

50 WAYS TO USE ESSENTIAL OILS FOR BODY, MIND AND SPIRIT.

- 1. Change Your Mood to Gentle:** Diffuse a few drops of Lavender, Rose, Orange, Ylang-Ylang, Roman Chamomile Essential Oils in your diffuser.
- 2. Slip into A Bath That Relaxes Both Mind And Body:** Add Chamomile, Lavender, Bergamot, or Cedarwood Essential Oils (using a dispersant like almond milk) to your bath water.
- 3. Return to Your Source:** Put a few drops of Basil, Grapefruit, or Peppermint Essential Oil into your diffuser, sit back, breathe deeply and let go of the day.
- 4. Target Your Stress Points:** Relax with a few drops of diluted Lavender Essential Oil (see dilution chart) massaged under the ear, into temples, and over tight, stiff neck muscles.
- 5. Tired Muscles Unwind** when a few drops of Eucalyptus, Sage, and Basil Essential Oils are added to your Epsom salt bath (2 T. of Epsom Salts act as a dispersant).
- 6. Heal Stiff Knees and Joints:** Gently massage sore joints with a mixture of two drops of Juniper, Eucalyptus, Frankincense, Peppermint and/or Vetiver Essential Oil in a teaspoon of carrier oil.
- 7. SPF 30:** Protect your skin from the sun with a liberal application of one part each Myrrh and Carrot Essential Oils and two parts Jojoba oil.
- 8. Soak Your Tired Feet:** in Peppermint Essential Oil added to an Epsom salt foot bath.
- 9. Perk Up and Be Sharp:** Inhale the scent of any combination of Lavender, Sage, Frankincense, Lemon, Peppermint, Lemongrass, or Basil Essential Oils when studying or driving.
- 10. Nighty, Night:** A few drops of Chamomile and Lavender Essential Oils sprinkled onto your pillow (not where your face will be in direct contact) will take you to the Land of Nod. Or, add several drops of both Essential Oils to a cotton ball and keep near your head while resting.

11. Increase Your Immune System: Rub diluted Oregano Essential Oil on the bottoms of your feet. Use a roller and follow dilution chart as Oregano is a potent Essential Oil.

12. Nausea Be Gone: Rub a few drops of well-diluted Ginger or Nutmeg Essential Oil on the soles of your feet. Then sit back and relax while the nausea dissipates.

13. Fast Headache Relief Happens: When you mix two drops each of Lavender, Peppermint, and Eucalyptus Essential Oil into twelve drops of your favorite carrier oil and gently massage into temples, across your forehead, behind your ears, and the back of your neck. Place a little under your nose, close your eyes, breathe gently and let go of tension.

14. Stomach Cramps Relax: When you mix one part Clary Sage, Basil, or Rosemary Essential Oil with four parts carrier oil and massage onto your tummy. Use clockwise strokes. Cover the area with a warm compress for fifteen minutes. Repeat as needed.

15. Congested Airways Will Open: When you mix equal parts of Eucalyptus, Tea Tree and Lavender Essential Oils with an equal part of a carrier oil. Rub the mixture on your chest before bed and breathe in the vapor as you sleep.

16. Detox While You Bathe: A warm Epsom salt bath infused with a few drops of Rosemary and Juniper Essential Oil will do the trick.

17. Feverish? Bring That Temperature Down: Add equal parts of Sage and Frankincense, and either Rosemary, Eucalyptus, Peppermint, or Pine Essential Oils with a dispersant like almond milk to your bath. Or, add the mixture, with a dispersant, to at least 2 cups of lukewarm water and sponge over feverish skin.

18. Disinfect Minor Abrasions: Cuts and Scrapes heal faster when disinfected with a dilution of equal parts Lavender or Tea Tree oil and a carrier oil. Dilute even more for those with sensitive skin.

19. Hair Loss: Overcome the unwanted fallout with Lavender, Rosemary, Thyme, Ginger, Burdock Root, Hops flower, or Yarrow Essential Oils mixed with Sweet Almond or Grapeseed Oil Carriers (follow dilution chart). Massage mixture into scalp twice weekly. Allow to sink into scalp for 15 minutes. Rinse.

20. **Travel Safely:** Before you set out on the road, fill a small spray bottle with equal parts Cinnamon, Clove, Lemon, Tea Tree, Rosemary and Eucalyptus Essential Oils diluted in water. Shake well before using each time and spray into the air around you (not on fellow travelers).

21. **Deodorize Your Fridge** with Lime, Grapefruit, Bergamot, or Lemongrass after cleaning or add a few drops of the Essential Oil to your baking soda box and leave in the refrigerator.

22. **Boost Cleaning Power** of natural household cleansers with Orange, Lemon, or Grapefruit Essential Oil. Or create your own household cleaner

- 2 cups white vinegar
- 2 cups water
- 1 teaspoon natural dish soap
- 30 drops Lemon Essential Oil
- 10 drops Tea Tree Essential Oil

23. **Freshen Trash Bins** with Geranium, Grapefruit, or Lemon Essential Oil sprinkled into baking soda. Shake mixture into the bottom of cans and refresh as needed.

24. **Disinfect Your Dish Sponge** with Lemon Essential Oil between uses.

25. **Freshen Bathrooms** with Lemon, Grapefruit, Lavender, Rosemary, or Geranium Essential Oil in a diffuser.

26. **Eliminate Lingering Food Odor** with Clove, Cinnamon, or any citrus Essential Oil added to pots of simmering water.

27. **Scent Your Whole Home** with your favorite Essential Oil or blend of oils sprinkled onto the new furnace filter each month.

28. **Add Aroma to Your Fireplace** by applying ten or so drops of Essential Oil to a dry log. Allow the oil(s) to permeate the wood for at least a couple of days before burning.

29. **Remove Lingering Smoke Odor** with Eucalyptus, Rosemary, and Tea Tree Essential Oils diluted in water and mixed into a small spray bottle. Shake well before each use.

30. **Scent Your Vacuum Bag** by dousing a cotton ball with your favorite Essential Oil and dropping it into the vacuum bag or filter.
31. **Wash Fruit** and preserve its freshness with diluted Grapefruit Essential Oil.
32. **Neutralize Paint Odor** with 20 drops of Peppermint Essential Oil added to a can of fresh paint.
33. **Infuse Your Shoes** with Geranium, Basil, or Lavender Essential Oil to keep foot odor at bay. (Dilute before applying to innersoles. Allow to dry before wearing.)
34. **Neutralize Pet Odor** with Geranium, Lavender, or Lemon Essential Oil. Mix ten to twenty drops of Essential Oil in a small spray bottle filled with colorless apple cider vinegar. Shake well before each use.
35. **Refresh Carpets** with Geranium, Lavender, Lemon, or Peppermint Essential Oil added to baking soda. Sprinkle mixture into carpet, let sit for at least 15 minutes, then vacuum up. Keep children and pets away from the area until you vacuum.
36. **Dissolve Stubborn Substances** like wax, oil, chewing gum, or glue with Lemon Essential Oil.
37. **Scrub Your Sinks** with a mixture of Bergamot, Lemon and Lime Essential Oils diluted in water. (Use a spray bottle for coverage.)
38. **Scent Your Bath Towels** by sprinkling a dozen or so drops of a favorite Essential Oil onto a small piece of terry cloth and toss it in the dryer with clean towels.
39. **Flying Insects Will Fly Away:** with Peppermint, Lavender, Citronella, Lemongrass, or Rosemary Essential Oil placed around windows and doors. (Test check your paint before applying for sensitivity to the Essential Oil.)
40. **Bed Mites Be Gone:** with a few drops of Eucalyptus oil mixed with water and added to the washing machine.
41. **Spiders Moving In?** Spray Peppermint Essential Oil mixed in water around windows and doors – and move them out. You can soak a cotton ball with Peppermint Essential Oil and stuff into corners of windows where spiders may enter. (test your wood surfaces before applying Essential Oils as EO may damage painted surfaces.)

42. **Rodents Moving Out:** Use the same spider repellent , Mind & Spiritmixture anywhere you think rodents may be entering your home.
43. **Freshen the Air in Your Office:** Twenty drops of your favorite Essential Oil in a small spray bottle filled with water will change the stale atmosphere. Shake the bottle well before each use and spritz the air.
44. **Brighten Everyone's Day:** with Ylang-Ylang, Jasmine, Orange or Basil Essential Oil in a diffuser.
45. **The Pause that Refreshes:** Diffuse Chamomile, Bergamot, Cedarwood or Lavender Essential Oil and make the breakroom a renewal site.
46. **Refresh Auto Upholstery:** with Lemon, Peppermint, Geranium, Lavender, or Ylang-Ylang Essential Oil mixed in baking soda. Sprinkle it on seats, let sit for a few minutes (away from children and pets), then vacuum up and enjoy the fresh smell.
47. **Recondition Your Auto's Air:** Add a few drops of your favorite Essential Oil to a cotton ball and clip it to the front of an air vent.
48. **Candlelight Magic:** Let your candle burn for a few minutes, then blow it out and add a few drops of your favorite Essential Oil to the melted wax near the wick. Wait until set and relight. DO NOT add Essential Oils to a flame.
49. **Scented Cards and Letters:** Make a statement, or create a romantic mood with an Essential Oil that befits a holiday, a special occasion, or a special interest.
50. **Have Fun with Felt:** Create an air freshener for your car, or your drawer or closet. Instructions for making felt air fresheners follow.