

Essential Oils R-4-U EveryDay

The most common question asked when you receive your first bottle of essential oil is: **How do I use it?** Here's how to use ten essential oils, plus the gift of Citrus Fresh when you become a member of Young Living.

Citrus Fresh



- 1) Diffuse to help clear the air in a stuffy or smelly room.
- 2) Put a drop or two in your water to help curb the appetite. Drink one glass of flavored water before each meal.
- 3) Clean ink off of hard surfaces. Place a drop or two on a rag and wipe area. Towel dry.
- 4) Wipe apples a drop of oil before cutting and serving for extra flavor and freshness! Your friends will say you have the best tasting apples in town!
- 5) Add a drop or two to a bowl of plain yogurt for fresh, sugar-free flavor!

Frankincense



- 1) Skin tonic for blemishes and anti-aging benefits: softens wrinkles, improves skin tone and texture.
- 2) Combine 4-6 drops of Frankincense with 1 ounce of coconut oil for a moisture-rich skin balm.
- 3) Inhale the aroma for mental clarity and stress reduction. Use for enhanced meditation.
- 4) Used throughout history for its sacred fragrance.

Lavender



- 1) Use a drop to soothe cuts or scrapes.
- 2) At bedtime, put a drop on a pillow case or diffuse for a good night's sleep!
- 3) Make a cooling relief After Sun spray: aloe vera gel, 8-12 drops Lavender and 4 oz of water.
- 4) Great to help clear up blemishes! (Can be drying.)
- 5) Make a gentle lip balm by combining coconut oil with 2-3 drops Lavender in a small 1 oz. jar!

Lemon

- 1) Add one drop to a glass of water or tea for its refreshing flavor and for the benefits of hydration!
- 2) Diffuse to refresh and purify the air.

- 3) Inhale for relaxation and rejuvenation of the mind and spirit.
- 4) Add Lemon oil to your favorite Lemon Bar recipe.
- 5) Add 2-3 drops of Lemon oil and one tablespoon of vinegar to 8-12 oz water, combined in a spray bottle for window cleaner.
- 6) Helps remove duck tape, adhesive or glue from hard surfaces or even your skin!
- 7) Non-toxic way to help remove permanent ink from hard surfaces. (Same as Citrus Fresh #3)



** Rub your apples with Lemon oil to help clean and flavor the apple skins. Then slice your apples and enjoy the added flavor to your apple skins!*

Melaleuca alternifolia



- 1) Put a drop or two on minor skin blemishes to decrease redness and speed recovery time.
- 2) Clean desk tops and surfaces where children play.
- 3) For soothing foot care, add a drop or two to your favorite all natural lotion. Helps maintain healthy skin around the toes, nails and feet.
- 4) Use a drop or two on a cut or scrape to help cleanse the area.
- 5) Add a drop or two to salt water. Use as a rinse for minor canker sores.

Peppermint



- 1) Rub a drop or two on shoulders and neck to reduce tension and stress.
- 2) Add a drop of Peppermint to glass pitcher of water. Enjoy a refreshing, energizing glass of water any time you need it! Peppermint helps balance your appetite, too!
- 3) Inhale when tired or fatigued for an energy boost!
- 4) Natural Ant Repellent: place a drop or two or spray areas where ants are entering your home!
- 5) Peppermint foot soak after a long day on your feet! Great way to cool your tootsies!
- 6) Add 2-4 drops to your favorite chocolate recipes and baked goods. (Mmm brownies, cookies....)
- 7) Rub on insect bites to relieve itching and sting.
- 8) Make toothpicks for quick breath refresher.

EveryDay Oils: #EOsR4U

Joy



- 1) Massage a drop over the heart everyday for uplifting the emotions. (Great cloudy, rainy day shifter!)
- 2) Add a few drops of Joy to your favorite unscented lotion, for its natural anti-aging skin benefits.
- 3) Diffused for its beautiful aroma.
- 4) Massage a drop over Vita Flex points for general stress relief or on an emotional relief point.
- 5) Put a drop of Joy over a blemish with a dab of natural lotion or coconut oil for enhanced healing.

PanAway



- 1) Place a drop or two over any sore, stressed muscles or bony area. (If using near the face, avoid getting too close to the eyes.)
- 2) Add to your favorite massage carrier oil to use in a massage session!
- 3) Massage a drop or two into the Vita Flex points on the hands or feet for additional stress relief.
- 4) Add 4-6 drops to 1-2 ounces of your favorite unscented lotion to make your own soothing potion!
- 5) Create a roll-on with 10-20 drops of PanAway and V 6 Massage Oil base for a natural tension relieving rub on the run!

Purification



- 1) For insect repelling spray add 6-8 drops to a 1-2 ounce spray bottle and spritz on your exposed skin prior to going out with the bugs. Put a few drops of Purification in a massage oil base for longer lasting contact with the skin.
- 2) Diffuse in damp, mildew smelling areas for a natural air freshener. Also great to diffuse in areas where people were smoking to clear away chemical odors left behind.
- 3) Place a few drops of Purification on a cloth and wipe down hard surfaces that need some extra cleaning power and odor reduction.
- 4) Two drops on a cotton ball and put in shoes.
- 5) Put a drop on an insect bite to reduce itching and swelling. (The faster the better!)

Stress Away



- 1) Use a drop or two on your neck pulse points instead of perfume or cologne. (Behind ears, along side and back of neck up into hairline.)
- 2) Apply a few drops on wrists, back of neck, stomach or any area feeling stressed – for tension relief.
- 3) Rub 2-3 drops on your hands and then massage into your beloved pets fur. This is calming for them and bonding time for you!
- 4) Diffuse in the air for the great aroma and calming affect it can have on your family, especially during the holidays and large family gatherings!
- 5) Make your own Stress relieving bath soak to be used after a long day! Combine epsom salts, sea salts and milk powder to create a spa moment.

Thieves



- 1) Diffuse Thieves oil blend to help with purifying and refreshing stale air.
- 2) Dab on a pimple to help it clear quickly. (Try Thieves toothpaste for overnight help.)
- 3) Dab on toenails to keep them healthy.
- 4) Make your own purifying wipes for cleaning hands and hard surfaces.
- 5) Combine Thieves with vinegar and water or soap base and water to create your own cleaning products.
- 6) Ran out of toothpaste? Make your own by combining a drop of thieves with a tsp. of baking soda and coconut oil as a back up, if you run out!
- 7) Dilute a drop of Thieves with vegetable oil to massage on gums for teething.
- 8) Add 2-4 drops of Thieves to a tbsp. of coconut oil, swish around your mouth and gargle to relieve any early signs of a scratchy throat. Massage diluted oil over glands of neck as well.

These suggestions are for educational purposes. Please consult a health care professional for serious issues. For more information on safe, home use of essential oils contact: