

USES for Starter Kit Essential Oils – People

Copaiba: Tapped directly from the copaiba tree in Brazil, it includes the naturally occurring constituents beta-caryophyllene and alpha-humulene. Copaiba helps regulate the body's natural immune response and supports the body's natural response to irritation and injury. It also supports healthy lungs, respiratory tract, sinuses and throat. When taken as a dietary supplement, it supports a healthy digestive system and a strong immune system.

- Apply topically, neat or diluted, on areas of pain or stiffness, on stressed or sore muscles, and for other physical discomforts to support the body's natural response. May reduce muscle spasms and acute inflammation associated with exercise.
- Ingest 1-3 drops in a capsule or in a spoonful of honey or glass of water. Mix with honey and warm water to make a soothing tea for the throat. Gargle 1-3 drops in warm water.
- Diffuse or inhale to help create a relaxing, calm atmosphere.
- Mix 2-4 drops into a moisturizer and apply to face, neck, hips, stomach, arms and thighs to nourish the skin and promote a youthful appearance. May be used on insect bites.

Di-Gize: This combination of eight essential oils is formulated to aid proper digestive function and soothe digestive discomforts. Di-Gize may calm anxious tummy and may help calm digestive congestion. It also helps relieve unease due to motion, travel, and emotional distress. Dilute and apply topically or take as a dietary supplement.

- Combine 1-2 drops in some honey for a tasty snack.
- Dilute and rub a few drops on the abdomen as needed to soothe digestive discomforts.
- Inhale from the hands or bottle to ease motion distress.
- Add 1 drop to water, tea or plant-based milk and drink in the morning or night to aid digestion.
- Add 1 drop to water plus 1 drop peppermint for a stimulating beverage.
- Add 1-2 drops to a vegetable capsule with carrier oil and take internally with a meal.
- Drink in water as a dietary supplement when traveling abroad.

Frankincense: This “holy anointing oil” has been used in religious ceremonies for thousands of years and was “used to treat every conceivable ill known to man” during ancient times. It is one of the top skin oils. It includes the naturally occurring constituents boswellic acid and alpha-pinene and offers all-over body support. Versatile and restorative for the whole family. Diffuse, inhale, apply topically neat or diluted, or take as a dietary supplement.

- Diffuse during meditation for grounding and purpose. Apply to wrists, temples, forehead or behind ears.
- Rub on face and skin to help smooth and promote the appearance of healthy-looking, beautiful skin; add a drop to moisturizer and apply daily.
- Diffuse for negative or stressful feelings or inhale deeply from hands or bottle. Breathe deeply for emotional support and grounding as often as needed.
- Diffuse and/or apply topically on chest and over lungs for respiratory support.
- Rub on the soles of the feet daily for immune support and overall body support.

- Drip 1 drop under the tongue, add to beverage or add 1-2 drops to a capsule and ingest for daily support.

Lavender: Very versatile and an adaptogen, lavender is nicknamed the “swiss army knife” of essential oils. It is well-known for its relaxing properties and promotes an increased sense of balance and well-being. One of the top oils to support healthy skin. Diffuse, inhale directly, apply topically neat or diluted, or take as a dietary supplement.

- Diffuse for a good night's sleep. Rub on the soles of the feet at bedtime. Place a few drops on a pillow or stuffed animal. Massage into neck and shoulders.
- Breathe deeply to reduce mental stress. Diffuse to calm children. Rub on paws of overactive pets.
- Apply to skin after it gets heat-stressed, blistered, chapped, bruised, scraped or itchy. Dilute with aloe vera gel or carrier oil if desired. Repeat as necessary.
- Mix 6-8 drops to ¼ cup salt or baking soda or with bath gel and add to a hot bath to relax at the end of the day.
- Add to your favorite beauty and skin care products (great for all skin types plus scalp).
- Massage on temples for head discomfort. Massage sore muscles, restless legs, cramps.
- 1 drop under the tongue or swiped inside the cheeks or rub over sinus area for sinus support as needed.

Lemon: Pressed from the rind, lemon oil includes the naturally occurring constituent limonene, a potent antioxidant that studies show may block cell-damaging chemicals. It boosts mood, promotes clarity of thought and purpose, and may improve concentration. Lemon oil has been shown to be effective in cleansing the liver and boosting the immune system. Diffuse, inhale directly, dilute and apply topically (caution: photosensitive), or take as a dietary supplement.

- Diffuse to freshen the home and uplift emotions; wonderful to combine with frankincense (uplifting) or peppermint (energizing)
- Add 1-2 drops to a glass of water or your favorite beverage (glass or stainless steel only). Or put in capsule.
- Powerful stain remover; works well for removing gum, wood stain, oil, and grease spots.
- Add to water in steam cleaners; add to dishwasher for spot-free dishes; dilute with mineral oil to polish furniture; combine with baking soda to scrub bathroom and kitchen surfaces; combine with water in spray bottle to clean countertops and deodorize the air.
- Enjoy in all your favorite recipes to add a wonderful and healthy lemon flavor.

PanAway: This blend features the naturally occurring constituents methyl salicylate, gamma-curcumene, and menthol and has pain-relieving properties. Dilute and apply topically to soothe soreness in the body, relieve discomfort, and aid the body's natural response to irritation and injury. Has a stimulating aroma.

- Dilute with carrier or massage oil and apply topically to areas of concern as often as needed. Reduces discomfort in the body from exercise, bumps, bruises, muscle spasms or cramps, aches, sprains, joint discomfort, head or neck tension, or backaches.
- Mix 3-5 drops to bath gel or to ¼ cup salt or baking soda and add to bath water for a soothing soak.
- Dilute and apply to abdomen or lower back followed by warm compress for menstrual cramps.
- Supports the appearance of healthy skin discoloration.

Peppermint: Peppermint is one of the oldest and most highly regarded plants for supporting normal digestion and efficiency of the digestive tract. It promotes healthy intestinal function and gastrointestinal system comfort. Peppermint oil increases mental accuracy, energy and alertness, and helps relieve tension and discomfort of the neck and head. Dilute and apply topically, diffuse, inhale directly or take as a dietary supplement.

- May enhance performance and invigorate muscles during exercise when added to water during physical activity. Use after exercise to reduce fatigue. Rub on sore muscles.
- Dilute and apply to temples and back of neck to relax muscular tension.
- Add 1 drop to water, tea, or your favorite beverage and sip to aid digestion.
- Diffuse or inhale or 1 drop on tongue to improve alertness, focus, and mental accuracy.
- Great to use on hot days to cool off – apply to head/neck or mix with water in a spray bottle. Rub on soles of the feet or navel to lower body heat.
- Mix 6 drops in ¼ cup salt or baking soda and add to a footbath to relieve sore feet.
- Inhale often throughout the day to curb appetite or various cravings.
- Is a “driver” which means when layered on the skin last it helps drive other oils in deeper

Purification: This fresh, herbaceous blend cleanses and purifies the air and neutralizes disagreeable odors. When diffused in the air, Purification eliminates mildew, cigarette smoke, and pet odors which is an ideal alternative to using chemical-filled sprays in the home. It also cleanses, soothes, and purifies the skin. Diffuse or apply topically.

- Diffuse to freshen the air and get rid of disagreeable odors in your home.
- Put a few drops on cotton balls and place in closets, shoes, or cars to deodorize air.
- Use on insect bites to cleanse and neutralize insect poison and relieve itchiness.
- Apply topically to enjoy the outdoors annoyance free. Or use in spray bottle with water (may mix oil with some salt or witch hazel first before adding to water).
- For carpets, pets, and other cleaning needs such as bathroom surfaces, take 1 cup of baking soda and 20 drops Purification, mix well, and sprinkle where needed.
- Apply on blemishes, cuts, and scrapes to clear skin.
- Make a toner for blemishes and pimples by diluting with water in a spray bottle and misting on face; or apply directly with a cotton round undiluted.

RC: This essential oil blend is a unique combination of cypress, spruce, pine, myrtle, and three types of eucalyptus oils and is formulated to support a healthy respiratory system, lungs, and sinuses. It includes the naturally occurring constituents eucalyptol, limonene, linalol, linalol acetate, and camphene. R.C. also supports the immune system. Dilute and apply topically, diffuse, or inhale directly. Invigorating when applied, especially to the chest and throat area.

- Diffuse and apply topically to alleviate respiratory congestion.
- Add RC to a bowl of steaming hot water. Place a towel over the head and inhale steam.

- Make a hot compress to soothe chest. Put 15 drops of RC in 2 cups of hot water in a bowl. Wet a towel, ring it out, and put it on the chest with a dry towel on top.
- Dilute and apply RC to the throat, neck, chest, or sinus areas to support healthy respiratory function. May help relax muscles in the chest and may ease snoring.
- Diffuse in bedroom or drop on a pillow at bedtime to support healthy respiration and a comfortable environment. Massage 2-3 drops on the feet before bed.
- Rub over throat or gargle 1 drop in water to ease throat discomfort.

Stress Away: This unique, soothing blend brings feeling of peace and tranquility to both children and adults and helps to relieve daily stress and nervous tension. One of the top emotion oils. Containing the naturally occurring constituents alpha-caryophyllene, beta- humulene, limonene, cedrol, and linalool, Stress Away promotes relaxation, restores equilibrium, and improves mental response. Diffuse, inhale directly, apply topically, or take as a supplement.

- Diffuse or inhale to feel calm, relaxed, positive, and balanced.
- Dilute with carrier oil for an uplifting neck and shoulder massage.
- Rub on any areas of discomfort or tension including tension headaches.
- Drink 1-2 drops in a glass of water or your favorite beverage any time for a healthy flavor boost.
- Diffuse at bedtime or rub a few drops on the soles of the feet at night.
- Take bottle along in purse, briefcase, or backpack. Apply to inner wrists, neck, temples, or behind the ears as often as desired to relieve daily stress.

Thieves: This amazing, one-of-a-kind blend contains a combination of oils designed to support a healthy immune system and respiratory system. Containing the naturally occurring constituents limonene, eugenol, and eucalyptol, Thieves helps maintain healthy respiratory and immune systems when taken as a dietary supplement. Dilute well and apply topically, diffuse or inhale directly, or take as a dietary supplement.

- Place 1-2 drops in a capsule with carrier oil and ingest to support healthy immunity and a wellness regime.
- Diffuse in the home to help purify the air and provide immune protection in the house. Thieves may significantly reduce the number of air-borne germs that may negatively affect you. Studies show it has powerful effects against Black Mold.
- Apply neat to the soles of the feet of the family every morning for daily immune support.
- Dilute well with carrier oil and apply over the thymus.
- Add 1 drop to a glass of water and gargle for throat discomfort (blend with salt first to disperse)
- Drink 1 drop in warm water or tea (blend with honey first to help disperse) as part of a daily wellness regimen.
- For head discomfort, place 1 drop on thumb and press against the roof of the mouth.
- For healthy gums and mouth, add 1 drop to toothpaste or blend with water and baking soda for mouthwash.
- Add 2 drops to a wet cloth and put in clothes dryer; add to mop water for cleaner floors; add to dishwasher for cleaner dishes; add to laundry cycle for cleaner clothes.