

Essential Oil Use Chart*

| Condition | Essential Oil | Application |
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| Acne | Tea Tree, Lavender, Purification | Topical |
| Allergies | Wintergreen, Lavender, Chamomile | Inhalation, Topical (Asthmatics should not inhale - put on soles of feet.) |
| Alzheimers | Cedarwood, Myrrh, Sandalwood, Frankincense | Topical |
| Apnea | Valor, Clarity | Inhalation, Topical |
| Appetite - Loss Of | Nutmeg, Ginger, Orange, Spearmint | Inhalation, Ingestion |
| Arthritis | Wintergreen, PanAway, Peppermint, Idaho Balsam Fir | Topical |
| Asthma | Wintergreen, RC, Eucalyptus Radiata, Lavender, Frankencense, Lemon | Asthmatics should not inhale - put on soles of feet. |
| ADD | Vetiver, Cedarwood, Lavender | Inhalation |
| Backache | Deep Relief, Wintergreen, Peppermint, Aroma Siez | Topical |
| Blisters | German Chamomile, Tea Tree, Melrose, Lavender, Purification | Topical |
| Bloating | Peppermint, Clary Sage | Topical (2-4 drops on soles of feet 2-3 times a day. Ingestion (capsules). |
| Blocked Tear Duct | Lavender | Topical (1 drop applied to bridge of nose 2 times per day) |
| Bronchitis | RC, Thieves, Myrtle, Pine, Eucalyptus, Idaho Balsam Fir | Topical, Inhalation |
| Burns | Lavender | Topical |
| Canker Sores | Thieves | Topical, Ingestion |
| Chicken Pox | Thieves | Topical |
| Clogged Pores | Ta Tree, Lemon, Purification | Topical |
| Colds | Thieves, Eucalyptus Radiata, RC, Raven, Peppermint | Topical, Inhalation, Ingestion |
| Cough | RC, Raven, Peppermint, Eucalyptus Globulus | Inhalation, Topical |
| Constipation | Peppermint, Di-Gize, Fennel | Ingestion |

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| Cramps (Stomach) | Di-Gize, Ginger, Peppermint, Rosemary | Ingestion, Topical |
| Dandruff | Tea Tree, Cedarwood | Topical |
| Depression | Cedarwood, Lemon, Frankincense | Inhalation |
| Diarrhea | Peppermint, Di-Gize, Ginger | Ingestion, Topical |
| Dizziness | Peppermint, Frankincense, Cedarwood | Inhalation, Topical |
| Dry, Chapped, or Cracked Skin | Myrrh, Sandalwood, Lavender | Topical |
| Earache | Wintergreen, Melrose, Deep Relief, PanAway | Topical (never put essential oils directly in the ear canal) |
| Ear Infection | Thieves | Ingestion (gargle), Topical (never directly in ear canal) |
| Fatigue | Peppermint | Inhalation, Topical, Ingestion |
| Fever | Wintergreen, Peppermint, Copaiba | Topical, Inhalation |
| Food Poisoning | Di-Gize, Thieves | Ingestion |
| Headache | Peppermint, Wintergreen, PanAway, Deep Relief | Inhalation, Topical, Oral (tongue against roof of mouth) |
| Infection | Thieves, Oregano, Thyme, Mountain Savory, Lemongrass | Inhalation, Topical, Ingestion |
| Indigestion | Peppermint, Ginger, Di-Gize, Fennel, Ginger | Ingestion, Topical |
| Inflammation | Lavender, Peppermint | Topical, Ingestion |
| Influenza | Thieves, Ravensara, Oregano, Mountain Savory | Ingestion (except Ravensara), Inhalation, Topical |
| Insect Bites (Bee Stings) | Peppermint, Purification, Melrose, Citronella, Lavender, Tea tree | Topical |
| Insomnia | Lavender, Peace & Calming | Inhalation, Topical |
| Itching | Peppermint, Lavender | Topical |
| Joint Pain | PanAway, Wintergreen, Idaho Balsam Fir | Topical |
| Menstrual Cramps | Dragon Time, Lavender, Clary Sage, Peppermint, Deep Relief | Topical |
| Migraine | M-Grain | Inhalation, Topical |
| Motion Sickness | Ginger, Peppermint | Topical |

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| Muscle Spasms (Charley Horses) | Wintergreen | Topical |
| Nausea | Patchouli, Peppermint, Ginger | Topical, Inhalation, Ingestion |
| Pink Eye | Tea Tree, Lavender | 2-4 drops - wide circle around eye 1-3 times per day (do not get in eye) |
| Sinus Congestion | Eucalyptus, RC, Peppermint | Inhalation, Topical |
| Snoring | Thyme | Topical (4-6 drops diluted on soles of feet at bedtime) |
| Sprain | Idaho Balsam Fir, Pine, Cypress, Spruce, Peppermint, Wintergreen | Topical |
| Stress | Lavender, Valor, Peace & Calming, Frankincense | Inhalation, Topical |
| Sore Throat | Tea Tree, Ravensara, Thieves | Inhalation, Topical, Ingestion (for Thieves -- start on tongue, swallow) |
| Strep Throat | Oregano, Thyme, Thieves | Inhalation, Ingestion, Topical |
| Tonsillitis | Thieves, Clove | Ingestion (on tongue, then swallow), topical |
| Toothache | Clove, PanAway, Wintergreen, Deep Relief | Topical, Oral |
| Urinary Tract/ Bladder Infection | Oregano, RC, Thieves | Ingestion, Topical |
| Vaginal Yeast Infection | Thieves Essential Oil Blend Mouthwash | overnight retention of tampon soaked in blend (5-10 nights) |
| Wounds, Scrapes, Cuts | Lavender, Thieves, Melrose | Topical |

** Clove, Lemongrass, Mountain Savory, Oregano, Peppermint, Rosemary, Sage, Thyme, and Wintergreen are oils that you will want to dilute with an equivalent amount of a quality vegetable oil.*