

Natural Aromatherapy Home Remedies from

A to Z



This is for educational purposes only. Consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions.

Acné

Allergies
Aches & Pains

Tea Tree Oil (melaleuca), Geranium, Vetiver, Lavender, Patchouly, Chamomile, Rosewood, Cedarwood, Melrose, Gentle Baby, Purification, JuvaFlex, JuvaCleanse
Lavender, Ledum, Chamomile, Harmony, Valor, Juva Cleanse
PanAway, Peppermint, Relieve It, Wintergreen, Aroma Siez

Blisters

Bone Spur
Bruises
Burns (minor)

Lavender, Sandalwood, Melissa, Melrose, Purification
RC, Wintergreen, Peppermint
Cypress, Helichrysum, Lavender, Geranium
Lavender, Idaho Bal. Fir, Helichrysum, Blue Cypress, Gentle Baby, Australian Blue

Canker Sores

Colds (minor)

Constipation

Melissa, Clove, Lavender, Thieves, Australian Blue
Peppermint, Thyme, Oregano, Melaleuca alternifolia, Rosemary, Mountain Savory, Thieves, Australian Blue, Purification, ImmuPower, RC, Christmas Spirit
Ginger, Peppermint, Fennel, Tarragon, DiGize

Diarrhea

Dizziness

Peppermint, Nutmeg, Ginger, Oregano, Mountain Savory, DiGize, Thieves
Cypress, Tangerine, Peppermint, Basil, Aroma Life, Clarity, Thieves

Ear Ache

Eczema

Thyme, Lavender, Melaleuca alternifolia, Rosemary, Melrose, Purification, PanAway
Cedarwood, Lavender, Rosewood, Tender Tush Ointment

Fever (minor)

Food Poisoning

Peppermint, Eucalyptus radiata, Lavender, Rosemary, Ledum, ImmuPower, Melrose
Tarragon, Patchouly, Rosemary, Peppermint, DiGize, Exodus II, Thieves

Gingivitis

Mtn. Savory, Clove, Melaleuca alternifolia, Peppermint, Wintergreen, Exodus II, Thieves
Thieves Mouthwash, Dentarome toothpaste

Halitosis

Hot Flashes

Nutmeg, Peppermint, Spearmint, Lemon, Cinnamon, Thieves
Sage, Clary Sage, Peppermint, Mister, Dragon Time, Endo Flex

Insect Bites

Insomnia

Lavender, Citronella, Tea Tree (melaleuca), Peppermint, Purification, Melrose, PanAway
Valerian, Lavender, Cedarwood, Lemon, Idaho Balsam Fir, RC, Harmony, Gentle Baby

Joint Pain

Spruce, Douglas Fir, Elemi, Idaho Balsam Fir, Wintergreen, PanAway, Relieve It

Kidney Stone

Wintergreen, Geranium, Juniper, Helichrysum, Fennel, Lemongrass

L	Liver Spots	Idaho Tansy, JuvaCleanse, Lavender
	Lung Congestion	Rosemary, Ravensara, Thyme, Wintergreen, Oregano, Idaho Balsam Fir, Exodus Immupower, RC, Thieves, Purification
M	Menstrual	Clary Sage, Sage, DiGize, Lavender, Roman Chamomile, Tarragon, Cypress
	Muscle Cramps	Rosemary, Cypress, Marjoram, Lavender, PanAway, Relieve It
N	Nausea	Peppermint, Patchouly, Ginger, Nutmeg, DiGize
	Nosebleed	Helichrysum, Geranium, Lavender, Cypress
O	Oral Hygiene	Clove, Peppermint, Thieves, Dentarome (Ultra/Plus), Thieves Mouthwash
P	Pain (muscle)	Peppermint, Wintergreen, Marjoram, Basil
	Pink Eye	Purification, 3 Wise Men, ImmuPower (diffuse at night while sleeping, never put oils in eyes!)
R	Rash	Lavender, Cedarwood, Roman Chamomile, Tender Tush, Rose Ointment
	Ringworm(fungus)	Tea Tree Oil (melaleuca), Melrose, Lavender, Australian Blue
S	Sinus Problem	Eucalyptus radiata, Thyme, Ravensara, RC, Thieves, Exodus II
	Snoring	Peace & Calming, Lavender
	Stress	Lavender, Chamomile, Blue Tansy, Marjoram, Frankincense, Humility, Valor, Joy
	Stomach Ache	DiGize, Peppermint
T	Teething Pain	Lavender, Thieves, Clove (diluted for children!)
	Throat Pain	Lavender, Lemon, Thieves, Clove, Cinnamon, Citrus Fresh, Thieves Mouthwash
	Trauma (emotional)	Idaho Balsam Fir, Frankincense, Lavender, Valerian, Peace & Calming, Joy, Trauma Life
U	Ulcers	DiGize (formerly DiTone), Lavender, Peppermint, Lemon (add to water, drink lots of water)
V	Varicose Veins	Lavender, Cypress, Helichrysum
W	Wounds(minor)	Lavender, Cypress, Helichrysum
X	X-ray Poisoning	Melaleuca alternifolia, Neroli, Melrose
Y	Yeast Infection (topical/skin type)	Tea Tree Oil (melaleuca), Lavender, Cedarwood
Z	-Z-Z's	Lavender, Peace & Calming, Roman Chamomile
& Zoo	Care	Oils are for animals, too! (Refer to the EODR for application)



Aromatherapy works best with good nutritional support. Please check individual label precautions when using essential oils. Refer to Young Living's guidelines for safe use. Essential oils can react with toxins built up in the body from chemicals in food, water and work environments. Certain oils may cause a burning sensation and should be diluted. For detailed information please refer to the Essential Oils Desk Reference available at: www.essentialscience.net Look for current research on essential oils at www.pubmed.com. Search engine available.

For more information please contact: