

Quick Essential Oils Guide

Oils for Common Illnesses

How to Use: Combine 1 to 2 drops with a carrier oil. Then apply to area.

If the oil is rubbed on more sensitive areas, like neck/ face/ genital area - use sparingly.

Consider a test patch on your skin to test for sensitivity.

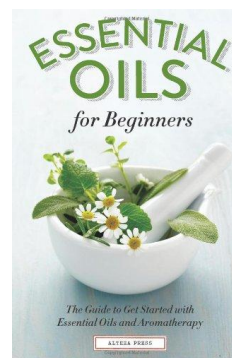
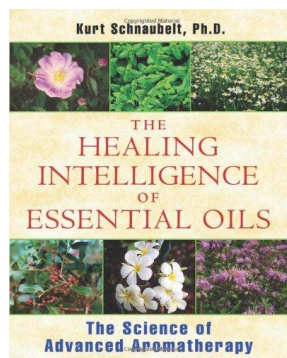
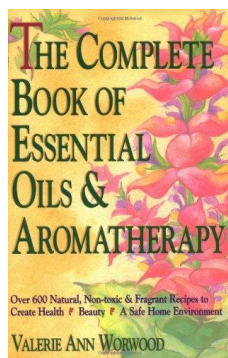
Wash hands afterward and avoid rubbing eyes. There are debates if essential oils should be consumed or not.

Please do your own research and decide accordingly.

[Check out more essential oil recipes and information at PositivePositivePositive.com](http://PositivePositivePositive.com)

Condition	Essential Oil/s
Acne	Lavender,
Allergies	Lavender, Peppermint, Roman chamomile, Tea Tree
Anxiety	Bergamont, Lavender, Lemon, Orange, Sandalwood
Arthritis	Eucalyptus, Frankincense, Marjoram, Peppermint, Rosemary, White Fir
Bee sting	Basil, Lavender, Lemongrass, Roman chamomile
Bleeding (stops it)	Geranium, Helichrysum
Blister	Lavender
Bronchitis	Basil, Eucalyptus, Peppermint , Thyme, White fir
Burns	Lavender, Geranium, Helichrysum, Peppermint, Tea tree, Roman chamomile
Colds & Congestion	Eucalyptus, Lemon, Peppermint, Sandalwood, Tea tree, Thyme
Cough	Eucalyptus, Frankincense, Peppermint, Tea tree
Dandruff	Cypress, Lavender, Rosemary, Wintergreen
Fever	Clove, Eucalyptus, Lemon, Peppermint
Gas / Ingestion /Nausea	Ginger, Peppermint
Hives	Lavender, Tea tree
Insect Repellent	Basil, Citronella, Lavender, Lemongrass, Patchouli, Thyme
PMS	Clary sage, Cypress, Geranium, Lavender, Peppermint

Top Essential Oil References:



Disclaimer:

The statement in this guide has not been evaluated by the Food and Drug Administration.

This guide is not intended to diagnose, treat, cure, or prevent any disease. Use at your own risk.

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