

## Family Essentials Kit How-To

100+ ways to use the most popular doTERRA essential oils.

### **Breathe** *Respiration Blend*

- +Stiffness
- +Ease symptoms of Pneumonia
- +Clear chest and head
- +Allergies
- +Mind clarity
- +Cough and congestion
- +Diffuse with Lavender for better sleep
- +Snoring
- +Breathe bath (3-4 drops in warm water)

### **Deep Blue** *Soothing Blend*

- +Sore muscles
- +Achy joints, arthritis
- +Deep tissue massage
- +Reduces pain and inflammation
- +Growing pains
- +Back pain
- +Shin splints
- +Whiplash
- +Pre and Post workout
- +Apply to back of neck, shoulders and temple for headache
- +Muscle tension

### **DigestZen** *Digestion Blend*

- +Dilute with FCO and rub directly on tummy to ease gas, bloating, nausea, stomach aches
- +Dilute with FCO and rub directly on tummy to ease constipation and diarrhea
- +A drop under your tongue after a meal to reduce acid reflux
- +One drop in your hands and inhale to ease motion sickness
- +Take with a meal to support digestion
- +Infant reflux
- +Colic (recipe on pg 347)
- +Food sensitivities
- +Pregnancy heartburn and gas

### **Frankincense *Oil of the Gods***

- +Spot treatment for acne
- +Facial blemishes/growths
- +Use with favorite face moisturizer to brighten skin
- +Internal detoxifier
- +Treat minor cuts and scrapes
- +Bug Bites
- +Lift mood and awareness
- +Apply to head and neck with lavender and peppermint, to calm stress and headaches
- +Fever
- +Stretch marks
- +Depressed feelings
- +Spiritual connectedness
- +Anxiousness
- +Foot pain

### **Lavender *Calms and Cleanses***

See 101 Ways to use your Lavendar, Lemon and Peppermint

<http://www.dotterraeveryday.com/101-uses/>

- +Sunburns and scars (c-section, surgery)
- +Burns (the faster you get it on the burn the better)
- +Apply directly to scrapes, cuts, blisters and bruises
- +Bug bites and bee stings
- +Dilute in FCO to ease diaper rash
- +Better sleep (put a drop on your pillow or on the bottom of your feet)
- +Teeth grinding
- +Anxiousness
- +Migraines and headaches
- +1-3 drops with Lemon and Peppermint in shot of water to treat seasonal allergies
- +Sooth irritated skin and lips
- +Diffuse to soothe high emotions
- +Use with Melaleuca and rub behind ear for earaches
- +Dilute in coconut oil to ease "jock itch"
- + "Winter cheeks" (see recipe on pg 347)
- +Calm a crying baby or toddler
- +Rub on mom's chest to soothe baby while nursing
- +Cracked nursing nipples
- +Minimize stretch marks

### **Lemon *Detoxify and Deodorize***

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- +Detoxification (put 1-2 drops in water)
- +Sore Throat (lemon/honey hot tea)
- +Cooking (Cakes, cookies, smoothies, frosting)
- +Cleaning agent (counters, stainless steel)
- +Diffuse to elevate mood
- +Diffuse to neutralize odors
- +Dilute in water for antiseptic cleaner
- +1-3 drops with Lavender and Peppermint in shot of water to treat seasonal allergies
- +Put a drop in the heel of stinky shoes
- +Removes permanent marker from walls and white boards
- +Add a few drops to detergent for soiled laundry you are rewashing
- +Clean leather
- +Replace your Jet Dry (add a few drops to your detergent)
- +Preserve cut fruit (with water in spray bottle)
- +Removes goo and sap

### **Melaleuca *Aka Tea Tree***

- +Spot treatment for skin blemishes or all over face
- +Dilute in FCO and apply to eczema
- +Apply to throat to ease bronchitis symptoms
- +Yeast (candida and thrush)
- +Apply to cuts and wounds
- +Toothache
- +Use as part of a natural daily skin regimen
- +Use with shampoo or conditioner for healthier scalp and hair
- +Dilute in FCO and rub on Cradle Cap
- +Use with Lavender and rub 1 drop of each behind ear for earaches
- +Athlete's foot and ingrown toenails
- +Apply topically to hives, rash and itchy skin
- +Minimizes swelling

### **On Guard *Protective Blend***

- +Immune support
- +Disinfectant--dilute in spray bottle with water to clean door knobs, handles, etc.
- +Minimize symptoms of cold and flu
- +Diffuse to purify the air
- +Cold sores
- +Warts
- +Infected wounds
- +Gargle with 1/4 tsp cayenne pepper for sore throat/strep throat
- +Gargle one drop in water when you forget your toothbrush

### **Peppermint *Clear and Active***

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- +Headaches
- +Motion or car sickness
- +Cooking (frosting, brownies, smoothies)
- +Stomach aches
- +Dilute with coconut oil and rub 1-2 drops on spine to reduce a fever
- +Apply to chest and back of bottom of feet to ease asthma
- +Decreases milk supply
- +Heat exhaustion/stroke
- +1-2 drops with Lemon and Lavender in shot of water to treat seasonal allergies
- +Digestive discomfort
- +Muscle and joint tension
- +Supress appetite and curb cravings
- +Make tea, water, hot coca, homeade candy, brownies, ice cream come alive
- +Deter spiders, ants, aphids, beetles, plant lice, mice, cockroaches ticks

### **Oregano\* *Powerful and Potent***

- +Immune support
- +Reduces excess mucous
- +Sore throats
- +Cleanses GI tract
- +Warts and canker sores
- +Parasites, Fungus, Ringworm
- +Put in gel caps to kill viruses and bacteria
- +Helpful against antibiotic resistant bacteria

\*Small dosage recommended. Dilute Oregano for topical application. Caution during pregnancy.