

101 USES FOR YOUNG LIVING'S ESSENTIAL 7

LAVENDER, LEMON, PEPPERMINT, JOY, PANAWAY, PEACE & CALMING and PURIFICATION

The Essential 7 kit was developed as a starting point for those new to essential oils. Young Living (YL) wanted a kit that anyone could use immediately and begin to appreciate the benefits of the oils in every part of our every day life. The kit contains three single oils - Lavender (*lavandula angustifolia*), Lemon (*citrus limon*) and Peppermint (*mentha piperita*) and four oil blends developed by D Gary Young: Joy, PanAway, Peace & Calming and Purification. All the single oils may be used as dietary supplements. All of the oils may be diffused. The diffuser available from YL is a special air pump that is custom designed to disperse the oils in a micro fine vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective. Ask your sponsor for more information about diffusers and where they can be purchased. All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with YL's bath gel base, applied topically or used with body and foot massage. Please carefully read and follow the guidelines for the safe use of Young Living Essential Oils included at the end of this handout.

LAVENDER is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing - physically and emotionally. This organically grown plant is grown and distilled at the Young Living farms located in Utah, Idaho and France with a special farm devoted to lavender.

1. Rub on the feet for a calming effect on the body
2. Rub a drop on your palms and smooth on pillow to help you sleep
3. Put a drop on a bee sting or insect bite to stop itching and reduce swelling
4. Put 2-3 drops on a minor burn to stop pain. Oil that is not therapeutic (such as from a health food store) is cut with chemicals and will deepen a burn, not heal it . Be sure you have therapeutic grade oils.
5. Drop on a cut to stop the bleeding
6. Mix several drops of lavender with a carrier oil (vegetable oil, V-6 YL Mixing Oil, olive oil) and use topically on eczema and dermatitis
7. To alleviate the symptoms of motion sickness, place a drop on the end of the tongue or around the navel or behind the ears.
8. To stop a nosebleed, put a drop of lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze gum or the lip)

9. Rub a drop over the bridge of the nose to unblock tear ducts
 10. Rub on dry or chapped skin
 11. Use on chapped or sunburned lips
 12. Massage on and around wound to reduce or minimize the formation of scar tissue
 13. Use 2-4 drops as deodorant
 14. Put a drop on palms and inhale deeply to alleviate hay fever
 15. Rub several drops to eliminate dandruff
 16. Use to scent closets and rid moths with a drop on a cotton ball placed in drawer, chest or closet
 17. Place a drop in your water fountain to scent the air, kill bacteria and prolong time between cleanings
 18. Put a few drops on wet cloth and throw into dryer to scent clothes, deodorize and freshen the laundry
 19. Put one drop on a cold sore
 20. Diffuse to alleviate allergy symptoms
 21. Spritz several drops mixed with distilled water on sunburn for pain
 22. Drop lavender on a cut to clean the wound and kill bacteria
 23. Apply 2-3 drops to a rash to stop the itching and heal the skin
- LEMON** - has antiseptic like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.
24. Use 6 drops of lemon and 6 drops of Purification oil in a spray bottle mixed with distilled water to use as air freshener
 25. Use 1-2 drops to remove gum, oil, grease spots or crayon
 26. Use 1 drop to add flavor to baked goods, water or cooking
 27. Mix 2 drops lemon, Blue Agave Nectar and two cups pure water for homemade lemonade. Adjust to taste

28. May make a corn, callous or bunion disappear by rubbing 1 drop morning and night on location
29. To clean and increase life of fruit, fill a bowl with cool water, add 2-3 drops of lemon, stir. Be sure all fruit is covered.
30. Add 2-3 drops to water and spray counters to disinfect
31. Soak dishcloth overnight in water and lemon mix to disinfect and kill germs between laundering
32. Add a drop to dishwasher before wash cycle to help with cleaning and sheeting action
33. Rub a drop on hands after using public restroom as disinfectant
34. Sanitize fixtures with a few drops of lemon on cloth
35. Place a drop on cold sores, herpes or mouth ulcers to help eliminate cellular waste
36. Put a drop on bleeding gums caused by gingivitis or tooth extraction
37. Put a drop on oily skin or acne to balance sebaceous glands
38. Rub several drops on cellulite to improve circulation and help eliminate waste from fat cells
39. Rub two drops on location to clear athletes foot
40. Rub several drops on varicose veins to improve circulation and relive pressure on the veins
41. Rub a drop on a wart morning and night until it disappears
42. Rub a drop on butchers blocks to cleanse bacteria
43. Put 10-15 drops in each gallon of carpet cleaning solution to help pull out stains and brighten the rug and to leave smelling fresh

PEPPERMINT - is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, MD, studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William Dember, University of Cincinnati, studied its ability to improve concentration and mental accuracy. Alan Hirsch, MD studied peppermint directly affecting the brain satiety center, which triggers a sense of fullness after meals. Organically grown, therapeutic-quality Peppermint is grown and distilled at the YL Farms.

44. Rub 4-6 drops in your palm and then rub over stomach, around navel to relieve indigestion, flatulence and diarrhea

45. Add a drop to herbal tea to aid digestion and relieve heartburn
46. Massage several drops on the area of injury to reduce inflammation
47. Apply immediately to an injured area to relieve pain. If there is a cut, peppermint should NOT be put in wound
48. Rub several drops on bottom of feet to reduce fever; rub on temples, back of neck and feet to relieve hot flashes
49. Apply a drop on unbroken skin to stop itching
50. Apply on location neat or diluted with carrier oil for poison oak or ivy
51. Inhale before and during workout to boost your mood and reduce fatigue.
52. Massage several drops on abdomen to relieve nausea
53. Rub a drop on temples, forehead, back of head and neck for headache relief
54. To stop hiccups, apply a drop on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck)
55. Place two drops on the tongue and rub another drop under the nose to improve alertness and concentration
56. Diffuse in the room while studying to improve concentration and accuracy. Inhale same oil while taking test to improve recall
57. Rub 4 drops on chest and stomach to relieve travel sickness
58. Place a drop on the tongue and inhale into the nose and sinuses to relieve congestion from a cold
59. Add to food as a flavoring and preservative
60. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry
61. Mix one 15-ml bottle into a gallon of paint to dispel fumes
62. Place a couple drops in a cup of hot water and enjoy in place of coffee
63. To kill aphids, add 4-5 drops to 4 ounces water and spray your plants
64. Drink a drop in a glass of cold water to cool off on a hot day

65. Rub on joints to relieve arthritis or tendonitis pain
66. Place a drop on the tongue to get rid of bad breath
67. Inhale to curb the appetite and lesson the impulse to overeat
68. Remove ticks by applying a drop on a cotton swab and swabbing the tick. Wait for head to pull out and remove
69. Mix in footbath to relieve sore feet. Agitate water to enhance effect.

JOY - is an exotic, luxurious blend of Bergamot (Citrus bergamia), ylang ylang (Cananga odorata), geranium (Pelargonium graveolens), rosewood (Aniba rosaeodora), lemon (Citrus limon), mandarin (Citrus reticulata), jasmine (Jasminum officinale), Roman chamomile (Chamaemelum nobile), palmarosa (Cymbopogon martinii), and rose (Rosa damascena) that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, JOY exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

70. Rub a drop over the heart and bottom of each foot to relieve feelings of frustration and depression
71. Put a drop on the tip of nose to uplift mood
72. Wear behind each ear as a perfume
73. Rub a drop between palms and apply on face or legs after shaving to hydrate
74. Rub two drop on areas with poor circulation to improve blood flow
75. Rub two drops on armpit area to use for deodorant
76. Rub two drops on the heart and feet to increase libido
77. Spring a few drops into potpourri to improve the fragrance (but do not burn!)

PANAWAY - was created by D. GaryYoung following an injury that severely tore ligaments in his leg. PanAway is a blend of wintergreen (active constituent similar to cortisone), helichrysum (soothing for localized discomfort), clove (contains eugenol used by dentists to numb gums), and peppermint (calming for nerves). Wintergreen (Gaultheria procumbens), helichrysum (Helichrysum italicum), clove (Syzygium aromaticum) and peppermint (Mentha piperita).

78. Apply topically to reduce inflammation and bruising
79. Apply to sore muscles after exercising

80. Rub a drop on temples, forehead and back of neck to relieve a headache

81. Mix with massage oil and rub on growing pain areas

82. Rub 1-2 drops on arthritic hands to lessen pain

83. Rub 2-3 drops at base of spine for sciatic pain

84. Massage diluted oil on arthritic pets or put a drop in their food

PEACE & CALMING - is a gentle fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus aurantium*), ylang ylang (*Cananga odorata*), patchouli (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

85. Rub 1-2 drops on bottom of feet and on the shoulders before bedtime to get good quality sleep

86. Diffuse to calm overactive children or hard to manage children

87. Mix with massage oil for relaxing massage

88. Mix with carrier salts for a gentle bath

PURIFICATION - is an antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosmarinus officinalis*), Melaleuca (*Melaleuca alternifolia*) lavandin (*Lavandula x hybrida*), and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

90. Diffuse to clean air and neutralize foul or stale odors.

91. Put several drops on cotton ball and place in air vents at home, office, hotel, or car

92. While traveling, inhale during flights to protect yourself from pathogens found in the recirculated air

93. Put a drop on insect bites to cleanse and stop the itching

94. Apply a drop on blemishes to clear the skin

95. Rub a drop on the outside of a sore throat when it is first starting

96. Rub a drop on a blister to disinfect and cleanse

97. Put 2 drops on two cotton balls and place in the toes of smelly sneakers

98. Place a drop on each end of a cotton swab and place on top of your cold water humidifier

to clean the air

99. Dilute with carrier oil and swab the nasal cavity to ward off the flu

100. Spritz several drop mixed with water to repel insects.

101. Apply Purification and Peppermint diluted with carrier oil to a cotton swab and rub just inside the ear to eliminate ear mites in dogs and cats.

GUIDELINES FOR SAFE USE OF YOUNG LIVING ESSENTIAL OILS

1. Always keep a bottle of vegetable oil, olive oil, sesame oil, grape seed oil or YL V-6 Mixing Oil on hand when using essential oils. If any discomfort from the oils is experienced, immediately dilute with one of these oils. **NEVER USE WATER** as water will enhance the effect of oil. Oil and water do not mix.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years. Oils should be in an amber colored glass bottle, never cobalt blue and if in clear glass they should be kept in a dark place when not in use.
3. Keep essential oils out of the reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oils rich in menthol (peppermint, spearmint, wintergreen, etc.) on the throat or neck area of children under the age of 3.
5. If you have asthma, or someone in your house has asthma, take care when using the eucalyptus oils. It is best on the bottom of the feet and not near the face.
6. Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils and blends may cause a rash or discomfort if used and area is exposed to sunlight or UV rays within 3 to 4 days of use.
7. Essential oils should NEVER be dripped into the ears or eyes. Take care when applying oils to fingers that you do not rub eyes afterwards.. Applying oils to fingertips and then rubbing inside ear is proper application process.
8. Do not handle contact lenses with oils on fingers.
9. Oils with high phenol content - oregano, helichrysum, cinnamon, thyme, clove, lemongrass, bergamot, Thieves and ImmuPower - may damage contacts and irritate eyes.
10. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity such as clary sage, sage, Idaho Tansy, juniper and fennel.

11. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid hyssop, fennel and Idaho Tansy oils as well as those with tree-like properties (spruce, fir, Valor, pine, etc.)

12. People with allergies should test a small amount of oil on a small area of sensitive skin such as inside of arm. Bottom of the feet is the most effective place to use essential oils.

13. Before taking GRAS (Generally Regarded As Safe) essential oils internally, always dilute with an oil-soluble liquid such as honey, olive oil or soy/rice/almond milk.

14. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base or Salts as a dispersing agent for the oils in the bath.

NOTE: Rita Anderson and associates make no guarantees of any kind about the safety, performance or effectiveness of any of the techniques, preparations, products or procedures mentioned. This information is not intended nor should be relied upon as a substitute for medical diagnosis, advice or treatment. Where essential oils are mentioned, it is recommended that you use only pure, unadulterated, therapeutic-grade essential oils, and follow the safety directions of the manufacturer. Rita Anderson, The Anderson Family Trust, and Aroma Associates, Inc. (YL ID# 1159) will not be held liable for your use of essential oils - you use them at your own risk. Independent Distributors of Young Living may receive commission on your orders.

REFERENCES: Young, N.D., Gary D. *An Introduction to Young Living Essential Oils, Ninth Edition, 2001.* *Essential Oils Desk Reference compiled by Essential Science Publishing 1-800-336-6308* www.essentialscience.net