

## 100% Pure "Therapeutic Grade" Essential Oils

**Aromatherapy Uses:** Put on cotton ball or cloth and clip to a fan or vent. Open a bottle and take a big breath. Place a few drops in a pan of hot water, in bath water or on the floor while showering. Add a few drops to water and mist the room. Add to diffuser or humidifier.

**Topical Uses:** Put enough carrier oil in your hand to cover the area of concern, add 1–3 drops of essential oil and apply, and/or dilute and apply to the bottoms of feet. Add a few drops to clean water and wash wounds and cuts, or use as a compress for body and facial treatment. (See inside card for additional individual oil uses.)

**CAUTIONS:** Keep out of reach of children. Quality, 100% pure, "Therapeutic Grade" essential oils are highly concentrated plant extracts and should be diluted with use. They absorb easily through the skin. Ingestion could potentially cause irritation to the digestive system, and is not recommended. Begin slowly, with small amounts; too much oil may trigger a "cleanse" in the body. All people should consult essential oil cautions lists. Young children, pregnant or nursing women, and people with a history of potent prescription use should consult their medical provider before using essential oils and pay special attention to caution lists.

Questions? Contact: [Info@EssentialOilsToGo.com](mailto:Info@EssentialOilsToGo.com).



*Eucalyptus*



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# Essential Oil First Aid Kit

## 100% NATURAL Health Support on the go

Kit contains: **9 Essential Oils** (4 singles and 5 blends, ½ dram / 2.3 ml), ½ oz **coconut carrier oil**, **quick reference sheet**, and **info booklet**

### Mom's Nurse Kit Includes:

• **Breezey:** (eucalyptus, birch, lemon, ravensara, peppermint).  
 ✨ Useful for: colds, allergies, runny nose, snoring, asthma, pleurisy, pneumonia, immune boost, muscle relaxant and muscle pain. Assists in opening bronchial and sinus passages. ✨ Application: Dilute with carrier oil and rub on chest, back, forehead, across bridge of the nose, temples or bottoms of feet. Place on pillow at night, put a drop in diffuser, humidifier, shower, bathtub, in CPAP or just open the bottle and take a deep breath.

• **Deeper:** (birch, eucalyptus, helichrysum, peppermint, lemongrass, myrrh, spruce). ✨ Useful for: sciatica, arthritis, injuries with bruising and nerve damage, inflammation, sprains, muscle pain, bone and nerve pain, fibromyalgia. ✨ Application: Dilute with carrier oil and apply on area of concern, use a few drops in bath for general aches or overexertion, apply diluted to abdomen and back, or a few drops in bath for premenstrual cramps.

**Deliverance:** (clove, cinnamon bark, lemon, eucalyptus, rosemary, thyme, oregano, wild oregano). ✨ Useful for: sore and strep throats, dental disease, infections, cold and canker sores, cuts, athlete's foot, toenail fungus, warts, lymphatic system, infected slivers, household cleaner, airborne viruses and bacteria, and to support immune system.

✨ Aromatic: Diffuse to assist with airborne bacteria and viruses. Put a drop in bath, shower, diffuser or humidifier.

✨ Application: Place drop on toothbrush, soak toothbrushes or add to dish water. Apply direct to small areas of interest such as cold and canker sores or warts. Dilute and apply to bottoms of feet and other areas of concern.

Caution: Take care to dilute; possible skin irritant.

**Inside-Out:** (fennel, juniper, lemongrass, lemon, peppermint, thyme, patchouli). ✨ Useful for: upset stomach, gas, heartburn, constipation, diarrhea, intestinal flu, belching, bloating, stomach cramps, food poisoning, morning sickness, nausea and vomiting, parasites, candida overgrowth, supporting digestion system, obsessive worry. ✨ Application: Apply one drop behind ears for morning sickness, dilute and apply over the stomach or on the bottoms of feet. Dilute with water and use as a compress over abdomen.

Caution: Contains small amount of fennel—contraindicated during pregnancy.

**Mela Plus:** (clove, cajuput, rosemary, tea tree). ✨ Useful for: burns, canker and cold sores, bites, stings, bacteria, fungus, infection, athlete's foot, toenail fungus, cuts and abrasions. ✨ Aromatic: diffuse to dispel odors. ✨ Application: Put a few drops in pure water to clean cuts and scrapes or to soak feet for fungus or athlete's foot. For small burns, canker sores, cold sores, insect bites and stings, apply drop directly on clean skin to relieve pain or itching, and to keep from getting infected.

**Lavender:** Useful for: cuts, burns, eczema, skin conditions, sunburn, insect bites, headaches, nausea, migraine, insomnia, infections, arthritis, anxiety, tension, emotional and mental fatigue, inflammatory conditions, spasms, allergies, cramps, indigestion, gas, dandruff, blood pressure, lymphatic system, edema, muscle strains, sprains, thrush, mild pain, calming nerves. ✨ Aromatic: Put a drop on pillow or in a diffuser for a few minutes before bed to promote restful sleep. Put a drop in bath or shower to help relax and treat skin conditions. ✨ Application: Dilute with carrier oil and apply to bottom of feet or area of concern, add to shampoo, put few drops in clean water and mist body for sunburn. For small things like insect bites, apply a drop direct to area.

Caution: lavender is generally calming in small amounts but if used in a too-large quantity, often can be stimulating.

**Lemon:** Useful for: anxiety, mental clarity, attention span, gallstones, liver and lymphatic system, cellulite, memory, stress, bronchitis, sinusitis, endocrine system, nervous conditions, respiratory conditions, asthma, sore throat, water purification, colds, skin care, and general tonic.

✨ Aromatic: when diffused is light and refreshing while assisting the nervous system. Supports relief from symptoms of fatigue. Supports reduction of cellulite deposits.

✨ Application: Dilute with carrier oil and apply to bottoms of feet or on areas of concern.

Contraindications: Possibly photo-toxic, avoid sunlight where applied to skin.

**Oregano:** Useful for: respiratory infections, colds, pneumonia, pulmonary tuberculosis, chronic bronchitis, flu, warts, candida, ringworm, whooping cough, skin infections, muscle aches, parasites, fungus, inflammation, viral and bacterial infectious disease, arthritis, enhancing immune system. ✨ Aromatic: Unpleasant diffused by itself—best in a blend, such as Deliverance.

✨ Application: Dilute well with carrier oil and apply to bottoms of feet or areas of concern.

Contraindications: Avoid or use cautiously during pregnancy, can cause extreme skin irritation, do not use in baths, dilute well if applying to body.

**Peppermint:** Useful for: headaches, bad breath, cooling, nausea and vomiting, allergies, fainting, heart burn, hot flashes, motion sickness, menstrual cramps, morning sickness, mental and physical fatigue, coughs, digestive problems, bowel disorders, muscular tension and pain, inflamed joints, sinus congestion, shock, circulation, arthritis, fevers, migraine headaches, curbing appetite, asthma, supporting nerve regeneration, mood swings, nerve pain, mental focus and accuracy, general tonic.

✨ Aromatic: Put on cotton ball and put in car vent, in a diffuser or on the collar of your clothes for a refreshing, energizing, stimulating and uplifting aroma. ✨ Application: Dilute with carrier oil and apply on areas of concern or bottoms of feet.

Contraindications: Can cause skin irritation, is stimulating to the uterus—use extreme caution if pregnant or with small children. Peppermint is soothing in small amounts, strongly stimulating in large.

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