**
Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

# Frankincense

**Boswellia Carteri** was considered more valuable than gold in ancient times and can still be used to treat every known ill to man. It is known for its anti-tumoral, immunostimulant, anti-depressant, and muscle-relaxing benefits. It also stimulates the limbic system of the brain, and the hypothalamus, pineal, and pituitary glands. Frankincense heals cells.

**21. Concentration**
Use 1-2 drops of Frankincense on temples and back of neck to improve concentration.

**22. Immune System**
Apply 1-3 drops of Frankincense on each foot to strengthen the immune system.

**23. Blisters**
Dilute Frankincense with a carrier oil and apply to blistered area 3-5 times daily.

**24. Insect Bites**
Put a drop of Frankincense on an insect bite to help reduce swelling and speed healing.

**25. Depression**
Diffuse or inhale Frankincense from the bottle to help elevate your mood.

**26. Brittle Fingernails**
Apply 1-3 drops of Frankincense on fingernails and at the base of the nails 3 times per week.

**27. Stretch Marks**
Rub a few drops on stretch marks morning and night to lessen the visibility of stretch marks and heal the skin.

**28. Cysts & Warts**
Apply 1-2 drops on cyst or wart 2 times a day until it disappears completely.

**29. Skin Spots & Sun Spots**
Apply 1-2 drops of Frankincense on sun-damaged skin spots 2 times a day until it fades.

**30. Breast Health**
Rub 2-3 drops of Frankincense on breasts and lower abdomen every day.

**31. Healthy Maintenance**
Dilute 1 drop of Frankincense in 1 tsp of honey or 4 oz. of rice or coconut milk and ingest daily for maintenance.

# Valor

**Valor** is an energy-balancing blend of Rosewood, Blue Tansy, Frankincense, and Spruce in a base of pure almond oil. Valor works with the body's electrical and nervous system, bringing alignment and balance throughout the whole body. Valor is often called "chiropractor in a bottle."

**32. Emotional Strength**
Rub a few drops of Valor over the heart, neck, wrists, and on the bottom of each foot to relieve fear and anxiety.

**33. Back Pain & Injury**
Apply Valor to bottoms of feet and spine to help alignment.

**34. Joint Pain & Injury**
Add a few drops of Valor to a carrier oil and apply to the joints where needed.

**35. TMJ**
Rub Valor on the jaw before bed and in the morning until pain is relieved.

**36. Sciatica**
Apply 2 drops of Valor to the heels of your feet using massage pressure. (See Vita Flex chart.)

**37. Anxiety**
Rub a few drops on feet, neck, and chest. Breathe deeply.

**38. Sleep Apnea**
Apply Valor to the bottoms of your feet before bed.

**39. Stiff Neck**
Massage 2 drops of Valor on your neck.

**40. Spinal Adjustment**
Rub several drops of Valor up and down the spine and the bottom arches of the feet.

# Peppermint

**Mentha piperita** is one of the oldest and most highly regarded herbs for soothing digestive issues. Scientists have researched its affect on the liver and respiratory system as it improves concentration and mental accuracy. This plant is grown and distilled at the Young Living Farms.

**41. Indigestion / Flatulence / Diarrhea**
Rub 4-6 drops of Peppermint in the palm and rub over the stomach and around the navel to relieve discomfort.

**42. Heartburn**
Add a drop of Peppermint to herbal tea to aid in digestion and relieve heartburn.

**43. Inflammation (unbroken skin)**
Massage several drops of Peppermint on an area of injury or chronic inflammation.

**44. Bruise**
Apply Peppermint immediately to an injured area (unbroken skin) to relieve pain and lessen bruising. If there is a cut, apply peppermint around - but not on - the open wound.

**45. Fever**
Rub several drops of Peppermint on the bottoms of the feet to reduce fever.

**46. Itching**
Apply a drop of Peppermint topically on unbroken skin to stop itching.

**47. Poison Ivy & Poison Oak**
Apply Peppermint on location “neat” or dilute it with a carrier oil.

**48. Workout**
Inhale Peppermint before and during a workout to boost your mood and reduce fatigue.

**49. Nausea**
Massage several drops of Peppermint on the abdomen.

**50. Hiccups**
To stop hiccups, apply a drop of Peppermint on each side of the fifth cervical vertebra. (Up three notches from the large vertabra at the base of the neck.)

**51. Headache**
To relieve a headache, rub a drop of Peppermint on the temples, forehead, over the sinuses (avoid the eyes!), and on the back of the neck.

**52. Alertness & Concentration**
Place 2 drops of Peppermint on the tongue and rub another drop under the nose to improve alertness and concentration.

**53. Studying & Mental Recall**
Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.

**54. Travel Sickness**
Rub 4 drops of Peppermint on the chest and stomach to relieve motion or travel sickness.

**55. Congestion**
Place a drop of Peppermint on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.

**56. Flavoring & Preservative**
Add Peppermint to flavor food (peppermint brownies, anyone?) or use as a preservative.

**57. Household Pests**
To deter rodents, ants, or cockroaches, place 2 drops of Peppermint on a cotton ball and place along the path or point of entry for these pests.

**58. Paint Fumes**
Mix a 15ml bottle of Peppermint into a 5 gallon can of paint to dispel the fumes.

**59. Coffee Replacement**
Place a drop of Peppermint in a cup of hot water for tea and enjoy instead of coffee.

# Peppermint, continued...

**60. Summer Cooler**
Drink water with a drop of Peppermint added to refresh yourself on a hot day.

**61. Aphids**
Add 4-5 drops of Peppermint to 4 ounces of water and spray plants to kill aphids.

**62. Arthritis or Tendonitis**
Rub Peppermint on joints to relieve arthritic or tendon pain.

**63. Bad Breath**
Place a drop of Peppermint on the tongue as a breath freshener.

**64. Curb Appetite**
Inhale the fragrance of Peppermint to curb the appetite and lessen the impulse to overeat.

**65. Ticks**
Remove a tick by applying a drop of Peppermint on a cotton swab and swabbing the tick. Wait for it to withdraw its head from the skin and remove it with tweezers.

**66. Sore Feet**
Mix Peppermint in a footbath to relieve sore feet. Swish feet around to agitate the water while soaking for maximum benefit.

**67. Energizing Hand Soap**
Mix several drops of Peppermint with 1/4 cup of castile soap and fill foaming soap dispenser with mixture plus water.

# Thieves

**Thieves** is a highly antibacterial blend of Clove, Lemon, Cinnamon Bark, Eucalyptus, and Rosemary. Thieves got its name from the 15th century thieves who rubbed these oils on themselves during the plague so as not to contract disease while robbing the dead and dying. When they were caught, they exchanged their secret recipe for a lesser sentence. Thieves as a 99.96% kill rate against airborne microorganisms.

**68. Cold & Flu**
Diffuse Thieves in a room. Rub a drop on the bottom of feet. Place 1 drop in a glass of water and drink. (Breathe, apply, drink!)

**69. Strep Throat**
Drop 2-4 drops of Thieves in water and gargle as needed. Dilute 50/50 with carrier oil and apply to throat and back of neck.

**70. Household Germs**
2-6 drops of Thieves in a small spray bottle with water can be used to spray and clean countertops, bathtubs, toilets, sinks, and door knobs.

**71. Washing Dishes**
Put a few drops of Thieves in the detergent receptacle of your dishwasher for a germ-killing cleaning cycle.

**72. Gingivitis or Bleeding Gums**
Rub a drop or two of Thieves all over gums twice a day until gone. May dilute with carrier oil if it feels too “hot.”

**73. Mold**
Diffuse Thieves to kill mold wherever it is present.

**74. Bronchitis**
Dilute 50/50 2-6 drops of Thieves with carrier oil and rub on chest and upper back. Apply a warm compress. Diffuse.

**75. Cold Sores & Canker Sores**
Apply 1 drop (or less) directly on cold sore, fever blister, or canker sore 3 times a day or as needed until healed.

**76. Fungal Skin & Toenail Infections**
Drop or rub 1 drop of Thieves on the infection or nail bed 2 to 3 times a day until gone.

# PanAway

**PanAway** is a pain relief blend of Wintergreen, Helichrysum, Clove, and Peppermint. This blend will ease the discomforts of an active lifestyle or those everyday twinges with a warming and soothing effect. PanAway soothes the skin while providing comforting warmth to tired muscles.

**77. Inflammation & Bruising**
Apply PanAway topically on an injured area to reduce inflammation and bruising.

**78. Sore Muscles**
Use PanAway as a muscle rub and massage onto sore muscles after exercising.

**79. Headache**
Rub a drop of PanAway on the temples, forehead, and back of the neck to relieve a headache.

**80. Growing Pains**
Mix PanAway with massage oil and rub onto aching legs to stop growing pains.

**81. Arthritis Pain**
Rub 1-2 drops of PanAway onto arthritic hands to lessen the pain.

**82. Arthritis in Pets**
For arthritic pets, massage PanAway diluted with carrier oil on location or add a drop in their food to pain relief.

**83. Sciatic Pain**
Rub 2-3 drops of PanAway at the base of the spine to help relieve sciatic pain.

# Lemon

**Citrus limon** has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. Lemon can do anything from house cleaning to liver detoxing. Lemon eats away petrochemicals, so use a glass cup when drinking it in water. [Photosensitivy Caution: citrus oils should not be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.]

**84. Air Freshener**
Put 6 drops of Lemon and 6 drops of Purification in a spray bottle filled with water to use in bathrooms as an air freshener.

**85. Sticky Residue**
Use 1-2 drops of Lemon to remove residue from chewing gum, oil, grease spots, or crayons.

**86. Varicose Veins**
Rub several drops of Lemon on varicose veins to improve circulation and relieve pressure on the veins.

**87. Lemonade**
In a blender, mix 2 drops of Lemon, 2 tbsp of honey, and 2 cups of water. Adjust to suit your own taste. Serve chilled.

**88. Drinking Water**
Drink an 8 oz glass of water with 1-2 drops of Lemon in it daily to detox the liver, to balance the body's PH, to help with gallstones, constipation, and heartburn. Lemon can also be dropped in tap water to

**89. Skin Callouses**
Rub a drop of Lemon on a corn, callous, bunion, or wart 2 times a day until it has disappeared.

**90. Fresh Fruit & Vegetables**
To clean and increase the shelf life of fresh fruit and vegetables, fill a bowl with cool water and 2-3 drops of Lemon. Drop cleaned fruit into the water and stir around to be sure that all surfaces of the fruit come in contact with the Lemon.

**91. Countertops**
Add 2-3 drops of Lemon to water and spray countertop to sterilize it.

**92. Dishcloths**
Soak dishcloths overnight in a bowl of water and a drop of Lemon to disinfect and kill germs.

**93. Public Restrooms**
Rub a drop of Lemon on your hands after using a public restroom to disinfect and kill germs.

**94. Studying**
Diffusing Lemon or drinking it in water is known to wake up neurons and increase brain function during studying and testing.

# Purification

**Purification** is an antiseptic blend of Citronella, Lemongrass, Rosemary, Melaleuca, Lavandin, and Myrtle oils. It was formulated for diffusing to purify and cleanse the air and neautralize mildew, cigarette smoke, and disagreeable odors.

**95. Air Purifier & Freshener**
Diffuse Purification to clean the air and neutralize foul or stale odors. If no diffuser is available, mix several drops of Purification with a carrier oil and soak cotton balls or tissues to place in the air vents of the home, office, car, hotel room, etc.

**96. Personal Air Purifier**
When traveling - or in crowded, germ-infested spaces - rub a few drops of Purification in your palms and cover your nose and mouth to inhale. It will protect from pathogens found in recycled air.

**97. Insect Bites**
Put a drop of Purification on insect bites to stop the itching.

**98. Skin Blemishes**
Apply a drop of Purification on blemishes to clear the skin.

**99. Sore Throat**
Rub a drop of Purification on the outside of a sore throat when it is first beginning.

**100. Blisters**
A drop of Purification on a blister will cleanse and disinfect it.

**101. Tennis Shoe Odors**
Put 2 drops of Purification on 2 cotton balls and place in the toes of smelly shoes to combat odors.

**102. Humidifier**
Place a drop of Purification on each end of a cotton swab and place it on top of a cool mist humidifier to clean the air.

**103. Flu**
Dilute Purification with a carrier oil and swab the nasal cavity to ward off the flu.

**104. Insect Repellant**
Spritz several drops of Purification mixed with water to repel insects.

**105. Cat & Dog Ear Mites**
Apply Purification and Peppermint diluted in carrier oil to a cotton swab and rub just inside the ear to eliminate ear mites.

# Peace & Calming

**Peace & Calming** is a gentle, fragrant blend of Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy oils. Originally designed for diffusing, the uses for Peace & Calming have expanded. It can be used topically (and in a diffuser) to promote relaxation and a deep sense of peace. It helps to calm tensions and lift spirits.

**106. Sleep**
Rub 1-2 drops of Peace & Calming on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.

**107. Overactive Children**
Diffuse Peace & Calming in the room to calm active or hard to manage children.

**108. Relaxing Massage**
Mix Peace & Calming with massage oil for a relaxing massage.

**109. Bathing**
Put Peace & Calming mixed with bath gel base or epsom salts in warm water for a relaxing bath.

**110. Teeth Grinding**
Diffuse Peace & Calming while sleeping to help stop nocturnal teeth grinding.

# Joy

**Joy** is an uplifting blend of 10 different oils: Bergamot, Ylang Ylang, Geranium, Rosewood, Lemon, Mandarin, Jasmine, Roman Chamomile, Palmarosa, and Rose. This powerhouse of oils is anti-infectious, anti-inflammatory, antibacterial, antioxidant, anti-depressant, anti-viral, anti-fungal, anti-spasmodic, anti-hemorrhaging, sedative, and aphrodisiac.

It is a luxuriously exotic blend with stimulating overtones that create magnetic energy and bring joy to the heart. Joy can exude an alluring and irresistible fragrance that inspires romance and togetherness.

**111. Quick Uplift**
Put 1-2 drops of Joy on a tissue or in the palm of your hand and inhale to lift your spirits and release negative emotions. Or wear a drop on your heart or tip of your nose for the same thing. Diffuse in the home to give everyone a happy boost!

**112. Floor Freshener**
Put 2-3 drops of Joy on a cotton ball and place inside the canister of your vacuum cleaner. Sprinkle a few drops onto a rag and wipe down the hard floors in your home.

**113. Mood-Boosting Bath**
Use several drops of Joy in your bathwater (better yet, pre-mixed with Epsom Salts or Young Living's Bath Gel Base) to boost your mood, clear your mind, and calm stress.

**114. Blood Circulation**
Rub a drop or two "neat" on areas of poor circulation to improve blood flow.

**115. Anxiety**
Use a drop on wrists, neck, heart, or feet to help reduce irritability and nervous tension.

**116. Laundry Fragrance**
Place 2 drops on a cloth and place in the dryer for great-smelling clothes.

**117. Perfumed Deodorant**
Mix in a small jar: 2 oz cornstarch, 1 oz baking soda, 5 drops of Joy. Apply to underarms instead of traditional deodorant.

**118. Massage**
Dilute 10-12 drops in 2 oz of massage oil for an energizing and romantic massage.

**119. Scented Body Lotion**
Stir a few drops into plain lotion for a joyful addition to your daily beauty regimen.

**120. Menstrual Cramps**
Massage a few drops on abdomen to relieve menstrual cramping.

**121. Blood Pressure**
Joy may lower blood pressure, especially when stress-induced. Rub on wrists, forearms, neck, and heart.

**122. Postpartum Depression**
Apply Joy topically or diffuse and breathe to relieve symptoms of postpartum depression.

**123. Lower Back Pain**
Rub a few drops of Joy onto your lower back daily to relieve lower back pain.

**124. Scented Stationery**
Sprinkle Joy on note cards and letters to make a lovely scented stationery that lifts others' spirits, too.

**125. Car Air Freshener**
Place Joy on a cotton ball into the air vents of your car or mix with water in a spray bottle and spritz the inside of your vehicle for happy family road trips.

**126. Libido**
Joy can boost a low sex drive. Diffuse and apply topically.

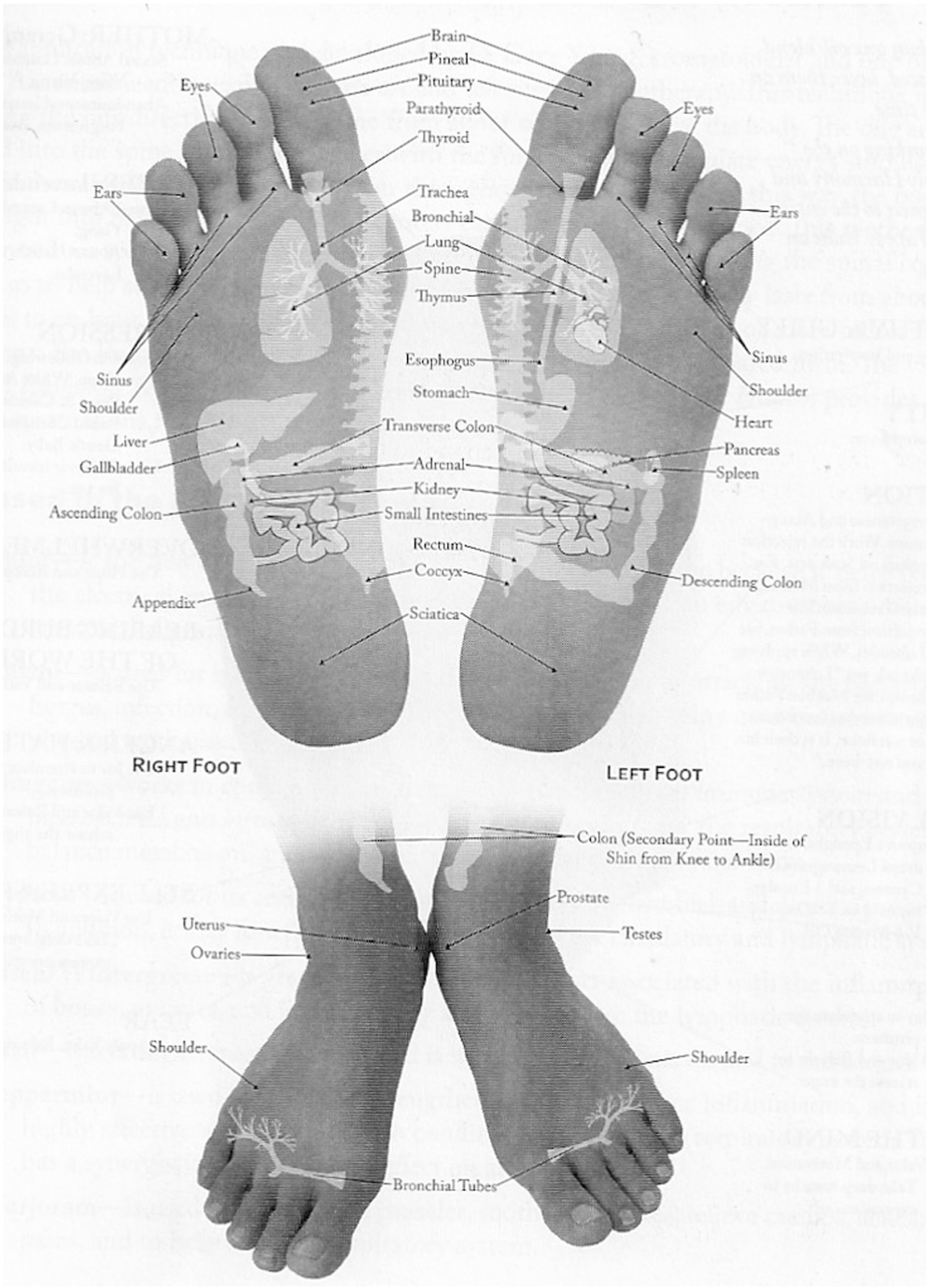
**127. Headaches**
Use a few drops of Joy on temples and breathe deeply for emotional headaches.

**128. Mood Swings**
Rub a drop of Joy over the heart and on the bottom of each foot to relieve feelings of frustration or depression and to prevent mood swings.

# Vita Flex Foot Chart

Vita Flex Technique means “vitality through the reflexes.” It is a specialized form of hand and foot massage that is exceptionally effective in delivering the benefits of essential oils throughout the body. It is based on a complete network of reflex points that stimulate all the internal body systems.

Essential oils are applied to contact points, and energy is released through electrical impulses created by contact between the fingertips and reflex points. This electrical charge follows the nerve pathways to a break or clog in the electrical circuit usually caused by toxins, damaged tissues, or loss of oxygen.



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