

The Basics of Essential Oils

compiled by Jennilyn Young, 2014

What are essential oils?

“Essential oils are natural products that plants produce for their own needs other than nutrition (i.e. protection or attraction). In general, they are complex mixtures of organic compounds that give characteristic odour and flavour to the plants” (<http://www.intechopen.com/download/get/type/pdfs/id/30595>). They are located in various parts of the plant including flowers, leaves, seeds, fruit, roots, resin, and bark. While essential oils are in the plant they serve a variety of purposes to protect and defend the plant from competing growth, insects, animals, fungi, viruses, and bacteria, along with attracting pollinators. Distillation and cold expression are the methods used to separate the essential oil from the physical plant.

The term “essential oil” is a contraction of the original “quintessential oil.” This stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was then considered to be spirit or life force. Distillation and evaporation were thought to be processes of removing the spirit from the plant and this is also reflected in our language since the term “spirits” is used to describe distilled alcoholic beverages such as brandy, whiskey, and eau de vie. The last of these again shows reference to the concept of removing the life force from the plant. Nowadays, of course, we know that, far from being spirit, essential oils are physical in nature and composed of complex mixtures of chemicals. (Sell, Charles. (2010). Chapter 5: The Chemistry of Essential Oils. (Can Baser K H, and Buchbauer G. Editors) in the book Handbook of essential oils : science, technology, and applications, (pp. 121-150). Boca Raton, FL: CRC Press, Taylor & Francis Group quoted on <http://www.naha.org/explore-aromatherapy/about-aromatherapy/what-are-essential-oils/>.)

“For I, the Lord God, created all things, of which I have spoken, spiritually, before they were naturally upon the face of the earth....And out of the ground made I, the Lord God, to grow every tree, naturally, that is pleasant to the sight of man; and man could behold it. And it became also a living soul. For it was spiritual in the day that I created it; for it remaineth in the sphere in which I, God, created it, yea, even all things which I prepared for the use of man” (Moses 3:5, 9).

“The excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate” (Alma 46:40).

How do essential oils work?

You may have heard that food is not fuel, it is information. Well, essential oils, like food, are information, too. The various chemicals in essential oils send instructions to your body that set off a chemical chain reaction, sending all kinds of signals throughout your body to improve it's function. *Do this. Don't do that. Make this hormone. Release this hormone. Don't release that one. Trigger immune cells. Express this protein. Don't express that one. Switch genes on and off.* Unfortunately for us, some of the food we eat sends information that actually destroys our body systems (i.e., alcohol, drugs, too much of one type of food, too little of another). (For more information see <https://www.precisionnutrition.com/food-is-not-fuel>).

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Why would you want to use essential oils?

When you or your child are sick or hurt, you want to do everything you can to soothe them and help their bodies heal. If you have a cut you use the information you have learned throughout your life to clean the area, apply an antiseptic to prevent infection, and apply a bandaid to stop the bleeding and keep the wound clean. But what if you are out of antiseptic ointment and bandaids? (Alright, so that only ever happens at my house.) So what do I do since I haven't stocked my medicine cabinet with bandaids and antiseptic cream? Well, I just use one essential oil from my "medicine cabinet" to cleanse the wound, prevent infection, and stop the bleeding—Geranium. And if I'm all out of Geranium I might use Lavender or Tea Tree. The chemical components in Geranium send out information to the cells in my body to express the blood around the wound which cleanses the wound. Information is then given to coagulate the blood as well as to kill any bacteria that may have entered my body when I received the wound.

Essential oils are power packed with information to assist and speed up healing, boost immunity and mood, and improve and regulate body functions. An essential oil contains information and instructions that guide your body in assessing what it needs to do and what it doesn't need to do in all of its areas of expertise. On the other hand, a pharmaceutical medicine contains instructions that simply tell your body what to do or not to do in one specific area of expertise. It doesn't have the information to assess or regulate other areas that may be affected by the drug, thus resulting in side effects which need to be treated by a different medicine.

Gaining knowledge of essential oils and their areas of speciality information allows me to not only eliminate antiseptic ointment and other medicines from my medicine cabinet, it enables me to take charge of my health, my moods, and my family's finances. Most doctors understand that time and rest will enable your body to heal from most minor first aid issues, colds, and flus and prescribe just that rather than an unnecessary antibiotic. When you learn how to treat your family's basic first aid and illness needs you gain autonomy over your time, tasks, technique, team, and expenses so you can confidently care for your family members's health needs.

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Does it matter where I purchase my essential oils?

Does it matter to you where you purchase your food? The soil it is grown in? If pesticides were used? Essential oils, like food, vary in the quality of their climate and production which affects the final product. In order to get the highest quality, medicinal grade essential oils you should research the companies you want to purchase from to ensure and purchase only from a company that does all the following:

1. Sells *only* certified “100% pure organic” or “100 % pure wildcrafted” essential oils.
2. Sells their essential oils in cobalt blue glass bottles. Essential oils are susceptible to light and heat. Cobalt blue glass bottles protect the integrity of the medicinal quality of the essential oils far better and far longer than amber glass bottles. Remember to store your essential oils in cool, dry, dark places.
3. Sells only essential oils that have been tested through a gas chromatograph and studied to assure the medicinal phytochemicals and healing properties of the oils are in every bottle.
4. Labels every bottle with a batch and lot number sticker on the bottom to link it to it's corresponding gas chromatograph and it's lot origin.
5. Labels every bottle with the latin name for the essential oil. Double check that you are getting the essential oil chemotype that you want.

Disclaimer

This information was collected, assembled, and commented on for the personal use of the compiler, Jennilyn Young. It was obtained from hours of study, training, lectures, and personal experience. The compiler is still enrolled in the college of experience to help herself and her family find natural ways to improve their health by using whole and/or raw foods, organic herbs, organic and/or wild-crafted essential oils, natural healthcare products, and various methods of healing including acupuncture, zone reflexology, NAET, and cranial-sacral massage therapy. She does not believe that any of these methods or products can heal—but she believes that they can provide needed elements and information to support the body in doing what it is designed to do: heal itself. She also believes that each and every body has its own needs and nuances so application and results of various whole nutrition, organic herbs and essential oils, and health tools may vary by time and by individual.

The information presented is not meant to take the place of diagnosis and treatment by a qualified medical practitioner. All recommendations herein contained are believed to be effective, but since actual use of essential oils by others is beyond the compiler's control, no expressed or implied guarantee as to the effects of their use can be given nor liability taken. Any application of the recommendations outlined in the following pages is at the reader's sole risk. Essential oils are to be used at the reader's sole risk and own discretion.

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How do I apply essential oils?

Bath / Foot Bath — Combine 10 to 20 drops of an oil/oil blend with 1/2 cup Dead Sea Salts. Dissolve in warm water bath. Combine 10 drops of oil/oil blend with 1/4 cup salts for warm water foot bath.

Compress — Apply 3 to 6 drops of oil on desired location. Cover area with a hot, damp towel and then place a dry towel over it to help retain the heat. For a cool compress, stir 3 to 6 drops of oil into a basin of cold water and place towel in water for a few minutes before squeezing out the excess water and placing the compress on the desired area.

Dietary or Immune Supplements — Many essential oils can be ingested internally simply by putting 2 to 4 drops in a veggie cap, filling the remaining space with olive oil, coconut oil, or other carrier oil. Take with meals or in between meals, usually two to three times day.

Diffuser / Humidifier / Vaporizer — Add 10 drops of oil to purified water, shake, and put in a machine which emits a humidifying mist. If you don't have a diffuser you can place a pint of boiling water in a glass bowl in the desired room out of reach of children or pets. Add 10 drops oil to the steaming water.

Direct Application — Apply a drop or two of the essential oil directly on the skin. Dilute oils if using on children or if dilution is recommended before applying directly on the skin.

Direct Inhalation — Place 1 to 2 drops of oil in the palm of your hand, rub hands together to disperse. Cup hands over nose and mouth, inhale deeply. Can also use oil on handkerchief or pillow.

Foot Application — Apply 1 to 3 drops of oil directly on big toes and along the inside of the foot all the way to the heel. For digestion issues, also apply to arches of feet. For colds and congestion, apply to all toes and top of foot. For hormonal regulation, rub oil just under ankle bones.

Household Care — Add a few drops of oil to dishwasher or washing machine to clean and disinfect. Add 10 to 15 drops of oil combined with purified water to a 2 ounce cobalt spray bottle to carry with you for disinfecting hands, shopping carts. Make a spray for cleaning your kitchen and bathroom.

Massage — Mix 10 to 12 drops of your favorite essential oils with carrier oil. Massage sore muscles. For an overall body massage, apply on both sides of spine and gently drag thumbs down both sides of spine several times. This activates all of your body's meridians—energy pathways—signaling your brain to assess all of your body systems and make any adjustments necessary.

Misting Spray — Add 10 to 30 drops oil/oil blend and 4 ounces purified water to a 4 ounce cobalt blue spray bottle. Always shake well before spraying to disperse the oils in the water.

Perfume / Cologne — Essential oils are healthier and superior to synthetic sprays and deodorants. Apply to pulse points or create a misting spray with your own unique personal fragrance.

Personal Care Products — Use a drop or two oil mixed with coconut oil to remove makeup and cleanse face. Create your own toner by adding 5 to 10 drops of oil to 2 ounces witch hazel toner in cobalt blue glass bottle. Add a drop or two of oil mixed with coconut oil to moisturize face. Or, try Purify Skin Therapy's 100% Natural Wildcrafted and Organic Skincare Products (<http://www.purifyskintherapy.com>).

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Ten Essential Oils with over 68 Common Wellness Uses

<i>Eucalyptus Radiata</i>	<i>Mandarin Green / Red</i>
<i>Geranium</i>	<i>Niaouli</i>
<i>Ginger</i>	<i>Peppermint</i>
<i>Lavender</i>	<i>Ravintsara</i>
<i>Lemon</i>	<i>Tea Tree</i>

Main Digestive Oils: *Ginger, Mandarin Green / Red, Peppermint*

Main First Aid Oils: *Eucalyptus Radiata, Geranium, Lavender, Niaouli, Peppermint, Tea Tree*

Main Household Oil: *Lemon, Tea Tree*

Main Outdoor Oils: *Geranium, Peppermint*

Cold & Cough Oils: *Eucalyptus Radiata, Lemon, Niaouli, Ravintsara, Tea Tree*

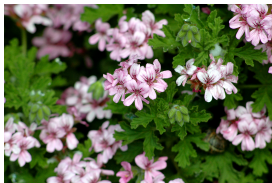


Eucalyptus Radiata (*Eucalyptus radiata*)
for ages 2 months and older

First Aid uses: Blister, Heat Exhaustion (use as a cooling spray), Insect Bite, Muscle Ache / Pain

Wellness uses: Acne / Skin Blemishes, Bacterial Infection / Cold, Congestion, Ear Congestion / Infection, Fever, Flu, Headache, Immune Deficiency, Nervous Exhaustion, Respiratory Congestion / Infection, Sinus Infection / Congestion, Viral Infection / Cold

Combine equal parts Eucalyptus Radiata, Tea Tree, Lavender, and carrier oil to make a Chest Rub to relieve Congestion or 10 drops Ravintsara and Eucalyptus Radiata plus 5 drops Niaouli.



Geranium (*Pelargonium graveolens*)
for ages 2 months and older

First Aid uses: Bump (minimizes bruising), Cut (stops bleeding)

Outdoor uses: Insect Repellent

Wellness uses: Acne / Skin Blemishes, Anxiety, Blood Circulation, Depression, Eczema, PMS / Balance Female Hormones, Shingles, Skin Care, Stress

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Ginger (*Zingiber officinale*)

*for ages 2 years and older; use with caution on the infirm and elderly
Best taken internally. Or, dilute and rub clockwise on abdomen.*

- Digestive uses: Constipation, Diarrhea, Flatulence, Intestinal Parasites, Low Appetite, Nausea, Stomach Cramps
- First Aid uses: Muscle Ache / Pain, Toothache
- Wellness uses: Cold, Flu, Food Poisoning / Detoxification, Motion Sickness, Sore Throat, Stomach Cramps

Combine equal parts Ginger and Peppermint to relieve Nausea or Stomach Cramps.



Lavender (*Lavandula angustifolia*)

suitable for everyone

- Digestive uses: Abdominal Cramps, Colic, Stomachache
- First Aid uses: Burn, Insect Bite, Sunburn
- Household uses: Antiseptic (Room Spray)
- Wellness uses: Acne / Skin Blemishes, Anxiety, Depression, Ear Infection/Ache, Eczema, Fever, Headache, Insomnia, Stress

For Headache relief, rub a drop of Lavender along hairline and then rub a drop of Peppermint along hairline.

For Insomnia, rub a drop of Lavender by itself or a drop each of Lavender and Clary Sage on temples and Brow Chakra. (Lavender with Clary Sage is suitable for ages 12 years and older.)

For Insomnia, combine 3 drops Lavender and 3 drops Bergamot in a capsule and take before bedtime. (Suitable for ages 9 years and older.)

Combine equal parts Eucalyptus Radiata, Tea Tree, Lavender, and carrier oil to make a Chest Rub to relieve Congestion.

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Lemon (*Citrus limonum*)

for ages 2 years and older

caution: skin photosensitivity and plastic chemical sensitivity

Household uses: Antibacterial / Disinfectant, Antiseptic (Room Spray), Purify Drinking Water, Repels Ants and Moths, Scouring Powder (add to baking soda)

Wellness uses: Acne / Skin Blemishes, Astringent / Tonifier, Bacterial Infection / Cold, Depression, Fever, Flu, Headache, Mental Exhaustion / Focus, Migraine, Mild Diuretic, Nail Fungus / Nail Strengthener, Respiratory Congestion / Infection, Sore Throat (add to honey), Stress, Viral Infection / Cold

For Daily Liver Detoxification, combine one drop Lemon and one drop Peppermint with juice from half of a lemon and drink first thing in the morning.

For Sore Throat combine one drop Lemon with a spoonful of honey to make Cough Syrup.



Mandarin Green (*Citrus reticulata*)

suitable for everyone

caution: mild skin photosensitivity

Digestive uses: Colic, Constipation, Digestive System - Stimulate, Flatulence, Indigestion, Nausea

Household uses: Antiseptic (Room Spray)

Wellness uses: Acne / Skin Blemishes, Anxiety, Cold, Cough (Expectorant), Depression, Flu, Insomnia, Mental Exhaustion / Focus, Mild Diuretic



Mandarin Red is ripened *Citrus reticulata*. It is very sweet smelling and has similar properties to Mandarin Green although it is most effective in these uses: Constipation, Digestive System - Stimulate, Flatulence, Indigestion, Antiseptic (Room Spray), Anxiety, Depression, Insomnia, Mild Diuretic.

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Niaouli (*Melaleuca quinquenervia viridiflora*)
for ages 7 months and older

First Aid uses: Cut / Wound, Muscle Ache / Pain

Wellness uses: Acne / Skin Blemishes, Addiction Recovery / Support, Asthma / Opens Airways, Cold, Croup / Opens Airways, Strong Decongestant, Flu, Mental Exhaustion / Focus, Respiratory Congestion/Infection, Sore Throat (Gargle with Tea Tree)

Combine 10 drops Ravintsara, 5 drops Niaouli, and 10 drops Eucalyptus Radiata for a Cough Mix that can be used as a Chest or Back Rub, in a Diffuser, or Direct Inhalation methods.



Peppermint (*Mentha piperita*)
for ages 12 years and older; avoid use on children, the infirm, and elderly
*Spearmint (*Mentha spicata*) can be used instead for children ages 2-12 or elderly.*

Digestive uses: Flatulence, Low Appetite, Motion Sickness, Nausea, Upset Stomach

First Aid uses: Bee Sting, Insect Bite, Muscle Ache / Pain, Trauma Injury (like a slammed finger or knee)

Outdoor uses: Insect Repellent

Wellness uses: Anxiety, Depression, Fever, Mental Exhaustion / Focus, Nasal Congestion, Respiratory Congestion, Stress

For Daily Liver Detoxification, combine one drop Lemon and one drop Peppermint with juice from half of a lemon and drink first thing in the morning.

For Headache relief, rub a drop of Lavender along hairline and then rub a drop of Peppermint along hairline.

Combine equal parts Ginger and Peppermint to relieve Nausea or Stomach Cramps.

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Ravintsara (*Cinnamomum camphora*)
for ages 2 years and older

Digestive uses: Digestive System - Stimulate, Food Poison / Detoxification

Wellness uses: Bacterial Infection / Cold, Bronchitis, Chronic Fatigue / Exhaustion, Depression, Fever, Flu, Lymphatic Drainage, Mental Exhaustion, Physical Exhaustion, Pneumonia, Respiratory Congestion/Infection, Shingles, Viral Infection / Cold

Combine 10 drops Ravintsara, 5 drops Niaouli, and 10 drops Eucalyptus Radiata for a Cough Mix that can be used as a Chest or Back Rub, in a Diffuser, or Direct Inhalation methods.



Tea Tree (*Melaleuca alternifolia*)
for ages 2 months and older

First Aid uses: Cut

Wellness uses: Acne / Skin Blemishes, Athlete's Foot / Toe Fungus, Bacterial Infection / Cold, Canker Sore / Mouth Ulcer, Ear Infection/Ache, Flu, Fungal Infection, Sinus Infection, Sore Throat, Viral Infection / Cold, Wart, Yeast Infection / Thrush

Combine equal parts Eucalyptus Radiata, Tea Tree, Lavender, and carrier oil to make a Chest Rub to relieve Congestion.

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DIGESTIVE USES:

Abdominal Cramps — *Lavender*

Colic — *Lavender, Mandarin Green, Dill*

Constipation — *Ginger, Mandarin Green / Red*

Diarrhea — *Ginger, Dill*

Flatulence — *Ginger, Mandarin Green / Red, Peppermint*

Food Poisoning / Detoxification — *Ravintsara*

Indigestion — *Mandarin Green / Red, Dill*

Intestinal Parasites — *Ginger*

Motion Sickness — *Peppermint*

Nausea — *Ginger, Mandarin Green, Peppermint*

Stimulate Appetite — *Ginger, Peppermint*

Stimulate Digestive System — *Mandarin Green / Red, Ravintsara*

Stomachache — *Lavender*

Stomach Cramps — *Ginger, Peppermint*

Upset Stomach — *Peppermint*

FIRST AID USES:

Animal Bite — *Geranium (promotes bleeding to cleanse; stops bleeding), Niaouli, Tea Tree*

Bee Sting — *Lavender, Peppermint*

Blister — *Eucalyptus Radiata*

Bump — *Geranium (minimizes bruising)*

Burn — *Lavender, White Flour*

Cut — *Geranium (promotes bleeding to cleanse; stops bleeding), Niaouli, Tea Tree*

Heat Exhaustion — *Eucalyptus Radiata*

Insect Bite — *Eucalyptus Radiata, Lavender, Peppermint, Tea Tree*

Muscle Ache / Pain — *Eucalyptus Radiata, Ginger, Niaouli, Peppermint*

Sprain — *Lavender, Peppermint (reduces swelling)*

Sunburn — *Lavender, Apple Cider Vinegar*

Toothache — *Ginger, Peppermint, Tea Tree, Clove Bud*

Trauma Injury (ex. smashed or slammed finger) — *Geranium (minimize bruising), Peppermint*

HOUSEHOLD USES:

Antibacterial / Disinfectant (Hand Sanitizer/Spray, Cleaning Spray) — *Lemon, Tea Tree*

Antiseptic (Room Spray) — *Lavender, Lemon, Mandarin Green / Red, Tea Tree*

Purify Drinking Water — *Lemon*

Repel Ants and Moths — *Lemon*

Scouring Powder — *Lemon mixed with baking soda*

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OUTDOOR USES:

Insect Repellent — *Geranium, Peppermint*

WELLNESS USES:

Acne / Skin Blemish — *Eucalyptus Radiata, Geranium, Lavender, Lemon, Mandarin Green, Niaouli, Tea Tree*

Addiction Recovery / Support — *Niaouli*

Anxiety — *Geranium, Lavender, Mandarin Green / Red, Peppermint, Lavender with **Clary Sage***

Asthma / Opens Airways — *Niaouli*

Astringent / Tonifier — *Lemon*

Athlete's Foot / Toe Fungus — *Tea Tree*

Bacterial Infection / Cold — *Eucalyptus Radiata, Lemon, Ravintsara, Tea Tree*

Blood Circulation — *Geranium*

Bronchitis — *Ravintsara*

Canker Sore / Mouth Ulcer — *Tea Tree*

Chronic Fatigue / Exhaustion — *Ravintsara*

Congestion — *Eucalyptus Radiata*

Coughs (Expectorant) — *Mandarin Green*

Croup / Opens Airways — *Niaouli*

Decongestant — *Niaouli*

Depression — *Geranium, Lavender, Lemon, Mandarin Green / Red, Peppermint, Ravintsara*

Ear Congestion — *Eucalyptus Radiata*

Earache / Infection — *Eucalyptus Radiata, Lavender, Tea Tree*

Eczema — *Geranium, Lavender*

Eye Infection — *make a compress using either Lavender, Tea Tree*

Fever — *Eucalyptus Radiata, Lavender, Lemon, Peppermint, Ravintsara*

Flu — *Eucalyptus Radiata, Ginger, Lemon, Mandarin Green, Niaouli, Ravintsara, Tea Tree*

Food Poisoning / Detoxification — *Ginger*

Fungal Infection — *Tea Tree*

Headache — *Eucalyptus Radiata, Lavender, Lemon, Peppermint, **Ylang Ylang***

Immune Deficiency — *Eucalyptus Radiata*

Insomnia — *Lavender, Mandarin Green / Red, Lavender with **Clary Sage** or **Bergamot***

Liver Detoxifier — *Lemon and Peppermint*

Lymphatic Congestion / Stagnation — *Ravintsara*

Mental Exhaustion / Focus — *Lemon, Mandarin Green, Niaouli, Peppermint, Ravintsara*

Migraine — *Lemon, **Clary Sage***

Mild Diuretic — *Lemon, Mandarin Green / Red*

Motion Sickness — *Ginger*

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WELLNESS USES continued:

Nail Fungus / Nail Strengtheners — *Lemon*

Nasal Congestion — *Eucalyptus Radiata, Peppermint*

Nervous Exhaustion — *Eucalyptus Radiata*

Physical Exhaustion — *Ravintsara*

PMS / Balance Female Hormones — *Geranium, Ylang Ylang*

Pneumonia — *Ravintsara*

Respiratory Congestion / Infection — *Eucalyptus Radiata, Lemon, Niaouli, Peppermint, Ravintsara, Tea Tree*

Shingles — *Geranium, Ravintsara*

Sinus Congestion / Infection — *Eucalyptus Radiata, Tea Tree*

Sore Throat — *Ginger, Lemon with honey, Niaouli, Tea Tree*

Stress — *Geranium, Lavender, Lemon, Peppermint*

Strep Throat / Tonsillitis — **Thyme ct. Linalool**

Urinary Tract Infection — *Niaouli, Tea Tree, Sandalwood*

Viral Infection / Cold — *Eucalyptus Radiata, Lemon, Ravintsara, Tea Tree*

Wart — *Tea Tree*

Yeast Infection / Thrush — *Tea Tree*

Remember all essential oils and essential oil blends need to be diluted before using on children. Generally use 1 to 3 drops diluted oil, 2 to 4 times daily. Here are some suggested dilution ratios from <http://www.anandaapothecary.com/articles/aromatherapy-children.html>:

<u>Age of Child</u>	<u>Dilution Rate of Essential Oil to One Ounce Carrier Oil</u>
Newborn	1-3 drops essential oil / ounce
2-7 months	1-3 drops essential oil / ounce
7-12 months	1-4 drops essential oil / ounce
1-4 years (unless very small)	5-8 drops essential oil / ounce
6-7 years	5-10 drops essential oil / ounce
9-12 years	5-12 drops essential oil / ounce
12 years to young adult	10-15 drops essential oil / ounce

The Synergy of Essential Oil Blends: Just like peanut butter and chocolate are great on their own but better together, essential oils are great on their own but even better together.

Kids Immune Booster Blend

8 drops Eucalyptus Radiata

8 drops Ravintsara

6 drops Tea Tree

4 drops Niaouli

2 drops Lavender

4 drops Lemon

2 drops Thyme Linalool (optional)

Mix and store in clean, cobalt blue glass bottle. Dilute and apply using various methods such as foot application, chest or back rub, pillow inhalation, diffuser, or warm bath.