

Mom's Essential Kit Reference Sheet

Immune Strength

- Massage a drop or two (diluted with a carrier oil) into the thymus, on the feet, and under the arms to strengthen the immune system.
- Apply onto the throat, around ears, stomach, and intestines.
- Diffuse when there is sickness in the home.
- Use to treat cold sores and canker sores.

Purify

- Apply diluted oil to wounds and cuts.
- Apply to insect bites, spider bites, and bee stings.
- Diffuse when illness is in the home to kill off germs.

Lemon

- Diffuse in home or office to keep everyone focused and on task.
- Put a drop or two on mild skin irregularities to promote healing.

Peppermint

- Diffuse to strengthen respiratory system.
- Apply a few drops topically to forehead, temples, base of skull, and behind the ears (or inhale from bottle) to help soothe a headache.
- Apply topically to stomach area (hourly or as needed) to ease stomach upset or diarrhea.
- Apply several drops to forehead, temples, and back of neck (or diffuse into the air) to help with fevers.
- For motion sickness, apply a couple drops behind ears and over naval.

Lavender

- Put a drop on pillowcase at night to promote restful sleep.
- Apply to bee stings and other insect bites.
- Apply a drop or two to tick bites frequently for the first hour after carefully removing tick.
- Apply to burns.
- Apply a few drops to poison ivy a couple times daily or as needed.

Helichrysum

- Diffuse 2 drops Helichrysum and 4 drops Myrrh to ease coughs.
- Gently massage a drop or two, in a carrier oil, into area above a broken bone or muscle injury, as well as arthritic joints.
- To help with varicose veins, massage a few drops into affected area several times daily.

Tea Tree

- For earaches, apply a couple drops topically around the opening of the ear, or apply to a cotton ball and place over ear opening overnight (do not apply inside the ear)
- Apply 1 drop to cold sores as soon as they appear. Use daily until cold sore is gone.

Eucalyptus

- Dilute a few drops with carrier oil and apply topically to exposed skin before going outdoors to repel insects.
- To help ease congestion, diffuse into the air.
- Massage a few drops into neck and chest or diffuse to help ease coughs.

Grapefruit

- Diffuse a drop or two of Pink Grapefruit and Peppermint to clear air in a room.
- Massage a couple of drops into affected areas to help alleviate edema.
- Diffuse into the air and massage a few drops into shoulders, back, and feet as needed to help relieve stress.

Myrtle

- Diffuse to help prevent respiratory infections.
- Massage a drop into abdomen to help relieve abdominal issues.

***Disclaimer: I'm not a medical professional. Use this info at your own risk. Please use caution when using essential oils with small children and those with asthma or respiratory conditions. Most oils should be diluted with a carrier oil before topical use. A general guideline is 4-8 drops diluted in ½ tsp. carrier oil for adult use. Always test on a nickel-sized area of skin before using topically. Before using an essential oil on children, make sure it is safe by using this chart: <http://www.rockymountainoils.com/learn/essential-oils-for-children/> Check this page for dilution: <http://www.rockymountainoils.com/dilution-rates-children>