

### Essential Oil Use Chart\*

Condition	Essential Oil	Application
Acne	Tea Tree, Lavender, Purification	Topical
Allergies	Wintergreen, Lavender, Chamomile	Inhalation, Topical (Asthmatics should not inhale - put on soles of feet.)
Alzheimers	Cedarwood, Myrrh, Sandalwood, Frankincense	Topical
Apnea	Valor, Clarity	Inhalation, Topical
Appetite - Loss Of	Nutmeg, Ginger, Orange, Spearmint	Inhalation, Ingestion
Arthritis	Wintergreen, PanAway, Peppermint, Idaho Balsam Fir	Topical
Asthma	Wintergreen, RC, Eucalyptus Radiata, Lavender, Frankencense, Lemon	Asthmatics should not inhale - put on soles of feet.
ADD	Vetiver, Cedarwood, Lavender	Inhalation
Backache	Deep Relief, Wintergreen, Peppermint, Aroma Siez	Topical
Blisters	German Chamomile, Tea Tree, Melrose, Lavender, Purification	Topical
Bloating	Peppermint, Clary Sage	Topical (2-4 drops on soles of feet 2-3 times a day. Ingestion (capsules).
Blocked Tear Duct	Lavender	Topical (1 drop applied to bridge of nose 2 times per day)
Bronchitis	RC, Thieves, Myrtle, Pine, Eucalyptus, Idaho Balsam Fir	Topical, Inhalation
Burns	Lavender	Topical
Canker Sores	Thieves	Topical, Ingestion
Chicken Pox	Thieves	Topical
Clogged Pores	Ta Tree, Lemon, Purification	Topical

Colds	Thieves, Eucalyptus Radiata, RC, Raven, Peppermint	Topical, Inhalation, Ingestion
Cough	RC, Raven, Peppermint, Eucalyptus Globulus	Inhalation, Topical
Constipation	Peppermint, Di-Gize, Fennel	Ingestion
Cramps (Stomach)	Di-Gize, Ginger, Peppermint, Rosemary	Ingestion, Topical
Dandruff	Tea Tree, Cedarwood	Topical
Depression	Cedarwood, Lemon, Frankincense	Inhalation
Diarrhea	Peppermint, Di-Gize, Ginger	Ingestion, Topical
Dizziness	Peppermint, Frankincense, Cedarwood	Inhalation, Topical
Dry, Chapped, or Cracked Skin	Myrrh, Sandalwood, Lavender	Topical
Earache	Wintergreen, Melrose, Deep Relief, PanAway	Topical (never put essential oils directly in the ear canal)
Ear Infection	Thieves	Ingestion (gargle), Topical (never directly in ear canal)
Fatigue	Peppermint	Inhalation, Topical, Ingestion
Fever	Wintergreen, Peppermint, Copaiba	Topical, Inhalation
Food Poisoning	Di-Gize, Thieves	Ingestion
Headache	Peppermint, Wintergreen, PanAway, Deep Relief	Inhalation, Topical, Oral (tongue against roof of mouth)
Infection	Thieves, Oregano, Thyme, Mountain Savory, Lemongrass	Inhalation, Topical, Ingestion
Indigestion	Peppermint, Ginger, Di-Gize, Fennel, Ginger	Ingestion, Topical
Inflammation	Lavender, Peppermint	Topical, Ingestion
Influenza	Thieves, Ravensara, Oregano, Mountain Savory	Ingestion (except Ravensara), Inhalation, Topical

Insect Bites (Bee Stings)	Peppermint, Purification, Melrose, Citronella, Lavender, Tea tree	Topical
Insomnia	Lavender, Peace & Calming	Inhalation, Topical
Itching	Peppermint, Lavender	Topical
Joint Pain	PanAway, Wintergreen, Idaho Balsam Fir	Topical
Menstrual Cramps	Dragon Time, Lavender, Clary Sage, Peppermint, Deep Relief	Topical
Migraine	M-Grain	Inhalation, Topical
Motion Sickness	Ginger, Peppermint	Topical
Muscle Spasms (Charley Horses)	Wintergreen	Topical
Nausea	Patchouli, Peppermint, Ginger	Topical, Inhalation, Ingestion
Pink Eye	Tea Tree, Lavender	2-4 drops - wide circle around eye 1-3 times per day (do not get in eye)
Sinus Congestion	Eucalyptus, RC, Peppermint	Inhalation, Topical
Snoring	Thyme	Topical (4-6 drops diluted on soles of feet at bedtime)
Sprain	Idaho Balsam Fir, Pine, Cypress, Spruce, Peppermint, Wintergreen	Topical
Stress	Lavender, Valor, Peace & Calming, Frankincense	Inhalation, Topical
Sore Throat	Tea Tree, Ravansara, Thieves	Inhalation, Topical, Ingestion (for Thieves -- start on tongue, swallow)
Strep Throat	Oregano, Thyme, Thieves	Inhalation, Ingestion, Topical
Tonsillitis	Thieves, Clove	Ingestion (on tongue, then swallow), topical
Toothache	Clove, PanAway, Wintergreen, Deep Relief	Topical, Oral
Urinary Tract/	Oregano, RC, Thieves	Ingestion, Topical

Bladder Infection		
Vaginal Yeast Infection	Thieves Essential Oil Blend Mouthwash	overnight retention of tampon soaked in blend (5-10 nights)
Wounds, Scrapes, Cuts	Lavender, Thieves, Melrose	Topical

*\* Clove, Lemongrass, Mountain Savory, Oregano, Peppermint, Rosemary, Sage, Thyme, and Wintergreen are oils that you will want to dilute with an equivalent amount of a quality vegetable oil.*

This essential oil use chart addresses the most common health issues any family may face. Although it is comprehensive, it by no means covers all the possibilities regarding essential oil uses.

There are other oils that can be used for many of these conditions, and there are other conditions that could be mentioned as well.

For an excellent reference that goes beyond this chart and gives further information about essential oils and their uses, I recommend the *Essential Oils Desk Reference (4th edition)* or the *Reference Guide to Essential Oils*.