

# 101 Uses for Every Day Oils

**Obligatory Disclaimer:** The following information 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 a serious disease, illness or injury should consult with a physician. THE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

These nine Every Day Oils can help anyone 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 of the oils may be diffused to freshen the air and eliminate the need for synthetic, harmful air fresheners. Diffusing allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. They may be applied to the Vita Flex points on the feet, added to bath water, applied topically or used with body and foot massage.

**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.

1. Rub on feet for calming.
2. Rub on your pillow to help you sleep.
3. Put a drop on a bee sting or insect bite to stop itching & reduce swelling.
4. Put 2-3 drops on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the naval or behind the ears.
8. Rub a drop over the bridge of the nose to unblock tear ducts.
9. Rub a drop of Lavender oil on chapped or sunburned lips.
10. Use Lavender oil for cold sores and mouth ulcers.
11. Minimize the formation of scar tissue, massage around affected area.
12. Rub 2 - 4 drops over the armpit area to act as a deodorant.
13. Put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
14. Rub several drops of Lavender oil into scalp to help eliminate dandruff.
15. Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
16. Diffuse Lavender oil to alleviate the symptoms of allergies.
17. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
18. Drop Lavender oil on a cut to clean the wound and kill bacteria.
19. Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

**LEMON** - (*Citrus lemon*) 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.

20. Use 6 drops each of Lemon oil and Purification mixed with distilled water to clean the bathroom and kitchen surfaces.
21. Use 1-2 drops to remove gum, oil, grease, crayons and tape marks.

22. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
23. Soak your dishrag & butcher block overnight to kill germs.
24. Place a drop of Lemon oil on cold sores, herpes, or other mouth ulcers to lessen pain and aid healing.
25. Put a drop on oily skin or acne to balance sebaceous glands. (Avoid UV)
26. Rub 2 drops of oil topically to clear athlete's foot.
27. Put 10-15 drops in carpet cleaning solution for stains and odor reduction.

**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.

28. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
29. Apply Peppermint oil immediately to an injured area to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
30. Massage several drops of oil on injury to reduce inflammation.
31. Rub several drops of oil on the bottoms of the feet to reduce fever.
32. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
33. Inhale before & during a workout to boost your mood and reduce fatigue.
34. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
35. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
36. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
37. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
38. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
39. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
40. Drink a drop mixed in a glass of cold water to cool off on a hot day.
41. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
42. Place a drop of Peppermint oil on the tongue to stop bad breath.
43. Inhale the fragrance to curb appetite and lessen the impulse to overeat.
44. Remove ticks by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhedge its head, then remove from your pet.
45. Mix Peppermint oil in a footbath to relieve sore feet.

**FRANKINCENSE** - (*Boswellia carteri*) also known as "olibanum," or "Oil of Lebanon." Considered the holy anointing oil. Used in religious ceremonies for thousands of years. Known as "liquid gold" in the time of Christ.

46. Rub on temples or place a drop on tongue and push to roof of mouth to relieve stress and sadness.
47. Diffuse to increase spiritual awareness and uplift the spirit.
48. Diffuse or inhale directly to stimulate the limbic system of the brain (memory and emotional center).
49. Take as a dietary supplement for immune stimulation.
50. Take internally or apply topically to relax muscles and reduce tension.
51. Rub on skin to decrease signs of wrinkles. In vitro studies have demonstrated DNA repair using Frankincense.
52. Rub on skin to lighten age spots, decrease inflammation of acne and boils.
53. Rub around orbit of the eye for improved vision.
54. Anointing oil with Biblical references to protect from illness & disease.

# cont..... 101 Uses for Every Day Oils

**PANAWAY** - A blend of wintergreen (*Gaultheria procumbens*), which has an active constituent similar to cortisone; clove (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; peppermint (*Mentha piperita*), which is calming for nerves; and helichrysum (*Helichrysum italicum*), which is soothing for localized discomfort. Created by Gary Young following an injury that severely tore the ligaments in his leg.

55. Apply PanAway oil topically to an injured area to reduce inflammation and bruising.
56. Apply PanAway oil topically to sore muscles after exercising.
57. Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
58. Mix with massage oil and massage on location to stop growing pains.
59. Mix with massage oil and massage abdomen for menstrual cramps.
60. Massage on joints to reduce discomfort from arthritis.
61. Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
62. Rub 2-3 drops at the base of the spine to relieve sciatic pain.
63. For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

**PEACE & CALMING** - A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

64. 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.
65. Diffuse in the room to calm overactive or hard to manage children.
66. Mix with massage oil for a relaxing massage.
67. Mix with Bath Gel Base in warm water for a relaxing bath.
68. To help stop nocturnal teeth grinding, diffuse while sleeping.

**PURIFICATION** - An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavender (*Lavandula x hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

69. Diffuse Purification oil to clean the air and neutralize foul or stale odors.
70. Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
71. While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air.
72. Put a drop of Purification oil on insect bites to cleanse and stop the itching.
73. Apply a drop of Purification oil on blemishes to clear the skin.
74. Massage a few drops around cuts and scrapes to disinfect.
75. Rub on the outside of a sore throat when it is first beginning.
76. Rub a drop of Purification oil on a blister to cleanse and disinfect.
77. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
78. 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.
79. Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
80. Spritz several drops of Purification oil mixed with water to repel insects.
81. 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.

**THIEVES** -A blend of highly antiviral, antiseptic, antibacterial, anti-infectious oils. Includes: clove (*Syzygium aromaticum*), lemon (*Citrus limon*), cinnamon bark (*Cinnamomum verum*), eucalyptus (*Eucalyptus radiata*), rosemary (*Rosmarinus officinalis*). Named after a band of Thieves who used essential oils to avoid the Plague while robbing the sick and dying.

82. Make a Spritzer to use as a disinfectant. (Combine water and vinegar, or alcohol, with Thieves oil.)
  83. Diffuse to kill airborne microbes and pathogens. (Research shows a 99.96% decrease in airborne pathogens.)
  84. Diffuse and use directly for toxic molds.
  85. Use Thieves oil, natural soap and water to clean outdoor surfaces like concrete, wood and siding to stop toxic molds.
  86. Make your own disinfectant handwipes for home and travel. (Paper towels, bath gel base, water and Thieves oil.)
  87. Mix water, vinegar and Thieves oil for internal digestive cleanse.
  88. Dilute and use for teething, mouth and dental pain.
  89. Dilute and use for sore throats, swollen glands and tonsils.
  90. Dilute and apply around ear area (never directly in ear) for infection.
  91. Rub 3 drops directly on bottom of feet to enhance immune function.
  92. Use directly on toenail fungus.
  93. Dilute and dab on pimples, boils and acne.
  94. Dab on warts, until eliminated.
  95. Use *Thieves Household Cleaner* to eliminate and prevent airborne pathogens from home, school, indoor and outdoor work environments.
- VALOR** -A blend of rosewood (*Aniba rosaeodora*), blue tansy (*Tanacetum annuum*), frankincense (*Boswellia carteri*), and spruce (*Picea mariana*).
96. Chiropractor in a bottle! Use to relieve pain and stress.
  97. Apply 3-4 drops on feet or spine for improved spinal alignment.
  98. Use in Raindrop Technique® for general structural balancing.
  99. Apply topically or diffuse for calming and stress relief.
  100. Apply topically on temples and back of neck for improved focus and mental clarity.
  101. Wear as cologne! It's perfect for men and women.

Some material used from the 101 Uses of the Essential 7 Kit. Courtesy of Young Living Groups@yahoo.com For educational purposes only.

Also included in the Starter Kit: Marketing materials, Product Guide and Price List, ART DVD, NingXia DVD plus these 9 Essential Oils and more.



**Young Living  
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**For more information contact:**