

# Everyday Essential Oils Collection

## From Young Living Essential Oils



**Your guide to using the following oils:**

Frankincense

Lavender

Lemon

Peppermint

PanAway

Peace & Calming

Purification

Thieves

Valor

Joy

Stress Away - bonus with starter kit

# Frankincense



*Boswellia Carterii, Sacra and Frereana*

Family: *Burseraceae*

## Properties:

analgesic, antifungal, anti-inflammatory, antioxidant, antiseptic, astringent, carminative, digestive, diuretic, expectorant, sedative, tonic, vulnerary.

## Application:

- diffusing is one of the best ways to utilize the properties of this amazing oil
- can be applied neat (no carrier) to the skin or area of concern
- G.R.A.S - generally regarded as safe for internal consumption, can be used as a dietary supplement. Use 1 drop in a teaspoon of honey, in a beverage or in a capsule with 4 drops carrier oil.

## Beauty & Personal Care:

- because of the skin rejuvenating properties this oil makes a great addition to any face cream, serum or applied directly to wrinkles
- anti-aging properties
- scarring, both for prevention and old scars
- acne
- moles, skin tags, and warts

## Medicinal Uses:

- affinity for the brain, oxygenates the pineal and pituitary glands, use for brain injury, coma, concussion, confusion and trauma

- Lou Gehrig's, Parkinson's disease and multiple sclerosis
- skin disorders, including infections
- skin healing, sores, boils, scars, warts, etc.
- herpes, cold sores
- first aid treatment for cuts, wounds, and bleeding
- hemorrhaging
- high blood pressure
- ulcers
- insect, spider and even snake bites
- respiratory conditions like bronchitis, coughs, colds and pneumonia
- asthma
- immune booster - helpful in treating any type of illness or infection
- staph, strep, and throat issues
- inflammation
- headaches and pain
- arthritis
- stress reliever, tension, anxiety and depression
- cancer, tumors, diphtheria, gonorrhea, syphilis, T.B., meningitis
- essential oil used in meditation, spiritual uplift, dealing with loss, healing emotional wounds, uplifting the attitude and spirit, etc.

# Lavender



*Lavandula angustifolia*

Family: *Labiatae*

## Properties:

analgesic, anticoagulant, antidepressant, antifungal, antihistamine, antiviral, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, antitoxic, antitumor, cooling, decongestant, regenerative, sedative

## Application:

- Can be applied neat to area of concern, bottoms of feet, wrists or behind the ears
- Diffuse and inhale
- Very safe and gentle, great for infants, young children, and the elderly
- G.R.A.S - generally regarded as safe for internal consumption, can be used as a dietary supplement, 1-2 drops per teaspoon of honey, in a beverage or capsule with 4 drops carrier.

## Infants:

- calming
- colic
- cradle cap
- diaper rash
- earaches
- skin conditions of any kind; eczema, dry skin, rash, bug bites, bum burn, etc.
- thrush
- teething

## Beauty Care:

- acne
- chapped lips and skin
- dandruff and hair loss
- scarring
- stretch marks
- wrinkles

## First Aid:

- burns
- boils, bruises, blisters, hives
- cuts, wounds, abrasions
- fainting and heatstroke
- insect bites, stings and repellent
- seizure
- sprain and strains
- sunburn
- trauma, hysteria, shock

## Medicinal Uses:

- first aid - see above
- ADD/ADHD
- allergies
- anxiety, stress, and depression
- arthritis
- asthma
- candida (yeast), athletes foot, yeast infection, jock itch
- canker sores (herpes simplex)
- carpal tunnel
- chicken pox, scabies, measles, mumps, Parkinson's disease
- cholesterol and high blood pressure
- cold and flu symptoms including congestion and respiratory issues
- gas, indigestion, nausea
- headache
- impetigo
- inflammation
- insomnia
- lymph system drainage and support

- mouth sores, abscess, teeth pain and grinding
- pain reliever
- skin conditions: itching, dry, eczema, psoriasis rash, sunburn, scarring, sensitivity, wounds and wrinkles
- sedative, tension
- Woman's health - pms, cramps, mastitis, menopausal conditions

### General Information:

Lavender is so versatile that if you don't know what essential oil to use for a condition use lavender! It is very gentle, yet powerful and is a great oil for infants and the elderly.

# Lemon Essential Oil



*Citrus limon*

Family: *Rutaceae (citrus)*

## Properties:

antibiotic, sedative, carminative, diuretic, hemostatic, astringent, digestive, immunostimulant, antidepressant, stimulant, antiseptic, febrifuge, calmative, antispasmodic, vermifuge

## Application:

- diffuse and inhale
- apply to the skin with a carrier oil, either to area of concern or bottoms of the feet
- add to personal care products
- add to cleaning products
- G.R.A.S - generally regarded as safe for internal consumption, can be used as a dietary supplement, 1-2 drops per teaspoon of honey, in a beverage or capsule with 4 drops carrier.
- add to water to purify

## Beauty and Personal Care:

- removes dead skin cells leaving the complexion looking clean and bright
- dissolves cellulite when rubbed into the skin with a carrier or cream
- strengthens and hardens finger nails
- naturally lightens hair, while also removing residues, dirt and grime from hair follicles

## Cleaning:

- disinfectant
- add to some vinegar to clean pesticides and residue off of produce
- cleanses the air when diffused
- cuts grease
- removes sticky adhesive and gum
- furniture and floor polish

- stain remover
- sanitizes
- use in laundry for removing stains, disinfecting and leaving clothing smelling fresh and clean. Add 10 drops to 1 cup of vinegar and place in the fabric softener area of washing machine.

### Medicinal Uses:

- anemia
- autism
- anxiety and depression
- asthma
- brain injury
- colds, flu and fever
- sore throat and infections
- overeating, digestion and food poisoning
- gout
- heartburn
- aids concentration and memory
- gallstones
- kidney stones
- liver support
- lymph cleansing
- malaria
- mumps
- nerves and nervous system
- stress relief
- varicose veins
- intestinal parasites
- rheumatism
- urinary tract infection
- immune booster
- improved energy
- aids respiratory systems
- scurvy

### Caution:

Lemon can be a phototoxic so avoid direct sunlight for 12 hours after using on skin. Can be a skin irritant so always patch test before using and dilute with a carrier oil.

## Peppermint



*Mentha Piperita*  
Family: *Labiatae*

### Properties:

analgesic, antibacterial, anti-inflammatory, antiseptic, antispasmodic, antiviral, stimulating, digestive, decongestant, antibiotic, antifungal, anti-depressant, astringent, calmative, nerve, purifying.

### Application:

- Apply topically with a carrier oil
- Inhale (diffuse)
- G.R.A.S - generally regarded as safe for human consumption, use as a dietary supplement, in beverages and cooking.

### Cleaning Naturally:

- purifies and disinfects
- spray along window sills and doors to keep unwanted pests from entering

### Medicinal Uses:

- asthma (apply one drop under the tongue)
- sinus, chest congestion, any respiratory problem or weakness (again apply a drop under the tongue for congestion relief)
- sore throat, laryngitis
- colds, flu and fever
- allergies and hay fever

- halitosis, breath freshener (one drop under the tongue or make a gargle with water and a drop or two of oil)
- toothaches, mouth sores, gum infection
- cold sores
- concentration, brain, memory, alertness, fatigue, energizing
- digestion: constipation, diarrhea, heartburn, indigestion, gas, IBS
- nausea, morning or motion sickness and vomiting
- headache and migraines
- PMS, menstrual irregularity, cramps, aches, etc.
- muscle pain, inflamed joints and tissue, arthritis, rheumatism, carpal tunnel
- varicose veins
- skin fungus, candida, hives, scabies, rashes, itching, irritated skin
- cools the heat of sunburn and brings body temperature down on hot days (mix a drop or two in a spray bottle with water)
- hot flashes (simply inhale or use the spray bottle method)
- depression, uplifts the spirit
- repels spiders and insects, 1 drop on a tick will detach it whole
- heals the pain and itch of spider and insect bites or stings

### Cautions:

Caution should be taken when using this oil while pregnant, peppermint can stimulate the uterus, probably best to use in a blend and/or in small amounts. Also use caution if dealing with high blood pressure. Do not use repeatedly on the same area over and over as this can result in contact sensitization, use a carrier when applying topically if you have sensitive skin.

## Purification Blend



Contains: citronella, lemongrass, rosemary, tea tree (*Melaleuca alternifolia*), lavender, myrtle

### Properties:

antiseptic, antibacterial, antifungal and sanitizing.

### Application:

- Diffuse or inhale directly
- Apply directly to area of concern, ears, feet or temples (check for skin sensitivity and use a carrier if skin gets irritated)
- Add to cleaning and beauty care products

### Beauty Care:

- acne and skin blemishes
- makes a great natural deodorant, apply neat, add to a deodorant recipe or some coconut oil

### Cleaning Naturally:

- kills odors, bacteria, mold and fungus
- cleanse the air and neutralize odors through diffusion or add to a spray bottle with water and spritz floors, curtains, furniture, clothing, etc.
- add 2 drops to a wet cloth and put in the clothes dryer
- put a few drops on a cloth or cotton ball and place over air vents
- use in laundry detergent or homemade cleaning products
- put a few drop on the toilet paper roll or vacuum bag to disinfect and purify the air

### Medicinal Uses:

- first aid oil; use for scrapes, cuts, wounds, abrasions, and bruises

- repels bugs, insects and mice
- ear mites, fleas and ticks on pets
- heals bug bites and stings
- infections
- abscesses, blisters, boils
- rashes, hives, itchy, dry, irritated skin, poison ivy
- cold and flu, RSV
- sore throat
- canker sores
- pink eye
- earache
- fungal infections; athlete's foot, ringworm, jock itch, etc.
- candida, yeast infection
- bladder infection
- leg cramps

## PanAway



Ingredients: wintergreen, helichrysum, clove and peppermint

### Properties:

analgesic, anti-inflammatory, antispasmodic, affinity for the muscle, bone and nervous systems.

### Application:

- Apply directly to area of concern, on the temples, back, neck or forehead. Layer with a carrier if any skin sensitivity occurs.
- Apply to Vita Flex points on the feet
- Apply to muscles right after a work out to prevent sore muscles and pain
- Using a roller ball apply along the spine - or just drop along the spine
- Diffuse and inhale
- Use as a compress

### Medicinal Uses:

- reduces pain and inflammation
- increases circulation
- relieves swelling
- accelerates healing of injuries
- headaches and migraines
- muscle pain and sports injuries
- bone pain, sciatica, back pain
- joint pain, arthritis and rheumatism
- tendinitis and tissue pain
- nerve pain

- sprains and strains
- cramps and muscle spasms
- bumps and bruises
- topical anesthetic
- "growing pains" in children (I would dilute with a carrier for use on children)
- toothache - apply to the cheeks

### Companion Oils:

- deep bone pain layer with wintergreen and copaiba
- deep tissue pain, layer with helichrysum and/or Relieve It
- for structural pain such as back or neck being out of line, apply Valor first and layer with PanAway

## Peace & Calming



Ingredients: tangerine, orange, ylang ylang, patchouli, blue tansy.

### Properties:

sedative, calming, anti-depressant, affinity for the nervous system and emotional balance

### Application:

- Diffuse and inhale
- Apply to bottoms of the feet, wrists, behind ears and ear edges, chakras, and Vita Flex points.
- Dilute in carrier oil and use for a therapeutic massage
- Apply 2-4 drops into bath water or shower
- Add to beauty and personal care products and wear as perfume for a heavenly scent

### Beauty Care:

- skin health - add to bath salts, creams, salves and any beauty care product
- hair health - promotes clean, healthy, vibrant hair
- use in hair spray, hair detangler, shampoo, etc.
- baths and showers

### Medicinal Uses:

- promotes relaxation
- uplifts the spirits, positive attitude
- calms overactive children, ADD and ADHD
- depression, stress and "nerves"
- baby blues

- panic attacks and anxiety
- insomnia, nightmares, peaceful night sleep
- calms anger, tension and frustration
- teeth grinding
- mental fatigue
- high blood pressure
- emotional balance
- great infant and children oil

### Annie's Uses

This is one of those blends that I will panic (and then need more of this blend:)) if I am every without it. I use this every night on my 6 year before bed time, in fact he will not go to bed until he has had his "good night" oil. At one point he was waking from nightmares quite often and when I started using the Peace and Calming blend before bed he would have a peaceful night without nightmares and without waking up. I apply a drop to his pajama top, behind his ears and under his nose.

I also have a son that has anger issues and stresses about upcoming events or appointments. When I see him start to fidget, clench his fists, and breathe heavily I immediately have him inhale the oil and then apply it to his feet and wrists. I will then see him start to calm down and then we can work out the issue. I also use this at church to keep him calm as he starts to get agitated after sitting for so long. I don't need to mention how many times I diffuse this during school hours or find myself hiding in a room inhaling it to calm my own frustrations. This is one oil no home should be without!

### Companion Oils:

- layer with Valor on the bottoms of the feet for ADD/ADHD and overactive children (2-3 drops of each oil applied one at a time)

## Thieves



Ingredients: clove, lemon, cinnamon bark, Eucalyptus (radiata), rosemary.

### Properties:

highly anti-viral, anti-bacterial, anti-biotic, anti-fungal, anti-infectious, anti-microbial, anti-plague, antiseptic.

### Application:

- Diffuse and inhale (this should be diffusing all through the winter to ward off sickness)
- Dilute with a carrier and apply to bottoms of the feet, lymph system, throat, stomach, intestines or any area of concern. Also apply to the Vita Flex points on the feet and along the spine. You can try this blend neat and apply the carrier if it becomes too "hot"
- Place a drop in a beverage, 1 tsp. honey, in food, with a carrier in a capsule, etc. (you can google actual recipes for treating different ailments with this blend)
- Use in cleaning products

### Cleaning Naturally:

- prevents and kills mold
- kills germs and bacteria
- deodorizer and disinfectant
- mix with water and spray on counter tops in the kitchen to kill germ, bacteria and viruses
- spray on shower and tubs to prevent mold and kill already growing mold and bacteria
- spray on toilets, in sinks, floors, etc.
- diffuse throughout the bathroom and kitchen to kill airborne microorganisms

### Medicinal Uses:

This list could go on and on so keep in mind that you can use this blend for just about anything. I have this diffusing throughout the winter, spray bottles filled with it in my bathrooms

and kitchen for killing germs, bacteria and mold, and always have it in my purse and emergency kits.

- immune booster (apply to the bottoms of the feet when going into public, traveling, or during flu season)
- hand sanitizer (mix with some water in a travel size spray bottle)
- any type of infection, both on the skin or in the body
- disease prevention and treatment
- MRSA and other antibiotic resistant "super bugs"
- coughs, colds and flu,
- sore throat, strep, tonsillitis (place a drop under the tongue)
- chest congestion, bronchitis, pneumonia, any respiratory issues
- allergies, hay fever
- sinus issues and congestion
- headache (apply a drop on the tongue and push against the roof of mouth)
- fungal infections and candida
- toe nail infection, ingrown toe nail, toe nail fungus and athletes foot
- boils, skin eruptions, acne
- gum disease, toothache (apply directly), abscesses, any mouth problems (mix with water for a mouth wash and gargle)
- cankers and cold sores
- slivers and splinters
- first aid: cuts, wounds, and scrapes to prevent infection and aid healing
- dilute in a carrier and massage onto sore muscles
- joint pain and arthritis
- shingles
- repel insects and treat insect bites and stings
- warts (be consistent and may take some patience - dandelion milk works best for warts)

### Companion Oils:

- During any type of illness apply ImmuPower on the throat with Thieves on the feet, then alternate them.
- To treat a cold apply Purification to the throat, Thieves to the feet and R.C. to the chest.

### Cautions:

Thieves is full of "hot" essential oils so be sure to use a carrier or patch test on the skin before use.

# Valor



Ingredients: Fractionated coconut oil, spruce, rosewood, blue tansy, frankincense.

## Properties:

anti-depressant, anti-fungal, anti-infectious, anti-inflammatory, anti-viral. Affinity for the nervous system, muscle, bones, skin, mental and emotional balance.

## Application:

- Apply to the bottoms of the feet for best results
- Apply to chakras, wrists, temples, Vita Flex points, and along the spine
- Diffuse and inhale
- Add to bath water
- Dilute in a carrier for a massage

## Medicinal Uses:

- align the physical structure of the body (like a chiropractor) apply to area of concern
- scoliosis (be consistent with use and be patient)
- sciatica, back pain and injury, herniated discs, TMJ
- arthritis, joint and bone pain (use with PanAway for enhanced results)
- hammer toe
- stiff neck and back
- broken bones
- muscle pain
- earache
- goose eggs, bumps and bruises

- insomnia, sleep problems, snoring (use with Peace & Calming for enhanced results)
- immune booster
- anxiety, stress, worry
- ADD/ADHD
- any nervous condition
- fosters courage and self confidence
- balances electrical energies within the body

### Companion Oils:

- layer with PanAway when healing misaligned structures such as the neck and back (anything you'd go to a chiropractor for)
- layer with Peace & Calming to the bottoms of the feet for ADD/ADHD children (or adults)
- use with Peace & Calming for insomnia

# Joy



Ingredients: bergamot, ylang ylang, geranium, rosewood, lemon, mandarin, jasmine, Roman chamomile, palmarosa, rose.

## Properties:

This blend has an affinity for emotional balance and the skin

## Application:

- Apply over the heart, ears, neck, temples, across brow, wrists, on bottoms of the feet and Vita Flex points.
- Diffuse and inhale
- Add to bath and shower
- Use as a perfume or add to beauty and personal care products
- Dilute with carrier and use for massage
- Couple drops on a damp cloth added to the dryer will freshen your laundry and make it smell great!

## Beauty Care:

- smells very nice, use as a perfume
- add to deodorant and any other beauty care products
- improves skin elasticity, reducing wrinkles
- skin regeneration
- soothes and nourishes the skin
- use in bath salts and massage oils

## Emotional/Medicinal Uses:

- helps overcome grief
- depression
- opens the heart to receive love
- opens emotional blocks
- anxiety and stress
- uplifts the spirits
- calms
- fosters joy and happiness
- balance hormones and female energy
- promotes love of self and others
- PMS - moodiness, cramps, back pain, headache, etc.
- regulates blood pressure
- libido

## Stress Away



Ingredients: Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender

### Properties:

Properties: sedative, anti-inflammatory, anti-depressant, emotional balance, immune system

### Application:

- Diffuse and inhale
- Apply to wrists, temples, neck, or any area of the body
- add to bath or shower
- Use as a dietary supplement, add a drop or two to a beverage, honey or take in capsule form with some carrier.

### Beauty Care:

- use as a perfume
- add to deodorant or use it with coconut oil as a deodorant
- add to any hair or body care product

### Medicinal Uses:

- stress, restlessness
- anxiety, panic, fear, worry
- depression, mood elevator
- balances emotions
- hyperactivity
- anger, frustration,
- eases tension in muscles, stiffness, aches and pains

- an
- tension headaches
- migraines
- teeth grinding, TMJ (apply to jawline)
- insomnia, improves sleep, combats exhaustion
- PMS

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The premium starter kit includes these 11 essential oils (5 ml bottles) along with a diffuser and samples from Young Living, all for \$150.00. To order, visit [anniesplacetolearn.com](http://anniesplacetolearn.com) – store – Young Living – Becoming a Young Living Member.

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\*This notice is required by the United States Federal Government's Food, Drug and Cosmetic Act.