

# 100 uses for essential oils...



The Home Essentials Kit



**FRANKINCENSE - the king of oils. This is known as a spiritual oil for enlightening.**



1. Rub in to a wound – cracked heels with FCO.
2. Dab on temples for a head ache.
3. Rub on your hands after being in the garden.
4. Add a few drops to your moisturiser or FCO along with Copaiba to reduce the appearance of blemishes and to rejuvenate the skin.
5. Strengthen weak fingernails by adding a drop of frankincense on your nails.
6. Add a few drops of Frankincense essential oil to your bath to relieve your stress at the end of the day.
7. Diffuse Frankincense before heading to school or work so everyone is feeling more focused.
8. Get focused - 4 drops Peppermint oil, 4 drops Lemon oil and 2 drops Frankincense in your diffuser.
9. Take one to two drops in a Veggie capsule to promote a healthy cellular function.
10. Apply a few drops to the bottom of your feet to reduce stress, promote relaxation and to balance your mood.



## LAVENDER - known as the queen of oils.

1. Add a few drops of Lavender to your pillow or bottom of your feet for a restful night sleep.
2. For happy hormones - 1 drop each Clary Sage, Lavender, Ylang Ylang & Frankincense - 10 ml glass bottle - Top up with FCO - OR Diffuse 2 drops of each combined. Great for hot flushes.
3. Sooth skin irritations by applying a few drops of Lavender to 1 tablespoon of FCO and then rub gently to the irritated area.
4. Add a few drops to your bath water for a relaxing bath.
5. Combine Lavender with water in a glass spray bottle to remove unwanted odours in your home.
6. Mix Lavender with Frankincense to reduce sun spots on your face.
7. Diffuse 2 drops of Lavender and 2 drops Frankincense to unwind.
8. Lavender will help move the blood around so great for restless legs.
9. It will lower your cortisol levels before bed. It will help with insomnia and menopause.
10. Make your own natural lip balm. Add a few drops of Lavender to shea butter, jojoba oil or coconut butter/oil.





## ON GUARD

1. Add a few drops to your diffuser to cleanse the air. Add a few drops of Easy Air for extra immune support.
2. Rub on the bottom of kids feet during school season - dilute it first.
3. Use the On Guard concentrate cleaner.
4. A few drops of On Guard in spray bottle with water works wonders on grimy doorknobs, hand railings and benchtops. Share germs no more!
5. Clean Carpets. Add 15 drops of On Guard to a cup of baking soda. Mix, sprinkle and rake on carpet then allow it to sit for up to an hour. Then, vacuum it clean!
6. Cut up apple and add the slice to a glass bowl filled with water. Add a few drops of On Guard to the water and let the apples soak for a few minutes. Then remove the apples and enjoy the immune boosting snack.
7. Clean your bath tub using On Guard. Mix 5-6 drops with half a cup of bicarb soda to clean your bath tub.
8. Add a few drops of On Guard to a car diffuser.
9. Gargle with a few drops of On Guard as a mouth rinse for an irritated throat.
10. Make your own natural hand cleanser by combining a few drops of On Guard with FCO.



## LEMON



1. Add 1-2 drops of Lemon to your water for a refreshing taste. Lemon oil naturally cleanses the body and aids in digestion.
2. Make your own natural cleaning spray. Add Lemon to glass spray bottle of water and use to clean your kitchen and bathroom. You can even add vinegar to make it stronger.
3. Add 2 drops Lemon, 1 drop Peppermint and 3 drops Rosemary to your diffuser to help you concentrate.
4. Lemon makes a great furniture polish. Just add a few drops to olive oil to clean, protect, and shine wood finishes.
5. Put some Lemon on a rag and use to remove that stubborn sticky residue.
6. Make your own teeth whitener. Mix a few drops of Lemon, baking soda and coconut oil and rub on your teeth for 2 minutes and then rinse.
7. Lemon can remove grease from your hands.
8. Soak a cloth in Lemon to preserve and protect your leather furniture, clothes or shoes.
9. Add 1 drop to your warm tea to soothe your throat and support a healthy immune function.
10. Add to your cooking as flavour.



## EASY AIR



1. Make your own roller bottle of diluted Easy Air for seasonal respiratory support.
2. Sleep easier at night by adding a few drops to your diffuser by the bed – will keep airways open.
3. Apply a drop of Easy Air to your palms and take a deep breath to invigorate and enhance breathing. Perfect before you need to exercise.
4. Boost your brain power and concentration. Either diffuse Easy Air in your workspace or add a drop to your palms and inhale.
5. Support immune system during change of season - diffuse Easy Air, On Guard and Frank.
6. Add a few drops on a pillow to help you sleep easier at night. This is great for people that do not like the oils applied directly on their skin.
7. For the snorer.
8. Diffuse to rid musty smells.
9. Easy air is great to use if you are feeling anxious or claustrophobic.
10. Does your house have that pet aroma from your lovely pets? Use Easy Air to diffuse the house.





## OREGANO

WARNING: Be very careful with Oregano essential oil as it is a very hot oil and one drop is usually enough. Make sure you dilute it with Fractionated Coconut oil or another carrier oil

1. Add 2 – 3 drops in a veggie capsule or healthy immune support.
2. Make an immune bomb roller bottle – 4 drops each On Guard, Lemon, Tea Tree, Frank, Oregano - 10 ml glass bottle - Top up with FCO - Use on soles of feet for only 10 days.
3. Add 10 drops in a 500ml spray bottle of water to use as a counter-top spray.
4. Add 1 drop of Oregano Oil to your pasta sauce, pizza sauce, on a roast or any other recipe that calls for oregano.
5. Oregano supports healthy digestion - dilute one drop in water and drink.
6. Feeling a little cold? Dilute 1 drop in several drops of FCO and massage quickly into your hands and feet.
7. Diffuse a few drops of Oregano with a few drops of Easy Air at night time for respiratory support.
8. Oregano is great for using as an ointment on imperfections, bumps or irritated skin.
9. Add Oregano to your tea during winter to improve your immune system. Use the toothpick method to add a small amount of Oregano.
10. Add one drop each of Oregano, Rosemary, Thyme, Marjoram, and Basil Oils to two to three tablespoons sea salt for an awesome salt blend.



## TEA TREE



1. Tea Tree works for any occasional scrapes or skin irritations. Just dilute with FCO and apply to affected area.
2. Tea Tree for acne.
3. Keep your fingernails and toenails healthy by applying Tea Tree.
4. Tea Tree is great to use to clean your house. Add 8-10 drops to 500ml glass water spray bottle filled with water. It works really well in damp places and in your bathroom.
5. Does your washing smell a bit stale? Just add a few drop of Tea Tree Oil to your laundry detergent when washing your clothes and linen.
6. Make your toilet cleaner. Just combine 10 drops of Tea Tree Oil with 1/2 cup baking soda and 1/4 cup vinegar to clean your toilet.
7. Add 1-2 drops in your water to boost your immune function.
8. Nit spray.
9. Make your own natural mouth wash and breath freshener by adding 4-5 drops each of Tea Tree and Peppermint to a small glass spray bottle filled with boiled water.
10. Too much sun – dilute with Lavender and FCO and rub on body.





## DIGESTZEN

1. DigestZen is for the gut. Dilute 1 drop of DigestZen with FCO and massage onto belly.
2. If you have an occasional stomach upset, add 1 drop of DigestZen to your glass of water and drink.
3. DigestZen is great to have on hand when eating heavier meals.
4. Had too much dairy? Add some DigestZen to a veggie capsule.
5. Great for motion sickness.
6. DigestZen can also be used to relive tension and sinus pressure. Simply dilute and apply to your temples.
7. Make your own mouth rinse by adding 1-2 drops to 150mls water. This is great if you have eaten a meal with strong smells like tuna, garlic and onions.
8. DigestZen can be used to ease feeling of queasiness.
9. Hectic digestion, try DigestZen.
10. A bit nervous – rub on belly, or bottom of feet mixed with FCO.



## PEPPERMINT



1. Head and neck tension? 1 drop each Lavender, Peppermint, Frankincense, Ice Blue – 10ml roller glass bottle - Top up with FCO.
2. Add to your cooking - cakes and slices.
3. Make your own breath freshener by mixing one drop of Peppermint with one drop of Lemon in water.
4. Support healthy breathing and open airways by diluting a drop of Peppermint with FCO and applying under your nose.
5. Feeling stressed? Apply 1 drop of Peppermint Oil and 1 drop of Lavender Oil diluted to your neck and forehead to relieve stress and tension.
6. Use with Easy Air to open your airways.
7. Diffuse 6 drops for an uplifting aroma in the kitchen.
8. Add Peppermint to your shampoo or conditioner for a stimulating head massage.
9. Need to cool down? Add Peppermint to a glass spray bottle and spray your face, back of neck and feet.
10. Have a toothache? Rub down your jawline.



## ICE BLUE

1. Rub Ice Blue (with FCO) on your muscles before and after exercise to reduce discomfort.
2. Apply Ice Blue to your hands and feet after gardening.
3. Rub Ice Blue on your lower back after any hard lifting. The cooling effect will bring you relief.
4. If you spend a lot of time on the computer or your smart phone, try running some Ice Blue on your fingers, wrists, shoulders and neck.
5. Ice Blue diluted with FCO is a great for massaging after a long day or after a workout.
6. Massage Ice Blue with a few drops of FCO onto your growing kids' legs before bedtime.
7. If your kids come home from school or sport with a few bumps, apply Ice Blue diluted to the affected areas to help support localised blood flow.
8. Relieve occasional cramps by making your own roller blend. Add 15 drops Lavender Oil, 10 drops Peppermint Oil, 4 drops Balance and 3 drops Ice Blue in a 5ml roller bottle and fill the rest with FCO.
9. Use Ice Blue to promote and maintain normal inflammatory response in cells.
10. Rub on your feet after being on them all day.

