

BEGINNERS GUIDE TO MY 4 Favorite Oils



Lavender



Lemon

 <h2>Lavender</h2>		 <h2>Lemon</h2>	
FABRIC FRESHENER & DEODORIZER Place a few drops on a cloth to freshen laundry scent and naturally deodorize.	PET SMELLS Mix baking soda and lavender, sprinkle onto carpets and vacuum up!	GOT NAIL FUNGUS? Apply a few drops of lemon oil to the affected nail several times a day.	DEODORIZE YOUR FRIDGE Add a few drops of lemon oil to a box of baking soda and place in the fridge or freezer.
SUNBURN RELIEF Add 10 drops of lavender EO to 3oz of cool, distilled water. Place in a spray bottle & mist sunburned areas whenever relief is needed.	SLEEPY TIME INDUCER Place drops of lavender on pillows to lull restless children (and adults) into a restful sleep.	MOUTH FRESHENER Add a drop of lemon EO to your toothbrush about once a week. Your mouth will feel fresher & your toothbrush will remain germ-free.	DE-GUMMER Got gum? In your hair? Lemon oil will save the day!
EASE INSECT BITES & STINGS Put a drop of lavender EO on a bee sting or insect bite to stop itching and reduce swelling.	LINEN SPRAY Breathe new life into musty linens with lavender. It leaves no oil marks and leaves linens smelling fresh.	ELIMINATE FOOD ODORS Just set a small pot of water on your stovetop, bring it to a boil, and add a few drops of lemon essential oil to the simmering water.	APHID ASSASSIN Kill aphids on contact by spraying with a combination of lemon oil and water.
IRONING AID Apply 1-2 drops of lavender EO to the water in your iron to freshen your clothes.	COLD/FLU STEAM TREATMENT Add 4-6 drops of lavender to a bowl of hot water. Place a towel over your head, and inhale the vapor deeply.	PRODUCE WASH Fill a bowl with cold water, add 2-3 drops of lemon EO, and drench fruit and vegetables to extend their shelf life.	DISH DELIGHT Add some lemon oil to your dishwasher soap container. Your dishes will sparkle!
HEADACHE AID Rub a drop of lavender EO on your temples to alleviate a headache.	SPLINTER EXTRACTOR Add a few drops of lavender, let the splinter swell and slip out.	SEND A LETTER Add a drop of lemon oil to the envelope when sending a letter or card. The recipient will love the little personal touch!	HAIR HIGHLIGHTER Skip the salon...Use lemon oil to create your own hair highlights. Just go in the sun after using with your favorite hair product.
LINEN CLOSET HELPER Place a few drops on a cotton ball to scent the linens and repel moths and insects.	SOAP REPLACEMENT Rather than using soap and water at bath time, add lavender oil. Your skin will feel and smell wonderful!	HAND SANITIZER Rub a drop of Lemon oil on your hands after using a public bathroom to sanitize hands.	FEET SOFTENER Massage a few drops of lemon oil onto corns and callouses regularly and before you know it you'll have soft feet again!
NATURAL DEODORANT Rub 2 drops of lavender EO over the armpit area to act as a deodorant.	MATTRESS REFRESHER Put a few drops of lavender on your mattress when you change your sheets and inhale the sweet, fresh smell.	FLOOR CLEANER Add 1/4 cup of white vinegar & 5-10 drops lemon EO to a bucket of water. If the floor is especially dirty, add a few drops of dish soap.	MENTAL PICK-ME-UP Diffuse some lemon when you're feeling a little blue and your disposition should turn sunny before you know it!
ACHING MUSCLES Add Epsom salts & a few drops of lavender EO to a hot bath and soak away soreness and tension.	VACUUM HELPER Place some cotton balls soaked in lemon and lavender oil inside of your vacuum bag (or collector cup) and spread the freshness around the house as you vacuum!	CALLUSES, CORNS, & WARTS Rub a drop of lemon EO on a corn, callus or wart each day until it disappears.	LOVE FOR LEATHERS Use a lemon oil soaked cloth to preserve leather jackets, sofas, etc, and prevent leather from splitting.
COLD SORES Dilute 1 drop of lavender EO in 10-15 drops of fractionated coconut oil and apply directly to the cold sore	ATTACK ALLERGIES Calm irritated sinuses and other respiratory issues. Apply to the back of your neck, chest, and between your eyes.	AIR FRESHENER Put 6 drops of lemon EO in a spray bottle mixed with distilled water to use in the bathroom, or any room, as an air freshener.	RESPIRATORY RESCUE Add some lemon oil to your humidifier to ease colds, cough, and other upper respiratory problems.
SCAR TISSUE Minimize the appearance of scar tissue by massaging lavender EO on or around the affected area.	FIRST-AID KIT MUST-HAVE First-aid kits are usually geared toward minor scrapes, rashes, etc and lavender is great for all those!	SPOT CLEANER Use 1-2 drops of lemon EO to remove gum, oil, grease spots or crayon marks from surfaces.	BANISH COLD SORES Conquer cold sores with a few drops of lemon oil.



Peppermint



Tea Tree

TAME TUMMY TROUBLES

One drop of peppermint oil rubbed on the stomach or taken internally can calm indigestion and upset stomach. Great traveling companion.

COOL YOUR TOOTSIES

If you've been on your feet all day, add a few drops to cold water and soak over-heated feet.

ACNE BREAKOUTS

Add a drop to your normal cleansing routine, or dab a very small amount on acne breakouts.

TATTOOS

Apply after tattoos to avoid infection. Use diluted with coconut oil or as a spray with purified water.

HUNGER FIGHTER

The aroma of peppermint oil will make you feel full, faster...especially if you breathe it in during a meal!

ENERGIZE YOUR LATHER

Add peppermint to your shampoo and conditioner to stimulate the scalp, energize and wake up! Also helps remove dandruff and lice.

ATHLETE'S FOOT

Add a drop to your shoes, massage into the feet, or soak in a foot bath of sea salt and 2-3 drops of melaleuca.

MOLD & MILDEW REMOVER

Mix 2 teaspoons tea tree EO with 2 cups water and spray on growing mold and mildew. Shake well before using and do not rinse.

ALLERGIES BE GONE

Peppermint oil with lemon eases airways that come under attack during allergy season.

TOOTHACHE RELIEF

Peppermint oil acts as a natural pain killer and muscle relaxant, especially helpful after dental work.

CANKER SORES/COLD SORES

Dab a small amount directly over the sore, diluting with coconut oil if needed.

LAUNDRY HELPER

Add 20-30 drops of tea tree EO to your laundry for towels and other fabric prone to getting moldy.

HANDLE A HEADACHE

A few drops of peppermint dabbed on your temples, neck and sinuses can quickly cure even stubborn headaches!

THEME PARK RELIEF

After a wild ride, 4-5 drops of peppermint EO rubbed on the stomach can calm stomach muscles and ease discomfort.

COMBAT CAVITIES

Add to homemade toothpaste, or you can add a drop to your toothbrush before brushing (and after to disinfect).

EAR ACHES

Apply on the outside of the ear that is aching, or add a couple drops on a cotton ball and place just inside the ear opening.

KICK TICKS!

Smother nasty ticks with peppermint oil on a cotton swab. They will remove their heads to come up for air and then you get 'em!

ENERGY BOOSTER

Inhale peppermint EO before and during a workout to boost your mood and reduce fatigue.

TAKE AIM AT ALLERGIES

Massage into the chest, abdomen or the reflex points of the feet.

DANDRUFF

Add 3-4 drops of oil into a whole bottle of shampoo should do the trick.

STAY ALERT WHILE DRIVING

Add a few drops of peppermint oil to a cotton ball, then clip the cotton ball to your air vents. The scent of the oil will freshen the car and keep you awake.

CONSTIPATION

Massage over the lower abdomen to relieve constipation and get things moving again.

EARACHE ATTENTION

Dilute 1 drop of oil in 1-2 tb of water and use a dropper to drop the mixture into the ear for 30-60 seconds each.

TICK REMOVAL

Just add to skin, and the little stinker will usually unlatch.

SPIDER-FREE ZONE

No chemicals needed. Spiders hate peppermint and at the first whiff of it will head for the hills!

CONTROL ODOR

A few drops in the bottom of your garbage can will leave a fresh, minty smell and will also deter ants, spiders and mice.

LAST STAND FOR LICE

Add several drops to purified water and soak hair and scalp in the solution. Use on combs, brushes and massage into the hair and scalp.

BAD BREATH

Rinse mouth with 1 ounce water and 1 drop tea tree EO. Do not swallow!

NATURALLY CLEAN

Peppermint oils' antifungal and antibacterial properties make it an ideal cleaner. Spray on countertops and bathroom surfaces, scrub, and enjoy.

TENDONITIS & JOINT PAIN

Rub peppermint EO on joints to relieve arthritis or tendonitis pain.

CARE FOR PIERCINGS

Apply after piercings to avoid infection. Use undiluted, diluted with coconut oil or as a spray with purified water.

PERMANENT MARKER REMOVAL

When soap & water won't cut it, tea tree EO is great for removing permanent marker from skin.

BE PRODUCTIVE

Need an energy boost to make it through the rest of your work day? Add some peppermint essential oil to your favorite diffuser!

COOL A FEVER

Rub several drops on the bottoms of the feet to comfort and cool a fevered body.

WARTS REMOVER

Apply directly to the wart, dilute if necessary for sensitive skin.

ECZEMA

To soothe the skin, try diluting 1-2 drops in 1 tablespoon of coconut oil and massage onto the affected area a couple times a day.

PEPPERMINT PICK-ME-UP

Peppermint improves blood circulation and awareness, leaving you feeling energized!

RECOVER FROM YOUR WORKOUT

Sore muscles? Mix 5 drops peppermint oil with 1 tsp carrier oil, and use as a massage oil on painful areas.

GUM DISEASE

Create a mouthwash with purified water, 1 drop of peppermint and 1 drop of tea tree oil.

DEODORANT

Make homemade deodorant by mixing a few drops of tea tree with coconut oil and baking soda.