

the quick reference guide to Essential Oils & Aromatherapy

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Stress Relief

- Lavender
- Ylang ylang
- Lemon
- Bergamot
- Peppermint

Fight Depression

- Lavender
- Peppermint
- Jasmine
- Chamomile

Memory Boosting

- Sage

Energy Boost

- Sage
- Black pepper
- Jasmine
- Cardamom
- Angelica
- Rosemary
- Clove
- Tea tree
- Cinnamon
- Citrus: lemon and orange

Quicker Healing

- Rosehip
- Lavender
- Buckthorn
- Calendula
- Helichrysum (Everlasting oil)

Headache Relief

- Rosemary
- Peppermint
- Sandalwood
- Eucalyptus

Inhale or blend with a carrier oil (sesame, almond, jojoba, or avocado) and rub on temples, skin, neck, and scalp

Sleep Regulation

- Lavender
- Jasmine
- Sandalwood
- Chamomile
- Sweet marjoram
- Neroli
- Ylang ylang
- Benzoin

Stronger Immune System

- Eucalyptus
- Oregano
- Cinnamon
- Frankincense
- Peppermint
- Lemon

Indoor Air Quality

- Cinnamon contains anti-microbial properties to remove allergens and pollutants in the air

Anxiety

- Lavender

Yoga Performance

- Blend citrus and clove to clean yoga mats
- To aid relaxation and yoga performance inhale sandalwood or lavender or blend the two

Cellulite

- Mix grapefruit essential oil with coconut as a carrier oil and massage cellulite areas

Fresher Breath

- Peppermint essential oil is the ideal way to give your breath a natural freshness

Dandruff

- Massage a blend of basil, lavender, or cedarwood and shampoo into your scalp



Pain Relief

- Lavender
- Peppermint
- Juniper
- Chamomile
- Rosemary
- Clary sage
- Eucalyptus

Digestion

- Chamomile
- Ginger
- Lavender
- Dill
- Clary sage
- Fennel

Acne

- Tea tree oil

Skin Conditions

- Calendula
- Drop in a bath or use with carrier oil and massage it into the skin

Mental Focus

- Peppermint oil in a diffuser
- Peppermint oil mixed with water to drink

Indigestion

- Peppermint oil in a diffuser
- Peppermint oil mixed with water to drink

Bug Bites

- Frankincense

Anti-Bacterial

- Oregano

Concentration And Mood Boost

- Lemon
- Orange
- Citrus blends

Jet Lag Fatigue

- Grapefruit

Antiseptic

- Grapefruit

Allergies

- Eucalyptus
- Use in baths, vaporizers, or diffusers

Mental Fatigue

- Rosemary
- Eucalyptus
- Basil
- Peppermint

Bug Repellent

- Citronella
- Eucalyptus
- Lemongrass

Mix essential oils with a carrier oil as a topical solution or use in a diffuser

Nail Strengthening

- Blend lemon, frankincense, and myrrh with vitamin E oil and massage directly into your cuticles

Whiter Teeth

- Mix coconut oil with lemon oil and strawberries, rub across your teeth, and let it sit for two minutes before rinsing

Skin Health

- A quick spritz of rosewater won't just give your day a boost – it also helps keep your skin's pH balance right

Hair Growth

- Rosemary



Age Spots

- Frankincense

Nausea

- Inhale peppermint oil and/or blend with a carrier oil and apply to the upper chest and neck
- Inhale lavender
- Inhale ginger

Stretch Marks

- Grapefruit
- Frankincense
- Myrrh

Blend with coconut oil and rub on stretch marks

Dry and Cracked Feet

- Blend lavender with coconut oil, apply to feet, and put on soft socks

Use at bedtime or during the day

Coughs

- Inhale eucalyptus

Burn Treatment

- Aloe Vera plus lavender

Asthma Relief

- Mix coconut oil with peppermint and eucalyptus oil and rub on the chest and neck

Bruises

- Compress with hot water and a few drops of frankincense and lavender – apply to bruised area

Reduce Teeth Grinding

- Blend a few drops of lavender essential oils with jojoba oil and rub it behind your ears and the bottom of your feet at bedtime

PMS Relief

- Add 2 to 3 drops of rosemary, sage, and basil to a warm towel and place over your stomach

Beat Cravings

- Cinnamon oil
- Peppermint oil

Relieve Arthritis Pain

- Blend unscented lotion with wintergreen, lemongrass, and cypress oils and massage affected areas

Sunburn Soother

- Chamomile or lavender oil combined with coconut oil reduces swelling and sunburn pain

Blisters

- Blend a carrier oil with tea tree oil and apply to blisters as much as five times throughout the day

Morning Sickness

- Add a drop or two of ginger, wild orange or lemon oil to a hankie and keep it handy to inhale as needed

Reducing Back Pain

- Blend coconut oil or any unscented massage oil with cypress, ginger, and peppermint and apply to the affected muscles

Treating Poison Ivy and Poison Oak

- Add peppermint oil to an unscented oil and apply it to affected areas

Fatigue

- Patchouli oil that also relieves stress has an earthy, woody smell – so a quick dab behind your ears could keep you on course all day
- Rosemary
- Basil
- Peppermint
- Eucalyptus
- Geranium

How To Inhale Essential Oils

- Aromatherapy diffuser
- Aromatherapy candles
- In a hot bath
- A few drops on a handkerchief or tissue
- A few drops on pillowcases
- 1 or 2 drops in a steaming cup or bowl of hot water

How To Use Essential Oils Topically

Never use carrier oils topically without blending them with a carrier oil

Dilute with

- Carrier oils: Jojoba, coconut, olive, avocado, grapeseed, apricot kernel, argan, rosehip & blackseed
- Massage oil
- Lotions
- Aroma spray

No more than 1% to 2% of the total mixture

- 1% Dilution = 6 drops of essential oil for each 1 ounce of carrier oil or other product
- 2% Dilution = 12 drops of essential oil for each 1 ounce of carrier oil or other product
- Add or divide as needed for smaller or larger portion mixtures

