Suggestions and Practical Uses

**ABSCESSES, DENTAL**
- Deliverance, MelaPlus, Purify, spearmint
  apply to gum area; may want to dilute

**ABUNDANCE**
- Acknowledge, Bountiful, Grace, Unity, cardamom, myrrh, patchouli
  diffuse; wear as perfume; use in the bath; apply to wrists or temples

**ABUSE PHYSICAL / SEXUAL**
- Angel, Grace, HeartSong, Insight, Reconciliation, rose
  diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler

**ACCIDENTS**
- Deeper, Paine, Patches, Synopsis, Turmoil
  dilute and apply to the site of the injury; use arnica oil as the carrier oil, if available

**ACNE / SKIN**
- AgeLess, Baby Me, Sego Lily, cajeput, chaulmoogra, geranium, grapefruit, laurel, lemongrass, litsea cubeba, niaouli, rosewood, rose
  dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)

**ADDICTIONS**
- LivN, Revitalize, grapefruit, patchouli, petitgrain
  diffuse; carry an essential oil inhaler

**ADRENAL GLANDS**
- EndoRelief, Energy, HeartSong, LiteN, Trust, Vitality, basil, geranium, sage, spruce, rosemary
  dilute well and apply locally or to the feet; dilute particularly well with Energy

**ADHD**
- Millenia, Tranquility
  dilute and apply Millenia along the spine and/or feet; diffuse Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either one, or both

**AFTERSHAVE**
- Everlasting, Millenia, sandalwood
  massage coconut oil (the more solid variety) onto the face and then add a little bit of essential oil

**ALLERGIES**
- Acknowledge, Aspire, Breezey, Exhilaration (applied down the sternum), LifeForce, Sego Lily,
  Unity, chamomile Roman, elemi, eucalyptus (for rashes), lavender, melissa, niaouli, patchouli
  inhale; diffuse; wear

**ALIGNMENT - PHYSICAL STRUCTURES AND ELECTRICAL ENERGIES**
- Millenia, yarrow
  dilute and apply locally, but especially along the spine; use in a bath; on feet (little boys like this because no one can smell it at school); yarrow for spiritual alignment

**ALOPECIA (SEE HAIR LOSS)**
ALZHEIMER’S

LeAcknowledge, LeIQ, LeMagi, LeMeditation, LeTrust, LeUnity, frankincense, galbanum, sandalwood, spanish sage
dilute and apply on the back of the neck and on the temples; use in the bath; diffuse throughout the day

ANEMIA

LeLifeForce, LeRevitalize, carrot seed, lavender, lemon
dilute and apply to the chest and the bottoms of the feet

ANOREXIA

apply to stomach and to the bottom of the feet; might be advisable to also diffuse or wear any of the oils used
for depression, etc.

ANGER

LeAngel, LeCherish, LeExpressions, LeGrace, LeInner Peace, LeInsight, LeLetting Go, LeLivN, LeReconciliation,
LeRevitalize, LeTranquility, LeTrust, LeTurmoil, LeUnity, LeWisdom, bergamot
most of these work well as a perfume; dilute and apply, particularly over the heart area; use 2 or 3 drops to
relax in a bath; diffuse into the air

ANTIVIRAL

LeDeliverance, LeDiscernment, LeMariah, LeSpiceC, cinnamon, clove, oregano, garlic (sparingly, less than 1
drop at a time!!)
as a gargle, on your toothbrush, dilute and apply to throat or the bottoms of the feet; remember to use these as
a preventative, not just when you are sick

ANTI-INFLAMMATORY / ANTISPASMODIC

LeDeeper, LePaine, LePatches, LeTendaCare, LeVitality, LeWarmDown, anthopogon, birch, black pepper,
chaulmoogra, coriander, cypress, helichrysum, opoponax, patchouli, peppermint, petitgrain, sao,
spearmint, spikenard, spruce, wintergreen, violet leaf
dilute and apply to affected muscles or joints

ANTISEPTIC

LeDeliverance, LeDiscernment, LeMelaPlus, LePurify, LeSunburst
All essential oils are antiseptic to some degree. This is just a list of my favorites.

ANXIETY

LeAngel, LeAssurance, LeCherish, LeDreams, LeFaith, LeInner Peace, LeLetting Go, LeQuietEssence, LeSynopsis,
LeTranquility, LeWhispering Hope, LeVision, bergamot, chamomile Roman, frankincense, geranium, jasmine,
lavender, lime, melissa, palo santo, patchouli, rose, sandalwood, spruce, tangerine, ylang ylang
a few drops on a cotton ball (in a small plastic bag) carried with you at all times is very good or carry an
inhaler such as the ones from Butterfly Express, llc; diffuse, wear on the wrists or as a perfume; in a bath

APHRODISIAC / LIBIDO

LeBeloved, LeExpressions, LeLetting Go, LeMoonlight, jasmine, neroli, rose, sandalwood, ylang ylang
diffuse or wear as a perfume

ARTHRITIS

LeDeeper, LeMelaPlus, LePaine (with LeMillenia), LePatches, LeReflections, LeTranquility, LeUnDone, LeUnity,
LeVitality, LeWarmDown, birch, cajeput, celery seed, opoponax, peppermint, pine, rosemary, sage, violet leaf
apply (usually diluted) on location; diffuse; particularly effective when used in a bath
ASPERGER’S SYNDROME
LeMeditation, LeMillenia, sandalwood
apply the oils to the back of the neck and the soles of the feet. Use both or all three, but make sure your regiment includes lots of LeMillenia.

ASTHMA
LeAspire, LeBreezy, LeEverlasting, LeMariah, LeStefanie, cedarwood, eucalyptus, hyssop, lavender (for babies), myrtle, peppermint, thyme
apply over lungs (front and back) and throat; diffuse; put on cotton ball or cloth, inhale; (many other singles are listed as helpful) place on pad of foot (not inhaled during attack)

ATHLETE’S FOOT
LeDeliverance, LeMelaPlus, LeNoMore, LeSpiceC, LeSunburst, cypress, manuka, myrrh, patchouli, tea tree, thyme
apply to feet (may want to dilute with distilled water)

AUTISM (SEE ADHD AND ASPERGER’S)
essential oils and basic uses will be very similar

AUTO IMMUNE DISORDERS
LeGrateful Heart, LeLifeForce, LeRevitalize, cistus, patchouli
dilute and apply to the chest area and to the bottoms of the feet; diffuse

BABIES (IN GENERAL)
LeBaby Me, LeJulia (gentle digestive), chamomile Roman (for sleep), dill, lavender (calming, too much is stimulating)
for babies, always dilute essential oils well

BACK PAIN & TROUBLE
LeDeeper, LeMillenia, LePaine, LePatches, LeTendaCare, LeWarmDown, helichrysum
dilute and massage along the spine

BAD BREATH
LeDeliverance, LeRefreshment, LeSpiceC, LeTendaCare, peppermint, spearmint
place 1-2 drops in water and swish around in the mouth

BELCHING, BLOATING
LeEZ Traveler, LeInsideOut, LeJulia, LeRevitalize
dilute and massage over stomach and abdomen

BLADDER / BED-WETTING / INFECTION
LeBeloved, LeDreams, LeEndoRelief, LeMeditation, cedarwood, celery seed, cypress, goldenrod
apply over kidneys; best as a hot compress, rub on abdomen at bedtime

BLEEDING (STOPS)
LeKadence, LeVitality, cayenne pepper, cistus, helichrysum, myrrh, rose, yarrow
apply, undiluted, to the area

BLISTERS
lavender or lavender with chamomile
apply 1 drop, blot gently with a clean cloth

BLOOD PRESSURE
LeAngel, LeBenediction, LeEZ Traveler, LeFaith, LeGrace, LeKadence, LeKey to My Heart, LeVitality, hyssop, lavender, lime, litsea cubeba, marjoram, peppermint (low pressure), rosemary, ylang ylang
apply over the heart; diffuse; cotton ball in vents; in a relaxing bath
BONE SPURS
LeAspire, LeDeeper, LePaine, birch with wintergreen
If possible, use arnica oil as a carrier and apply these oils topically. Arnica deals with the bruising, which is often the source of most of the pain. It takes a little time, but this has been known to dissolve spurs.

BRAIN INJURY (SEE TRAUMA))

BRONCHITIS
dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

BRUISES
LeDeliverance, LeMelaPlus, LeMillenia, LePaine, LePatches, LeSpiceC, LeTendaCare, chaulmoogra, marjoram, violet leaf
best if applied in a base such as arnica oil

BURNS
LeVallee, carrot seed, geranium, lavender, helichrysum, niaouli, rose
nothing beats lavender applied to a burn, except the healing salve sold by Butterfly Express, llc. with extra helichrysum and lavender added; LeVallee is for rebuilding of skin and muscle tissue after the wounds have closed

BURSITIS
LeDeeper, LeMillenia, LePaine, LePatches, LeTendaCare, LeWarmDown
dilute and apply to the shoulder area

CALCIUM ABSORPTION
LeEternity, LeEZ Traveler, LeKadence, LeWarmDown, calamus
inhal; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

CALLUSES
LeMelaPlus, LeVallee, carrot seed, chamomile Roman, oregano
dilute with carrier oil and apply frequently to the calloused area

CANDIDA
LeCandila, LeEndoRelief, LeInsideOut, LeMelaPlus, anthropogon, bergamot, manuka, patchouli
dilute with massage oil; apply on stomach area, feet or over abdomen; can also be diluted (well) and used as a douche

CANKER / COLD SORES
LeDeliverance, LeDiscernment, LeRefreshMint, LeSimplicity, LeSpiceC, chamomile—all types, hyssop, laurel, manuka, myrrh, opoponax, oregano, tea tree
rinse mouth with water in which a drop of oil has been added

CAPILLARIES
LeCypernium, LeMillenia, LeSoliltude, LeVisibility, LeVitality, LeWarmDown, chamomile German, lavender, lemongrass
dilute with carrier oil and apply topically to the area; use as a compress or in a bath

CARDIOVASCULAR HEALTH
LeAboutFace, LeCinnamonBear, LeEternity, LeGrace, LeKadence, LeKey to My Heart, LeVitality, LeQuietEssence, goldenrod, violet leaf
dilute and apply to chest; inhale; diffuse

CARLILAGE
fir siberica (relieves pain), sandalwood (regenerates)
dilute and apply to the area

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CAVITIES / TEETH
LeDeliverance, LeMillenia, LeSpiceC, spearmint
use to brush teeth or add a drop to toothpaste on your toothbrush

CELLULITE
LeLiteN, LeSego Lily, LeWeightless, grapefruit, juniper berry, lemon, lemongrass, orange bitter, rosemary, spearmint
dilute and apply topically; 2 or 3 drops added to the tub

CHARLEY HORSE
LePatches, LeTendaCare, LeWarmDown
dilute and apply to the area

CHOLESTEROL
LeTendaCare, LeRevitalize, ginger, helichrysum
dilute and apply to the bottoms of the feet

CHRONIC FATIGUE
LeCinnamonBear, LeDeliverance (to kill Epstein Barr virus), LeEternity, LeEverlasting, LeKindred Spirit, LeInner Peace, LeIQ, LeRevitalize
these oils should be diluted and applied to the chest and the feet. LeEternity and LeEverlasting are for the absorption of nutrients LeRevitalize and LeIQ will help with energy; LeInner Peace for emotional strength and balance; all of the oils will be of benefit if diffused

CIRCULATION
diffuse; use in a bath; massage; compress over specific area

CLEANERS, HOUSEHOLD
LeSunburst, orange sweet
diluted makes a great disinfectant; can be applied undiluted to most surfaces (check on a small area first); works amazingly well on grease

COLDs
diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck, and chest; one recommendation would be to use LeAspire on the back, LeBreezey on the chest, with LeDeliverance on the feet, all diluted well, of course

COLIC
LeInsideOut, anethi, bergamot, black pepper, cardamom, carrot seed, chamomile German, chamomile Roman, coriander, dill, fennel, ginger, marjoram, melissa, orange sweet, peppermint, spearmint
dilute and apply to abdominal area

COLON
LeInsideOut, LeJulia, LeLetting Go, LeSynopsis, peppermint
dilate LeInsideOut or peppermint and apply to abdomen or use them as a compress; LeLetting Go can also be diffused or sniffed

COMPLEXION
LeAboutFace, LeAgeLess, LeBaby Me, bergamot, jasmine, myrrh, opoponax, tangerine for dull complexion, orange sweet for oily skin and general use
dilute with a very light carrier oil or with distilled water and apply to the face, neck, and abdominal area
CONCENTRATION
LeCrystal Clear, LeFocus, LeIQ, LeKadence, LeWakeUp, cardamom, frankincense, niaouli, rosemary
inhale, or diffuse; apply to wrists or forehead

CONCUSSION
LeAboutFace, LeTurmoil, cypress
apply to the back of the neck and to the feet on the underside of the big toe (the narrow, bony part, not the
fleshy pad)

CONFUSION
cypress, frankincense, marjoram, peppermint, rose, rosewood, ylang ylang
often the aroma, diffused or inhaled, is all that is needed; can also be applied to the bottoms of the feet

CONSTIPATION
LeInsideOut, carrot seed, turmeric, mandarin, patchouli
dilute and massage over the abdomen

COUGHS
LeAspire, LeBreezey, LeHoliday Spirit, LeMariah, cedarwood, manuka, opoponax
dilute and apply over the lungs (both front and back) and on the throat; diffuse; inhale

CRADLE CAP
LeDelicate
dilute and massage into the baby's scalp with a very soft brush, leaving it on for a few minutes, then gently
shampoo—repeat as often as necessary

CROHN'S DISEASE
LeInsideOut, LeLifeForce, basil
dilute and apply to the abdominal area

CUTS, BLEEDING
LeMelaPlus, helichrysum, neroli, yarrow
dilute LeMelaPlus in water, it is very strong; apply yarrow undiluted then bind the wound, brings edges of cut
together; helichrysum promotes tissue regeneration

CUTS, INFECTED
LeDeliverance, LeMelaPlus, lavender, niaouli
apply diluted, usually with water

CYSTITIS / BLADDER INFECTION
basil, cajeput, cedarwood, chamomile German, eucalyptus, fennel, frankincense, goldenrod, hyssop, juniper
berry, pine, rosewood, sage, sandalwood, thyme
dilute and use for an abdominal massage or add a drop or two of the oil of your choice to a bath

CYSTS
LeBalance, LeBeloved, LeWoman Wise
dilute and apply frequently to the abdominal area and to the insides of the ankles

DANDRUFF
LeDelicate, laurel, lavender, sage
add a few drops to your normal shampoo

DEBILITY
LeKadence, LeRevitalize, LeSafeguard, LeTurmoil, LeVitality, cardamom, cumin (nerves), lavender, nutmeg,
patchouli, sage
dilute and apply to the chest or to the bottoms of the feet
DENTAL INFECTION
"Deliverance, RefreshMint, SpiceC, TendaCare, myrrh, sage, spearmint
apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth

DEODORANT
"Benediction, Dreams, EndoRelief, HeartSong, Letting Go, Tranquility, Unity, WarmDown
dilute with carrier oil and apply to the underarms

DEPRESSION
"Acknowledge, Baby Me, Beloved, Believe, Cherish, Grateful Heart, HeartSong, Letting Go,
Meditation, MyGraine, Sego Lily, Tranquility, Turmoil, Unity, allspice, basil, benzoin, bergamot,
chamomile Roman, geranium, howood, lavender, lemon, jasmine, neroli, orange bitter, rose geranium, rose,
ylang ylang
diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go

DETTOXIFICATION
"Angel, EndoRelief, Letting Go, LivN, Revitalize, Synopsis, ledum
diffuse; apply to the body—the bottoms of the feet would be particularly effective; add to a foot soak or to a
bath (clay added to the soak or the bath along with the oils would aid the detox)

DIABETES
"Deliverance, EndoRelief, anethi, coriander, dill, eucalyptus
coriander is said to lower glucose/insulin levels; dill supports the pancreas and controls glucose levels in the
blood; Deliverance and EndoRelief support immune and endocrine system function and eliminates bacteria;
the oils may be diffused, applied to the back, chest, feet, or over the pancreas; consider carrying an essential oil
inhaler with you

DIAPER RASH
"Baby Me, lavender with yarrow
dilute with carrier oil and massage on the rash with each diaper change (calendula oil or Miracle Salve make
excellent carrier oils for any type of rash)

DIARRHEA
"InsideOut, cardamom, carrot seed, ginger, mandarin, orange bitter
dilute and apply to the abdomen; there are homeopathic remedies that are effective

DIGESTION
"Balance, EZ Traveler, Grace, InsideOut, Julia, LiteN, QuietEssence, Revitalize, Safeguard,
Synopsis, basil, caraway, carrot seed, celery seed, litsea cubeba, peppermint, saro
dilute and apply to stomach and colon area; apply along spine or on the bottoms of the feet

DISH WASHING
Sunburst
add a few drops to dishwasher or dish water

DISINFECT / DEODORIZE
"Purify, Sunburst, cedarwood, copaiba balsam
in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution

DIURETIC
"Balance, Millenia, Reflections, goldenrod
dilute with carrier oil and apply to the abdomen

DIZZINESS
"EZ Traveler, Kadence, melissa, melissa blend
massage diluted oil behind the ear on the hard, bony area (temporal bone)
EATING DISORDERS
LeLiteN, LePurify, LeWeightless, grapefruit, juniper berry
the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb

DYSLEXIA
LeMillenia, frankincense carterii
apply oils to the soles of the feet at least night and morning; can also be applied on the back of the neck

EARACHE
LeEndoRelief, LeLifeForce, LeMelaPlus, LeMillenia, basil, garlic
Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. LeMelaPlus, LeEndoRelief, or
LeLifeForce for infection and LeMillenia for inflammation or any disturbance of structure in the ear canal or
inner ear. BBL, a tincture sold at Butterfly Express, LLC, will help with pain and inflammation—a must have!

Garlic must be diluted very well!!! 1 drop of garlic oil is enough for at least 5 ml of carrier oil. You can dip a
toothpick in 1 drop of oil and then stir the toothpick into a few drops of carrier. This mixture can then be put in
the ear. Garlic essential oil is much different than the garlic capsules you can purchase in health food stores. It
is strong enough to cause serious burns undiluted.

ECZEMA
LeAgeLess, LeBaby Me, LeSego Lily, LeSolitude, carrot seed, chaulmoogra, juniper berry, lavender, myrrh,
patchouli
dilute with distilled or spring water and apply to the affected areas

EMOTIONAL IMBALANCES
LeAcknowledge, LeAngel, LeBelieve, LeBeloved, LeCherish, LeFaith, LeGrateful Heart, LeHeartSong,
LeInsight, LeMagi, LeMeditation, LeSanctuary, LeTomorrow, LeTranquility, LeTrust, LeTurmoil, LeUnity, LeWisdom,
cedarwood, lavender, lemon, mandarin, orange sweet, rose, sandalwood
diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a
perfume; use in the tub; carry an essential oil inhaler

ENDOCRINE BALANCE
LeBalance, LeEndoRelief, LeWoman Wise
diffuse; use as aromatherapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate
the body to produce the needed hormones)

ENERGY, IMPROVEMENT OF
dilate and apply to bottoms of feet

ENERGY, PROTECTION
LeAngel, LeBenediction, LeHeartSong
apply to shoulders and wrists

ENVIRONMENTAL TOXINS
LeLifeForce, LeLivN
dilute and apply to the feet or along the spine

EXPECTORANT
LeDeliverance, LeSpiceC, benzoin, ravensara
dilate and apply to throat and chest areas

EYES
LeMillenia, carrot seed, cypress, frankincense, lemongrass
dilute and apply along the back of the neck and sides of the temples; may also be helpful inhaled
FAINTING (SEE SHOCK)

LeCrystal Clear, LeIQ, LeKadence, LeTurmoil, black pepper, lavender, peppermint, rosemary
hold one of the listed oils under the nose; dilute and apply to the bottoms of the feet

FATIGUE

Diffuse LeVitality or smell frequently. LeVitality and rose are high frequency oils which help with “energy”
fatigue. Use 1 or 2 drops of LeWarmDown in the bath; dilute for massage, especially for tired muscles.
Peppermint’s aroma is very stimulating; dilute for massage.

FATTY LIVER

LeLivN, ledum
dilute and apply over the upper right side of the abdomen and on the right foot; LeLivN is most often a better
choice than ledum alone

FEVER

LeLifeForce, LeThermaCare, eucalyptus, lavender (babies), yarrow yellow
dilute LeLifeForce and apply to spine; lavender and LeThermaCare dilute, apply to back of neck and the feet

FIBROMYALGIA

LeDeeper, LeLifeForce, LePaine, LePatches, birch, wintergreen
should be diluted and applied to the body; add 1 or 2 drops in a tub and soak

FLATULENCE

LeGrace, LeInsideOut, LeJulia, LeSynopsis, anethi, angelica, anise, benzoin, bergamot, cardamom, carrot seed,
chamomile Roman, coriander, cumin, fennel, ginger, hyssop, lavender, nutmeg, orange bitter, peppermint,
rosemary, tarragon
dilute and apply to the abdomen

FLU

LeAspire, LeBreezey, LeDeliverance, LeEndoRelief, LeEZ Traveler, LeInsideOut, LeJourney, LeLifeForce, LeMariah,
LeStefanie, LeRevitalize, LeThermaCare, melissa
apply to thymus area, chest, back, feet, and wherever the flu has settled creating aches and pains; you should
also apply LeInsideOut, diluted, to the abdomen

FOOD POISONING

LeInsideOut (homeopathic - Arsenicum album)
dilute and apply to the abdominal area; it would be very helpful to use the homeopathic, Arsenicum album, in
addition to the essential oil

GALLBLADDER / GALLSTONES

LeLetting Go, LeRevitalize, LeSynopsis, LeTrust, LeVision, grapefruit, lemon, lime, rose geranium
apply the listed oils as a compress over the gallbladder area; apply on the feet

GANGRENE

LePatches, melissa, patchouli
Nearly all essential oils are antiseptic but gangrene is very nasty. It must be hit hard with the best available. I
would also add RC tincture by mouth to keep the infection out of the blood. Putting the essential oils into a
strong herbal tea and soaking the body part often is required.

GAS

LeGrace, LeInsideOut, anethi, angelica, anise, benzoin, bergamot, cardamom, carrot seed, chamomile
Roman, coriander, cumin, fennel, ginger, hyssop, lavender, nutmeg, peppermint, rosemary, tarragon
dilute and apply to the abdomen
GERD - ACID REFLUX DISEASE (SEE HEARTBURN)
LeInsideOut, LeJulia, LeRevitalize, peppermint, fenugreek, cardamom
apply oils, diluted over stomach and colon, being sure to go high up over the tip of the sternum

GINGIVITIS/GUMS
LeDeliverance, LeMelaPlus, LeRefreshMint, LeSpiceC, LeTendaCare, LeTrust, LeUnity, spearmint
apply on throat and gums; dilute in water and swish around the mouth

GOUT
LeDeeper, LeMeditation, LePaine, LeRevitalize, LeVitality, lemon, anthopogon, birch, celery seed, goldenrod, hyssop
dilute and apply to the back; use a drop or two in water to soak the feet; add a drop or two to the tub

GRATITUDE
LeCherish, LeGrace, LeGrateful Heart, LeReconciliation
diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil

GRIEF
LeCherish, LeFaith, LeGrace, LeHeartSong, LeSego Lily, LeWhispering Hope, orange sweet
diffuse, especially at bedtime; wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists

HAIR, COLOR
chamomile Roman for blonde hair, rosemary for brunettes
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and then massaged into hair 1 or 2 times a week

HAIR, HEALTH / HAIR, LOSS
LeDelicate, LeEternity, chamomile Roman, lavender, rosemary
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and massaged into the scalp 1 or 2 times a week. Can be added to an almond oil/jojoba oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better.

HEADACHES
There are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler.

HEART MUSCLE
LeGrace, LeKadence, LeKey to My Heart, LeMariah, LeVitality
dilute and apply to the chest

HEART, PALPITATIONS
LeBelieve, LeBeloved, LeBenediction, LeGrace, LeKadence, LeKey to My Heart, LeVitality, marjoram, neroli, orange sweet, petitgrain, violet leaf
apply, diluted, to chest; aroma; place on temples

HEARTBURN
LeBaby Me, LeInsideOut, LeJulia, LeRevitalize, peppermint
LeInsideOut and peppermint—apply diluted over stomach and colon, being sure to go high up over the tip of the sternum; LeBaby Me should be diluted and applied on chest over the thymus

HEMATOMA
LeDeeper, LeMillenia, cypress, helichrysum, lemongrass
dilute and apply to the affected areas

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HEMORRHOIDS
LeCypernium, LeVisibility, LeVitality, geranium
dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas

HERNIA
LeMillenia, LeWithIn
dilute and apply to the area

HERPES VIRUS
LeSimplicity, melissa
dilute and apply along the jaw line, along the spine and on the feet

HIVES / ALLERGIC RASHES
LeBaby Me, LeMelaPlus, LeSego Lily, chamomile German, peppermint, yarrow
dilute in carrier oil, massage over area; 4 drops in 1/4 cup of baking soda in the bath

HORMONE BALANCE
LeAcknowledge, LeBalance, LeCherish, LeCrystal Clear, LeDeeper, LeEndoRelief, LeExpressions, LeIntention,
LeSynopsis, LeVitality, LeWoman Wise, jasmine, melissa (sterility in women), patchouli, petitgrain
apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle
area; diffuse

HOT FLASHES
LeBalance, LeEndoRelief, yarrow green
apply these oils, diluted, around the bone on the inside of the ankles

HYPERACTIVITY
LeMillenia, LeSunburst, LeTranquility, LeTurmoil
apply to the feet; diffuse; wear anywhere on the body

HYPOGLYCEMIA
LeBaby Me, LeDeliverance, LeEndoRelief, LeGrateful Heart, LeWakeUp, anethi, coriander, dill, eucalyptus
apply over pancreas area on body or feet; diffuse

IMMUNE STIMULANT
LeAgeLess, LeBountiful, LeBreezy, LeCherish, LeCinnamonBear, LeDeliverance, LeHousewarming, LeJourney,
LeLifeForce, LeLiteN, LeQuietEssence, LeRevitalize, LeSpiceC, hinoki, ledum, mountain savory, orange sweet,
oregano, saro
massage any one of the listed oils on feet and body; diffuse; use in the bath

IMPETIGO
LeBaby Me, LeSego Lily, LeMelaPlus
Consider diluting the essential oils in water, rather that a carrier oil. Apply with a cotton ball, using a fresh
ball frequently. Sometimes carrier oil “feeds” the organisms responsible—using water prevents that. Fresh
cotton balls prevent spreading.

INSECT BITES / STINGS
LeMelaPlus, LePurify, basil, lavender, manuka, mountain savory, niaouli, tea tree
apply 1 drop, undiluted, to the area

INSECT REPELLENT
LeAway, LePurify, citronella, opoponax, peppermint
dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on; avoid contact with the eyes

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INSOMNIA
LeTranquility is for the “chattering mind” type of insomnia and is excellent diffused or worn; apply any of these oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing or placing on the pillow is easier and often just as effective.

IRRITABLE BOWEL SYNDROME
LeInsideOut, LeJulia, LeRevitalize, anise, peppermint
dilute and apply to the abdominal area

JAUNDICE
LeRevitalize, LeLivN, geranium, rose geranium
dilute and apply, or use in a compress, over the liver

JET LAG
LeCrystal Clear, LeEnergy, LeIQ, LeMillenia, LeWisdom, grapefruit
apply to temples, thymus area of the chest and to the feet, always eat lightly when traveling and drink plenty of water

KIDNEYS
LeAcknowledge, LeCherish, LeEndoRelief, LeLetting Go, LeMeditation, LeReflections, LeSafeguard, LeVitality (congestion), LeRevitalize, bergamot, birch (stones), goldenrod, grapefruit, ledum, ravensara
apply as a compress over the kidneys; be sure to drink plenty of distilled water

LAUNDRY
LeSunburst, anything citrus or the evergreens, any smell you especially like
add a few drops to the water in the washer or place a few drops on the dryer sheet that you ordinarily use; essential oils destroy bacteria and provide a fresh clean smell

LAXATIVE
cardamom, hyssop, jasmine, tangerine
apply to the abdomen; inhale

LEAD POISONING
LeLivN, LeRevitalize

LEG CRAMPS (SEE RESTLESS LEG)

LICE
LeDeliverance, LeMelaPlus, tea tree
apply often to scalp and hair, diluted with distilled water making the mixture as strong as can be tolerated; wash combs and bedding

LIGAMENTS, TORN
LePaine, LePatches, LeTendaCare, LeWarmDown, birch, fir siberica, lemongrass, peppermint, wintergreen
dilute and apply to the affected areas; consider layering one oil on top of another

LIVER CLEANSE & SUPPORT
LeAcknowledge, LeAngel, LeEZ Traveler, LeLetting Go, LeLivN, LeRevitalize, LeSafeguard, LeSynopsis, angelica, carrot seed, celery seed, goldenrod, grapefruit, helichrysum, ledum, lemon, lime, rosemary
dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet

LUNG (SEE RESPIRATORY)
LUPUS (AN AUTO-IMMUNE DISORDER)
" Deliverance, InsideOut, LifeForce, Millenia, Wisdom,
\[...\] lupus is an auto-immune disorder—please see that section

LYME DISEASE
" Deliverance, MelaPlus, manuka, oregano, rosemary, tea tree

LYMPHATIC CONGESTION
" AgeLess, Cherish, CinnamonBear, Deeper, Deliverance, EndoRelief, Housewarming, Key to My Heart, LiteN, Reflections, Revitalize, Sunburst, Synopsis, UnDone, Vitality, birch, lemon, orange sweet, ravensara
diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath

MASSAGE
" Baby Me, Expressions, Grace, HeartSong, Sego Lily, TendaCare, WarmDown, Weightless, Whispering Hope, eucalyptus, peppermint
dilute with your favorite carrier oil; massage is good for tired muscles and circulation but since essential oils absorb readily and rapidly into the skin on contact, there is really no need to work them in

MEMORIZATION
" Crystal Clear, Focus, IQ, WakeUp, saro
inhale; apply to wrists and forehead

MEMORY LOSS
" Crystal Clear, Focus, IQ, WakeUp, basil, bay, clove, coriander, ginger, lemon, lime, rosemary, saro, spanish sage, peppermint
inhale or diffuse; be sure that the diet includes a wide variety of vitamins and minerals, preferably from whole food sources

MENIERE’S DISEASE
" Millenia, EndoRelief, orange sweet, grapefruit
place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear

MENOPAUSE
" Balance, EndoRelief
dilute and apply to chest, abdomen, and feet

MENSTRUAL SYMPTOMS
" Baby Me, Beloved, Faith, Woman Wise, marjoram
apply on abdomen and back; in a bath; effective used with a BBL (B&B) tincture, an old Dr. Christopher formula

MENTAL CONFUSION
" Focus, Insight, IQ, LivN, Revitalize, Sunburst, WakeUp, Weightless, basil, violet leaf
inhale; diffuse; apply to wrists, forehead and back of the neck

MENTAL ALERTNESS
" Energy, Focus, IQ, LivN, Revitalize, WakeUp, Weightless, basil, cardamom, howood, peppermint, violet leaf
inhale; diffuse; apply to wrists, forehead and back of the neck

MERIDIAN BALANCING (SEE THE CHAPTER ON EASTERN HEALING PHILOSOPHY)

METABOLISM
" EndoRelief, EZ Traveler, LiteN, Weightless, oregano, pine
dilute and apply to throat and thymus area; diffuse; inhale; add to bath

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MIGRAINE
LeAngel, LeBalance, LeBelieve, LeBeloved, LeDeeper, LeDeliverance, LeEZ Traveler, LeLetting Go, LeMillenia, LeMyGraine, LePaine, LeTranquility, LeWarmDown, birch, grapefruit, peppermint, rosemary apply to the back of neck (a few drops in a bowl of water, then soak a washcloth, wring out and place at back of neck); apply to underside of big toe just below the fleshy part; diffuse; smell, carry a cotton ball, soaked with LeMyGraine, in purse or pocket; try LeDeliverance for headaches

MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)

MOLD / MILDEW
LeDeliverance, LeNoMore, LePurify, LeSunburst, manuka place a few drops in a squirt bottle, spray into the air or directly onto walls, windowsills, any place mold grows in your house

MONONUCLEOSIS
LeDeliverance, LeEndoRelief, LeMillenia, LePurify, LeRevitalize, clary sage use in tub; dilute and apply to bottoms of feet; soak feet; carry an essential oil inhaler

MORNING SICKNESS
LeEZ Traveler, LeInsideOut, grapefruit, orange sweet place a drop or two of oil behind ears;inhale

MOTION SICKNESS
LeEZ Traveler, LeInsideOut, LeMyGraine, peppermint apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply

MOUTHWASH
LeDeliverance, LeRefreshMint, LeSpiceC, LeTendaCare, LeTrust, wintergreen, spearmint dilute and rinse the mouth for a few seconds

MUSCLE RELAXANT
LeBreezey, LePaine, LePatches, LeTendaCare, LeWarmDown, cajeput, peppermint, opoponax dilute with carrier oil and massage the affected areas

MUSCLE SPASMS
LeBreezey, LePaine, LePatches, LeTendaCare, LeUnDone, LeWarmDown, manuka, marjoram, myrrh, niaouli, peppermint dilute with carrier oil and massage the affected areas

MULTIPLE SCLEROSIS
LeCrystal Clear, LeInner Peace, LeMagi, LeMeditation, LeWarmDown, frankincense, peppermint, sandalwood dilute and apply to the bottoms of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse; inhale

NAUSEA AND VOMITING
LeEZ Traveler, LeJulia, LeMyGraine, LeInsideOut, basil, cardamom, lavender, ginger, orange sweet, peppermint apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc.) and sniff frequently

NERVE PAIN
LeDeeper, LePaine, LeUnDone, birch dilute and apply to the affected areas

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NERVES / NERVOUS SYSTEM

LeAboutFace, LeAgeLess, LeAssurance, LeBelieve, LeCherish, LeDreams, LeExpressions, LeFaith, LeHeartSong,
LeHousewarming, LeInner Peace, LeInsideOut, LeIQ, LeLetting Go, LeQuietEssence, LeSanctuary, LeSynopsis,
LeTranquility, LeTrust, LeTurmoil, LeUnity, cedarwood, chamomile Roman, fir balsam, frankincense,
geranium, howood, jasmine, lavender, marjoram, orange sweet, palmarosa, petitgrain, sage, sandalwood,
spanish sage, spruce, valerian, vetiver, violet leaf
dilute and apply to the chest, the back of the neck, or on the feet; diffuse

NEUROPATHY

LeDeeper, LePaine, birch
dilute and apply to the affected areas

NIGHTMARES

LeBelieve, LeDreams, LeGoodNite, LeSanctuary
diffuse; place a drop or two on the pillow

NURSING

caraway, fennel
dilute and apply to the breasts and the feet

OCD - OBSESSIVE COMPULSIVE DISORDER

LeAcknowledge, LeCrystal Clear, LeEverlasting, LeFaith, LeMillenia, LeSanctuary, LeTrust, LeTurmoil, violet leaf
diffuse; inhale; place a drop on the pillow at night; carry at all times in an inhaler; dilute and apply to the chest
and the bottoms of the feet

ODORS, PURIFYING

LeInsight, LePurify, LeSunburst, lime, pine
diffuse; dilute in water and spritz into the air using a plant mister

OSTEOPOROSIS

dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural
progesterone

OVERWHELMED

LeAboutFace, LeAcknowledge, LeBeloved, LeConnection, LeGrace, LeMillenia, LeWhispering Hope
diffuse; wear as perfume; use in a bath; use on acupressure points on the ears

PAIN (SEE ANALGESIC)

PANCREAS

LeEndoRelief, coriander, dill
dilute, apply to the chest, abdomen, and feet

PANIC ATTACKS

LeBeloved, LeHeartSong, LeTranquility, neroli
inhale; diffuse; wear as perfume; place over thymus or heart chakra

PARASITES

LeInsideOut, LeRevitalize, LeSafeguard, bergamot, turmeric
dilute and apply over abdominal area

PINEAL & PITUITARY

LeAboutFace, LeEZ Traveler, LeEndoRelief, LeGrace, LeInner Peace
dilute and apply to back of neck
PLEURISY
LeAspire, LeBreezey, LeHeartSong, LeMariah, LeTrust, LeVitality, cypress, thyme
apply diluted over the lungs—front & back; diffuse or sniff deeply

PMS
LeBalance, LeDeeper, LeWoman Wise
dilute and apply to the abdomen and the small of the back

PNEUMONIA
LeAspire, LeBreezey, LeMariah, LeStefanie, cajeput, cedarwood, hyssop, manuka, oregano
inhale; place on back and chest

PTSD POST TRAUMATIC STRESS DISORDER
LeAngel, LeRevitalize, LeWisdom, sandalwood, vanilla
dilute and apply to the chest and the feet;

PROSTATE
LeBalance, LeEndoRelief, LeWoman Wise, basil, myrtle, peppermint
diffuse; place anywhere on the body

PROTECTION, ENERGY & PSYCHIC
LeBenediction, LeHeartSong, LeInner Peace, LeMillenia, LeSanctuary, LeUnity, clove, cypress, fennel, fir,
frankincense
wear on the body, particularly over the heart chakra, but also on wrists, etc., if massaging or body working;
diffuse; inhale

PURIFY AIR
LeDeliverance, LePurify
diffuse; add to water and mist into the air

PURIFY WATER
LeSunburst, grapefruit, lime
add 1 drop per gallon

RASHES
LeBaby Me, carrot seed, howood, lavender, myrrh, patchouli, rosewood
depending on the type of rash, dilute with either distilled water or a carrier oil

REFLUX (SEE “GERD” AND “HEARTBURN”)

RELATIONSHIPS
LeBeloved, LeExpressions, LeCherish, LeGrace, LeMoonlight, LeReconciliation, anthropogon, jasmine
diffuse; wear as perfume; use in the bath; apply to wrists or temples

RESPIRATORY AILMENTS
LeAspire, LeBountiful, LeBreezey, LeCherish, LeHoliday Spirit, LeHousewarming, LeMariah, LeSanctuary,
LeStefanie, anethi, marjoram, orange sweet, oregano, ravensara
inhale; diffuse; dilute and apply to lung area on both the back and the chest

RESTLESS LEG SYNDROME
LeSolitude, LeVisibility
support the thyroid and adrenal glands using LeEndoRelief and herbal supplements to increase the body’s ability
to absorb calcium; increase your intake of good quality calcium
RINGWORM
Deliverance, NoMore, Purify, SpiceG, geranium, manuka, myrrh, patchouli, tea tree, thyme
ringworm is a fungal infection; dilute the oils with distilled or purified water and apply with a cotton ball
or soft sponge—a vegetable protein based carrier oil may give the fungus something to feed on, making the
situation worse.

SANITIZE
Deliverance, Sunburst
dilute with water and use everywhere

SARS (SEE “RESPIRATORY AILMENTS” FOR OTHER SUGGESTED ESSENTIAL OILS)
Magi, Meditation, melissa

SCARRING
Baby Me, UnDone, Vallee, geranium, helichrysum, hyssop, jasmine, lavender, palmarosa, patchouli,
rosewood, rose
dilute and apply often and generously

SCIATICA
Baby Me, Deeper, MyGraine, Millenia, Paine, TendaCare, Vitality, celery seed
dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the
leg; can be used in the bath or as a compress

SELF-EXPRESSION
Acknowledge, HeartSong, Millenia
diffuse; use in the bath; wear as perfume

SHINGLES
Deeper, Deliverance, geranium, ravensara
Deeper and ravensara dilute and use for pain relief and tissue regeneration; use Deliverance to fight the
virus

SHOCK, TRAUMA
Believe, Crystal Clear, IQ, Revitalize, Turmoil, Vitality, basil, black pepper, calamus, lavender,
 melissa (heart), neroli, peppermint, rosemary
hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottoms of the feet

SINUS
Aspire, Breezey, Deliverance, bay, cajeput, myrrh, niaouli, peppermint
inhale; diffuse; dilute and apply to sinus areas on the face or on the feet

SKIN HEALTH
AboutFace, AgeLess, Baby Me, Reconciliation, Sego Lily, Vallee, anethi, caraway, carrot seed,
grapefruit, jasmine, laurel, lemongrass, lime, litsea cubeba, manuka, neroli, orange sweet, palmarosa (oily
and dry), rosewood, rose, sage, violet leaf
dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as
they will feed any bacteria that may be contributing factors)

SKIN AND TISSUE REGENERATION
Reconciliation, Vallee, chaulmoogra, geranium, helichrysum, lavender, patchouli, rosemary
dilute and apply to the area

SKUNK SPRAY ODOR (ON ANIMALS)
Purify
Dump one or two packages of liquid douche directly on the animal where it was sprayed. Add a few drops of
Purify and massage in thoroughly. When dry, shampoo. Purify (quite a lot of it) added to water to soak
fabric that has been sprayed) removes much of the odor.

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SLEEP APNEA
\textsuperscript{1z}Aspire, \textsuperscript{1z}Breezy, \textsuperscript{1z}Crystal Clear, \textsuperscript{1z}GoodNite, \textsuperscript{1z}IQ, \textsuperscript{1z}Millenia
dilute and apply to the sinus areas or to the feet

SLIMMING AND TONING
\textsuperscript{1z}LiteN, \textsuperscript{1z}LivN, \textsuperscript{1z}Patches, \textsuperscript{1z}Sego Lily, basil, grapefruit, lavender, lemongrass, orange, rosemary, sage, thyme
dilute and apply; I like to apply \textsuperscript{1z}Patches to the places that I am concentrating on losing fat or cellulite, not miraculous, but helpful

SMOKING (SEE ADDICTIONS)

SNORING
\textsuperscript{1z}Aspire, \textsuperscript{1z}Breezy, \textsuperscript{1z}GoodNite, \textsuperscript{1z}Millenia (use in conjunction with one of the other listed oils)
place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are used alternately, changing every few nights

SORE THROAT
\textsuperscript{1z}Aspire, \textsuperscript{1z}Breezy, \textsuperscript{1z}Deliverance, \textsuperscript{1z}EndoRelief, \textsuperscript{1z}SpiceC
dilute and apply to the throat and the sides of the neck, including the area behind and under the ear

SPINAL ALIGNMENT (SEE BACK)
\textsuperscript{1z}Millenia
dilute with carrier and massage along the spine

SPRAINS / SPORTS INJURIES
\textsuperscript{1z}Deeper, \textsuperscript{1z}Millenia (if any structure is out of place), \textsuperscript{1z}Paine, \textsuperscript{1z}Patches, \textsuperscript{1z}TendaCare, \textsuperscript{1z}WarmDown, black pepper, chaulmoogra, marjoram, sage, violet leaf
dilute in carrier oil and apply to the affected area; the carrier oil should contain arnica if there is any swelling

SPIDER BITES
\textsuperscript{1z}MelaPlus, \textsuperscript{1z}Millenia, \textsuperscript{1z}Purify, tea tree
apply a drop, undiluted, to the area

STAINS
lemon (pure; uncut with carrier)
place a little on the stain, rub it in and then launder

STAMINA
\textsuperscript{1z}EZ Traveler, \textsuperscript{1z}Kadence, \textsuperscript{1z}LivN, \textsuperscript{1z}Revitalize, \textsuperscript{1z}Vitality
inhale; diffuse; dilute and apply to thymus area; use 1 - 2 drops in the bath (no more)

STREP THROAT
\textsuperscript{1z}Deliverance, \textsuperscript{1z}SpiceC, melissa
dilute and apply to the throat

STRESS
\textsuperscript{1z}AboutFace, \textsuperscript{1z}Believe, \textsuperscript{1z}Benediction, \textsuperscript{1z}Faith, \textsuperscript{1z}Grace, \textsuperscript{1z}HeartSong, \textsuperscript{1z}Inner Peace, \textsuperscript{1z}Key to My Heart,
\textsuperscript{1z}Letting Go, \textsuperscript{1z}Meditation, \textsuperscript{1z}QuietEssence, \textsuperscript{1z}Sanctuary, \textsuperscript{1z}Sego Lily, \textsuperscript{1z}Tomorrow, \textsuperscript{1z}Tranquility, \textsuperscript{1z}Unity,
\textsuperscript{1z}Weightless, \textsuperscript{1z}Wisdom, \textsuperscript{1z}Whispering Hope, allspice, benzoin, sandalwood
inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower

STRETCH MARKS
\textsuperscript{1z}Baby Me, \textsuperscript{1z}Sego Lily, jasmine, myrrh, rosewood
add to carrier oil (or open a vitamin E capsule, also very effective) and apply all over abdomen and hip area
STROKE
  LeKadence, LeKey to My Heart, LeVitality
  breathe deeply; apply to neck and forehead

STRUCTURAL ALIGNMENT
  LeMillenia, LeWarmDown
  apply to the area or to the feet (to save time and effort—and also the alignment seems to remain in place longer)

SUICIDAL DEPRESSION
  LeAboutFace, LeAcknowledgement, LeAngel, LeHeartSong, LeLetting Go, LeWhispering Hope
  diffuse; inhale; wear as a perfume or cologne

SUNBURN (SEE BURNS)

SUNSCREEN
  helichrysum
  dilute with carrier (coconut oil is especially nice) and apply to the skin

TEETH GRINDING
  LeDreams, LeGoodNite, LeTranquility
  diffuse during the night or place a drop on the pillow

TENDONS, DAMAGED
  LeDeeper, LePaine, LePatches, LeTendaCare, LeWarmDown, birch
  dilute and apply regularly to the area until it is completely healed

THRUSH (SEE CANDIDA)

THYROID
  LeEndoRelief (hyper- or hypo-types), ledum, myrtle, palmarosa
  hyper—apply under big toes
  hypo—apply on top of big toes

TICKS
  LePurify or thyme and lavender
  1 or 2 drops of LePurify or thyme backs the tick out, then 1 drop of lavender every 5 minutes to prevent infection and swelling

TICKS, REPEL
  rose geranium and palmarosa
  mix 2 tablespoons of vegetable oil with 15 drops of rose geranium and 10 drops palmarosa; add 1 teaspoon of above mixture to 1 cup of water and mist to repel ticks

TMJ
  LeDeeper, LeMagi, LeMeditation, LeMillenia, LeTendaCare, LeWarmDown
  LeMillenia diluted and applied along the jaw line will help the jaw to realign; LeWarmDown, LeTendaCare, LeDeeper will reduce the pain and inflammation; LeMagi, LeMeditation are for the emotional aspects of the tension that is being held in the jaw

TOE NAIL FUNGUS
  LeDeliverance, LeMelaPlus, LeNoMore, LeSpiceC
  add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil is recommended)
TOOTHACHE
LePurify, chamomile Roman, clove, spearmint
apply on the gums at the location of pain/problem and along the jawbone

TOXEMIA
LeKey to My Heart, LeVitality, cypress
dilute for massage; diffuse; inhale deeply

TRAUMA
LeLifeForce, LeTurmoil, angelica, peppermint
dilute and apply to the chest and the feet; diffuse; place anywhere on the body

TUMORS, CANCER
LeAboutFace, LeRevitalize, anthropogon, frankincense, mountain savory

VARICOSE VEINS
LeKey to My Heart, LeSunburst, LeVisibility, LeVitality, copaiba balsam, cypress, lemongrass
dilute for massage or application to area of concern; use in a bath

VERTIGO
LeEZ Traveler, LeInsideOut, LeKadence, LeMillenia, calamus, melissa, melissa blend, tangerine
diffused; inhaled, carry with you in an inhaler; place on the wrists or temples

VIRAL INFECTION
dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler

VITALITY
dilute and apply to the chest or the feet; diffuse

VITAMIN ABSORPTION
LeEternity, LeEZ Traveler, calamus, pine
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

YEAST INFECTION (SEE CANDIDA)

WARTS
LeDeliverance, LeMelaPlus, LePurify with clove, manuka
Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful.

WEIGHT LOSS
LeLiteN, LeLivN, LeWeightless, anise, celery seed, ledum, lemongrass, neroli
dilute, apply to the body or to the bottoms of the feet; the aroma of LeWeightless is often effective to curb food cravings

WORMS (SEE PARASITES)

WRINKLES
LeAgeLess, LeSego Lily, carrot seed, frankincense, geranium, myrrh, orange sweet, rosewood, rose, sandalwood
dilute with almond oil or carrier oil and apply to areas of concern

ZEST (FOR LIVING)
LeAssurance, LeEnergy, LeExhilaration
diffuse; inhale; wear as perfume

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