



Simple and Merry Oils: Essential Oil Usage and Safety

- **Inhalation**
 - Diffuse: add water and a few drops of oil to your diffuser.
 - Lemon/Lavender or Peppermint, Bergamot/Lime, Clove/Orange.
 - Inhale:
 - Sniff the bottle.
 - Make an inhaler – 15 drops per inhaler. <http://amzn.to/2wq9KYy>
- **Topical Application**
 - Dilute and Apply: Squirt some carrier oil onto your palm and add a drop or more of essential oil. Mix with your fingers and rub on body.
 - Good application places: belly, bottoms of feet, heart center, liver (right rib cage), adrenals/kidneys (lower back), back of neck.
 - Sensitive people should start with 1 drop per teaspoon of carrier oil.
 - Bath: Add drops to 1 cup of Epsom salt (to disperse) and add to bath.
- **Ingestion (Vitality Oils)**
 - Add to water. (If you find this stinging, add a little honey so it disperses.)
 - Add to smoothies or other beverages.
 - Add to salad dressings and baked goods.
 - Young Living supplements – or add one drop with culinary oil to a gel cap.
- **Safety:**
 - Keep essential oils away from the eyes and ears.
 - Use citrus oil on skin NOT exposed to direct sunlight. (Even in blends. Your skin will burn easily.)
 - LISTEN TO YOUR BODY! We all need different things.
 - More sensitive people need to dilute and be more cautious than less sensitive people.
 - Remember that the oils are fat soluble. If you get it in your eyes, or if it ever feels stinging – wash your hands and rub more carrier oil.
 - For Babies: the most gentle are Lavender, Lemon, Frankincense, Orange, Tea Tree. Start here. Mamas, use your intuition. Dilute well, and apply topically to the bottoms of feet to start. Diffuse the more gentle oils in closed areas.
 - Pregnancy: Avoid large quantities of Basil, Butch, Calamus, Cassia, Hyssop, Idaho Tandy, Rosemary, Sage, Tarragon, Cinnamon Bark, Fennel, or Wintergreen.
 - Breastfeeding: No peppermint or anything from the mint family.
 - Use ONLY the highest quality oils. It makes a difference!

How to Use Your Premium Starter Kit: See individual bottles for cautions.

1. Lavender – a gentle, flowery scent.
 - a. Relaxation – Add a few drops to a cup of Epsom salt in your bath. Diffuse at night. Dilute and rub on the bottoms of your feet before bed.
 - b. Skin Support – Drop undiluted on small areas. Dilute and rub over large areas.
 - c. PMS Support – Dilute and rub over belly and lower abdomen. Diffuse.
 - d. Gentle Immune Support – Dilute and rub over belly or bottoms of feet.
2. Lemon – lemon zest scent.
 - a. Memory Support – Diffuse with peppermint. Dilute and rub on heart center.
 - b. Immune Support – Dilute and rub on bottoms of feet. Diffuse.
 - c. Refreshing Drink: Add a drop to a glass and fill with water. Honey optional.
3. Peppermint – zippy mint scent.
 - a. Muscle Support – dilute and rub on anything that aches.
 - b. Digestive Support – dilute and rub over belly. Diffuse with lemon.
 - c. Clear Head – rub a scant amount on the roof of your mouth.
4. Copaiba – honey and wood scent.
 - a. Relaxation – diffuse with lavender.
 - b. Joint Support – rub undiluted on any joint that occasionally aches.
 - c. Skin Support – rub undiluted on skin that needs occasional calming. (Test small spot first.)
5. Frankincense – earthy toned scent.
 - a. Skin Support – add a dot to a very small area that could use support. Dilute and massage into larger areas.
 - b. Immune Support – dilute and rub over belly or bottoms of feet.
 - c. Grounding – diffuse with lavender while meditating or journaling.
6. Thieves – clove, lemon, cinnamon, eucalyptus radiata, rosemary.
 - a. Immune Support – Dilute and rub over belly or bottoms of feet. Diffuse.
7. Digize – tarragon, ginger, peppermint, juniper, fennel, lemongrass, anise, patchouli.
 - a. Digestive Support – Dilute and rub over belly. Ingest one drop.
8. PanAway – wintergreen, helichrysum, clove, peppermint.
 - a. Muscle and Joint Comfort – Dilute and rub over anywhere that aches.
9. Raven – ravintsara, lemon, wintergreen, peppermint, eucalyptus radiata.
 - a. Respiratory Support – dilute and rub over throat and lung area. Diffuse.
10. Citrus Fresh – orange, tangerine, grapefruit, lemon, mandarin, spearmint.
 - a. Freshen Laundry – add a few drops to a load of stinky laundry.
 - b. Uplifting scent – diffuse with peppermint.
11. Stress Away – copaiba, lime, cedarwood, vanilla, ocotea, lavender.
 - a. Relaxation – Diffuse. Rub undiluted on wrists or heart center. Sniff bottle.