



88 ways to use **ESSENTIAL OILS**

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For Cleaning:

- 1.** Diffuse Purification to cleanse the air and get rid of musty or strong odors.
- 2.** Add a drop or two of Lemon, Tea Tree or Peppermint essential oil to your sink full of dirty dishes. Watch dirt and grime disappear!
- 3.** Create cleaning spray mixing 10-20 drops of Thieves, Peppermint, Tea Tree or Lemon essential oil to 1 tablespoon of Castile soap and 4 ounces of water. Put in spray bottle and use on kitchen counters, toilets, sinks, mirrors, and carpet stains.
- 4.** Put a drop or two of Lemon, Thieves, Tea Tree or Lavender in your laundry and/or dishwasher soap.
- 5.** Add a few drops of Lavender to your dryer balls for a fresh scent.
- 6.** Create a Lavender Linen spray by mixing 25-30 drops of Lavender oil, 1 TB of organic witch hazel and 4 ounces of water. Spray on linens before bedtime.
- 7.** Add a few inches of water and 1-2 drops of Purification to a stinky trash bin or diaper pail. Let sit for 5 minutes and then rinse out. Smell be gone!
- 8.** Mix 1 cup of olive oil, 1/2 cup of raw apple cider vinegar and 20 drops of Lemon essential oil in a spray bottle. Use on wood surfaces.
- 9.** Put a 5-10 drops of Purification into a 1/2 cup of baking soda. Mix well and sprinkle onto carpet. Let sit for 10-15 minutes. Vacuum up.
- 10.** Mix 5 drops of Thieves essential oil into 1 TB of Castile soap. Put into sink of water and use as a fruit and vegetable wash. You can put into a spray bottle as well.



For Energy:

11. Diffuse Lemon, Peppermint and Rosemary oils in the morning for a bright and cheery wake up call.

12. Put En-R-Gee essential oil in diffuser necklace and smell throughout day. You can also apply to pulse points.

13. Take a shot of Ningxia Red, an antioxidant drink or 1 drop of Clove oil into 1 teaspoon of honey and eat. Clove is the highest in antioxidants of any oil.

14. Apply Motivation essential oil to bottom of feet each morning.

15. Diffuse Brain Power or Highest Potential during work time.

16. Put Awaken into your diffuser or diffuser necklace each morning.



For Gentle Detox:

17. Add 1-2 drops of Lemon or Release essential oil to a teaspoon of olive or coconut oil and rub on liver.

18. Add 1-2 drops of Lemon oil or Release oil to castor oil and apply to liver. Follow instructions for doing a castor oil pack to help support your liver.

19. Add 1-2 drops of Lemon oil to a teaspoon of honey, mix in warm water and drink.

20. Add a drop or two of either Lemon or Peppermint essential in a pinch of sea salt and then add your water. The salt helps to emulsify the water and oil; it also adds in extra minerals!

These combinations will help support your digestion and elimination, very important for detox!

21. Add 1-2 drops of Thieves, Peppermint, Clove or Lemon oil to your daily oil pulling routine.



For Beauty:

22. Apply a drop of Lemon or Tea Tree essential oil to blemishes or breakouts.

23. Mix several drops of Tea Tree oil to your facial toner to help balance oily skin.

24. Add a drop or two of Lemon oil to your moisturizer to help lighten dark pigmentation.

25. Apply one to two drops of Tea Tree essential oil to 1 tablespoon of raw apple cider vinegar. Put solution on yellow, stained or distressed finger and/or toenails.

26. Put a drop of Lavender oil to your mascara bottle for thicker lashes.

27. Mix a drop or two of Rosemary or Cedarwood oil into your shampoo for lustrous hair.

28. Add 1-2 drops of Lavender oil to your facial lotion and apply for soft skin. Great for reducing redness and itch.

29. Add 1-2 drops of Frankincense to your facial lotion and eye cream to reduce the signs of aging and mature-looking skin.

30. Mix several drops of Peppermint or Thieves into your mouthwash for a fresh, minty taste! A good rule of thumb is 15 drops of essential oil per 4 ounces of liquid.

31. Add 1-2 drops of Peppermint, RC or Purification to your shampoo for an invigorating scalp massage.



For Babies:

32. Make your own diaper cream with coconut oil, Lavender and Tea Tree oil. Dilute well at a ratio of 1 drop of essential oil to 1-1 1/2 tablespoon of coconut oil.

33. Put 1 drop of Lavender oil mixed in natural lotion or coconut oil. Apply to feet 20 minutes before bed or nap time.

34. For teething, apply 1 drop of Copiaba mixed in 1 tablespoon olive oil and apply with q-tip to gums up to 3 X per day.

35. Mix a drop or two of Citrus Fresh into your child's liquid soap for a wonderful and cleansing effect.

36. For gassy tummies, add 1 drop or Orange oil and 1 drop of Ginger oil to 1 1/2 TB of olive oil.

Mix well and apply clockwise on belly after each feeding.



For Men:

37. Add a drop of Stress Away to **your shaving cream** for a wonderful experience.

38. Boost **your aftershave** by adding 1-2 drops of pine oils like Idaho Balsamic Fir.

39. Use Valor as cologne to boost feelings of confidence and self-esteem.

40. Apply Idaho Blue Spruce on upper, inner thighs before love-making.

41. Mix 1 teaspoon of jojoba oil with 1 drop each of Sandalwood and Orange. Apply to beard daily. You can also use 1 drop each of Lime and Bergamot.



For Focus:

42. Diffuse Rosemary oil 20 minutes before work project.

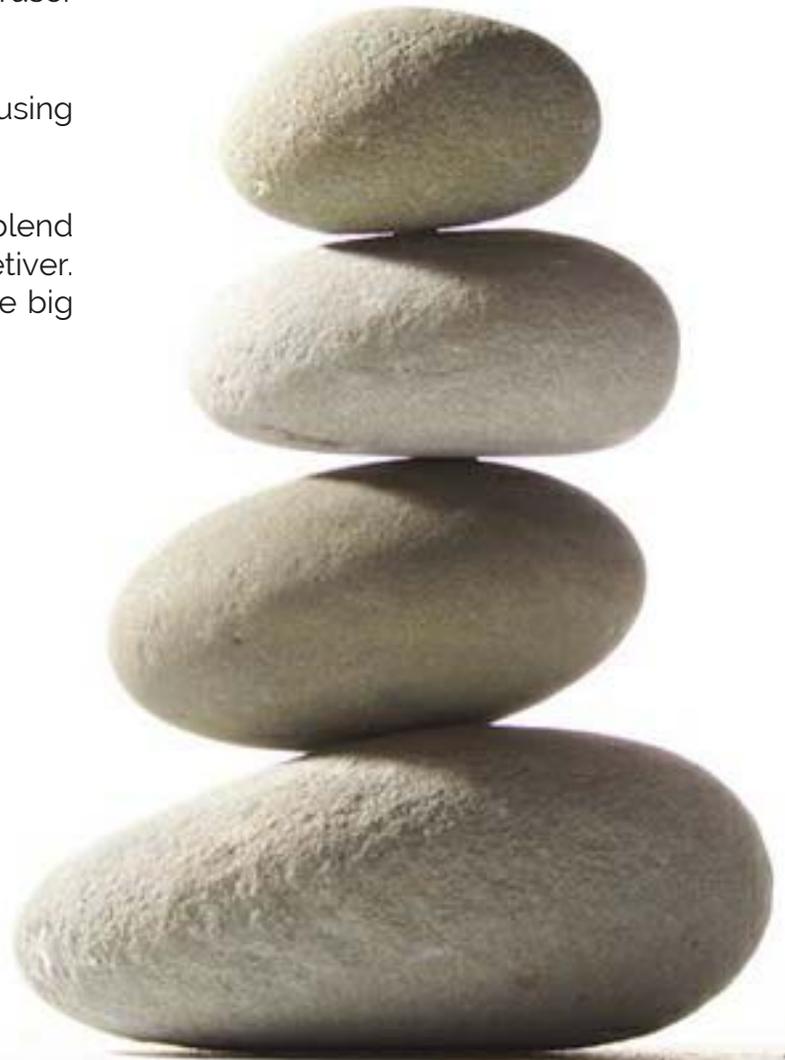
43. Apply Brain Power (diluted) to your temples and back of neck.

44. Drink 1 quart of filtered water with dash of salt and 1 drop Lemon oil. Water can actually "wake" us up better than coffee. Often times fatigue or fogginess is due to dehydration.

45. Put Clarity essential oil in your diffuser necklace or bracelet.

46. Meditate for 5-10 minutes using Frankincense oil.

47. Create a Focus Roll-On blend containing Lavender, Cedarwood and Vetiver. Apply to feet and temples at night before big project.



For Cooking:

48. Use in a Lemon Bar recipe. Remember, that this essential oil is very concentrated so a little goes a long way.

49. Add several drops of Orange oil to your chocolate brownie recipe for a great taste.

50. Put a drop or two of Lavender into honey and mix into lemonade for a refreshing treat.

51. Add several drops of Lavender to your sugar cookie recipe for a fun twist. Start conservatively and taste for the right number of drops to add.

52. Make homemade Peppermint bark using Peppermint essential oil

53. Put a drop or two of Citrus Fresh into your lemonade or margarita for a tasty treat



For Wellness:

54. Diffuse Thieves, Frankincense Tea Tree or Purification regularly, especially during the winter, to support wellness. Best to diffuse Thieves and/or Purification after kids are in bed.

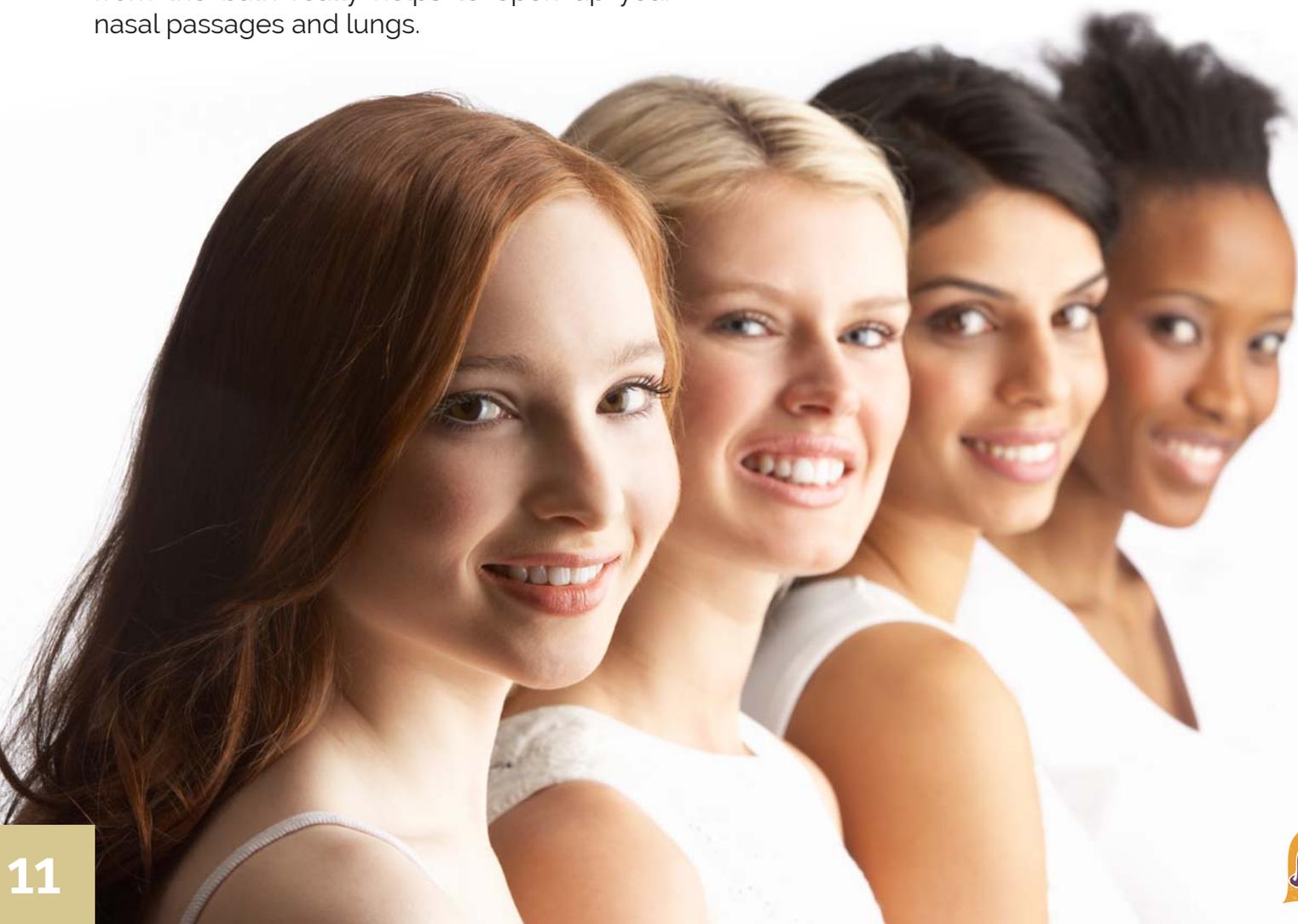
55. Mix 1-2 drops each of Lemon, Lavender and Peppermint oils to 1 TB of coconut oil and apply to temples, back of neck and feet to support yourself through the changing seasons.

56. Take a bath with RC (add a several drops to your epsom salts or bubble bath) to support your respiratory system. The steam from the bath really helps to open up your nasal passages and lungs.

57. Make your own chest rub mixing RC with coconut oil. Apply topically as needed.

58. Apply diluted Frankincense, Clove, Rosemary and Thyme oils to breast and arm pits (near lymph nodes) for support healthy cells.

59. Put 1-2 drops of Orange oil into a teaspoon of honey or into your yogurt for your daily dose of antioxidants.



For Dieters:

60. Diffuse Peppermint or Grapefruit when wanting to eat more food than your body needs. These oils can support a feeling of satiety.

61. Apply diluted Dill oil to your wrists to help fight sugar cravings

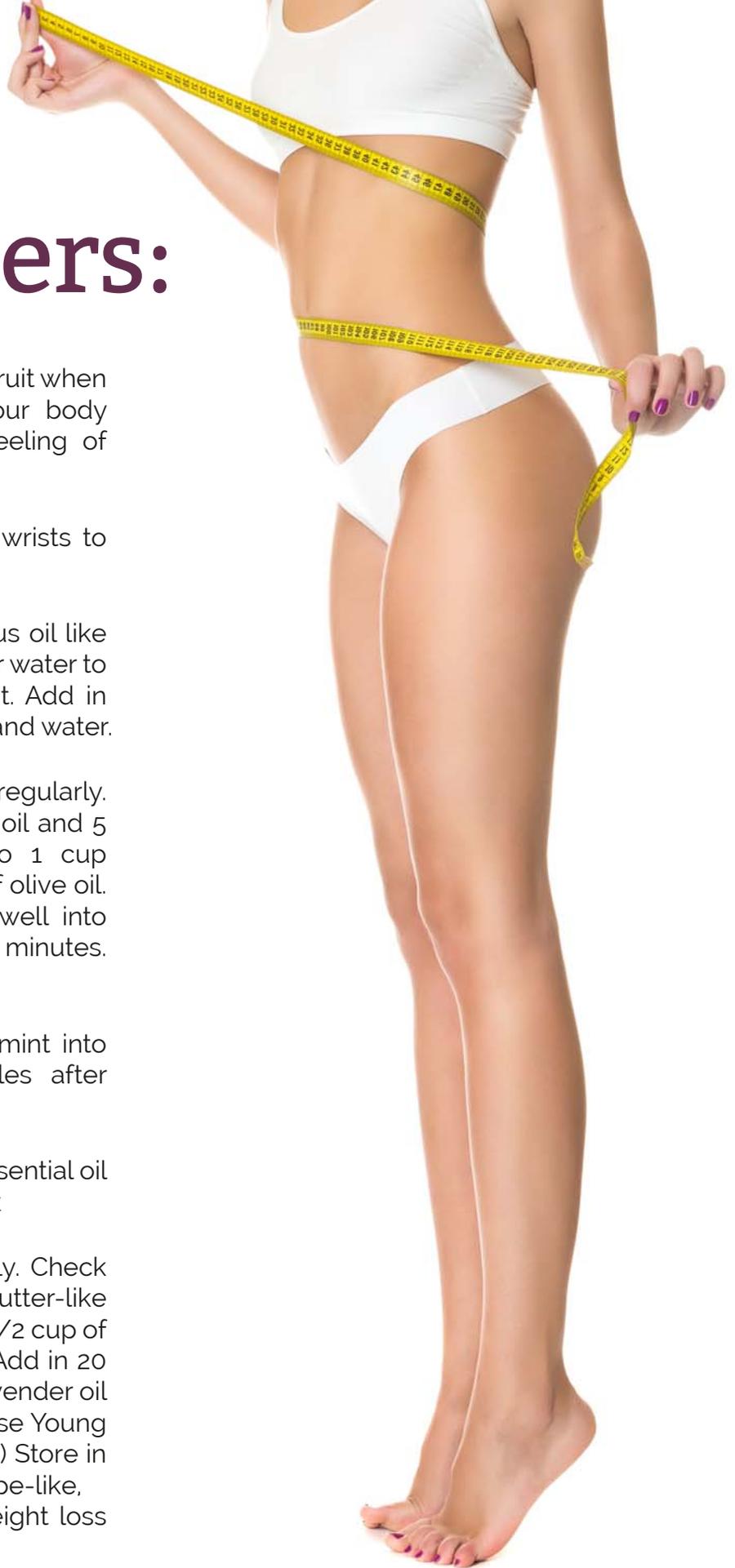
62. Put a drop or two of any Citrus oil like Lemon, Grapefruit and Orange to your water to support healthy weight management. Add in salt or honey to help emulsify the oil and water.

63. Apply Coffee Cellulite Scrub regularly. Add 10 drops of Grapefruit essential oil and 5 drops of Cypress essential oil into 1 cup organic ground coffee and 1/2 cup of olive oil. Store in dark glass container. Rub well into excess fat and cellulite for 5-10 minutes. Shower to rinse off.

64. Mix RC, Copaiba or Peppermint into your massage oil. Apply to muscles after workout.

65. Add a drop or two of Slique essential oil to honey, put in warm water and drink

66. Apply Firming Lotion regularly. Check out [this post](#) to see how to make a butter-like lotion using 1/2 cup of cocoa butter, 1/2 cup of shea butter and 1/4 cup of olive oil. Add in 20 drops of Geranium oil, 10 drops of Lavender oil and 10 drops of Patchouli oil. (I promise Young Living's oil doesn't smell like a hippy :) Store in dark glass container and apply to crepe-like, stretched or loose skin. Great for weight loss support!



For Rest & Relaxation:

67. The best oils for calming and relaxation to use before bedtime are Lavender, Peace & Calming, Cedarwood, Valor, and Vetiver. You can diffuse or apply them for best results.

All of these are usually safe for children when diluted or diffused at the proper ratio (1% dilution rate or 2- 3 drops in diffuser).

68. Put a few drops of RC, Lavender or Stress Away on your Epsom salts and add to warm water for a relaxing experience.

69. Apply Roman Chamomile essential oil (diluted) to your feet at night.

70. If you don't have a time for an epsom salt bath, mix 20 drops of Lavender or Peace & Calming into 2 ounces of Ancient Minerals Magnesium spray. Apply to inner arms and legs 20 minutes before bedtime. Great for travel!

71. For more advanced issues, you can try using RutaVaLa or Valerian oils, or purchasing the Freedom Sleep & Release Kit from Young Living.



For Pregnancy:

72. Diffuse Peppermint oil to help soothe nauseous feelings in first trimester (only need 1-3 drops in diffuser)

73. Add Cypress and Lemon oils to your body lotion and apply to legs and arms to help support circulation.

74. Apply diluted Lavender to your feet for relaxation

75. Diffuse citrus oils like Lemon, Orange or Grapefruit for a gentle “wake me up” in the morning.

76. Apply Mama's Boob & Belly Rub daily to keep skin in good condition. Check out recipe [here](#).



For Digestion:

77. Dilute and rub Peppermint or DiGize on belly, throat and sternum if feeling uncomfortable after meals.

78. Apply Peppermint topically to belly for occasional constipation.

79. Put 1-2 drops of Peppermint in your toilet bowl. Sit down and wait for a release. Peppermint can stimulate the bowel.

80. Add 1-2 drops of Copaiba to 1 teaspoon of honey and add warm water. Great for supporting healthy digestion!

81. Add a drop or two of DiGize to olive oil, put in capsule and ingest after meals.



For Happy Mood:

82. Diffuse Orange oil every morning! A bright, sunny oil for daily use.

83. Wear Stress Away, Highest Potential or Joy topically as a natural perfume or cologne

84. Wear a drop or two of Lavender in your diffuser necklace or bracelet for a calm feeling

85. Put Stress Away in your car diffuser for peaceful car rides

86. Diffuse Joy, Stress Away, or Citrus Fresh around children to create a happy and calm atmosphere

87. Diffuse Frankincense and Myrrh during prayer and meditation

88. Apply Joy essential oil to pulse points and over heart each day



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