

+ FIRST AID

USING THE EVERYDAY OILS COLLECTION

YOUNG LIVING
ESSENTIAL OILS

THE EVERYDAY OILS COLLECTION

This kit was created by Young Living Essential Oils. It contains four single oils and five oil blends:



SINGLES		BLENDS	
◊ Lavender	◊ Frankincense	◊ Valor®	◊ Thieves®
◊ Peppermint	◊ Lemon	◊ PanAway®	◊ Purification®
		◊ Peace and Calming®	

FOUR WAYS TO USE ESSENTIAL OILS



1 INHALE

Inhale directly from the bottle, diffuse with a diffuser, or drop into your palm and breathe deeply.



2 SKIN

Drop the oil directly from the bottle onto skin or place a couple drops in your hand, rub your palms together, and massage oil onto location.



3 SWALLOWING

Place essential oils into clear vegetable capsules and swallow, add to liquids and drink them, or drop directly on the tongue and swallow.



4: MOUTH

Rub the selected oil inside the mouth under the tongue or inside the cheeks without swallowing.

EVERYDAY OILS COLLECTIONS

LAVENDER

Generally regarded as safe (GRAS) by the Food and Drug Administration for internal consumption.

- **Bee Sting/Insect Bite:** 1 drop on the bee sting or insect bite to stop itching and reduce swelling.
- **Cold Sores:** 1 drop on cold sore.
- **Cuts:** 2-3 drops to stop bleeding, clean wound, and kill bacteria.
- **Hay Fever/Allergies:** rub 1 drop between palms and inhale deeply to help alleviate symptoms.
- **Minor Burn:** 2-3 drops to decrease pain.
- **Motion Sickness:** place 1 drop on end of tongue, behind the ears or around the navel.
- **Nosebleed:** 1 drop on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle top of the lip to the base of the nose and hold as long as comfortable or until the bleeding stops (don't freeze lip or gum).

Lavender is a universal oil.
Whenever in doubt, use lavender.



FRANKINCENSE

Generally regarded as safe (GRAS) by the Food and Drug Administration for internal consumption.

- **Blisters:** dilute oil 50/50 with V6 mixing oil and apply to blistered area 3-5 times daily.
- **Insect bites:** one drop on the bite to reduce swelling and speed healing.
- **Headaches:** rub on area or temples.



LEMON

Generally regarded as safe (GRAS) by the Food and Drug Administration for internal consumption.

- **Antifungal/viral:** to clean the skin.
- **Astringent:** dilute and apply to area.
- **Blisters:** dilute and apply to area.



Disclaimer: These products have not been evaluated by the FDA and are not intended to "diagnose, treat, cure or prevent any disease," because only a drug can legally make such a claim. Please use these therapeutic grade oils in conjunction with your health care providers.



EVERYDAY OILS COLLECTIONS

PEPPERMINT

Generally regarded as safe (GRAS) by the Food and Drug Administration for internal consumption.

- **Brain Fog:** place 1 drop on tongue and hold tongue to the roof of the mouth, breathe deeply.
- **Congestion:** place 2 drops in palm, rub together and place over nose, breathe in deeply. May also place one drop on the tongue for relief.
- **Diarrhea:** rub 6-10 drops of in the palm and rub over the stomach and around the naval for relief.
- **Fever:** 2-3 drops on the bottom of the feet to reduce fever. Dilute 50/50 and apply to forehead, temples, and back of neck.
- **Flatulence (gas):** apply 2-3 drops over stomach area with a hot compress.
- **Halitosis (bad breath):** place 1 drop on the tongue.
- **Headache:** rub 1 drop on the temples, forehead, back of the neck, and inhale deeply (keep out of eyes).
- **Hot Flashes:** apply 2 drops on the outside of each ankle at Vita Flex points for ovary and uterus.
- **Indigestion:** dilute 50/50 and apply over stomach with a warm compress.
- **Itching:** apply 1 drop on effected area (unbroken skin).
- **Nausea:** 2-3 drops in palm and rub over abdomen to relieve nausea.
- **Poison Ivy/Poison Oak:** depending upon size of rash apply appropriate amount of oil neat or dilute with V-6 mixing oil.
- **Travel Sickness:** rub 3-4 drops on the stomach and chest for relief.



THIEVES

A strong blend of oils: clove, lemon, cinnamon bark, eucalyptus radiate, and rosemary cineol that provides a hostile environment for viruses, bacteria, parasites, infections, inflammation, microbes, and fungi.

- **Bronchitis:** 2-6 drops diluted with V6 and rub on the chest, upper back, and tops of feet (Vita Flex bronchial tubes).
- **Cold and flu:** diffuse, apply 1 drop to the bottom of each foot. Consume one drop in an 8 ounce glass of water or juice.
- **Cold sores/fever blisters:** 1 drop three times per day until blister/sore is gone.
- **Fungal/Infections:** 1-2 drops on affected area 2-3 times per day until fungus/infection is gone.
- **Strep throat:** 2-4 drops in water and gargle as needed. 2-4 drops diluted with V6 oil, rub on the back of the neck and apply a warm compress.



PURIFICATION

A sanitizing blend of oils: citronella, lemongrass, rosemary, melaleuca, lavandin, and myrtle to provide a hostile environment for bacteria, mold, and fungus.

- **Air purifier home:** diffuse to neutralize air of odors.
- **Air purifier car/office:** place 3-4 drops on a cotton ball and put in air vents to allow central air/heat to circulate the oil.
- **Insect bites:** 1-2 drops directly on bite/sting.
- **Blisters:** 1-2 drops directly on blister.
- **Flu:** 1-2 drops diluted with V6 oil and swab nasal cavity.
- **Insect repellent:** 6-8 drops in a spray bottle (more depending upon size) in distilled water and spritz as needed.



VALOR

An energy balancing blend of oils: rosewood, blue tansy, frankincense, and spruce. It helps the body to bring balance to the nervous system, muscles and bones, and skin. Enhances emotional balance.

- **Back pain/injury:** apply 4-6 drops on the bottom of feet and spine.
- **Joint pain/injury:** apply 2-3 drops on joints as needed. For a larger area mix with V6 vegetable oil.
- **Stiff neck:** apply 2 drops on neck and massage into neck and shoulders.



PANAWAY

A pain reducing blend of oils: wintergreen, helichrysum, clove, and peppermint. Aspirin-like properties that may stimulate quicker healing by facilitating oxygen into the tissue.

- **Inflammation:** apply 1-2 drops on area of discomfort.
- **Bruising:** apply 1-2 drops on bruised area.
- **Sore muscles:** apply 1-2 drops on sore muscles.
- **Headache:** apply 1 drop of oil on the temples, back of neck, and forehead (don't get in the eyes).
- **Pain:** apply 2-4 drops neat or dilute 50/50 on location. Massage 1-2 drops on Vita Flex points of the feet.



PEACE AND CALMING

A deeply relaxing blend of oils: tangerine, orange, ylang ylang, patchouli, and blue tansy for a feeling of peacefulness and emotional well-being.

- **Emergency:** in an event of an emergency apply to bottoms of feet, back of neck, and breathe deeply to calm self or injured/stressed person.

