

Suggestions and Practical Uses

ABSCESSSES, DENTAL

*^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}Purify, spearmint
apply to gum area; may want to dilute*

ABUNDANCE

*^{Le}Acknowledge, ^{Le}Bountiful, ^{Le}Grace, ^{Le}Unity, cardamom, myrrh, patchouli
diffuse; wear as perfume; use in the bath; apply to wrists or temples*

ABUSE PHYSICAL / SEXUAL

*^{Le}Angel, ^{Le}Grace, ^{Le}HeartSong, ^{Le}Insight, ^{Le}Reconciliation, rose
diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler*

ACCIDENTS

*^{Le}Deeper, ^{Le}Paine, ^{Le}Patches, ^{Le}Synopsis, ^{Le}Turmoil
dilute and apply to the site of the injury; use arnica oil as the carrier oil, if available*

ACNE / SKIN

*^{Le}AgeLess, ^{Le}Baby Me, ^{Le}Sego Lily, cajeput, chaulmoogra, geranium, grapefruit, laurel, lemongrass, litsea cubeba, niaouli, rosewood, rose
dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)*

ADDICTIONS

*^{Le}LivN, ^{Le}Revitalize, grapefruit, patchouli, petitgrain
diffuse; carry an essential oil inhaler*

ADRENAL GLANDS

*^{Le}EndoRelief, ^{Le}Energy, ^{Le}HeartSong, ^{Le}LiteN, ^{Le}Trust, ^{Le}Vitality, basil, geranium, sage, spruce, rosemary
dilute well and apply locally or to the feet; dilute particularly well with ^{Le}Energy*

ADHD

*^{Le}Millenia, ^{Le}Tranquility
dilute and apply ^{Le}Millenia along the spine and/or feet; diffuse ^{Le}Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either one, or both*

AFTERSHAVE

*^{Le}Everlasting, ^{Le}Millenia, sandalwood
massage coconut oil (the more solid variety) onto the face and then add a little bit of essential oil*

ALLERGIES

*^{Le}Acknowledge, ^{Le}Aspire, ^{Le}Breezey, ^{Le}Exhilaration (applied down the sternum), ^{Le}LifeForce, ^{Le}Sego Lily, ^{Le}Unity, chamomile Roman, elemi, eucalyptus (for rashes), lavender, melissa, niaouli, patchouli
inhale; diffuse; wear*

ALIGNMENT - PHYSICAL STRUCTURES AND ELECTRICAL ENERGIES

*^{Le}Millenia, yarrow
dilute and apply locally, but especially along the spine; use in a bath; on feet (little boys like this because no one can smell it at school); yarrow for spiritual alignment*

ALOPECIA (SEE HAIR LOSS)

ALZHEIMER'S

^{Le}Acknowledge, ^{Le}IQ, ^{Le}Magi, ^{Le}Meditation, ^{Le}Trust, ^{Le}Unity, frankincense, galbanum, sandalwood, spanish sage

dilute and apply on the back of the neck and on the temples; use in the bath; diffuse throughout the day

ANEMIA

^{Le}LifeForce, ^{Le}Revitalize, carrot seed, lavender, lemon

dilute and apply to the chest and the bottoms of the feet

ANOREXIA

^{Le}EZ Traveler, ^{Le}Holiday Spirit, ^{Le}MelaPlus, ^{Le}Millenia, ^{Le}Purify, ^{Le}Sunburst, ^{Le}Weightless, coriander, grapefruit
apply to stomach and to the bottom of the feet; might be advisable to also diffuse or wear any of the oils used for depression, etc.

ANGER

^{Le}Angel, ^{Le}Cherish, ^{Le}Expressions, ^{Le}Grace, ^{Le}Inner Peace, ^{Le}Insight, ^{Le}Letting Go, ^{Le}LivN, ^{Le}Reconciliation, ^{Le}Revitalize, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Wisdom, bergamot

most of these work well as a perfume; dilute and apply, particularly over the heart area; use 2 or 3 drops to relax in a bath; diffuse into the air

ANTIVIRAL

^{Le}Deliverance, ^{Le}Discernment, ^{Le}Mariah, ^{Le}SpiceC, cinnamon, clove, oregano, garlic (sparingly, less than 1 drop at a time!!)

as a gargle, on your toothbrush, dilute and apply to throat or the bottoms of the feet; remember to use these as a preventative, not just when you are sick

ANTI-INFLAMMATORY / ANTISPASMODIC

^{Le}Deeper, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}Vitality, ^{Le}WarmDown, anthopogon, birch, black pepper, chaulmoogra, coriander, cypress, helichrysum, opoponax, patchouli, peppermint, petitgrain, saro, spearmint, spikenard, spruce, wintergreen, violet leaf

dilute and apply to affected muscles or joints

ANTISEPTIC

^{Le}Deliverance, ^{Le}Discernment, ^{Le}MelaPlus, ^{Le}Purify, ^{Le}Sunburst

All essential oils are antiseptic to some degree. This is just a list of my favorites.

ANXIETY

^{Le}Angel, ^{Le}Assurance, ^{Le}Cherish, ^{Le}Dreams, ^{Le}Faith, ^{Le}Inner Peace, ^{Le}Letting Go, ^{Le}QuietEssence, ^{Le}Synopsis, ^{Le}Tranquility, ^{Le}Whispering Hope, ^{Le}Vision, bergamot, chamomile Roman, frankincense, geranium, jasmine, lavender, lime, melissa, palo santo, patchouli, rose, sandalwood, spruce, tangerine, ylang ylang

a few drops on a cotton ball (in a small plastic bag) carried with you at all times is very good or carry an inhaler such as the ones from Butterfly Express, llc; diffuse, wear on the wrists or as a perfume; in a bath

APHRODISIAC / LIBIDO

^{Le}Beloved, ^{Le}Expressions, ^{Le}Letting Go, ^{Le}Moonlight, jasmine, neroli, rose, sandalwood, ylang ylang

diffuse or wear as a perfume

ARTHRITIS

^{Le}Deeper, ^{Le}MelaPlus, ^{Le}Paine (with ^{Le}Millenia), ^{Le}Patches, ^{Le}Reflections, ^{Le}Tranquility, ^{Le}UnDone, ^{Le}Unity,

^{Le}Vitality, ^{Le}WarmDown, birch, cajeput, celery seed, opoponax, peppermint, pine, rosemary, sage, violet leaf
apply (usually diluted) on location; diffuse; particularly effective when used in a bath

ASPERGER'S SYNDROME

^{Le}Meditation, ^{Le}Millenia, sandalwood

apply the oils to the back of the neck and the soles of the feet. Use both or all three, but make sure your regiment includes lots of ^{Le}Millenia.

ASTHMA

^{Le}Aspire, ^{Le}Breezey, ^{Le}Everlasting, ^{Le}Mariah, ^{Le}Stefanie, cedarwood, eucalyptus, hyssop, lavender (for babies), myrtle, peppermint, thyme

apply over lungs (front and back) and throat; diffuse; put on cotton ball or cloth, inhale; (many other singles are listed as helpful) place on pad of foot (not inhaled during attack)

ATHLETE'S FOOT

^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}NoMore, ^{Le}SpiceC, ^{Le}Sunburst, cypress, manuka, myrrh, patchouli, tea tree, thyme

apply to feet (may want to dilute with distilled water)

AUTISM (SEE ADHD AND ASPERGER'S)

essential oils and basic uses will be very similar

AUTO IMMUNE DISORDERS

^{Le}Grateful Heart, ^{Le}LifeForce, ^{Le}Revitalize, cistus, patchouli

dilute and apply to the chest area and to the bottoms of the feet; diffuse

BABIES (IN GENERAL)

^{Le}Baby Me, ^{Le}Julia (gentle digestive), chamomile Roman (for sleep), dill, lavender (calming, too much is stimulating)

for babies, always dilute essential oils well

BACK PAIN & TROUBLE

^{Le}Deeper, ^{Le}Millenia, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, helichrysum

dilute and massage along the spine

BAD BREATH

^{Le}Deliverance, ^{Le}Refreshment, ^{Le}SpiceC, ^{Le}TendaCare, peppermint, spearmint

place 1-2 drops in water and swish around in the mouth

BELCHING, BLOATING

^{Le}EZ Traveler, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Revitalize

dilute and massage over stomach and abdomen

BLADDER / BED-WETTING / INFECTION

^{Le}Beloved, ^{Le}Dreams, ^{Le}EndoRelief, ^{Le}Meditation, cedarwood, celery seed, cypress, goldenrod

apply over kidneys; best as a hot compress, rub on abdomen at bedtime

BLEEDING (STOPS)

^{Le}Kadence, ^{Le}Vitality, cayenne pepper, cistus, helichrysum, myrrh, rose, yarrow

apply, undiluted, to the area

BLISTERS

lavender or lavender with chamomile

apply 1 drop, blot gently with a clean cloth

BLOOD PRESSURE

^{Le}Angel, ^{Le}Benediction, ^{Le}EZ Traveler, ^{Le}Faith, ^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality, hyssop, lavender, lime, litsea cubeba, marjoram, peppermint (low pressure), rosemary, ylang ylang

apply over the heart; diffuse; cotton ball in vents; in a relaxing bath

BONE SPURS

^{Le}Aspire, ^{Le}Deeper, ^{Le}Paine, birch with wintergreen

If possible, use arnica oil as a carrier and apply these oils topically. Arnica deals with the bruising, which is often the source of most of the pain. It takes a little time, but this has been known to dissolve spurs.

BRAIN INJURY (SEE TRAUMA))

BRONCHITIS

^{Le}Aspire, ^{Le}Bountiful, ^{Le}Breezey, ^{Le}Deeper, ^{Le}Deliverance, ^{Le}LifeForce, ^{Le}Mariah, ^{Le}SpiceC, ^{Le}Stefanie, eucalyptus, melissa, myrtle, niaouli, oregano, peppermint, rosemary, thyme

dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

BRUISES

^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}Millenia, ^{Le}Paine, ^{Le}Patches, ^{Le}SpiceC, ^{Le}TendaCare, chaulmoogra, marjoram, violet leaf

best if applied in a base such as arnica oil

BURNS

^{Le}Vallee, carrot seed, geranium, lavender, helichrysum, niaouli, rose

nothing beats lavender applied to a burn, except the healing salve sold by Butterfly Express, llc. with extra helichrysum and lavender added; ^{Le}Vallee is for rebuilding of skin and muscle tissue after the wounds have closed

BURSITIS

^{Le}Deeper, ^{Le}Millenia, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown

dilute and apply to the shoulder area

CALCIUM ABSORPTION

^{Le}Eternity, ^{Le}EZ Traveler, ^{Le}Kadence, ^{Le}WarmDown, calamus

inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

CALLUSES

^{Le}MelaPlus, ^{Le}Vallee, carrot seed, chamomile Roman, oregano

dilute with carrier oil and apply frequently to the calloused area

CANDIDA

^{Le}Candila, ^{Le}EndoRelief, ^{Le}InsideOut, ^{Le}MelaPlus, anthopogon, bergamot, manuka, patchouli

dilute with massage oil; apply on stomach area, feet or over abdomen; can also be diluted (well) and used as a douche

CANKER / COLD SORES

^{Le}Deliverance, ^{Le}Discernment, ^{Le}RefreshMint, ^{Le}Simplicity, ^{Le}SpiceC, chamomile—all types, hyssop, laurel, manuka, myrrh, opoponax, oregano, tea tree

rinse mouth with water in which a drop of oil has been added

CAPILLARIES

^{Le}Cypernium, ^{Le}Millenia, ^{Le}Soliltude, ^{Le}Visibility, ^{Le}Vitality, ^{Le}WarmDown, chamomile German, lavender, lemongrass

dilute with carrier oil and apply topically to the area; use as a compress or in a bath

CARDIOVASCULAR HEALTH

^{Le}AboutFace, ^{Le}CinnamonBear, ^{Le}Eternity, ^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality, ^{Le}QuietEssence, goldenrod, violet leaf

dilute and apply to chest; inhale; diffuse

CARTILAGE

fir siberica (relieves pain), sandalwood (regenerates)

dilute and apply to the area

CAVITIES / TEETH

*^{Le}Deliverance, ^{Le}Millenia, ^{Le}SpiceC, spearmint
use to brush teeth or add a drop to toothpaste on your toothbrush*

CELLULITE

*^{Le}LiteN, ^{Le}Sego Lily, ^{Le}Weightless, grapefruit, juniper berry, lemon, lemongrass, orange bitter, rosemary, spearmint
dilute and apply topically; 2 or 3 drops added to the tub*

CHARLEY HORSE

*^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown
dilute and apply to the area*

CHOLESTEROL

*^{Le}TendaCare, ^{Le}Revitalize, ginger, helichrysum
dilute and apply to the bottoms of the feet*

CHRONIC FATIGUE

*^{Le}CinnamonBear, ^{Le}Deliverance (to kill Epstein Barr virus), ^{Le}Eternity, ^{Le}Everlasting, ^{Le}Kindred Spirit, ^{Le}Inner Peace, ^{Le}IQ, ^{Le}Revitalize
these oils should be diluted and applied to the chest and the feet. ^{Le}Eternity and ^{Le}Everlasting are for the absorption of nutrients ^{Le}Revitalize and ^{Le}IQ will help with energy; ^{Le}Inner Peace for emotional strength and balance; all of the oils will be of benefit if diffused*

CIRCULATION

*^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Deeper, ^{Le}Energy, ^{Le}HeartSong, ^{Le}Key to My Heart, ^{Le}Paine, ^{Le}Patches, ^{Le}Sunburst, ^{Le}Tranquility, ^{Le}Visibility, ^{Le}Vitality, bay, copaiba balsam, geranium, lemongrass, pine, violet leaf
diffuse; use in a bath; massage; compress over specific area*

CLEANERS, HOUSEHOLD

*^{Le}Sunburst, orange sweet
diluted makes a great disinfectant; can be applied undiluted to most surfaces (check on a small area first); works amazingly well on grease*

COLDS

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}Journey, ^{Le}Mariah, ^{Le}Simplicity, ^{Le}SpiceC, ^{Le}Stefanie, basil, melissa, oregano
diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck, and chest; one recommendation would be to use ^{Le}Aspire on the back, ^{Le}Breezey on the chest, with ^{Le}Deliverance on the feet, all diluted well, of course*

COLIC

*^{Le}InsideOut, anethi, bergamot, black pepper, cardamom, carrot seed, chamomile German, chamomile Roman, coriander, dill, fennel, ginger, marjoram, melissa, orange sweet, peppermint, spearmint
dilute and apply to abdominal area*

COLON

*^{Le}InsideOut, ^{Le}Julia, ^{Le}Letting Go, ^{Le}Synopsis, peppermint
dilute ^{Le}InsideOut or peppermint and apply to abdomen or use them as a compress; ^{Le}Letting Go can also be diffused or sniffed*

COMPLEXION

*^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Baby Me, bergamot, jasmine, myrrh, opoponax, tangerine for dull complexion, orange sweet for oily skin and general use
dilute with a very light carrier oil or with distilled water and apply to the face, neck, and abdominal area*

CONCENTRATION

^{Le}Crystal Clear, ^{Le}Focus, ^{Le}IQ, ^{Le}Kadence, ^{Le}WakeUp, cardamom, frankincense, niaouli, rosemary inhale, or diffuse; apply to wrists or forehead

CONCUSSION

^{Le}AboutFace, ^{Le}Turmoil, cypress

apply to the back of the neck and to the feet on the underside of the big toe (the narrow, bony part, not the fleshy pad)

CONFUSION

^{Le}Crystal Clear, ^{Le}Everlasting, ^{Le}Inner Peace, ^{Le}Insight, ^{Le}IQ, ^{Le}LivN, ^{Le}Millenia, ^{Le}Revitalize, ^{Le}Unity, ^{Le}Wisdom, cypress, frankincense, marjoram, peppermint, rose, rosewood, ylang ylang

often the aroma, diffused or inhaled, is all that is needed; can also be applied to the bottoms of the feet

CONSTIPATION

^{Le}InsideOut, carrot seed, turmeric, mandarin, patchouli

dilute and massage over the abdomen

COUGHS

^{Le}Aspire, ^{Le}Breezey, ^{Le}Holiday Spirit, ^{Le}Mariah, cedarwood, manuka, opoponax

dilute and apply over the lungs (both front and back) and on the throat; diffuse; inhale

CRADLE CAP

^{Le}Delicate

dilute and massage into the baby's scalp with a very soft brush, leaving it on for a few minutes, then gently shampoo—repeat as often as necessary

CROHN'S DISEASE

^{Le}InsideOut, ^{Le}LifeForce, basil

dilute and apply to the abdominal area

CUTS, BLEEDING

^{Le}MelaPlus, helichrysum, neroli, yarrow

dilute ^{Le}MelaPlus in water, it is very strong; apply yarrow undiluted then bind the wound, brings edges of cut together; helichrysum promotes tissue regeneration

CUTS, INFECTED

^{Le}Deliverance, ^{Le}MelaPlus, lavender, niaouli

apply diluted, usually with water

CYSTITIS / BLADDER INFECTION

basil, cajeput, cedarwood, chamomile German, eucalyptus, fennel, frankincense, goldenrod, hyssop, juniper berry, pine, rosewood, sage, sandalwood, thyme

dilute and use for an abdominal massage or add a drop or two of the oil of your choice to a bath

CYSTS

^{Le}Balance, ^{Le}Beloved, ^{Le}Woman Wise

dilute and apply frequently to the abdominal area and to the insides of the ankles

DANDRUFF

^{Le}Delicate, laurel, lavender, sage

add a few drops to your normal shampoo

DEBILITY

^{Le}Kadence, ^{Le}Revitalize, ^{Le}Safeguard, ^{Le}Turmoil, ^{Le}Vitality, cardamom, cumin (nerves), lavender, nutmeg, patchouli, sage

dilute and apply to the chest or to the bottoms of the feet

DENTAL INFECTION

*^{Le}Deliverance, ^{Le}RefreshMint, ^{Le}SpiceC, ^{Le}TendaCare, myrrh, sage, spearmint
apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth*

DEODORANT

*^{Le}Benediction, ^{Le}Dreams, ^{Le}EndoRelief, ^{Le}HeartSong, ^{Le}Letting Go, ^{Le}Tranquility, ^{Le}Unity, ^{Le}WarmDown
dilute with carrier oil and apply to the underarms*

DEPRESSION

*^{Le}Acknowledge, ^{Le}Baby Me, ^{Le}Beloved, ^{Le}Believe, ^{Le}Cherish, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Letting Go,
^{Le}Meditation, ^{Le}MyGraine, ^{Le}Sego Lily, ^{Le}Tranquility, ^{Le}Turmoil, ^{Le}Unity, allspice, basil, benzoin, bergamot,
chamomile Roman, geranium, howood, lavender, lemon, jasmine, neroli, orange bitter, rose geranium, rose,
ylang ylang
diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go*

DETOXIFICATION

*^{Le}Angel, ^{Le}EndoRelief, ^{Le}Letting Go, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Synopsis, ledum
diffuse; apply to the body—the bottoms of the feet would be particularly effective; add to a foot soak or to a
bath (clay added to the soak or the bath along with the oils would aid the detox)*

DIABETES

*^{Le}Deliverance, ^{Le}EndoRelief, anethi, coriander, dill, eucalyptus
coriander is said to lower glucose/insulin levels; dill supports the pancreas and controls glucose levels in the
blood; ^{Le}Deliverance and ^{Le}EndoRelief support immune and endocrine system function and eliminates bacteria;
the oils may be diffused, applied to the back, chest, feet, or over the pancreas; consider carrying an essential oil
inhaler with you*

DIAPER RASH

*^{Le}Baby Me, lavender with yarrow
dilute with carrier oil and massage on the rash with each diaper change (calendula oil or Miracle Salve make
excellent carrier oils for any type of rash)*

DIARRHEA

*^{Le}InsideOut, cardamom, carrot seed, ginger, mandarin, orange bitter
dilute and apply to the abdomen; there are homeopathic remedies that are effective*

DIGESTION

*^{Le}Balance, ^{Le}EZ Traveler, ^{Le}Grace, ^{Le}InsideOut, ^{Le}Julia, ^{Le}LiteN, ^{Le}QuietEssence, ^{Le}Revitalize, ^{Le}Safeguard,
^{Le}Synopsis, basil, caraway, carrot seed, celery seed, litsea cubeba, peppermint, saro
dilute and apply to stomach and colon area; apply along spine or on the bottoms of the feet*

DISH WASHING

*^{Le}Sunburst
add a few drops to dishwasher or dish water*

DISINFECT / DEODORIZE

*^{Le}Purify, ^{Le}Sunburst, cedarwood, copaiba balsam
in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution*

DIURETIC

*^{Le}Balance, ^{Le}Millenia, ^{Le}Reflections, goldenrod
dilute with carrier oil and apply to the abdomen*

DIZZINESS

*^{Le}EZ Traveler, ^{Le}Kadence, melissa, melissa blend
massage diluted oil behind the ear on the hard, bony area (temporal bone)*

EATING DISORDERS

*^{Le}LiteN, ^{Le}Purify, ^{Le}Weightless, grapefruit, juniper berry
the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb*

DYSLEXIA

*^{Le}Millenia, frankincense carterii
apply oils to the soles of the feet at least night and morning; can also be applied on the back of the neck*

EARACHE

*^{Le}EndoRelief, ^{Le}LifeForce, ^{Le}MelaPlus, ^{Le}Millenia, basil, garlic
Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. ^{Le}MelaPlus, ^{Le}EndoRelief, or ^{Le}LifeForce for infection and ^{Le}Millenia for inflammation or any disturbance of structure in the ear canal or inner ear. BBL, a tincture sold at Butterfly Express, LLC, will help with pain and inflammation—a must have!*

Garlic must be diluted very well!!! 1 drop of garlic oil is enough for at least 5 ml of carrier oil. You can dip a toothpick in 1 drop of oil and then stir the toothpick into a few drops of carrier. This mixture can then be put in the ear. Garlic essential oil is much different than the garlic capsules you can purchase in health food stores. It is strong enough to cause serious burns undiluted.

ECZEMA

*^{Le}AgeLess, ^{Le}Baby Me, ^{Le}Sego Lily, ^{Le}Solitude, carrot seed, chaulmoogra, juniper berry, lavender, myrrh, patchouli
dilute with distilled or spring water and apply to the affected areas*

EMOTIONAL IMBALANCES

*^{Le}Acknowledge, ^{Le}Angel, ^{Le}Believe, ^{Le}Beloved, ^{Le}Cherish, ^{Le}Faith, ^{Le}Grace, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Insight, ^{Le}Magi, ^{Le}Meditation, ^{Le}Sanctuary, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Wisdom, cedarwood, lavender, lemon, mandarin, orange sweet, rose, sandalwood
diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a perfume; use in the tub; carry an essential oil inhaler*

ENDOCRINE BALANCE

*^{Le}Balance, ^{Le}EndoRelief, ^{Le}Woman Wise
diffuse; use as aromatherapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)*

ENERGY, IMPROVEMENT OF

*^{Le}Bountiful, ^{Le}Energy, ^{Le}LivN, ^{Le}Revitalize, ^{Le}WakeUp
dilute and apply to bottoms of feet*

ENERGY, PROTECTION

*^{Le}Angel, ^{Le}Benediction, ^{Le}HeartSong
apply to shoulders and wrists*

ENVIRONMENTAL TOXINS

*^{Le}LifeForce, ^{Le}LivN
dilute and apply to the feet or along the spine*

EXPECTORANT

*^{Le}Deliverance, ^{Le}SpiceC, benzoin, ravensara
dilute and apply to throat and chest areas*

EYES

*^{Le}Millenia, carrot seed, cypress, frankincense, lemongrass
dilute and apply along the back of the neck and sides of the temples; may also be helpful inhaled*

FAINTING (SEE SHOCK)

^{Le}Crystal Clear, ^{Le}IQ, ^{Le}Kadence, ^{Le}Turmoil, black pepper, lavender, peppermint, rosemary hold one of the listed oils under the nose; dilute and apply to the bottoms of the feet

FATIGUE

^{Le}Kadence, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Vitality, ^{Le}WakeUp, ^{Le}WarmDown, ^{Le}Wisdom, peppermint, rose Diffuse ^{Le}Vitality or smell frequently. ^{Le}Vitality and rose are high frequency oils which help with “energy” fatigue. Use 1 or 2 drops of ^{Le}WarmDown in the bath; dilute for massage, especially for tired muscles. Peppermint’s aroma is very stimulating; dilute for massage.

FATTY LIVER

^{Le}LivN, ledum

dilute and apply over the upper right side of the abdomen and on the right foot; ^{Le}LivN is most often a better choice than ledum alone

FEVER

^{Le}LifeForce, ^{Le}ThermaCare, eucalyptus, lavender (babies), yarrow yellow

dilute ^{Le}LifeForce and apply to spine; lavender and ^{Le}ThermaCare dilute, apply to back of neck and the feet

FIBROMYALGIA

^{Le}Deeper, ^{Le}LifeForce, ^{Le}Paine, ^{Le}Patches, birch, wintergreen

should be diluted and applied to the body; add 1 or 2 drops in a tub and soak

FLATULENCE

^{Le}Grace, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Synopsis, anethi, angelica, anise, benzoin, bergamot, cardamom, carrot seed, chamomile Roman, coriander, cumin, fennel, ginger, hyssop, lavender, nutmeg, orange bitter, peppermint, rosemary, tarragon

dilute and apply to the abdomen

FLU

^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}EZ Traveler, ^{Le}InsideOut, ^{Le}Journey, ^{Le}LifeForce, ^{Le}Mariah, ^{Le}Stefanie, ^{Le}Revitalize, ^{Le}ThermaCare, melissa

apply to thymus area, chest, back, feet, and wherever the flu has settled creating aches and pains; you should also apply ^{Le}InsideOut, diluted, to the abdomen

FOOD POISONING

^{Le}InsideOut (homeopathic - Arsenicum album)

dilute and apply to the abdominal area; it would be very helpful to use the homeopathic, Arsenicum album, in addition to the essential oil

GALLBLADDER / GALLSTONES

^{Le}Letting Go, ^{Le}Revitalize, ^{Le}Synopsis, ^{Le}Trust, ^{Le}Vision, grapefruit, lemon, lime, rose geranium

apply the listed oils as a compress over the gallbladder area; apply on the feet

GANGRENE

^{Le}Patches, melissa, patchouli

Nearly all essential oils are antiseptic but gangrene is very nasty. It must be hit hard with the best available. I would also add RC tincture by mouth to keep the infection out of the blood. Putting the essential oils into a strong herbal tea and soaking the body part often is required.

GAS

^{Le}Grace, ^{Le}InsideOut, anethi, angelica, anise, benzoin, bergamot, cardamom, carrot seed, chamomile Roman, coriander, cumin, fennel, ginger, hyssop, lavender, nutmeg, peppermint, rosemary, tarragon

dilute and apply to the abdomen

GERD - ACID REFLUX DISEASE (SEE HEARTBURN)

*^{Le}InsideOut, ^{Le}Julia, ^{Le}Revitalize, peppermint, fenugreek, cardamom
apply oils, diluted over stomach and colon, being sure to go high up over the tip of the sternum*

GINGIVITIS/GUMS

*^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}RefreshMint, ^{Le}SpiceC, ^{Le}TendaCare, ^{Le}Trust, ^{Le}Unity, spearmint
apply on throat and gums; dilute in water and swish around the mouth*

GOUT

*^{Le}Deeper, ^{Le}Meditation, ^{Le}Paine, ^{Le}Revitalize, ^{Le}Vitality, lemon, anthopogon, birch, celery seed, goldenrod, hyssop
dilute and apply to the back; use a drop or two in water to soak the feet; add a drop or two to the tub*

GRATITUDE

*^{Le}Cherish, ^{Le}Grace, ^{Le}Grateful Heart, ^{Le}Reconciliation
diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil*

GRIEF

*^{Le}Cherish, ^{Le}Faith, ^{Le}Grace, ^{Le}HeartSong, ^{Le}Sego Lily, ^{Le}Whispering Hope, orange sweet
diffuse, especially at bedtime; wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists*

HAIR, COLOR

*chamomile Roman for blonde hair, rosemary for brunettes
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and then massaged into hair 1 or 2 times a week*

HAIR, HEALTH / HAIR, LOSS

*^{Le}Delicate, ^{Le}Eternity, chamomile Roman, lavender, rosemary
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and massaged into the scalp 1 or 2 times a week. Can be added to an almond oil/jojoba oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better.*

HEADACHES

*^{Le}Angel, ^{Le}Baby Me, ^{Le}Balance, ^{Le}Beloved, ^{Le}Benediction, ^{Le}Crystal Clear, ^{Le}Deeper, ^{Le}EZ Traveler, ^{Le}Millenia, ^{Le}MyGraine, ^{Le}Patches, ^{Le}Vitality, ^{Le}WarmDown, ^{Le}Woman Wise, bay, calamus, marjoram, peppermint, rosemary, rosewood
There are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler.*

HEART MUSCLE

*^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Mariah, ^{Le}Vitality
dilute and apply to the chest*

HEART, PALPITATIONS

*^{Le}Believe, ^{Le}Beloved, ^{Le}Benediction, ^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality, marjoram, neroli, orange sweet, petitgrain, violet leaf
apply, diluted, to chest; aroma; place on temples*

HEARTBURN

*^{Le}Baby Me, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Revitalize, peppermint
^{Le}InsideOut and peppermint—apply diluted over stomach and colon, being sure to go high up over the tip of the sternum; ^{Le}Baby Me should be diluted and applied on chest over the thymus*

HEMATOMA

*^{Le}Deeper, ^{Le}Millenia, cypress, helichrysum, lemongrass
dilute and apply to the affected areas*

HEMORRHOIDS

^{Le}Cypernium, ^{Le}Visibility, ^{Le}Vitality, geranium

dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas

HERNIA

^{Le}Millenia, ^{Le}WithIn

dilute and apply to the area

HERPES VIRUS

^{Le}Simplicity, melissa

dilute and apply along the jaw line, along the spine and on the feet

HIVES / ALLERGIC RASHES

^{Le}Baby Me, ^{Le}MelaPlus, ^{Le}Sego Lily, chamomile German, peppermint, yarrow

dilute in carrier oil, massage over area; 4 drops in 1/4 cup of baking soda in the bath

HORMONE BALANCE

^{Le}Acknowledge, ^{Le}Balance, ^{Le}Cherish, ^{Le}Crystal Clear, ^{Le}Deeper, ^{Le}EndoRelief, ^{Le}Expressions, ^{Le}Intention,

^{Le}Synopsis, ^{Le}Vitality, ^{Le}Woman Wise, jasmine, melissa (sterility in women), patchouli, petitgrain

apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse

HOT FLASHES

^{Le}Balance, ^{Le}EndoRelief, yarrow green

apply these oils, diluted, around the bone on the inside of the ankles

HYPERACTIVITY

^{Le}Millenia, ^{Le}Sunburst, ^{Le}Tranquility, ^{Le}Turmoil

apply to the feet; diffuse; wear anywhere on the body

HYPOGLYCEMIA

^{Le}Baby Me, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}Grateful Heart, ^{Le}WakeUp, anethi, coriander, dill, eucalyptus

apply over pancreas area on body or feet; diffuse

IMMUNE STIMULANT

^{Le}AgeLess, ^{Le}Bountiful, ^{Le}Breezey, ^{Le}Cherish, ^{Le}CinnamonBear, ^{Le}Deliverance, ^{Le}Housewarming, ^{Le}Journey,

^{Le}LifeForce, ^{Le}LiteN, ^{Le}QuietEssence, ^{Le}Revitalize, ^{Le}SpiceC, hinoki, ledum, mountain savory, orange sweet, oregano, saro

massage any one of the listed oils on feet and body; diffuse; use in the bath

IMPETIGO

^{Le}Baby Me, ^{Le}Sego Lily, ^{Le}MelaPlus

Consider diluting the essential oils in water, rather than a carrier oil. Apply with a cotton ball, using a fresh ball frequently. Sometimes carrier oil “feeds” the organisms responsible—using water prevents that. Fresh cotton balls prevent spreading.

INSECT BITES / STINGS

^{Le}MelaPlus, ^{Le}Purify, basil, lavender, manuka, mountain savory, niaouli, tea tree

apply 1 drop, undiluted, to the area

INSECT REPELLENT

^{Le}Away, ^{Le}Purify, citronella, opoponax, peppermint

dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on; avoid contact with the eyes

INSOMNIA

^{Le}Believe, ^{Le}Dreams, ^{Le}GoodNite, ^{Le}Julia, ^{Le}Sanctuary, ^{Le}Solitude, ^{Le}Sunburst, ^{Le}Tranquility, ^{Le}Vision, basil, myrtle

^{Le}Tranquility is for the “chattering mind” type of insomnia and is excellent diffused or worn; apply any of these oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing or placing on the pillow is easier and often just as effective.

IRRITABLE BOWEL SYNDROME

*^{Le}InsideOut, ^{Le}Julia, ^{Le}Revitalize, anise, peppermint
dilute and apply to the abdominal area*

JAUNDICE

*^{Le}Revitalize, ^{Le}LivN, geranium, rose geranium
dilute and apply, or use in a compress, over the liver*

JET LAG

*^{Le}Crystal Clear, ^{Le}Energy, ^{Le}IQ, ^{Le}Millenia, ^{Le}Wisdom, grapefruit
apply to temples, thymus area of the chest and to the feet, always eat lightly when traveling and drink plenty of water*

KIDNEYS

*^{Le}Acknowledge, ^{Le}Cherish, ^{Le}EndoRelief, ^{Le}Letting Go, ^{Le}Meditation, ^{Le}Reflections, ^{Le}Safeguard, ^{Le}Vitality (congestion), ^{Le}Revitalize, bergamot, birch (stones), goldenrod, grapefruit, ledum, ravensara
apply as a compress over the kidneys; be sure to drink plenty of distilled water*

LAUNDRY

*^{Le}Sunburst, anything citrus or the evergreens, any smell you especially like
add a few drops to the water in the washer or place a few drops on the dryer sheet that you ordinarily use; essential oils destroy bacteria and provide a fresh clean smell*

LAXATIVE

*cardamom, hyssop, jasmine, tangerine
apply to the abdomen; inhale*

LEAD POISONING

^{Le}LivN, ^{Le}Revitalize

LEG CRAMPS (SEE RESTLESS LEG)

LICE

*^{Le}Deliverance, ^{Le}MelaPlus, tea tree
apply often to scalp and hair, diluted with distilled water making the mixture as strong as can be tolerated; wash combs and bedding*

LIGAMENTS, TORN

*^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, birch, fir siberica, lemongrass, peppermint, wintergreen
dilute and apply to the affected areas; consider layering one oil on top of another*

LIVER CLEANSE & SUPPORT

*^{Le}Acknowledge, ^{Le}Angel, ^{Le}EZ Traveler, ^{Le}Letting Go, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Safeguard, ^{Le}Synopsis, angelica, carrot seed, celery seed, goldenrod, grapefruit, helichrysum, ledum, lemon, lime, rosemary
dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet*

LUNG (SEE RESPIRATORY)

LUPUS (AN AUTO-IMMUNE DISORDER)

*^{Le}Deliverance, ^{Le}InsideOut, ^{Le}LifeForce, ^{Le}Millenia, ^{Le}Wisdom,
lupus is an auto-immune disorder—please see that section*

LYME DISEASE

^{Le}Deliverance, ^{Le}MelaPlus, manuka, oregano, rosemary, tea tree

LYMPHATIC CONGESTION

^{Le}AgeLess, ^{Le}Cherish, ^{Le}CinnamonBear, ^{Le}Deeper, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}Housewarming, ^{Le}Key to My Heart, ^{Le}LiteN, ^{Le}Reflections, ^{Le}Revitalize, ^{Le}Sunburst, ^{Le}Synopsis, ^{Le}UnDone, ^{Le}Vitality, birch, lemon, orange sweet, ravensara

diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath

MASSAGE

^{Le}Baby Me, ^{Le}Expressions, ^{Le}Grace, ^{Le}HeartSong, ^{Le}Sego Lily, ^{Le}TendaCare, ^{Le}WarmDown, ^{Le}Weightless, ^{Le}Whispering Hope, eucalyptus, peppermint

dilute with your favorite carrier oil; massage is good for tired muscles and circulation but since essential oils absorb readily and rapidly into the skin on contact, there is really no need to work them in

MEMORIZATION

*^{Le}Crystal Clear, ^{Le}Focus, ^{Le}IQ, ^{Le}WakeUp, saro
inhale; apply to wrists and forehead*

MEMORY LOSS

^{Le}Crystal Clear, ^{Le}Focus, ^{Le}IQ, ^{Le}WakeUp, basil, bay, clove, coriander, ginger, lemon, lime, rosemary, saro, spanish sage, peppermint

inhale or diffuse; be sure that the diet includes a wide variety of vitamins and minerals, preferably from whole food sources

MENIERE'S DISEASE

^{Le}Millenia, ^{Le}EndoRelief, orange sweet, grapefruit

place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear

MENOPAUSE

^{Le}Balance, ^{Le}EndoRelief

dilute and apply to chest, abdomen, and feet

MENSTRUAL SYMPTOMS

^{Le}Baby Me, ^{Le}Beloved, ^{Le}Faith, ^{Le}Woman Wise, marjoram

apply on abdomen and back; in a bath; effective used with a BBL (B&B) tincture, an old Dr. Christopher formula

MENTAL CONFUSION

^{Le}Focus, ^{Le}Insight, ^{Le}IQ, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Sunburst, ^{Le}WakeUp, ^{Le}Weightless, basil, violet leaf

inhale; diffuse; apply to wrists, forehead and back of the neck

MENTAL ALERTNESS

^{Le}Energy, ^{Le}Focus, ^{Le}IQ, ^{Le}LivN, ^{Le}Revitalize, ^{Le}WakeUp, ^{Le}Weightless, basil, cardamom, howood, peppermint, violet leaf

inhale; diffuse; apply to wrists, forehead and back of the neck

MERIDIAN BALANCING (SEE THE CHAPTER ON EASTERN HEALING PHILOSOPHY)

METABOLISM

^{Le}EndoRelief, ^{Le}EZ Traveler, ^{Le}LiteN, ^{Le}Weightless, oregano, pine

dilute and apply to throat and thymus area; diffuse; inhale; add to bath

MIGRAINE

^{Le}Angel, ^{Le}Balance, ^{Le}Believe, ^{Le}Beloved, ^{Le}Deeper, ^{Le}Deliverance, ^{Le}EZ Traveler, ^{Le}Letting Go, ^{Le}Millenia, ^{Le}MyGraine, ^{Le}Paine, ^{Le}Tranquility, ^{Le}WarmDown, birch, grapefruit, peppermint, rosemary apply to the back of neck (a few drops in a bowl of water, then soak a washcloth, wring out and place at back of neck); apply to underside of big toe just below the fleshy part; diffuse; smell, carry a cotton ball, soaked with ^{Le}MyGraine, in purse or pocket; try ^{Le}Deliverance for headaches

MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)

MOLD / MILDEW

^{Le}Deliverance, ^{Le}NoMore, ^{Le}Purify, ^{Le}Sunburst, manuka place a few drops in a squirt bottle, spray into the air or directly onto walls, windowsills, any place mold grows in your house

MONONUCLEOSIS

^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}Millenia, ^{Le}Purify, ^{Le}Revitalize, clary sage use in tub; dilute and apply to bottoms of feet; soak feet; carry an essential oil inhaler

MORNING SICKNESS

^{Le}EZ Traveler, ^{Le}InsideOut, grapefruit, orange sweet place a drop or two of oil behind ears; inhale

MOTION SICKNESS

^{Le}EZ Traveler, ^{Le}InsideOut, ^{Le}MyGraine, peppermint apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply

MOUTHWASH

^{Le}Deliverance, ^{Le}RefreshMint, ^{Le}SpiceC, ^{Le}TendaCare, ^{Le}Trust, wintergreen, spearmint dilute and rinse the mouth for a few seconds

MUSCLE RELAXANT

^{Le}Breezey, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, cajeput, peppermint, opoponax dilute with carrier oil and massage the affected areas

MUSCLE SPASMS

^{Le}Breezey, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}UnDone, ^{Le}WarmDown, manuka, marjoram, myrrh, niaouli, peppermint dilute with carrier oil and massage the affected areas

MULTIPLE SCLEROSIS

^{Le}Crystal Clear, ^{Le}Inner Peace, ^{Le}Magi, ^{Le}Meditation, ^{Le}WarmDown, frankincense, peppermint, sandalwood dilute and apply to the bottoms of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse; inhale

NAUSEA AND VOMITING

^{Le}EZ Traveler, ^{Le}Julia, ^{Le}MyGraine, ^{Le}InsideOut, basil, cardamom, lavender, ginger, orange sweet, peppermint apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc.) and sniff frequently

NERVE PAIN

^{Le}Deeper, ^{Le}Paine, ^{Le}UnDone, birch dilute and apply to the affected areas

NERVES / NERVOUS SYSTEM

^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Assurance, ^{Le}Believe, ^{Le}Cherish, ^{Le}Dreams, ^{Le}Expressions, ^{Le}Faith, ^{Le}HeartSong, ^{Le}Housewarming, ^{Le}Inner Peace, ^{Le}InsideOut, ^{Le}IQ, ^{Le}Letting Go, ^{Le}QuietEssence, ^{Le}Sanctuary, ^{Le}Synopsis, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, cedarwood, chamomile Roman, fir balsam, frankincense, geranium, howood, jasmine, lavender, marjoram, orange sweet, palmarosa, petitgrain, sage, sandalwood, spanish sage, spruce, valerian, vetiver, violet leaf
dilute and apply to the chest, the back of the neck, or on the feet; diffuse

NEUROPATHY

^{Le}Deeper, ^{Le}Paine, birch
dilute and apply to the affected areas

NIGHTMARES

^{Le}Believe, ^{Le}Dreams, ^{Le}GoodNite, ^{Le}Sanctuary
diffuse; place a drop or two on the pillow

NURSING

caraway, fennel
dilute and apply to the breasts and the feet

OCD - OBSESSIVE COMPULSIVE DISORDER

^{Le}Acknowledge, ^{Le}Crystal Clear, ^{Le}Everlasting, ^{Le}Faith, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Trust, ^{Le}Turmoil, violet leaf
diffuse; inhale; place a drop on the pillow at night; carry at all times in an inhaler; dilute and apply to the chest and the bottoms of the feet

ODORS, PURIFYING

^{Le}Insight, ^{Le}Purify, ^{Le}Sunburst, lime, pine
diffuse; dilute in water and spritz into the air using a plant mister

OSTEOPOROSIS

^{Le}Believe, ^{Le}Deeper, ^{Le}Eternity, ^{Le}Kadence, ^{Le}Paine, ^{Le}Tranquility, ^{Le}WarmDown
dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural progesterone

OVERWHELMED

^{Le}AboutFace, ^{Le}Acknowledge, ^{Le}Beloved, ^{Le}Connection, ^{Le}Grace, ^{Le}Millenia, ^{Le}Whispering Hope
diffuse; wear as perfume; use in a bath; use on acupressure points on the ears

PAIN (SEE ANALGESIC)

PANCREAS

^{Le}EndoRelief, coriander, dill
dilute, apply to the chest, abdomen, and feet

PANIC ATTACKS

^{Le}Beloved, ^{Le}HeartSong, ^{Le}Tranquility, neroli
inhale; diffuse; wear as perfume; place over thymus or heart chakra

PARASITES

^{Le}InsideOut, ^{Le}Revitalize, ^{Le}Safeguard, bergamot, turmeric
dilute and apply over abdominal area

PINEAL & PITUITARY

^{Le}AboutFace, ^{Le}EZ Traveler, ^{Le}EndoRelief, ^{Le}Grace, ^{Le}Inner Peace
dilute and apply to back of neck

PLEURISY

*^{Le}Aspire, ^{Le}Breezey, ^{Le}HeartSong, ^{Le}Mariah, ^{Le}Trust, ^{Le}Vitality, cypress, thyme
apply diluted over the lungs—front & back; diffuse or sniff deeply*

PMS

*^{Le}Balance, ^{Le}Deeper, ^{Le}Woman Wise
dilute and apply to the abdomen and the small of the back*

PNEUMONIA

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Mariah, ^{Le}Stefanie, cajeput, cedarwood, hyssop, manuka, oregano
inhale; place on back and chest*

PTSD POST TRAUMATIC STRESS DISORDER

*^{Le}Angel, ^{Le}Revitalize, ^{Le}Wisdom, sandalwood, vanilla
dilute and apply to the chest and the feet;*

PROSTATE

*^{Le}Balance, ^{Le}EndoRelief, ^{Le}Woman Wise, basil, myrtle, peppermint
diffuse; place anywhere on the body*

PROTECTION, ENERGY & PSYCHIC

*^{Le}Benediction, ^{Le}HeartSong, ^{Le}Inner Peace, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Unity, clove, cypress, fennel, fir,
frankincense
wear on the body, particularly over the heart chakra, but also on wrists, etc., if massaging or body working;
diffuse; inhale*

PURIFY AIR

*^{Le}Deliverance, ^{Le}Purify
diffuse; add to water and mist into the air*

PURIFY WATER

*^{Le}Sunburst, grapefruit, lime
add 1 drop per gallon*

RASHES

*^{Le}Baby Me, carrot seed, howood, lavender, myrrh, patchouli, rosewood
depending on the type of rash, dilute with either distilled water or a carrier oil*

REFLUX (SEE “GERD” AND “HEARTBURN”)

RELATIONSHIPS

*^{Le}Beloved, ^{Le}Expressions, ^{Le}Cherish, ^{Le}Grace, ^{Le}Moonlight, ^{Le}Reconciliation, anthopogon, jasmine
diffuse; wear as perfume; use in the bath; apply to wrists or temples*

RESPIRATORY AILMENTS

*^{Le}Aspire, ^{Le}Bountiful, ^{Le}Breezey, ^{Le}Cherish, ^{Le}Holiday Spirit, ^{Le}Housewarming, ^{Le}Mariah, ^{Le}Sanctuary,
^{Le}Stefanie, anethi, marjoram, orange sweet, oregano, ravensara
inhale; diffuse; dilute and apply to lung area on both the back and the chest*

RESTLESS LEG SYNDROME

*^{Le}Solitude, ^{Le}Visibility
support the thyroid and adrenal glands using ^{Le}EndoRelief and herbal supplements to increase the body's ability
to absorb calcium; increase your intake of good quality calcium*

RINGWORM

^{Le}Deliverance, ^{Le}NoMore, ^{Le}Purify, ^{Le}SpiceC, geranium, manuka, myrrh, patchouli, tea tree, thyme ringworm is a fungal infection; dilute the oils with distilled or purified water and apply with a cotton ball or soft sponge—a vegetable protein based carrier oil may give the fungus something to feed on, making the situation worse.

SANITIZE

*^{Le}Deliverance, ^{Le}Sunburst
dilute with water and use everywhere*

SARS (SEE “RESPIRATORY AILMENTS” FOR OTHER SUGGESTED ESSENTIAL OILS)

^{Le}Magi, ^{Le}Meditation, melissa

SCARRING

*^{Le}Baby Me, ^{Le}UnDone, ^{Le}Vallee, geranium, helichrysum, hyssop, jasmine, lavender, palmarosa, patchouli, rosewood, rose
dilute and apply often and generously*

SCIATICA

*^{Le}Baby Me, ^{Le}Deeper, ^{Le}MyGraine, ^{Le}Millenia, ^{Le}Paine, ^{Le}TendaCare, ^{Le}Vitality, celery seed
dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the leg; can be used in the bath or as a compress*

SELF-EXPRESSION

*^{Le}Acknowledge, ^{Le}HeartSong, ^{Le}Millenia
diffuse; use in the bath; wear as perfume*

SHINGLES

*^{Le}Deeper, ^{Le}Deliverance, geranium, ravensara
^{Le}Deeper and ravensara dilute and use for pain relief and tissue regeneration; use ^{Le}Deliverance to fight the virus*

SHOCK, TRAUMA

*^{Le}Believe, ^{Le}Crystal Clear, ^{Le}IQ, ^{Le}Revitalize, ^{Le}Turmoil, ^{Le}Vitality, basil, black pepper, calamus, lavender, melissa (heart), neroli, peppermint, rosemary
hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottoms of the feet*

SINUS

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, bay, cajeput, myrrh, niaouli, peppermint
inhale; diffuse; dilute and apply to sinus areas on the face or on the feet*

SKIN HEALTH

*^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Baby Me, ^{Le}Reconciliation, ^{Le}Sego Lily, ^{Le}Vallee, anethi, caraway, carrot seed, grapefruit, jasmine, laurel, lemongrass, lime, litsea cubeba, manuka, neroli, orange sweet, palmarosa (oily and dry), rosewood, rose, sage, violet leaf
dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)*

SKIN AND TISSUE REGENERATION

*^{Le}Reconciliation, ^{Le}Vallee, chaulmoogra, geranium, helichrysum, lavender, patchouli, rosemary
dilute and apply to the area*

SKUNK SPRAY ODOR (ON ANIMALS)

*^{Le}Purify
Dump one or two packages of liquid douche directly on the animal where it was sprayed. Add a few drops of ^{Le}Purify and massage in thoroughly. When dry, shampoo. ^{Le}Purify (quite a lot of it) added to water to soak fabric that has been sprayed) removes much of the odor.*

SLEEP APNEA

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Crystal Clear, ^{Le}GoodNite, ^{Le}IQ, ^{Le}Millenia
dilute and apply to the sinus areas or to the feet*

SLIMMING AND TONING

*^{Le}LiteN, ^{Le}LivN, ^{Le}Patches, ^{Le}Sego Lily, basil, grapefruit, lavender, lemongrass, orange, rosemary, sage, thyme
dilute and apply; I like to apply ^{Le}Patches to the places that I am concentrating on losing fat or cellulite, not
miraculous, but helpful*

SMOKING (SEE ADDICTIONS)

SNORING

*^{Le}Aspire, ^{Le}Breezey, ^{Le}GoodNite, ^{Le}Millenia (use in conjunction with one of the other listed oils)
place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are
used alternately, changing every few nights*

SORE THROAT

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}SpiceC
dilute and apply to the throat and the sides of the neck, including the area behind and under the ear*

SPINAL ALIGNMENT (SEE BACK)

*^{Le}Millenia
dilute with carrier and massage along the spine*

SPRAINS / SPORTS INJURIES

*^{Le}Deeper, ^{Le}Millenia (if any structure is out of place), ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, black
pepper, chaulmoogra, marjoram, sage, violet leaf
dilute in carrier oil and apply to the affected area; the carrier oil should contain arnica if there is any swelling*

SPIDER BITES

*^{Le}MelaPlus, ^{Le}Millenia, ^{Le}Purify, tea tree
apply a drop, undiluted, to the area*

STAINS

*lemon (pure; uncut with carrier)
place a little on the stain, rub it in and then launder*

STAMINA

*^{Le}EZ Traveler, ^{Le}Kadence, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Vitality
inhale; diffuse; dilute and apply to thymus area; use 1 - 2 drops in the bath (no more)*

STREP THROAT

*^{Le}Deliverance, ^{Le}SpiceC, melissa
dilute and apply to the throat*

STRESS

*^{Le}AboutFace, ^{Le}Believe, ^{Le}Benediction, ^{Le}Faith, ^{Le}Grace, ^{Le}HeartSong, ^{Le}Inner Peace, ^{Le}Key to My Heart,
^{Le}Letting Go, ^{Le}Meditation, ^{Le}QuietEssence, ^{Le}Sanctuary, ^{Le}Sego Lily, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Unity,
^{Le}Weightless, ^{Le}Wisdom, ^{Le}Whispering Hope, allspice, benzoin, sandalwood
inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower*

STRETCH MARKS

*^{Le}Baby Me, ^{Le}Sego Lily, jasmine, myrrh, rosewood
add to carrier oil (or open a vitamin E capsule, also very effective) and apply all over abdomen and hip area*

STROKE

*^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality
breathe deeply; apply to neck and forehead*

STRUCTURAL ALIGNMENT

^{Le}Millenia, ^{Le}WarmDown

apply to the area or to the feet (to save time and effort—and also the alignment seems to remain in place longer)

SUICIDAL DEPRESSION

*^{Le}AboutFace, ^{Le}Acknowledge, ^{Le}Angel, ^{Le}HeartSong, ^{Le}Letting Go, ^{Le}Whispering Hope
diffuse; inhale; wear as a perfume or cologne*

SUNBURN (SEE BURNS)

SUNSCREEN

helichrysum

dilute with carrier (coconut oil is especially nice) and apply to the skin

TEETH GRINDING

^{Le}Dreams, ^{Le}GoodNite, ^{Le}Tranquility

diffuse during the night or place a drop on the pillow

TENDONS, DAMAGED

^{Le}Deeper, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, birch

dilute and apply regularly to the area until it is completely healed

THRUSH (SEE CANDIDA)

THYROID

^{Le}EndoRelief (hyper- or hypo- types), ledum, myrtle, palmarosa

hyper—apply under big toes

hypo—apply on top of big toes

TICKS

^{Le}Purify or thyme and lavender

1 or 2 drops of ^{Le}Purify or thyme backs the tick out, then 1 drop of lavender every 5 minutes to prevent infection and swelling

TICKS, REPEL

rose geranium and palmarosa

mix 2 tablespoons of vegetable oil with 15 drops of rose geranium and 10 drops palmarosa; add 1 teaspoon of above mixture to 1 cup of water and mist to repel ticks

TMJ

^{Le}Deeper, ^{Le}Magi, ^{Le}Meditation, ^{Le}Millenia, ^{Le}TendaCare, ^{Le}WarmDown

^{Le}Millenia diluted and applied along the jaw line will help the jaw to realign; ^{Le}WarmDown, ^{Le}TendaCare,

^{Le}Deeper will reduce the pain and inflammation; ^{Le}Magi, ^{Le}Meditation are for the emotional aspects of the tension that is being held in the jaw

TOE NAIL FUNGUS

^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}NoMore, ^{Le}SpiceC

add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil is recommended)

TOOTHACHE

*^{Le}Purify, chamomile Roman, clove, spearmint
apply on the gums at the location of pain/problem and along the jawbone*

TOXEMIA

*^{Le}Key to My Heart, ^{Le}Vitality, cypress
dilute for massage; diffuse; inhale deeply*

TRAUMA

*^{Le}LifeForce, ^{Le}Turmoil, angelica, peppermint
dilute and apply to the chest and the feet; diffuse; place anywhere on the body*

TUMORS, CANCER

^{Le}AboutFace, ^{Le}Revitalize, anthopogon, frankincense, mountain savory

VARICOSE VEINS

*^{Le}Key to My Heart, ^{Le}Sunburst, ^{Le}Visibility, ^{Le}Vitality, copaiba balsam, cypress, lemongrass
dilute for massage or application to area of concern; use in a bath*

VERTIGO

*^{Le}EZ Traveler, ^{Le}InsideOut, ^{Le}Kadence, ^{Le}Millenia, calamus, melissa, melissa blend, tangerine
diffused; inhaled, carry with you in an inhaler; place on the wrists or temples*

VIRAL INFECTION

*^{Le}Deliverance, ^{Le}Discernment, ^{Le}EndoRelief, ^{Le}Journey, ^{Le}LifeForce, ^{Le}SpiceC, melissa, oregano, thyme
dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler*

VITALITY

*^{Le}EndoRelief, ^{Le}Energy, ^{Le}Everlasting, ^{Le}Kadence, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Vitality, peppermint
dilute and apply to the chest or the feet; diffuse*

VITAMIN ABSORPTION

*^{Le}Eternity, ^{Le}EZ Traveler, calamus, pine
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne*

YEAST INFECTION (SEE CANDIDA)**WARTS**

*^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}Purify with clove, manuka
Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful.*

WEIGHT LOSS

*^{Le}LiteN, ^{Le}LivN, ^{Le}Weightless, anise, celery seed, ledum, lemongrass, neroli
dilute, apply to the body or to the bottoms of the feet; the aroma of ^{Le}Weightless is often effective to curb food cravings*

WORMS (SEE PARASITES)**WRINKLES**

*^{Le}AgeLess, ^{Le}Sego Lily, carrot seed, frankincense, geranium, myrrh, orange sweet, rosewood, rose, sandalwood
dilute with almond oil or carrier oil and apply to areas of concern*

ZEST (FOR LIVING)

*^{Le}Assurance, ^{Le}Energy, ^{Le}Exhilaration
diffuse; inhale; wear as perfume*