

162 uses for Young Living's Everyday Oils

Welcome to the wonderful world of Essential Oils.

Here are 10 reasons why *you should never leave home* without your Essential Oils:

1. You or someone you know might have a mishap or accident.
2. You might be sleepy after lunch and have trouble concentrating.
3. You might have eaten something that did not agree with you.
4. You might have dry or chapped skin.
5. You might be stuck in traffic and feel agitated.
6. You might find yourself in a public restroom that doesn't have soap or hot water.
7. You might get stung by a bee or other insect.
8. You might suffer the discomfort of a headache.
9. You might have sore muscles after exercising.
10. You just simply want to smell good and feel even better!

Read on for more ideas on how to enjoy each of these ten powerful oils!

Value of the Everyday Oils Collection:

The Everyday Oils Collection is dedicated to the essential oil fan. This collection was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The collection contains five single oils (Frankincense, Lavender, Lemon, Peppermint, and Melaleuca Alternifolia) and five essential oil blends (PanAway, Purification, Thieves, Stress Away and Joy).

How to use your Everyday Oils:

Dietary Supplements: All of the single oils and blends may be taken internally and used as dietary supplements.

Diffuse: All of the oils may be diffused. The diffuser from YLEO is a special air pump that is custom designed to disperse the oils in a micro-fine vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. Diffusing also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective.

Direct Application: All of the oils can be applied to the Vita Flex points on the feet, added to bath water (except Thieves oil), mixed with YLEO's Bath Gel Base, applied topically or used with body and foot massage.

Frankincense: *Frankincense (Boswellia carteri) has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair. Frankincense is considered the holy anointing oil in the Middle East, where it has been used in religious ceremonies for thousands of years. More recently, it has been used in European and American hospitals and is the subject of substantial research. Frankincense is also a valuable ingredient in skin care products for aging and dry skin. The ancient Egyptians used it in rejuvenation face masks.*

1. Rubbing Frankincense on your head could bring a calming effect from occasional anxiousness.
2. Rubbing a drop of Frankincense oil on your feet may cause a calming effect on the body.
3. Putting a drop of Frankincense oil on a wart may cause it to disappear.
4. Putting 1-2 drops of Frankincense oil may relieve a cold sore and its discomfort.
5. Dropping Frankincense oil on skin issues may cause them to clear up.
6. Placing several drops of Frankincense oil on a foot injury may help the pain and speed up the healing process.
7. Placing a drop of Frankincense oil with a carrier oil around the bony part of the eye may assist your vision.
8. Rubbing a drop of Frankincense oil over the bridge of the nose may help to unblock your lack of smell.
9. Rubbing Frankincense oil on dry or chapped skin may bring relief.
10. Rubbing a drop of Frankincense oil on an incision after surgery may reduce the chance of infection and may also help promote healing.

Lavender: *The most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing—physically and emotionally.*

11. Rubbing Lavender oil on the feet may cause a calming effect on the body.
12. Rubbing a drop of Lavender oil on your palms and smoothing it on your pillow may help you sleep.
13. Putting a drop of Lavender oil on a bee sting or insect bite may soothe itching, stinging and discomfort.
14. Putting 2-3 drops of Lavender oil may soothe a minor burn.
15. Dropping lavender oil may soothe a cut.
16. Mixing several drops of Lavender oil with V-6 Vegetable Oil and used topically may be soothing to skin irritations.
17. Possible help in alleviating the symptoms of motion sickness is to place a drop of Lavender oil on the end of the tongue, around the naval or behind the ears.
18. Rubbing a drop of Lavender oil over the bridge of the nose may help to unblock tear ducts.
19. Rubbing Lavender oil on dry or chapped skin may bring relief.
20. Rubbing a drop of Lavender oil on chapped or sunburned lips may help discomfort.
21. Possible help in reducing and/or minimizing the appearance of scar tissue may be to try massaging Lavender oil on and around the area.
22. Rubbing 2-4 drops of Lavender oil over the armpit area may help act as a deodorant.
23. Rubbing a drop of Lavender oil between your palms and inhaling deeply may help in alleviating the discomfort of airborne pollen and/or dust.
24. Rubbing several drops of Lavender oil onto the scalp may help with flaking.
25. Placing a few drops of Lavender oil on a cotton ball and placing in your linen closet to scent the linens and may help repel moths and insects.
26. Placing a drop of Lavender oil in your water fountain may help to scent the air and help sanitize and prolong the time between cleanings.
27. Placing a few drops of Lavender oil on a wet cloth and throwing into the dryer, may help to deodorize and freshen your laundry.
28. Diffusing Lavender oil may support the body's natural defenses against airborne sensitivities to the skin and immune system.
29. Spritzing several drops of Lavender oil mixed with distilled water on a sunburn may help soothe it.

30. Dropping Lavender oil on a cut may help clean the wound, sanitize and soothe it.
31. Applying 2-3 drops of Lavender oil to a rash may help heal and soothe the skin.

Lemon: *has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.*

32. Using 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with distilled water may help in the bathroom as an air freshener.
33. Using 1-2 drops of Lemon oil may remove gum, oil, grease spots or crayon.
34. Using 1 drop of Lemon oil may help add flavor to baked goods or beverages.
35. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.
36. Rubbing a drop of Lemon oil on the appearance of a corn, callous or bunion mornings and evenings may be soothing.
37. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
38. Adding 2-3 drops of Lemon oil to water and spraying counter tops may help sanitize them.
39. Soaking your dishcloth overnight in a bowl of water with a drop of Lemon oil may sanitize it.
40. Add a drop of Lemon oil to your dishwasher before the wash cycle may help in cleaning.
41. Rub a drop of Lemon oil on your hands after using a public bathroom may help to disinfect.
42. Using a paper towel soaked with several drops of Lemon oil may help sanitize bathroom fixtures.
43. Putting a drop of Lemon oil on sore gums may be soothing.
44. Putting a drop of Lemon oil on oily skin or skin blemishes may help balance oil glands.
45. Rubbing several drops of Lemon oil on cellulite may improve circulation and help eliminate waste from the cells.
46. Rubbing two drops of Lemon oil topically may help to clear athlete's foot.
47. Rubbing several drops of Lemon oil on legs may improve circulation.
48. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
49. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leave a fresh smell in the room.

Peppermint: *One of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.*

50. Rubbing 4-6 drops in the palm and rubbing over stomach and around the navel may help relieve occasional indigestion, flatulence and diarrhea.
51. Adding a drop of Peppermint oil to herbal tea may help aid digestion and heartburn.
52. Massaging several drops of Peppermint oil on an area of injury may help to reduce tenderness.
53. Applying Peppermint oil immediately to an injured area may be soothing.
54. Rubbing several drops of Peppermint oil on the bottoms of the feet may help lower high temperature.
55. Applying a drop of Peppermint oil topically on unbroken skin may help to stop itching.
56. For poison ivy or poison oak, applying Peppermint oil on location may help with irritation and be soothing.
57. Inhaling Peppermint oil before a workout may help boost your mood and reduce fatigue.
58. Massaging several drops of Peppermint oil on the abdomen may help relieve nausea.
59. Rubbing a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck may help in soothing head pressures.

60. Applying a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck) may be beneficial in helping to stop hiccups.
61. Placing two drops of Peppermint oil on the tongue and rubbing another drop under the nose may help improve alertness and concentration.
62. Diffusing Peppermint oil in the room while studying may help to improve concentration and accuracy. Inhaling Peppermint oil, when taking a test, may help improving recall.
63. Rubbing 4 drops of Peppermint oil on chest and stomach may help to relieve travel sickness.
64. Placing a drop of Peppermint oil on the tongue and inhale into the nose and sinuses may help stuffiness.
65. Add Peppermint oil to food as flavoring and a preservative.
66. To deter rats, mice, ants, or cockroaches, placing two drops of Peppermint oil on a cotton ball and placing along the path or point of entry for these pests may help to send them elsewhere.
67. Mixing one 15 ml. bottle of Peppermint oil into a 5 gallon can of paint may dispel the fumes.
68. Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee.
69. Adding 4-5 drops of Peppermint oil to 4 oz. of water and spray on plants may help get rid of aphids.
70. Drinking a drop of Peppermint oil mixed in a glass of cold water may help to cool off on a hot day.
71. Rubbing Peppermint oil on joints may be soothing.
72. Placing a drop of Peppermint oil on the tongue may help in stopping bad breath.
73. Inhaling the fragrance of Peppermint oil may help in curbing the appetite and lessen the impulse to overeat.
74. Applying a drop of Peppermint oil on a cotton swab and swabbing a tick may help remove it. Wait for it to unhedge its head and remove from your pet.
75. Mixing Peppermint oil in a footbath may help relieve sore feet. Keep water agitated while soaking feet.

PanAway: *A blend of wintergreen, which has an active constituent similar to cortisone; clove, which contains eugenol, used by dentists to numb gums; peppermint, which is calming for nerves; and helichrysum, which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.*

76. Applying PanAway oil topically on an injured area may be soothing.
77. Applying PanAway oil topically may help soothe sore muscles after exercising.
78. Rubbing a drop of PanAway oil on the temples, forehead and back of the neck may help with head pressure.
79. Mixing PanAway oil with massage oil and massage on location may help in stopping growing pains.
80. Rubbing 1-2 drops of PanAway oil on the joints may lessen pressure.
81. Rubbing 2-3 drops of PanAway oil at the base of the spine may help to soothe back pressure.
82. Massaging PanAway oil diluted with V-6 vegetable oil on location or a drop in the food may help with the joints of your pets.

Stress Away: *A natural solution created to combat normal stresses that creep into everyday life. Stress Away is the first product to contain the unique stress-relieving combination of lime and vanilla pure, therapeutic-grade essential oils. Stress Away also includes copaiba and lavender to reduce mental rigidity and restore equilibrium. Featuring powerful plant constituents, such as the cedrol found in cedarwood and the eugenol that occurs naturally in vanilla, Stress Away can help induce relaxation and reduce occasional nervous tension.*

83. Rubbing 1-2 drops of Stress Away oil on the bottom of the feet and on the shoulders before bedtime may help you get good quality sleep.
84. Diffusing Stress Away oil in the room may promote a calm and relaxing environment.
85. Mix Stress Away oil with V-6 massage oil for a relaxing massage.
86. Putting Stress Away oil mixed with Bath Gel base in warm water for a relaxing bath.

87. Diffusing Stress Away oil may help combat mental fatigue.
88. Rubbing Stress Away on the back of the neck and shoulders may relieve tension.
89. Diffusing Stress Away may help relieve minor anxiety.
90. Rubbing Stress Away on the abdomen and lower back may ease PMS symptoms.

Purification: *An antiseptic blend of Citronella, Lemongrass, Rosemary, Melaleuca, Lavandin, and Myrtle formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.*

91. Diffusing Purification oil may help clean the air and neutralize foul or stale odors.
92. Putting several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area may help control odors.
93. While traveling, inhaling Purification oil during flights, may help in protecting yourself from pathogens found in the recirculated air.
94. Putting a drop of Purification oil on insect bites may help to cleanse and stop the itching.
95. Applying a drop of Purification oil on blemishes may help to clear the skin.
96. Rubbing a drop of Purification oil on the outside of the throat may be soothing when it feels irritated.
97. Rubbing a drop of Purification oil on a blister may help to cleanse and sanitize.
98. Putting 2 drops of Purification oil on each end of a cotton swab and placing in the toes of smelly sneakers may help combat odors.
99. Placing a drop of Purification oil on each end of a cotton swab and placing on top of your cold water humidifier may help to clean the air.
100. Spritzing several drops of Purification oil mixed with water may help to repel insects.
101. Applying Purification oil and Peppermint oil diluted with V-6 Vegetable oil to a cotton swab and rubbing just inside the ear may help with ear mites in cats and dogs.

Thieves: *A powerful, protective, and antimicrobial blend of Clove, Lemon, Cinnamon, Eucalyptus radiata, and Rosemary. This spicy aroma is a sensory delight when inhaled but to a microbe, it's a one-way ticket to oblivion! Formulated to protect during the winter season and throughout the year. It has been University tested for its effects in cleaning the air, promoting good health, and destroying household orders.*

102. Using 1 drop of Thieves oil in water, gargling and swallowing could relieve a sore throat.
103. Taking Thieves oil orally, 1 drop in a glass of water every morning could strengthen the immune system against a cold.
104. Applying Thieves oil could repel mosquitoes.
105. Diffusing Thieves oil when someone has a cold could reduce its severity and duration.
106. Brushing your teeth at bedtime with Thieves oil, swallowing and not rinsing may reduce your chance of illness and support the health of your gums and teeth.
107. Using Thieves oil on a painful infection for several days could bring relief.
108. Adding 2-3 drops of Thieves oil to water and spraying counter tops may help sanitize them.
109. Soaking your dishcloth overnight in a bowl of water with a drop of Thieves oil may sanitize it.
110. Adding a drop of Thieves oil to your dishwasher before the wash cycle may help in cleaning.
111. Rubbing a drop of Thieves oil on your hands after using a public bathroom may help to disinfect.
112. Using a paper towel soaked with several drops of Thieves oil may help sanitize bathroom fixtures.
113. Putting a drop of Thieves oil diluted with V-6 Vegetable oil on a teething baby's sore gums may bring relief.
114. Putting a few drops of Thieves oil on a splinter may ease in the removing of it.
115. Rubbing several drops of Thieves oil on poison ivy may dry it up and bring relief.
116. Rubbing 2 drops of Thieves oil topically may help to clear foot fungus.
117. Rubbing several drops of Thieves oil on legs may improve circulation.
118. Rub a drop of Thieves oil to clean a butcher's block or other cutting surfaces.

119. Putting several drops of Thieves oil on the bottoms of your feet and inhaling deeply may bring relief from an allergic reaction.
120. Apply Thieves oil diluted with V-6 oil to a boil may cause it to dissipate.

Melaleuca Alternifolia: *Highly regarded for its wide range of uses. It supports the immune system and is beneficial for the skin. Commonly known as Tea Tree Oil.*

121. Mix 2 drops of Melaleuca with 1 tbsp organic coconut oil and apply to your face and leave it on overnight to help support healthy skin. Wash your face with warm water in the morning.
122. Applying 1 drop of Melaleuca to blemishes may help clear minor acne.
123. Applying 1-2 drops of Melaleuca to minor scrapes and cuts may help cleanse.
124. Applying 1 drop of Melaleuca to affected area may help kill fungus.
125. Rubbing 1-2 drops of Melaleuca along the outside of the ear (not directly in the ear) may help cleanse ears.
126. Applying 1 drop of Melaleuca (can dilute with a carrier oil) to affected area 3 times a day may help promote healthy gums & mouth.
127. Gargling with 1 drop of Melaleuca in water may help heal a sore throat.
128. Applying 1 drop of Melaleuca, diluted with a carrier oil such as coconut oil, directly to the area of concern may help skin irritation.
129. Applying 1 drop of Melaleuca to a bug bite may help soothe discomfort.
130. Diffusing a few drops of Melaleuca may help support the respiratory system.
131. Applying 1-2 drops of Melaleuca on your pet may help keep fleas and ticks away.
132. Applying 1-2 drops of Melaleuca to your pets wounds may help cleanse them.
133. Applying 1 drop of Melaleuca to the outside of the throat may help a sore throat.
134. Apply 1-2 drops on the bottoms of your feet daily may help support your immune system.
135. Adding a few drops to your steam mop may help sanitize.
136. Applying 1-2 drops to affected areas may help reduce inflammation.
137. Diffusing a few drops of Melaleuca may help eliminate bacteria and odors.
138. Applying 1-2 drops of Melaleuca to your scalp may help relieve dandruff.

Joy: *A luxuriously exotic blend of Bergamot, Ylang Ylang, Geranium, Rosewood, Lemon, Mandarin, Jasmine, Roman Chamomile, Palmarosa, and Rose with uplifting overtones that creates magnetic energy and brings joy to the heart. When worn as cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.*

139. Apply 1-2 drops over the heart to enhance feelings of joy & love and to overcome grief/depression.
140. Put 2 drops on a wet wash cloth and add to your clothes dryer for fresh scented laundry.
141. Applying 1-2 drops of Joy to the wrists and temples may help uplift your mood.
142. Applying 1-2 drops of Joy to the back of the neck and at the base of the brain stem may help improve your overall sense of well-being.
143. Diffusing 5-8 drops of Joy for 1 hour up to 3 times daily may help improve your mood.
144. Rubbing 1 drop between your palms and spreading it over your face and neck may be soothing after shaving.
145. Rubbing 2 drops on areas of the body with poor circulation may help improve blood flow.
146. Rubbing two drops in your armpit area may be used as deodorant.
147. Sprinkle a few drops of Joy into potpourri to enhance the scent.
148. Applying 1-2 drops on wrists and back of neck may help with mood swings.
149. Adding 2-4 drops to an epsom salt bath may be relaxing and help combat irritability.

Citrus Fresh: A relaxing, calming blend loved by children and adults alike. Rich in the powerful antioxidant d-limonene, it supports the immune system and overall health while bringing about a sense of well-being, creativity, and feelings of joy. It also works as an air purifier.

150. Rubbing 1-2 drops of Citrus Fresh in combination with Ledum essential oil to your stomach or thighs may help with weight management.
151. Putting 1-2 drops of Citrus Fresh on the bottoms of the feet and over the heart may help uplift your spirits.
152. Diffusing a few drops of Citrus Fresh may help promote relaxation.
153. Diffusing a few drops of Citrus Fresh may help relieve occasional stress.
154. Diffusing a few drops of Citrus Fresh may help support your sinuses.
155. Rubbing 1-2 drops of Citrus Fresh to the back of your neck may help boost your creativity.
156. Combining 6 drops of Citrus Fresh with 6 drops of Lavender or peace & Calming and applying to the big toes, bottoms of the feet, around the navel, and on the back of the neck may help promote restful sleep.
157. Adding 1 drop to 12 oz of water and drinking it daily may help detoxify your body.
158. Rubbing 1-2 drops of Citrus Fresh to the bottoms of your child's feet or diffusing a few drops in the room may help relieve your child's occasional anxiety or stress.
159. Diffusing a few drops of Citrus Fresh may help purify the air.
160. Applying 1-2 drops Citrus Fresh to a wet wash cloth in the dryer may help freshen laundry.
161. Applying Citrus Fresh oil on the head may relieve head pressure.
162. Diffusing a few drops of Citrus Fresh may help to uplift your spirits.

Guidelines for the Safe Use of Young Living Essential Oils:

1. Always keep a bottle of V-6 Vegetable oil, or another carrier oil on hand. These are used to dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils closed tightly and store in a cool, dark location. They will maintain potency for many years.
3. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck of children under 30 months of age.
4. Lemon, bergamot, orange, grapefruit, tangerine, white angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays within 3-4 days of use.
5. Keep essential oils out of the eyes and out of the ears.
6. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity.

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician. THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

