



## ***Essential Oil Use Chart***

# Essential Oil Use Chart



<b>Acne &amp; Oily Skin</b>	Bergamot, cypress, geranium, grapefruit, jasmine, juniper, lemon, lemongrass, orange, patchouli, peppermint, petitgrain, sandalwood, tea tree, ylang ylang.
<b>ADD/ADHD</b>	Frankincense, lavender, marjoram, orange, patchouli, Roman chamomile, sandalwood, vetiver, ylang ylang. Use in a diffuser. Dilute 1 to 3 drops in a teaspoon of carrier oil; apply to bottom of feet and spine.
<b>Addictions</b>	<b>Withdrawal:</b> grapefruit, lavender, orange. <b>Alcohol:</b> helichrysum, lavender, orange, rosemary. <b>Drugs:</b> basil, eucalyptus, lavender, marjoram. <b>Smoking:</b> clove or peppermint on tongue <b>Work:</b> basil, geranium, lavender, marjoram
<b>Allergies</b>	Lavender, lemon, peppermint, tea tree Dilute 5 drops each lavender, lemon & peppermint in 2oz grapeseed oil and rub into the bottoms of the feet 3 times a day.
<b>Alzheimer's</b>	Frankincense, lavender, patchouli, rosemary, sandalwood, vetiver, ylang ylang Diffuse. Dilute 3 drops in a teaspoon of carrier oil or unscented lotion and apply to brain stem area at back of neck.
<b>Antibacterial</b>	Cinnamon, clove, eucalyptus, geranium, ginger, grapefruit, helichrysum, juniper, lavender, lemon, lemongrass, marjoram, orange, peppermint, pine, rosemary, spruce, tea tree, thyme.
<b>Anxiety &amp; Frazzled Nerves</b>	Bergamot, cedarwood, chamomile, clary sage, cypress, frankincense, geranium, grapefruit, helichrysum, jasmine, lavender, lemon, lemongrass, marjoram, orange, palmarosa, petitgrain, rose, sandalwood, vanilla, vetiver, ylang ylang.
<b>Arthritis</b>	Camphor, frankincense, German & Roman chamomile, marjoram, peppermint, rosemary, wintergreen. Add 1 to 3 drops of essential oil to 1 teaspoon of carrier oil or unscented lotion. Massage into affected areas as required.
<b>Asthma</b>	Angelica, cedarwood, clary sage, eucalyptus, frankincense, geranium, ginger, lavender, lemon, marjoram, peppermint, ravensara, rose.
<b>Athletes Foot</b>	Cedarwood, eucalyptus, frankincense, helichrysum, lavender, lemongrass, oregano, tea tree Apply to feet 2 to 3 times a day.
<b>Back Pain</b>	Cypress, eucalyptus, geranium, lavender, marjoram, Roman chamomile, oregano, peppermint, rosemary, sandalwood, thyme. Blend 5 drops each lavender, peppermint & rosemary in 1/2 cup carrier oil and massage into affected area

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<b>Bed Wetting</b>	Cypress Dilute 1 to 3 drops in a teaspoon of carrier oil and rub on abdomen at bedtime. (For a nicer smell and to improve sleep, add 2 drops lavender and 1 drop orange. Increase carrier oil to 2 teaspoons.)
<b>Bladder Infection</b>	Basil, bergamot, cinnamon, clove, eucalyptus, fennel, frankincense, lavender, lemongrass, marjoram, oregano, sandalwood, thyme Dilute 3 to 5 drops of essential oil in a teaspoon of carrier oil. Massage into belly and bottom of feet. Add 1-2 drops to warm bath water; bathe for 15 to 20 minutes.
<b>Bloating</b>	Caraway, coriander, fennel, ginger, peppermint. Dilute 3 to 5 drops essential oil in a teaspoon of carrier oil. Apply to bottom of feet or to the stomach. Rub Peppermint Lotion on your stomach.
<b>Blood Pressure</b>	<b>High:</b> Lavender, lemon, marjoram, ylang ylang (avoid rosemary & thyme; use peppermint with caution). <b>Low:</b> Rosemary Diffuse. Dilute 3 drops in a teaspoon of carrier oil and apply to reflex points on feet and hands.
<b>Boils</b>	Lavender, lemon, lemongrass, tea tree. Dilute 3 to 5 drops in a teaspoon of carrier oil and apply to affected area.
<b>Bronchitis</b>	Basil, cypress, eucalyptus, marjoram, peppermint, rosemary, thyme, white fir. Diffuse. Dilute 3 drops in 2 teaspoons of carrier oil and apply to back, chest, sinuses (keep away from eyes) neck or reflex points on feet.
<b>Bruises</b>	Fennel, geranium, helichrysum Add 1 to 3 drops of essential oil to 1 teaspoon of carrier oil or unscented lotion. Rub gently into affected area every few hours until the worst of the bruise has faded.
<b>Bug Bites &amp; Stings</b>	Basil, chamomile, eucalyptus, geranium, juniper, lavender, lemon, marjoram, peppermint, tea tree Add 10 drops essential oil to 1/2 cup of water in a spray bottle; spritz on bite or sting.
<b>Burns &amp; Sunburns</b>	Lavender Apply to burn using a cotton ball. Add 10 drops to a cool bath. Add 10 drops to 1/2 cup of water in a mister bottle; spray on burn. Use Lavender Lotion Bars
<b>Cancer</b>	Frankincense, lavender, sandalwood See <b>published studies</b> on the effect of essential oils on cancer.
<b>Carpal Tunnel</b>	Basil, cypress, frankincense, lemongrass, marjoram, oregano Add 1 to 3 drops to 1 teaspoon of carrier oil or unscented lotion. Massage into affected areas.

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<b>Cellulite</b>	Basil, bergamot, cedarwood, cinnamon, cypress, grapefruit, juniper, lavender, lemon, orange, pine, rosemary, thyme. Citrus Salt Scrubs
<b>Chicken Pox</b>	Lavender, Roman chamomile, tea tree Mix 10 drops each lavender and Roman chamomile to 4oz calamine lotion. Apply to spots twice a day. Add 2 drops lavender to 1 cup baking soda; dissolve in warm bathwater; bathe.
<b>Cholesterol</b>	Clary sage, helichrysum, lemongrass Diffuse. Dilute 1 to 3 drops in 1 teaspoon of carrier oil and apply to the liver area and feet.
<b>Chronic Fatigue</b>	Basil, lavender, lemongrass, peppermint, rosemary. Diffuse. Dilute 1 to 3 drops in 1 teaspoon of carrier oil and apply to sore muscles or joints. Add 1 to 2 drops to a warm bath.
<b>Cold Sores</b>	Melissa, tea tree Apply directly to cold sore at the first sign of tingling or breakout. Reapply every hour for the first day, then 2 to 3 times a day for 3 more days.
<b>Colds &amp; Flu</b>	<b>Prevention:</b> Eucalyptus, geranium, lavender, marjoram, oregano, palmarosa, peppermint, petitgrain, ravensara, rose, rosemary, sage, spearmint, tea tree, thyme.  <b>Aching Muscles &amp; Joints:</b> Basil, cedarwood, chamomile, cinnamon, clary sage, cypress, eucalyptus, frankincense, geranium, ginger, jasmine, juniper, lavender, lemongrass, marjoram, palmarosa, pepper, peppermint, rose, rosemary, thyme, vetiver, ylang ylang.  <b>Coughs &amp; Chest Congestion:</b> Cedarwood, eucalyptus, frankincense, geranium, helichrysum, hyssop, jasmine, lavender, marjoram, oregano, palmarosa, peppermint, petitgrain, pine, ravensara, rose, rosemary, sage, spearmint, spruce, tea tree, thyme.
<b>Concentration, Alertness &amp; Memory</b>	Bergamot, cinnamon, eucalyptus, frankincense, ginger, grapefruit, helichrysum, juniper, lemon, lemongrass, pepper, peppermint, petitgrain, pine, rosemary, spruce, thyme. Energizing Bath Salts, Peppermint Lotion
<b>Dandruff</b>	Cypress, lavender, rosemary, tea tree
<b>Depression</b>	Bergamot, chamomile, cinnamon, clary sage, cypress, frankincense, geranium, ginger, grapefruit, helichrysum, jasmine, juniper, lavender, lemon, lemongrass, orange, palmarosa, patchouli, peppermint, petitgrain, pine, rose, sandalwood, spruce, vanilla, vetiver, ylang ylang.
<b>Detoxification</b>	Basil, bergamot, cedarwood, cinnamon, cypress, geranium, grapefruit, juniper, lavender, lemon, orange, pine, rosemary, thyme Citrus Bath Salts, Citrus-Mint Body Scrub
<b>Diabetic Sores</b>	Lavender Apply a few drops to back, feet and over pancreas.

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<b>Diaper Rash</b>	Lavender Dilute 1 drop in 2 tablespoons carrier oil. Apply to rash several times a day.
<b>Diarrhea</b>	Ginger, peppermint. Take a few drops in a capsule or dilute a few drops in a teaspoon of carrier oil and rub into stomach hourly or as needed.
<b>Dry Skin</b>	Chamomile, frankincense, geranium, helichrysum, palmarosa, patchouli, peppermint, rose, sandalwood, ylang ylang
<b>Ear Infection</b>	Lavender, tea tree. Apply a drop of lavender or tea tree to the surface of the ear several times a day.
<b>Eczema</b>	Helichrysum, geranium, lavender, patchouli, tea tree.
<b>Energy / Fatigue</b>	<b>Boost energy:</b> Basil, lemon, lemongrass, peppermint, rosemary, thyme. <b>Get rest:</b> Frankincense, lavender, Roman chamomile, vetiver, ylang ylang.
<b>Fear</b>	Lavender, orange, sandalwood, ylang ylang. Diffuse. Dilute 1 to 2 drops in a teaspoon of carrier oil. Massage into temples, back of the neck and bottom of the feet.
<b>Fever</b>	Eucalyptus, lavender, peppermint Dilute 1 drop peppermint in 1/2 teaspoon of carrier oil and rub into the bottom of the feet.
<b>Fibroids</b>	Frankincense, helichrysum, lavender, oregano. Take a few drops internally in a capsule. Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into lower abdomen.
<b>Fibromyalgia</b>	Helichrysum, lavender, rosemary, thyme. Dilute 1 to 2 drops in a tablespoon of carrier oil and massage into affected area. Apply as a warm compress.
<b>Flu</b>	☐ See <b>Colds and Flu</b>
<b>Food Poisoning</b>	Rosemary. Add 4 to 6 drops to 8oz of water. Swish around in the mouth, then swallow. Or take 1 to 2 drops in a capsule. (Note: DO NOT take internally without consultation from a qualified Aromatherapist or Medical professional)

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<b>Gallbladder</b>	<p><b>Infection:</b> Geranium, helichrysum, lemon, rosemary.  <b>Stones:</b> Geranium, grapefruit, lemon, rosemary            Take a few drops in a capsule several times a day. Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into stomach.</p>
<b>Gastritis</b>	<p>Lemongrass, peppermint.            Take a few drops in a capsule. Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into stomach.</p>
<b>Gingivitis</b>	<p>Clove, peppermint, tea tree            Gargle with 1 to 3 drops mixed with water several times a day.</p>
<b>Gout</b>	<p>Frankincense, geranium, lavender, lemon            Take a few drops in a capsule. Dilute 1 to 2 drops in a tablespoon of carrier oil and rub into affected joints several times a day.</p>
<b>Hair Loss</b>	<p>Lavender, rosemary, thyme, ylang ylang            Dilute 5 drops of essential oil in 20 drops of carrier oil and massage into scalp nightly.</p>
<b>Hangover</b>	<p>Grapefruit, juniper, lavender, lemon            Add a few drops to a warm bath or dilute 1 to 2 drops in a teaspoon of carrier oil and massage over liver area.</p>
<b>Headache</b>	<p>Basil, eucalyptus, frankincense, lavender, marjoram, peppermint, rosemary. Blends: Deep Blue, Past Tense*            Dilute 1 to 2 drops each frankincense, lavender &amp; peppermint in a teaspoon of carrier oil and apply to back of the neck, temples and forehead. Avoid eye area.</p>
<b>Heartburn</b>	<p>Ginger, peppermint.            Take a few drops in a capsule or dilute 1 to 2 drops in a teaspoon of carrier oil and rub into chest.</p>
<b>Heatstroke</b>	<p>Lavender, peppermint            Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to forehead, back of neck, chest and back. Repeat as needed.</p>
<b>Hemorrhoids</b>	<p>Cypress, geranium, helichrysum            Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to affected area daily.</p>
<b>Hot Flashes</b>	<p>Clary Sage, peppermint.            Add 20 to 30 drops peppermint to 1 cup pure distilled water in a spray bottle. Spritz over face and neck as required.</p>

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<b>Impetigo</b>	Geranium, lavender * Boil 1/2 cup of water. Cool and add 5 to 10 drops of essential oil. Wash sores with this water, then cover with a warm cloth for up to an hour. Do this 2 to 3 times a day until sores clear up.
<b>Infection</b>	☐ See <b>Antibacterial</b>
<b>Insomnia</b>	Lavender, marjoram, orange, Roman chamomile, vetiver, ylang ylang. Blend 6 drops each lavender and orange in a tablespoon of carrier oil. Massage into feet, stomach and back of neck.
<b>Itching</b>	Lavender, peppermint, Roman chamomile Apply 1 drop to skin as needed. Dilute for children or sensitive skin.
<b>Jet Lag</b>	Bergamot, lavender, peppermint, rosemary Apply calming oils like bergamot and lavender at night; use energizing oils like peppermint and rosemary in the morning.
<b>Kidneys</b>	<b>Infection:</b> Rosemary. <b>Stones:</b> Eucalyptus, lemon. Blends: Zendocrine* Use a few drops in a warm compress applied over kidneys 2 or 3 times a day.
<b>Laryngitis</b>	Frankincense, sandalwood, thyme Diffuse.
<b>Lupus</b>	Tea tree. ☐ Use in a body massage twice weekly.
<b>Measles</b>	Eucalyptus (for older children only), lavender, tea tree Dilute 1 to 2 drops in 2 tablespoons carrier oil and dab onto spots several times a day. Add a few drops to a bath and soak for at least half an hour daily.
<b>Menopause</b>	Clary sage, frankincense, Roman chamomile. Dilute 1 to 2 drops in 2 teaspoons carrier oil and rub into stomach, feet and back of the neck daily.
<b>Migraine</b>	Basil, peppermint, ylang ylang. Dilute 1 to 2 drops in 2 teaspoons carrier oil and rub into temples, back of neck and behind the ears.

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<b>Mold</b>	Cinnamon, oregano. Diffuse into the air where mold is present several times during the day until no longer needed. For mold on surfaces, put a drop of essential oil on a cloth or scrubber and scrub into the moldy surface. Do a spot test first.
<b>MRSA</b>	Oregano, tea tree. Diffuse into the air several times during the day until symptoms disappear. Take a few drops of oregano and On Guard in a capsule once or twice a day. Dilute 1 to 2 drops in 2 teaspoons carrier oil and rub into bottom of the feet.
<b>Mumps</b>	☐ Lavender, lemon, tea tree ☐ Dilute 1 to 2 drops in 2 tablespoons carrier oil and apply behind the ears several times a day. Use in a warm compress around the throat and jaw.
<b>Muscle Spasms &amp; Stiffness</b>	Basil, marjoram, Roman chamomile. Dilute 1 to 2 drops in 2 teaspoons carrier oil and massage into affected area 1 or 2 times a day.
<b>Muscle Sprains &amp; Strains</b>	Ginger, lemongrass. Dilute 1 to 2 drops in 2 teaspoons carrier oil and massage into affected area 1 or 2 times a day.
<b>Nausea</b>	Ginger, peppermint. Diffuse.. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply behind ears and on stomach.
<b>Night Sweats</b>	Clary sage. Blends: Solace*. Other: Women's Phytoestrogen Complex* (for fixing hormonal balance) ☐ Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to lower belly and back of neck before bed.
<b>Nose Bleeds</b>	Geranium, helichrysum, lemon Apply a drop or 2 to the bridge and sides of the nose. Dilute if your brand recommends it. Avoid lemon before sun exposure.
<b>Oily Hair</b>	Basil, cypress, lemon, rosemary, thyme Add 15 to 30 drops of essential oil per 250ml of shampoo and conditioner.
<b>Osteoarthritis</b>	Lemongrass, marjoram. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and rub gently in affected areas.
<b>Ovarian Cysts</b>	Basil, frankincense, tea tree. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and massage into belly. Or apply as a warm compress.
<b>Pain &amp; Inflammation</b>	Eucalyptus, frankincense, oregano, tea tree.

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<b>Parasites</b>	Oregano, peppermint. Take a few drops in a capsule or apply in a compress over the stomach 2 to 3 times a day.
<b>PMS</b>	<b>Cramps:</b> Clary sage, peppermint, rosemary. <b>Mood Swings &amp; Irritability:</b> Clary sage, Lavender, Lemon. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and massage into belly. Or apply as a warm compress.
<b>Pneumonia</b>	Cinnamon, eucalyptus, oregano, thyme. Diffuse. Place 4 drops in 2 cups of hot water and inhale the steam. Dilute 1 to 2 drops in 2 tablespoons of carrier oil and apply to chest and back.
<b>Poison Ivy / Oak</b>	Lavender, Roman chamomile, rose Apply a drop to affected area twice daily or as needed.
<b>Postpartum Depression</b>	Bergamot, clary sage, geranium, grapefruit, lavender, lemon, orange, ylang ylang. Diffuse.
<b>Prostate</b>	<b>Hyperplasia:</b> Fennel. <b>Prostatitis:</b> Cypress, thyme Dilute 1 drop in 2 tablespoons carrier oil. Apply to buttocks, scrotum, lower back, ankles and feet.
<b>Psoriasis</b>	Helichrysum, lavender, Roman chamomile, tea tree Mix 2 drops each lavender and chamomile in 1 teaspoon of carrier oil or lotion and apply to affected area.
<b>Radiation Damage</b>	Peppermint, sandalwood, tea tree Dilute 1 drop in 2 tablespoons carrier oil. Apply to affected areas twice daily.
<b>Rashes</b>	Lavender, Roman chamomile, tea tree Dilute 1 to 2 drops in a teaspoon of carrier oil. Apply to affected area.
<b>Restless Leg Syndrome</b>	Cypress, marjoram. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and massage into legs before bed.
<b>Ringworm</b>	Oregano, tea tree Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to affected areas 2 or 3 times a day.
<b>Scarring</b>	Frankincense, helichrysum, lavender Apply a drop or 2 over wound daily until healed. Follow your brand's dilution recommendations.

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<b>Sciatica</b>	Helichrysum, peppermint, Roman chamomile, thyme. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to affected areas 2 or 3 times a day.
<b>Sexual Health</b>	<b>Women:</b> Clary sage, geranium, jasmine, rose, ylang ylang. <b>Men:</b> Cinnamon, clary sage, clove, ginger, sandalwood Diffuse. Massage Oil, Body Butter Massage Cream, Massage Candles
<b>Shingles</b>	Melissa, sandalwood, tea tree Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to affected area, back of the neck and along the spine daily or as needed.
<b>Shock</b>	Peppermint, Roman chamomile, tea tree. Diffuse. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to temples, under the nose and on the back of the neck.
<b>Sinuses</b>	Eucalyptus, peppermint, rosemary, tea tree. Diffuse. Put a drop of peppermint on your tongue and press your tongue to the roof of your mouth while inhaling through your nose. See <b>Colds &amp; Flu</b> .
<b>Sore Throat</b>	Lemon, tea tree. Gargle a few drops mixed with water then swallow. Do not ingest tea tree oil. Dilute 1 drop in a teaspoon of carrier oil and rub into throat, chest and back of the neck.
<b>Strep Throat</b>	Ginger, oregano, tea tree, thyme. Diffuse.. Gargle a few drops mixed with water then swallow. Do not ingest tea tree oil. Dilute 1 drop in a teaspoon of carrier oil and rub into throat, chest and back of the neck.
<b>Stress</b>	Bergamot, geranium, grapefruit, lavender, lemon, marjoram, Roman chamomile, ylang ylang.
<b>Stretch Marks</b>	Helichrysum, lavender, myrrh Add 5 to 10 drops essential oil to 1 tablespoon of carrier oil and massage into stretch marks morning and night.
<b>Stroke</b>	Cypress, helichrysum, peppermint Diffuse. Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to temples (avoid eye area), forehead, behind the ears and on the back of the neck. For paralysis, mix 1 drop each basil, lavender and rosemary in 1 teaspoon of carrier oil or lotion and apply to spinal column and paralyzed area.
<b>Sunburn</b>	Helichrysum, lavender Apply a drop or two directly to sunburn as needed, up to once an hour until pain subsides.

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<b>Teeth Grinding</b>	Lavender, Roman chamomile, vetiver. Diffuse. Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to throat, behind the ears and the back of the neck at bedtime.
<b>Tendinitis</b>	Basil, lemongrass, marjoram Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into affected area 4 to 5 times a day.
<b>Tennis Elbow</b>	Eucalyptus, helichrysum, peppermint. Add 5 to 10 drops essential oil to 1 tablespoon of carrier oil and massage on location as required.
<b>Thyroid</b>	<b>Overactive:</b> Lemongrass, myrrh. <b>Underactive:</b> Clove, lemongrass, peppermint Mix 1 drop each lemongrass and myrrh in 1 teaspoon of carrier oil and apply on base of throat and reflex points on bottom of feet.
<b>Tick Bites</b>	<b>SEE YOUR DOCTOR</b> – tick bites can cause Lyme disease, which is not to be messed with. Lavender. After the tick is removed, apply undiluted lavender to the wound every 5 minutes for an hour.
<b>Tinnitus</b>	Geranium, helichrysum, peppermint Apply 1 drop essential oil to a small cotton ball and place over the opening of the ear. Do not press down into ear. Never put oils directly into the ear canal. Dilute 1 to 2 drops in a teaspoon of carrier oil and rub into the surface of the ear and behind the ear.
<b>Tonsillitis</b>	Ginger, lavender, lemon, oregano, tea tree. Gargle a few drops mixed with water then swallow. Take a few drops in a capsule. Do not ingest tea tree oil. Dilute 1 drop in a teaspoon of carrier oil and rub into throat, chest and back of the neck.
<b>Toothache</b>	Clove, tea tree. Mix 1 to 2 drops in 1/2 cup water and use as a mouth rinse. Dilute 1 to 2 drops in a teaspoon of carrier oil and rub into skin along jawbone. Apply oils in a warm compress on face. Mix 1 drop of clove oil with 1/2 teaspoon of carrier and apply with a cotton swab to the sore tooth.
<b>Ulcers</b>	<b>Duodenal:</b> Frankincense, lemon, myrrh, oregano. <b>Gastric:</b> Frankincense, geranium, peppermint. <b>Peptic:</b> Cinnamon Take a few drops in a capsule once or twice a day. Add 1 drop of cinnamon, lemon or peppermint to a quart of water and sip throughout the day.
<b>Urinary Tract Infection</b>	Lemongrass, oregano. Apply as a hot compress over stomach and pubic area.
<b>Varicose Veins</b>	Cypress, geranium, helichrysum, lemon, lemongrass, peppermint Add 3 to 5 drops to 1 tablespoon carrier oil and massage up the legs towards the heart. Apply consistently over time to get results.

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# Essential Oil Use Chart



<b>Vertigo</b>	Basil, geranium, ginger, helichrysum, lavender Dilute 1 to 2 drops in a teaspoon of carrier oil and rub into the tops of the ears and the bones behind the ears as often as needed.
<b>Vomiting</b>	Ginger, peppermint Diffuse. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply behind ears and on stomach.
<b>Warts</b>	Clove, oregano, tea tree For feet, layer 1 drop of clove followed by a drop of oregano, followed by a drop of On Guard, then cover with a bandage. Do this at least twice a day until the wart disappears.
<b>Weight Loss</b>	Fennel, ginger, grapefruit, lemon, peppermint. Add 1 or 2 drops of essential oil to a quart of water and sip throughout the day. Inhale.
<b>Whiplash</b>	Basil, clove, helichrysum, lemongrass, marjoram, peppermint, Roman chamomile. Add 3 to 5 drops to 1 tablespoon of carrier oil and massage into back of the neck, shoulders and upper back.
<b>Worms</b>	Lavender, rosemary. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to stomach and bottom of feet 2 or 3 times a day.
<b>Wounds</b>	Basil, clove, helichrysum, lavender, lemongrass, tea tree. Place 1 to 3 drops helichrysum on a fresh wound to help stop bleeding. When bleeding has stopped, apply 1 drop lavender to support healing and 1 drop tea tree to fight infection. Cover with a bandage. When changing the bandage, apply 1 drop basil and clove to speed healing and fight infection. For children, add 1 drop each helichrysum and lavender to 1 tablespoon of carrier oil and apply a small amount to the wound.
<b>Wrinkles</b>	Frankincense, geranium, helichrysum, rose. Add 1 drop of each oil to 2 teaspoons of unscented lotion and apply to skin.
<b>Yeast Infection</b>	Clove, oregano, tea tree. Dilute 1 drop in 1 teaspoon of carrier oil, soak tampon in mixture, insert and leave in all day or night. Add 1 to 2 drops to warm bathwater.

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