



Quick REFERENCE CARD

***Bold**=Most Popular Choice

CONDITION	ESSENTIAL OILS	APPLICATION
Acne/Skin	Ageless , Baby Me , Sego Lily Geranium, Niaouli, Rosewood	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 a contributing factor).
ADHD	Millenia , Tranquility , Victory	Dilute and apply Millenia along the spine and/or feet. Diffuse Tranquility , especially during the early hours of the night. Carry an essential oil diffuser of either one, or both.
Adrenal Glands	Austyn , EndoRelief , Energy , LiteN , Basil, Rosemary	Dilute well and apply to affected area or to the feet; dilute particularly well when using Energy .
Allergies	Aspire , Breezey , Life Force , Seasons , Eucalyptus, Lavender	Inhale, diffuse or wear as perfume.
Anxiety	Letting Go , Quiet Essence , Tranquility , Chamomile Roman, Lime, 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. Diffuse, wear on the wrists or as a perfume, or use in a bath.
Arthritis	Deeper , Paine , Patches , Reflections , Peppermint	Apply (usually diluted) on affected area. Particularly effective when used in a bath.
Asthma	Aspire , Breezey , Exhale , Mariah , Stefanie , Peppermint	Apply over lungs (front and back) and throat. Diffuse, or put on a cotton ball or cloth to inhale (not inhaled during attack). Place on pad of foot.
Athlete's Foot	Deliverance , MelaPlus , NoMore , SpiceC , Manuka, Tea Tree	Apply to feet (might dilute with distilled water).
Autoimmune Disorders	Ageless , CinnamonBear , Housewarming , LifeForce , Revitalize , Patchouli	Dilute and apply to the chest area and to the bottoms of the feet, or diffuse.
Back Pain	Deeper , Fortitude , Intensity , Millenia , Patches , WarmDown	Dilute and massage along the spine.
Bleeding	Kadence , MelaPlus , Vitality , Capsicum, Helichrysum, Yarrow	Apply undiluted to the area.
Blisters	Lavender with Chamomile	Apply 1 drop, blot gently with a clean cloth.
Bronchitis	Aspire , Breezey , Deliverance , Exhale , SpiceC , Stefanie , Eucalyptus	Dilute in a carrier and apply to the chest, diffuse, or place a few drops on the pillow.
Bruises	Millenia , Paine , Patches , TendaCare , Helichrysum , Marjoram	Best if applied in a base such as arnica oil.
Burns	Vallee , Carrot Seed, Geranium, Helichrysum, Lavender, Niaouli, Rose	Nothing beats lavender applied to a burn (except Miracle Salve with extra helichrysum and lavender added). Vallee is for rebuilding of skin and muscle tissue after the wounds have closed.
Canker Sores / Cold Sores	Deliverance , Diminish , RefreshMint , Simplicity , SpiceC , Chamomile	Rinse mouth with water in which a drop of oil has been added. Apply a drop of Diminish directly to cold sores.
Charley Horses	Patches , TendaCare , WarmDown	Dilute and apply to the affected area.
Chronic Fatigue	Eternity , Kindred Spirit , Inner Peace , IQ , Revitalize	Dilute and apply to the chest and the feet. All of the oils will be of benefit if diffused.
Colds	Aspire , Breezey , Deliverance , EndoRelief , Journey , LifeForce	Diffuse, place on a tissue and sniff, use in a tub, or place on forehead, temples, back of neck, and chest.
Colic	InsideOut , Julia , Fennel, Ginger, Orange Sweet, Peppermint	Dilute and apply to abdominal area.
Coughs	Aspire , Breezey , Exhale , Holiday Spirit , Mariah , Opopanax	Dilute and apply over the lungs (both front and back) and on the throat, diffuse or inhale.
Cuts (Infected)	Deliverance , MelaPlus , Lavender	Apply diluted, usually with water.
Dandruff	Delicate , Laurel, Lavender, Sage	Add a few drops to your normal shampoo.
Depression	Beloved , Cherish , HeartSong , Sego Lily , Tranquility , Unity	Diffuse or wear as perfume, apply to heart chakra, use in the bath, or carry in an essential oil inhaler wherever you go.
Diaper Rash	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	InsideOut , Cardamom, Carrot Seed, Ginger, Mandarin, Orange Bitter	Dilute and apply to the abdomen.
Earache	EndoRelief , Life Force , Millenia , Basil, Garlic, Lavender	Dilute in carrier oil and then massage behind the ear. Garlic oil must be diluted. EO from Butterfly Express contains garlic and is highly recommended.
Energy, Improvement of	Bountiful , Energy , LivN , Revitalize , WakeUp , Peppermint	Dilute and apply to bottoms of feet.
Energy Protection	Angel , Benediction , HeartSong	Apply to shoulders and wrists.
Fever	LifeForce , ThermaCare , Eucalyptus, Lavender, Yarrow Yellow	Dilute LifeForce and apply to spine. Dilute lavender and ThermaCare and apply to back of neck and the feet.
Gas	InsideOut , Julia , Synopsis , Lavender, Ginger, Peppermint	Dilute and apply to the abdomen.
Grief	Cherish , Faith , Grace , HeartSong , Sego Lily , Solace , Whispering Hope	Diffuse, especially at bedtime. Apply to wrists as a perfume, enjoy in the tub or as a massage oil.
Headaches	Balance , Crystal Clear , Deeper , Mygraine , Patches , Sweet Relief	Massage onto the arteries in the neck. Diffusing is also effective, consider carrying an essential oil inhaler.

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Heart Palpitations	^{Le} Grace, ^{Le} Kadence, ^{Le} Key to My Heart, ^{Le} Vitality, Marjoram, Neroli	Apply diluted to chest, or inhale, or 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 the chest over the thymus.
High Blood Pressure	^{Le} Kadence, ^{Le} Key to My Heart, ^{Le} Tranquility, ^{Le} UnDone, ^{Le} Vitality, Lavender	Apply over the heart, diffuse, or use in a relaxing bath.
Hives	^{Le} Baby Me, ^{Le} MelaPlus, ^{Le} Sego Lily, Chamomile German, Peppermint, Yarrow	Dilute in carrier oil, massage over area. Use 4 drops in 1/4 cup of baking soda in the bath.
Hot Flashes	^{Le} Balance, ^{Le} EndoRelief, Yarrow Green	Apply these oils, diluted, around the bone on the inside of the ankles.
Indigestion	^{Le} EZ Traveler, ^{Le} InsideOut, ^{Le} Julia, ^{Le} LiteN, ^{Le} Revitalize, Peppermint	Dilute and apply to stomach and colon area, along spine or on the bottoms of the feet.
Inflammation	^{Le} Cypnerium, ^{Le} Deeper, ^{Le} Paine, ^{Le} Patches, ^{Le} WarmDown	Dilute and apply to affected muscles or joints.
Insect Bites / Stings	^{Le} MelaPlus, ^{Le} Purify, Basil, Lavender, Niaouli, Tea Tree	Apply 1 drop undiluted to the affected area.
Insect Repellent	^{Le} BeGone, ^{Le} Purify, Citronella, Opoponax, Peppermint	Dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on. Do not apply using a carrier oil. Avoid contact with the eyes.
Insomnia	^{Le} Dreams, ^{Le} GoodNite, ^{Le} QuietEssence, ^{Le} Sanctuary, ^{Le} Solitude, ^{Le} Tranquility	Apply 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.
Kidneys	^{Le} Cherish, ^{Le} EndoRelief, ^{Le} Letting Go, ^{Le} Reflections, ^{Le} Vitality	Apply as a compress over the kidneys. Be sure to drink plenty of distilled water.
Memory Loss	^{Le} Crystal Clear, ^{Le} Eternity, ^{Le} Focus, ^{Le} IQ, ^{Le} WakeUp, Ginger, Peppermint	Inhale or diffuse. Be sure that the diet includes a wide variety of vitamins and minerals from whole food sources.
Menstrual Symptoms	^{Le} Baby Me, ^{Le} Beloved, ^{Le} Faith, ^{Le} QuietEssence, ^{Le} Unity, ^{Le} Woman Wise, Marjoram	Apply on abdomen and back, or use in a bath. Consider using with a BBL tincture.
Morning Sickness	^{Le} EZ Traveler, ^{Le} InsideOut, ^{Le} Intention, ^{Le} Grapefruit, Orange Sweet	Place a drop or two of oil behind ears or inhale.
Muscle Spasms	^{Le} Breezey, ^{Le} Paine, ^{Le} Patches, ^{Le} TendaCare, ^{Le} WarmDown, Marjoram, Peppermint	Dilute with carrier oil, and massage the affected areas.
Nausea	^{Le} EZ Traveler, ^{Le} InsideOut, ^{Le} Julia, ^{Le} MyGraine, Ginger, Peppermint	Apply over stomach and colon, behind ears, or place on cotton ball (in purse, etc.) and sniff frequently.
Nerve Pain	^{Le} Deeper, ^{Le} Paine, ^{Le} Sweet Relief, ^{Le} UnDone	Dilute and apply to the affected areas.
Nightmares	^{Le} Believe, ^{Le} Dreams, ^{Le} GoodNite, ^{Le} Sanctuary	Diffuse or place a drop or two on the pillow.
Overwhelmed	^{Le} AboutFace, ^{Le} Acknowledge, ^{Le} Beloved, ^{Le} Connection, ^{Le} Grace, ^{Le} Whispering Hope	Diffuse, wear as perfume, use in a bath, or use on acupressure points on the ears.
Parasites	^{Le} InsideOut, ^{Le} Revitalize, ^{Le} SafeGuard, Bergamot, Turmeric	Dilute and apply over abdominal area.
PMS	^{Le} Balance, ^{Le} Deeper, ^{Le} Quiet Essence, ^{Le} Synopsis, ^{Le} Woman Wise	Dilute and apply to the abdomen and the small of the back.
Pneumonia	^{Le} Aspire, ^{Le} Breezey, ^{Le} Mariah, ^{Le} Stefanie, Cedarwood, Manuka, Oregano	Inhale, or apply on back and chest.
Prostate	^{Le} Balance, ^{Le} EndoRelief, ^{Le} WomanWise, Basil, Myrtle, Peppermint	Diffuse or place anywhere on the body.
Rashes	^{Le} Baby Me, Carrot Seed, Howood, ^{Le} Lavender, Myrrh, Patchouli, Rosewood	Depending on the type of rash, dilute with either distilled water or a carrier oil.
Scarring	^{Le} AboutFace, ^{Le} Baby Me, ^{Le} UnDone, ^{Le} Vallee, Geranium, Helichrysum	Dilute and apply often and generously.
Shock, Trauma	^{Le} Crystal Clear, ^{Le} IQ, ^{Le} Revitalize, ^{Le} Turmoil, ^{Le} Vitality, Rosemary	Hold one of the listed oils under the nose like smelling salts, or dilute and apply to the bottoms of the feet. The homeopathic <i>Rescue Remedy</i> is the best treatment for shock.
Sore Throat	^{Le} Aspire, ^{Le} Breezey, ^{Le} Deliverance, ^{Le} EndoRelief, ^{Le} SpiceC, Allspice, Benzoin	Dilute and apply to the throat and the sides of the neck, including the area behind and under the ear. Dilute and gargle ^{Le} SpiceC.
Stomach Flu	^{Le} Deliverance, ^{Le} InsideOut, ^{Le} Julia, Peppermint	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.
Stress	^{Le} Benediction, ^{Le} Grace, ^{Le} HeartSong, ^{Le} Letting Go, ^{Le} Tranquility, ^{Le} Unity	Inhale, diffuse or wear as perfume. Apply over the thymus or heart chakra areas, or use in a bath or shower.
Toenail Fungus	^{Le} Deliverance, ^{Le} MelaPlus, ^{Le} NoMore, ^{Le} SpiceC	Add a few drops to water and soak feet, or apply locally to the area (diluting with water rather than a carrier oil).
Toothache	^{Le} Purify, Chamomile Roman, ^{Le} Clove	Apply on the gums at the location of pain/problem and along the jawbone.
Viral Infection	^{Le} Deliverance, ^{Le} Diminish, ^{Le} Journey, ^{Le} LifeForce, ^{Le} SpiceC, Melissa	Dilute and apply to bottoms of feet and to the chest. Carry an essential oil inhaler.
Warts	^{Le} Deliverance, ^{Le} MelaPlus, ^{Le} Purify with Clove, Manuka	Apply 1-2 drops to wart several times a day, rubbing in well.