

## 96-Hour Essential Oils Kit

### **Why these Essential Oils in an emergency?**

**Lemon** – Effectively kills airborne and surface bacteria; mix with water in spray bottle and mist air and surfaces to disinfect.

- Reduces stomach acidity.
- Combine with peppermint for effective liver cleanse.
- Inhale as needed to stimulate concentration and memorization.
- Kills surface bacteria. Use cleaning spray (recipe below) to disinfect personal areas while traveling and to keep kitchen sanitized.
- Apply 1-2 drops neat to skin irritations, such as insect bites, for itch relief.
- Agitate 4-5 drops in water for an invigorating shower or bath.
- Away from home, use 1-2 drops rubbed on hands to cleanse and disinfect.
- Calms nausea.
- Stops bleeding. Gums, shaving nicks, bloody noses, etc.
- Citrus oils are photosensitive – do not expose skin where citrus oils have been applied to direct sunlight for 48 hours.

**Peppermint** – Relieves pain of bruises, anti-inflammatory properties. Provides cooling action, drops a fever.

- Detoxifying; relieves headache, nausea, colic, activates lymph flow and drainage.
- Antiseptic properties.
- Relaxes and soothes muscles.
- Combine with lemon for liver cleanse.
- Headaches – apply to back of neck, forehead, temples, nose – smell, make a hot tea.
- Gastrointestinal problems – put a drop on tongue.
- Heartburn (lemon & peppermint liver cleanse).
- Migraines – apply to forehead & temples right away.
- Hot flashes – back of neck or put into water to drink.
- Pain – use for bone pain – smashed finger, shin, etc.
- Bee stings –works instantly; drop on stings, tap and blow on it.
- Use a drop of peppermint stirred into a teaspoon of honey for a stuffed nose.
- Inhale a drop of peppermint from a tissue for travel fatigue, indigestion, nausea, motion sickness, and gastrointestinal cramps.
- Acid reflux – marjoram and peppermint in palm of hand and stir with finger. Lick finger and spread the rest over gastro area.
- Caution, if you have high blood pressure use with lavender to balance blood pressure.

**Lavender** - The Universal oil. Immune system stimulant, anti-microbial (anti-viral, anti-bacterial, anti-fungal).

- Relieves pain from burns, aids in healing, and reduces scarring.
- Relaxes and soothes the nerves when faced with anxiety.
- Relieves vertigo, depression, headache and migraine, hypertension, and earache.
- Anti-spasmodic properties that calm asthma, colic, labor, sprains, strains, and stress.
- Provides allergy relief.
- Effective insect repellent.
- Add 10-20 drops of Lavender to lotion to relieve weather stressed, chapped or sunburned skin.
- Used to comfort the mind and spirit.
- Soak in bathtub with Epsom salts to relax and soothe sore muscles.
- Spray for sunburns; mix several drops with water and drop of peppermint, shake and spray.
- Antiseptic, calming, relaxing and balancing.

**Eucalyptus** – High camphor content helps relieve elevated respiratory infections.

- Relaxes and soothes headache, nervous exhaustion.
- Soothes and cools the body; relieves areas of inflammation associated with muscle aches and pains, sprains, and arthritis.
- Anti-inflammatory.
- Traditional insect repellent.

**Spice for Life Blend** – Helps fight colds, influenza, viral infections, sore throats, mouth infections and contagious infections.

- Immune-system stimulant, balances intestinal flora.
- Stimulates white blood cells.
- Mix 1-2 drops with honey, add warm water for an immune boosting tea or use “lick trick” at first sign of infection. (Apply single drop to back of fist. Lick.)
- Put a drop or two on the bottom of the feet. Rub in.
- Put a drop or two on a slice of apple – delicious! Helps children to ingest the oil. Use a toothpick to apply Spice for Life to the apple for small children.
- Breath freshener.

**Tea Tree** – Can be used on little children, diluted (even newborns).

- Contains all 5 gammas.
- Commonly used as a general antiseptic.
- Antiviral properties.
- Anti-fungal properties, effective against yeast and Candida.
- Anti bacterial. Use with infections.
- Scrapes/cuts getting infected, use straight.
- Pink eye – 1 drop oil, ¼ tsp salt with warm water and put on compress over eyes.
- Abscess in mouth – 3x daily.
- Sore gums by molars 3x daily.
- Wisdom tooth removal instead of antibiotics.
- At first sign of prickling sensation at back of the throat, take a drop of tea tree on the tongue, also apply under jaw line, along the path of the jugular vein, from the ears down to the clavicle.

**Di-gest Blend**-Supports the digestive system, easing discomfort and healing of causes of digestive discomfort.

- Stops stomach cramps.
- Prevents or calms down an upset stomach.
- Remedies excessive belching, bloating, and heartburn.
- Alleviates motion sickness or carsickness.
- Apply to abdomen by rubbing clockwise around the navel, do “lick trick”, or inhale.

**Physical Touch Blend**-This unique blend eases the “rough and tumble” aspects of everyday life.

- Relieves weariness, aches, and pains.
- Eases overused muscles.
- Comforts and soothes.
- For relief with fast action, apply 3-5 drops directly on the targeted area and alternate between cold and warm compresses for 60 minutes.
- Apply topically on palms of hands and bottoms of feet.
- Mix 3-5 drops to 1 tablespoon message oil and massage on irritated, inflamed areas, achy, overused muscles, and weary bones.
- This invigorating and healing blend will perk up the senses and ease congestion. Rub 2-3 drops on the palms of the hand, inhale.

**Always be sure the essential oils you use are pure.**

### **Cleaning Spray Recipe:**

10 drops of Lemon oil

8 drops of Eucalyptus

5 cups water

Put in spray bottle. Shake up, spray and wipe down surfaces and appliances in kitchen, dining room, bathroom, etc.

### **Liver Cleanse Recipe:**

1 drop Lemon Oil

1 drop Peppermint Oil

1 Tbsp fresh squeezed lemon juice

Take first thing every morning for 28 days, rest 7 days. Repeat forever!

Hint: no electricity and want to wash your clothes. Bucket, new plunger, make washer unit

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