

# THE THERAPEUTIC ESSENTIAL OILS

EOs ~ Nature's 1st Aid Pharmacy

**JOY:** An exotic, luxurious blend of **Lemon** (*Citrus limon*), **Mandarin** (*Citrus reticulata*), **Bergamot** (*Citrus bergamia*), **Ylang Ylang** (*Cananga odorata*), **Rose** (*Rosa damascena*), **Rosewood** (*Aniba rosaeodora*), **Geranium** (*Pelargonium graveolens*), **Palmarosa** (*Cymbopogon martinii*), **Roman Chamomile** (*Chamaemelum nobile*), and **Jasmine** (*Jasminum officinale*) that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

*For personal well-being & delight:*

1. Rub a drop of Joy oil over the heart and on the bottom of each foot to relieve feelings of frustration or depression.
2. Put a drop of Joy oil on the tip of the nose to uplift your mood.
3. Wear a drop of Joy oil behind each ear as a perfume.
4. Rub a drop of Joy oil between your palms and then spread over the face and neck after shaving.
5. Rub two drops of Joy oil on the armpit area to use for a deodorant.
6. Rub two drops of Joy oil on areas of the body with poor circulation to improve blood flow.
7. Rub two drops of Joy oil on the heart and feet to increase libido.
8. Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.

**PANAWAY:** A blend of **Wintergreen** (*Gaultheria procumbens*), which has an active constituent similar to cortisone; **Helichrysum** (*Helichrysum italicum*), which is soothing for localized discomfort; **Clove** (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; and **Peppermint** (*Mentha piperita*), which is calming for nerves. This blend was created by Gary Young following an injury of severely torn ligaments in his leg.

*To Relieve Aches & Pains:*

1. Apply PanAway EO topically on an injured area to reduce inflammation and bruising.
2. Apply PanAway EO topically to sore muscles after exercising.
3. Rub a drop-PanAway EO on the temples, forehead and back of the neck to relieve a headache.
4. Mix PanAway OE with massage oil and massage on location to stop growing pains.
5. Rub 1-2 drops-PanAway EO on arthritic hands to lessen pain.
6. Rub 2-3 drops of PanAway EO at the base of the spine to relieve sciatic pain.
7. For arthritic dogs, massage PanAway EO diluted with V-6 Massage blend on location or a drop in the food.

**PEACE & CALMING:** A gentle, fragrant blend of **Tangerine** (*Citrus nobilis*), **Orange** (*Citrus sinensis*), **Ylang Ylang** (*Cananga odorata*), **Patchouly** (*Pogostemon cablin*) and **Blue Tansy** (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

1. Before bedtime, rub 1-2 drops-Peace & Calming EO on soles of the feet & on shoulders get good quality sleep.
2. To help stop nocturnal teeth grinding, diffuse Peace & Calming oil while sleeping.
3. Diffuse Peace & Calming EO to calm overactive or hard-to-manage children.
4. Mix Peace & Calming EO with massage oil for a relaxing massage.
5. Put Peace & Calming EO mixed with Bath Gel Base in warm water for a relaxing bath.

**PURIFICATION:** An antiseptic blend of **Citronella** (*Cymbopogon nardus*), **Lemongrass** (*Cymbopogon flexuosus*), **Rosemary cineol** (*Rosemarinus officinalis*), **Melaleuca** (*Melaleuca alternifolia*), **Lavandin** (*Lavandula hybrida*) and **Myrtle** (*Myrtus communis*) formulated for diffusing to purify and cleanse the air, deter insect & rodent pests, neutralize mildew, cigarette smoke and disagreeable odors.

*For Health & Sanitation:*

1. Diffuse Purification oil to clean the air and neutralize foul or stale odors.
2. Put several drops of Purification oil with a cold air diffuser or on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area to disinfect the area.
3. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
4. Mix 10 drops-Purification EO into with 1 cup water, spritz as a bathroom air freshener.
5. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
6. While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air.

*For First Aid & Health:*

7. Apply a drop of Purification oil on blemishes to clear the skin.
8. Rub a drop of Purification oil on a blister to cleanse and disinfect.
9. Rub a drop of Purification oil on the outside of a sore throat at first symptoms.
10. Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.

*To Repel Insects:*

11. Rub several drops-Purification EO over arms & legs or lightly over clothing to repel biting insects.
12. Put a 1 drop-Purification EO on insect bites to cleanse and stop itching.
13. Mix 10 drops-Purification EO into with 1 cup water, spritz to repel insects.
14. Apply 1 drop each-Purification & Peppermint EOs diluted with 6 drops V-6 Massage or organic Almond Oil to a cotton swab, rub just inside the ear (not deep) to eliminate ear mites in dogs.

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If you want to know more:

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