

A-Z Usage Guide

for essential oils

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A Aromatic



Diffuse or put a drop in your hand and inhale.

T Topical



Use with carrier oil in a relaxing massage.

I Internal



Take in a capsule or in water.

A Aromatic



Diffuse or put a drop in your hand and inhale.

T Topical



Use with carrier oil in a relaxing massage.

I Internal



Take in a capsule or in water.

ABDOMINAL CRAMPS

DigestZen **T**
Basil
Clary Sage

BACK PAIN

Deep Blue **T**
Eucalyptus
Wintergreen

COLD

OnGuard **T A**
Thyme
Melaleuca

ABDOMINAL CRAMPS

DigestZen **T**
Basil
Clary Sage

BACK PAIN

Deep Blue **T**
Eucalyptus
Wintergreen

COLD

OnGuard **T A**
Thyme
Melaleuca

ACNE

Melaleuca **T**
Lemongrass
Lavender

BRUISES

Cypress, **T**
Heluchrysum
Deep Blue

CROUP

Marjoram **T A**
Thyme
Sandalwood

ACNE

Melaleuca **T**
Lemongrass
Lavender

BRUISES

Cypress, **T**
Heluchrysum
Deep Blue

CROUP

Marjoram **T A**
Thyme
Sandalwood

ALLERGIES

Breathe **T A**
Lavender
Eucalyptus

BUNIONS

Deep Blue **T**
Basil
Cypress

DANDRUFF

Cypress **T**
Lavender
Rosemary

ALLERGIES

Breathe **T A**
Lavender
Eucalyptus

BUNIONS

Deep Blue **T**
Basil
Cypress

DANDRUFF

Cypress **T**
Lavender
Rosemary

ANXIETY

Adaptiv **T A**
Lavender
Elevation

BURNS

Lavender **T**
Malaleuca
Geranium

DRY SKIN

Geranium **T**
Chamomile
Lemon

ANXIETY

Adaptiv **T A**
Lavender
Elevation

BURNS

Lavender **T**
Malaleuca
Geranium

DRY SKIN

Geranium **T**
Chamomile
Lemon

ASTHMA

Breathe **T A**
Eucalyptus
Peppermint

CANDIDA

Melaleuca **T I**
On Guard
Peppermint

EARACHE

Malaleuca **T**
Basil
Lavender

ASTHMA

Breathe **T A**
Eucalyptus
Peppermint

CANDIDA

Melaleuca **T I**
On Guard
Peppermint

EARACHE

Malaleuca **T**
Basil
Lavender

A Aromatic

T Topical

I Internal

A Aromatic

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EZCEMA

- Thyme **T**
- Geranium **T**
- Heluchrysum

FATIGUE

- Motivate **T** **A**
- Wild Orange **T** **A**
- Balance

FEVER

- Peppermint **T** **A**
- Lavender **T** **A**
- Eucalyptus

HEADACHE

- Peppermint **T** **A**
- Lavender **T** **A**
- Past Tense

HOT FLASHES

- Peppermint **T**
- Balance **T**
- Clary Calm

INFLAMMATION

- Copaiba **T**
- Frankincense **T**
- Deep Blue

INFLAMMATION

- Serenity **T** **A**
- Lavender **T** **A**
- Chamomile

JOINT PAIN

- Deep Blue **T**
- Pink Pepper **T**
- Copaiba

MEMORY

- Rosemary **T** **A**
- Peppermint **T** **A**
- Lavendar

MENSTRUAL CRAMPS

- Peppermint **T**
- Rosemary **T**
- Clary Calm

MIGRAINE

- Peppermint **T** **A**
- Past Tense **T** **A**
- Sandalwood

MORNING SICKNESS

- Ginger **T** **I**
- Lavender **T** **I**
- Peppermint

PARASITES

- Oregano** **T** **I**
- Peppermint **T** **I**
- Ginger

RASHES

- Lavender **T**
- Frankincense **T**
- Rose

SCARRING

- Lavender **T**
- Frankincense **T**
- Heluchrysum

SORE THROAT

- OnGuard **A** **T** **I**
- Tea Tree **A** **T** **I**
- Lemon

SUNBURN

- lavender **T**
- Tea Tree **T**
- Blue Tansy

TOOTH ACHE

- Clove **T** **I**
- Tea Tree **T** **I**
- Frankincense

VOMITING

- Ginger **T** **I**
- Peppermint **T** **I**
- Digestzen

WARTS

- Oregano** **T**
- Tea Tree **T**
- OnGuard

WASP STING

- Lavender **T**
- Peppermint **T**
- Purify

EZCEMA

- Thyme **T**
- Geranium **T**
- Heluchrysum

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