

Quality Pure 'Therapeutic Grade' Essential Oils are highly concentrated plant extracts to be used with faith and gratitude.

## Use

### 🌸 Aromatherapy: 🌸

Put a drop or two on a cotton ball or cloth and clip to fan or vent, Open a bottle and take a breath. Place a drop or two on pillow at night or on handkerchief. Put in inhaler. Place a few drops in pan of hot water, in bath water or on floor while showering. Add a few drops to water and mist the room, add to diffuser or humidifier.

### 🌸 Topically: 🌸

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 bottoms of feet. Add a few drops to clean water and wash wounds and cuts or use as compress for body or facial treatment.

(See inside card for additional individual oil uses)

### 🌸 Cautions: 🌸

Essential oils absorb easily through the skin and should be diluted with use. If taken internally - could cause irritation to the digestive system. Babies, small children, pregnant women and people with a history of taking potent prescriptions - pay close attention to caution lists. Begin slowly with small amount, too much may trigger a "cleanse" in the body. Keep out of the reach of children.

Distributed by:

Healthy Sole-u-tions LLC • South Jordan, UT 84095 • USA

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## Mom's Nurse Kit

Pure 'Therapeutic Grade' Essential oils

Travel size 1<sup>st</sup> aid to treat most anything on the go

**Includes:** Tin container: H: 1 3/8" W: 2 1/2" L: 2 1/2"

🌸 4 Singles: 5/8 dram

**Lavender, Lemon, Peppermint, Oregano**

🌸 5 Butterfly Blends: 5/8 dram

Le **Breezey** (birch, eucalyptus, lemon, ravensara, peppermint)

Le **Deeper** (birch, eucalyptus, helichrysum, peppermint, lemongrass, myrrh, spruce)

Le **Deliverance** (clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano)

Le **Inside-Out** (fennel, juniper, lemongrass, lemon, peppermint, thyme, patchouli)

Le **Mela Plus** (clove, cajuput, rosemary, tea tree)

🌸 1/2 oz. carrier oil

🌸 Laminated quick reference sheet (inside tin)

🌸 Use and information card

**Useful for:** Burns, Bites, Stings, Cuts, Skin conditions, Warts, Headache, Coughs, Colds, Sneezing, Runny nose, Congestion, Sore throat, Strep throat, Canker and Cold sores, Dental disease, Allergies, Asthma, Respiratory problems, Insomnia, Nausea, Morning sickness, Back pain, Deep Muscle and Arthritis pain, Athlete's foot, Sprains, Inflammation, Infection, Digestive problems, Flu, Diarrhea, Constipation, Stomach cramps, Food poisoning, Anxiety, Blood pressure, Candida, Parasites, Toe nail fungus, Chronic Bronchitis, Rheumatism, Pneumonia, mood swings, Immune booster and much more.

2.3 ml - .078 fl. oz. ea.

### \*LeBreezey:

**Ingredients:** birch, eucalyptus, 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 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.

### \*LeDeeper:

**Ingredients:** birch, eucalyptus, helichrysum, peppermint, lemongrass, myrrh, spruce, fir, wintergreen

**Useful for:** sciatica, arthritis, injuries with bruising and nerve damage, inflammation, sprains, tissue pain, bone and nerve pain, fibromyalgia

**Application:** Dilute and apply on area of concern, use few drops in bath for general aches or overexertion, apply diluted to abdomen and back or a few drops in bath for pre-menstrual cramps.

**Cautions:** Strong so dilute well

### \*LeDeliverance:

**Ingredients:** clove, eucalyptus, cinnamon bark, lemon, rosemary, thyme, oregano, wild oregano

**Useful for:** sore and strep throats, dental disease, infections, cold and canker sores, cuts, athlete's foot, toe nail fungus, virus, respiratory infection, warts, lymphatic system, infected slivers, household cleaner, air-borne virus and bacteria, warts and enhancing immune system

**Aromatic Considerations:** Diffuse periodically to assist with air-borne bacteria and viruses.

**Application:** Place drop on toothbrush once a day, soak toothbrushes or add to dish water if anyone is ill. Put a drop in bath, shower, diffuser or humidifier. 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.

### \*LeInside-Out:

**Ingredients:** fennel, juniper, lemongrass, lemon, peppermint, thyme, anise, cardamon, cilantro, kanuka, tarragon, 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 1 drop diluted with carrier oil behind ears for morning sickness, dilute and apply over the stomach or on the bottom of feet. Dilute with water and use as a compress over abdomen.

**Cautions:** contains small amount of fennel – contra-indicated during pregnancy

### \*LeMela Plus:

**Ingredients:** clove, cajuput, rosemary, mountain savory, niaouli, rosemary, tea tree

**Useful for:** burns, canker and cold sores, bites, stings, bacteria, fungus, infection, athlete's foot, toe nail fungus, cuts and abrasions

**Aromatic Considerations:** 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. Can be diluted and massaged over the liver to support the release of toxins.

**Lavender:** Called 'Grandmother of Essential Oils' assisting the body wherever needed.

**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 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 too large of quantity too 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:** Diffused - it is light and refreshing while assisting the nervous system. Supports relief from symptoms of fatigue. Supports reduction of cellulite deposits.

**Application:** Dilute and apply to appropriate areas on the feet or on areas of concern.

**Contra-indications:** Possibly photo-toxic, avoid sunlight where applied to skin.

### Oregano:

**Useful for:** respiratory infections, colds, pneumonia, pulmonary tuberculosis, chronic bronchitis, flu, general debility, whooping cough, skin infections, muscle aches, parasites, fungus, viral, bacterial, inflammation, infectious disease, arthritis, enhancing immune system

**Aromatic:** Diffuse for respiratory problems

**Application:** Dilute well and apply to appropriate areas of feet or areas of concern

**Contra-indications:** 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, drowsiness, nausea and vomiting, fainting, mouth or gum infections, motion-sickness, menstrual cramps, morning sickness, mental and physical fatigue, coughs, digestive problems, bowel disorders, muscular tension and pain, inflamed joints, sinus congestion, shock, increasing circulation, arthritis, fevers, migraine headaches, curbing appetite, asthma attack, enhancing nutrient absorption, supporting nerve regeneration, mood swings, mild depression, nerve pain, supporting prostate function, 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 and apply on areas of concern or appropriate area of feet.

**Contra-indications:** 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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