



# 101 Practical Uses for 9 Essential Oils

## Essential Oil Survival Kit

[www.essentialssurvival.org](http://www.essentialssurvival.org)

### Would You Like To:

- Be prepared to handle wounds, burns, insect bites, and a multitude of other first-aid issues with high-quality, cost-effective, portable, and 100% natural plant substances that never expire and get better results than the chemical concoctions from the drug store;
- Be equipped to take care of many health and personal care concerns naturally and powerfully during disaster, or even on a day-to-day basis;
- Replace toxic and space-hogging household and personal care products with a simple, multi-purpose, light-weight kit?

### **With the Essential Oil Survival Kit, You Will Be Prepared To Heal From the Following Issues Naturally & Effectively –**

Cuts, Scrapes, *Wounds*, Burns, Bruises, *Rashes*, Itches, Athlete's Foot, Corns, Bunions, Sunburn, *Insect Bites & Stings*, Callouses, Sore Throat, *Colds*, Flu, Sinus Congestion, *Allergies*, Sore Muscles, Sprains, Strains, *Injuries*, Broken Bones, Pain, *Headaches* (including Migraines, Tension & Sinus Headaches), Sciatica, *Nausea*, Diarrhea, Flatulence, *Indigestion*, Heartburn, Fever, Stress, *Anxiety*, Depression, *Insomnia*, Fatigue, Nosebleed, Chapped Lips & Skin, Cold Sores, Bleeding Gums, *Toothache*, Warts, Hiccups, Pinched Nerves, *Menstrual Cramps*, Respiratory Infections, Stain remover, Arthritis, *Tendonitis*, Bad Breath, *Appetite Suppressant*, Hyperactivity in kids (and adults), Teeth Grinding, Acne, *Wrinkles*, Varicose Veins, Motion Sickness, *Age Spots*, TMJ Pain, Moles, Shingles, Pinkeye, *Abscessed Tooth*, Candida Overgrowth, *Sleep Apnea*, Childbirth Pain & Discomfort (helps to alleviate — won't take it away completely, or we'd be billionaires by now!!), *Natural Deodorant*, Natural Sunblock, *Natural Toothpaste*, Natural Insect Repellent, Naturally Anti-Bacterial, Anti-Viral, Anti-Fungal,

### **Use Around the House –**

Glass Cleaner, Wood Polish, *All-Purpose Household Cleaner* (including floors, counters, sinks, tubs, showers, toilets, etc...), Paint Thinner, *Mold & Mildew Remover*, Fruit & Vegetable Wash, Cleaner for Permanent Marker and Sticky Substances, Carpet Stain Remover, Dispel Chemical Fumes, *Carpet & Upholstery Freshener*, Neutralize Foul or Stale Odors, *Disinfectant*, etc...

**For specific details, keep reading . . .**

## How to Use Essential Oils

1. **Inhalation.** Diffuse with a cold air diffuser (which preserves the chemical structure of the oils and maintains optimal therapeutic value), put a couple of drops in your hands, rub them together, then cup your hands over your nose and inhale.
2. **Direct application.** Therapeutic-quality essential oils like the ones in the Essential Oil Survival Kit may be applied to the skin (avoid eyes, inside the ears, and other sensitive areas). Oils may be applied neat (undiluted) or diluted with a carrier oil such as organic, cold-pressed almond oil, refined sesame oil, coconut oil, or olive oil. Essential oils may also be mixed with Epsom salts, sea salt, or a carrier oil and poured into the bath.
3. **Internal use.** Many therapeutic-quality essential oils may be used internally. This is done by adding a drop or two of the essential oil to water or rice milk, or by adding to blank gelatin capsules (always add a small amount of carrier oil to the capsules as well).

All of the 9 essential oil in the Essential Oil Survival Kit are therapeutic-quality Young Living Essential Oils. Young Living is the largest distributor of therapeutic-quality essential oils in the world.

### Essential Oils and Blends in the Essential Oil Survival Kit —

Single Oils: lavender, peppermint, lemon, and frankincense.

Blends: Thieves, Peace & Calming, Purification, PanAway, and Valor.

### Lavender Essential Oil

(*lavandula angustifolia*)



Lavender has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it.

Lavender is an adaptogen, and therefore can assist the body when adapting to stress or imbalances. It is a great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy.

Therapeutic-grade lavender is highly regarded for skin and beauty. It may be used to soothe and cleanse common cuts, bruises, and skin irritations. The French scientist René Gattefossé was among the first to discover these properties when he was severely burned in a laboratory explosion.

Lavender may also be used to enhance the flavor of foods.

### Some Practical Uses for Lavender

- 1. Calming effect — naturally anti-anxiety, anti-depressant. Diffuse, inhale, apply to feet, use in bath.
- 2. Get rid of allergies to pollen and animal dander. Rub on feet and inhale deeply daily often as you need to during attacks. For very bad allergy attacks, take a drop of lavender oil internally as often as you need to.
- 3. Disinfects and heals cuts, scrapes, and abrasions. Apply neat on location or dilute with a carrier oil.
- 4. Soothes and heals rashes, eczema, and dermatitis (apply as above)
- 5. Heal burns, sunburn (apply as above)
- 6. Chapped skin and lips (apply as above)
- 7. Cold sore/canker sore. Apply neat on location.
- 8. To stop a nosebleed, put a drop on a tissue and wrap the tissue around a small ice chip. Put the tissue-wrapped ice chip under the middle of the top lip at the base of the nose until bleeding stops.
- 9. Minimize formation of scar tissue — apply neat or diluted and massage into skin on a regular basis.
- 10. Get rid of dandruff — massage several drops into the scalp on a regular basis.
- 11. Insomnia — rub on feet before bed, drop onto pillow, inhale, use in bath before bed.
- 12. PMS, menstrual cramps — rub neat onto abdomen and inner ankles. Use in bath. Diffuse, inhale.
- 13. To prevent and soothe motion sickness, apply a drop to the end of the tongue, behind the ears, or around the navel.
- 14. Pinkeye (Thieves, Purification, and Frankincense may also be used). Rub onto bridge of nose.
- 15. Natural sunscreen — dilute with avocado oil and massage into skin. Reapply after being in the water.
- 16. Clear up acne — dilute with a natural moisturizer like olive oil and apply daily.
- 17. Freshen laundry — put a couple of drops on a sock or other item before putting a load of laundry into the dryer.
- 18. Put on cotton ball and place in drawers with linens to freshen them, and to repel moths and other insects.
- 19. Apply neat to cuts and scrapes to stop the bleeding.

### Peppermint Essential Oil

(*Mentha piperita*)



Peppermint has a strong, clean, fresh, minty aroma. One of the oldest and most highly regarded herbs for soothing digestion, it may also restore digestive efficiency.

Jean Valnet MD studied peppermint's supportive effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in improving taste and smell when inhaled.

Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental sharpness. Alan Hirsch MD studied peppermint's ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals.

This powerful essential oil is often diluted before topical application. Peppermint may also be used to enhance the flavor of food and water.

### Some Practical Uses for Peppermint

- 20. Reduce fever — rub several drops neat on the bottoms of the feet.
- 21. Reduce pain and inflammation — rub neat or diluted on site of injury (with unbroken skin, such as sprain, bruises).
- 22. Poison ivy, poison oak — apply neat or diluted on location.
- 23. Naturally deters roaches, ants, rats, mice — put a few drops on cotton balls, and place the cotton balls in cupboards, by baseboards, and wherever else pests are found.
- 24. Relieve congestion — inhale, rub neat or diluted on chest.
- 25. Get rid of headaches — rub a drop neat on location, being careful not to get it in your eyes.
- 26. Bad breath — place a drop on your tongue and swallow.
- 27. Improve concentration — inhale, diffuse.
- 28. Curb appetite — inhale before a meal or when you experience food cravings.
- 29. Indigestion, flatulence, diarrhea, heartburn — rub a few drops on belly neat or diluted. Add a drop to a glass of water and drink (no flimsy plastic or Styrofoam cups, as the oil will start to dissolve these substances)
- 30. On unbroken skin, apply neat or diluted to stop itching.
- 31. Stop hiccups — apply 1 drop to each side of the 5th cervical vertebra (up 3 notches from the large vertebra at the base of the neck).
- 32. Dispel paint fumes — add a 15 ml bottle to 5 gallons of paint. Mix well.
- 33. Remove ticks — apply a drop onto a cotton swab and rub on the tick. Wait for it to un-hedge its head, then remove.

### Lemon Essential Oil

(Citrus limon)



Lemon oil has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon consists of 68 percent d limonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin.

Lemon may also be used to enhance the flavor of foods. Lemon essential oil is cold-pressed from the rinds of lemons.

Jean Valnet MD estimated that it takes 3,000 lemons to produce one kilo of oil. In his book, *The Practice of Aromatherapy*, Valnet wrote that lemon is a tonic for supporting the nervous and sympathetic nervous system.

### Some Practical Uses for Lemon Oil

- 34. Remove grease, gum, oil stains, crayons, and even paint — use a couple of drops neat on location.
- 35. Help to heal corns, callouses, and bunions—rub a drop neat on site morning and evening.
- 36. Bleeding gums, gingivitis — rub a drop neat on location.
- 37. Sore throat — place a couple of drops neat on the tongue and swallow. You may also make a soothing honey-lemon tea with hot water, 2-3 drops of lemon oil, and honey to taste.
- 38. Delicious in water — add a drop to a glass and enjoy (no plastic or Styrofoam).
- 39. Dissolve cellulite — massage several drops neat or diluted on location on a regular basis.
- 40. Help to heal varicose veins — apply as above.
- 41. Make your own non-toxic glass cleaner — fill a spray bottle with 32 parts water, 4 parts ammonia, 1 part vinegar, and several drops of lemon oil.
- 42. Make your own non-toxic and effective wood furniture polish— use 4-5 drops lemon oil per tablespoon of olive oil. Rub into real wood furniture with a clean cloth.
- 43. Support healthy weight loss — use lemon oil in your water daily, make gelatin capsules with lemon oil and use 2x/day.
- 44. Sterilize surfaces such as countertops and cutting boards — use a drop or two on the surface, and clean with a damp sponge or cloth.
- 45. Warts — apply neat on location.
- 46. Strengthen cuticles — apply neat on location 3x/week.

### Frankincense Essential Oil

(*Boswellia carteri*)



Frankincense has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair.

Frankincense is considered the holy anointing oil in the Middle East, where it has been used in religious ceremonies for thousands of years. More recently, it has been used in European and American hospitals and is the subject of substantial research.

Frankincense is also a valuable ingredient in skin care products for aging and dry skin. The ancient Egyptians used it in rejuvenation face masks.

### Some Practical Uses for Frankincense Oil

- 47. Apply neat or diluted on location to help soothe and heal skin cancer lesions. Note — use in conjunction with the advice of a physician.
- 48. Inhale, diffuse, and apply to brain stem area and forehead to help overcome trauma and negative emotion.
- 49. Promotes meditative state — inhale, diffuse, apply to 3rd eye, forehead, and crown

chakra points before meditating or participating in activities such as yoga.

- 50. Respiratory system — inhale, diffuse, rub neat or diluted on chest.
- 51. Poison ivy — apply neat or diluted on location.
- 52. May be inhaled, used in direct application on site, and taken internally as part of an anti-cancer regime. Note — use in conjunction with the advice of a physician.
- 53. Get rid of moles, warts — apply neat on location until they are gone.
- 54. Prevent and heal skin eruptions — dilute with an all-natural moisturizer such as olive oil and apply to face morning and night. (Use in the bath for eruptions on the body.)
- 55. Combat wrinkles, sun damage — use as above
- 56. Age spots — apply neat or diluted on location.
- 57. Natural anti-depressant — diffuse, inhale, apply to forehead and brain stem areas.

### Thieves Essential Oil Blend

*(Ingredients: Clove oil, lemon oil, cinnamon bark, eucalyptus radiata, and rosemary oil.)*



Thieves was created based on research about four thieves in France who covered themselves with cloves, rosemary, and other aromatics while robbing plague victims.

This proprietary essential oil blend was university tested for its cleansing abilities. It is highly effective in supporting the immune system and good health.

### Some Practical Uses for Thieves Oil

- 58. Make your own natural, powerful disinfecting household cleaner— in a spray bottle, mix water with a natural liquid soap such as Miracle II Soap, and several drops of Thieves. Works great to clean all surfaces throughout the house. For bathtubs and toilet bowls, pour in 1/2 cup of baking soda as a scrubbing agent to use with the cleaner.
- 59. Natural deodorant—rub a drop or two into armpits after showering.
- 60. Great for oral hygiene — make a natural toothpaste (mix together 2 oz. of water, ¼ tsp. baking soda or sea salt, and a couple of drops of Thieves oil) and mouthwash (2 cups water, 1 tsp witch hazel, 6-8 drops Thieves oil. Store in a sealed glass bottle away from light.)
- 61. Abscessed tooth — apply neat on location.
- 62. Candida overgrowth — take internally in water or capsules, apply diluted on location (for vaginal infections, do NOT use Thieves — use diluted lavender on a sanitary napkin or tampon).
- 63. Paint thinner (add several drops of Thieves oil to any paint spill to make clean-up easy),
- 64. For a natural carpet stain remover, add a drop or two of Thieves oil directly on the stain, and clean. Or you may use the all-purpose household cleaner),
- 65. Prevent and treat cold, flu, and other infections — diffuse to kill airborne microbes, rub on feet and in armpits to boost immune system, put a drop in a glass of water and drink 3x/day when you feel you are coming down with something, take internally in capsules 2-3x/day to overcome infections.
- 66. Kills molds, including toxic black mold — diffuse for airborne mold and mildew problems, clean moldy areas with cleaner (see above).
- 67. Shingles — apply neat on location 2x/day as soon as shingles are detected.

- 68. MRSA — apply diluted on location 3-6x/day, take 3 drops internally in capsules 3x/day.
- 69. Clear up acne — apply 1 drop diluted with olive oil onto skin morning and night (if you have sensitive skin, use lavender instead).
- 70. Paper cuts — apply 1 drop neat on location.
- 71. Make your own jewelry cleaner — in a spray bottle, use 4 oz. water, 1/2 tsp rubbing alcohol, and 10 drops Thieves oil. Spray on jewelry, and wipe off with a clean cloth. Also great for cleaning glasses.
- 72. Remove stains in clothing — use the recipe above for jewelry cleaner. Spray on stains, and gently scrub with water.
- 73. Get rid of a sore throat by gargling with the homemade mouthwash recipe given in #60.

### Peace & Calming Essential Oil Blend

(Ingredients: *Blue tansy, patchouli, tangerine, orange, and ylang ylang oils.*)



Peace & Calming is a gentle, fragrant blend. When diffused, it helps calm tensions and uplift the spirit, promoting relaxation and a deep sense of peace. Peace & Calming may be especially calming and comforting to young children after an overactive and stressful day.

- 74. For problems sleeping, apply a couple drops to the bottom of feet before bed, then cover your nose with your hands and inhale deeply. Use less for children. I like to switch off between this one and lavender for sleep. Wonderful when diffused before bedtime.
- 75. Calm crying babies — rub 1 drop in your hands then put your hands on baby's feet.
- 76. Stop teeth grinding — diffuse while sleeping.
- 77. Calm hyperactive children and adults (Can be used to calm children, animals, and adults alike!!) — inhale, diffuse, rub on feet.
- 78. When stressed out and anxious, mix a few drops with Epsom salts and take a bath! You will be more relaxed than you have been in a while!
- 79. To ease Restless Leg Syndrome, rub on feet before bed.
- 80. Helps alleviate snoring (along with Valor and lavender) — rub a few drops on feet and behind ears, or diffuse.

### Purification Essential Oil Blend

(Ingredients: *Citronella, lemongrass, lavender, rosemary, melaleuca alternifolia, and myrtle oils.*)



Purification can be used directly on the skin to cleanse and soothe insect bites, cuts, and scrapes. When diffused, it helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors.

### Some Practical Uses for Purification Oil

- 81. Purify the air of bad odors, heavy metals, mildew, mold — diffuse.
- 82. Natural, non-toxic insect repellent — dilute and rub into skin, or use the household spray recipe in #84 and spray all over before going outside.

- 83. Bug bites and stings — apply neet on location.
- 84. Make your own household deodorizing spray (fill a 4 oz. glass spray bottle with distilled water and 9 drops Purification). Keep one in the bathroom and by the cat box. Spray in closets, on stale-smelling clothing, and anywhere a freshening effect is desired.
- 85. Fruit & vegetable wash— fill sink with water and a few drops of Purification – you may also add a shot of apple cider vinegar – wash fruits and veggies thoroughly, and rinse.
- 86. Dispel allergies and asthma — inhale, rub on feet (particularly balls of feet).
- 87. Natural deodorant — rub into armpits after shower.
- 88. Blisters — rub neet on location to disinfect and speed healing.
- 89. Ear mites in cats and dogs — apply diluted to cotton swab and rub just inside ears.

### PanAway Essential Oil Blend

*(Ingredients: helichrysum, wintergreen, clove, and peppermint oils.)*



PanAway was created by Gary Young following a severe injury to the ligaments in his leg. Containing wintergreen essential oil, which is often used for massage, PanAway is soothing to the skin while providing comforting warmth to muscles after exercise.

#### Some Practical Uses for PanAway Oil

- 90. Naturally soothes pain in muscles, tendons, ligaments and bones due to injury or due to chronic conditions such as arthritis— massage diluted or neet on location (dilution is recommended especially for larger areas).
- 91. Relieves swelling — rub neet or diluted on location
- 92. Apply to sore muscles after exercising — rub diluted on location, use a couple of drops in the bath with Epsom salts.
- 93. Sciatic pain — rub neet or diluted on location.
- 94. Earache relief—rub behind ears, dilute 1 drop with a small amount of warmed olive oil, put on cotton ball, place in ear.
- 95. Carpal tunnel syndrome relief — rub neet or diluted on location.
- 96. Broken bones — rub neet or diluted on location, avoiding any open wounds.
- 97. Muscle spasms — rub diluted on location.
- 98. Migraine relief — apply neet or diluted on temples, at base of neck, and anywhere else the headache is felt (avoiding the eyes).

### Valor Essential Oil Blend

*(Ingredients: rosewood, blue tansy, frankincense, and spruce essential oils in a base of almond oil.)*



Valor is an empowering combination of therapeutic-grade essential oils that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity.

Renowned for its strengthening qualities, Valor enhances an individual's internal resources. It has also been found to help energy alignment in the body.

- 99. Rub on feet and inhale to feel more balanced and capable. Balances energies to instill courage, confidence, and self-esteem. Helps the body self-correct its balance and alignment. Apply a couple of drops to the bottoms of the feet or to wrists, chest, or base of neck when needing a pick-me-up.
- 100. Helps promote restful sleep in some individuals — rub on feet before bed.
- 101. Dilute 1:15 for a body massage. Add to Epsom salts for a wonderful bath.

To purchase the **Essential Oil Survival Kit**  
(or the **Essential Survival Preparedness Plus Kit** that comes with over \$85 in bonuses including FREE SHIPPING for only \$25 more), go to  
[www.essentialssurvival.org](http://www.essentialssurvival.org).

### Guidelines for Safely Using the Essential Oil in the Survival Kit

1. Always keep pure vegetable oil (cold-pressed organic almond, sesame, coconut, or olive oil) handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.
3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oil rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
6. Citrus oils (such as lemon) and blends with citrus oils in them (such as Peace & Calming and Purification) may cause a rash or a darker pigmentation if applied to skin exposed to direct sunlight or UV rays within 3-4 days of use. Keep essential oils away from eye area and do not put in ears. Do not handle contact lenses or rub eyes with essential oils on your fingers. Oils with high phenol content (such as Thieves) may damage contacts and irritate eyes.
7. 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.
8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel, Idaho tansy, and Valor.
9. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
10. Before taking GRAS (Generally Regarded as Safe) essential oils internally, you may dilute them in an oil-soluble liquid such as honey, olive oil, or rice milk.
11. Do not add undiluted essential oils directly to bath water. Dilute first in Epsom salts, sea salts, or an organic, cold-pressed vegetable oil.

**Disclaimer** — The information in this eBook 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, cure, prevent, or treat any disease.

Anyone suffering from any disease should consult with a physician.

**Sources** — [www.youngliving.com](http://www.youngliving.com), [www.oil-testimonials.com](http://www.oil-testimonials.com), [Reference Guide for Essential Oils](#), pdf document 101 Uses for Young Living's "Essential 7 Kit".