



# 132 Uses for Young Living's **“START LIVING WITH EVERYDAY OILS KIT”**

WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS.

10 reasons why you should *NEVER LEAVE HOME WITHOUT* your 'Essential Oils':

1. You or someone you know might have a mishap or accident.
2. You might be sleepy after lunch and have trouble concentrating.
3. You might have eaten something that did not agree with you.
4. You might have dry or chapped skin.
5. You might be stuck in traffic and feel agitated.
6. You might find yourself in a public restroom that doesn't have soap or hot water.
7. You might get stung by a bee or other insect.
8. You might suffer the discomfort of a headache.
9. You might have sore muscles after exercising.
10. You just simply want to smell good and feel even better!

Read on for more ideas on how to enjoy each of these eight powerful oils!

**ENJOYING OUR JOURNEY OF HEALTH AND WELLNESS**




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## **VALUE OF THE 'ESSENTIAL OIL STARTER KIT':**

The Essential Oil Starter Kit is dedicated to the essential oil fan. This kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains three single oils: Frankincense (*Boswellia carteri*), Lavender (*Lavandula angustifolia*), and Peppermint (*Mentha piperita*), and five oil blends: PanAway, Peace & Calming, Purification, Thieves and Valor.

## **HOW TO USE YOUR 'ESSENTIAL OIL STARTER KIT':**

-  **Dietary Supplements:** All single oils may be used as dietary supplements.
-  **Diffuse:** All of the oils may be diffused. The diffuser from YLEO is a special air pump that is custom designed to disperse the oils in a micro fiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. Diffusing 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.
-  **Direct Application:** All of the oils can be applied to the Vita Flex points on the feet, added to bath water (except Thieves oil) mixed with YLEO's Bath Gel Base, applied topically or used with body and foot massage.

**FRANKINCENSE:** (*Boswellia carteri*) is known as the “holy anointing oil” and has been used in religious ceremonies for thousands of years. It was well known during the time of Christ for its anointing and healing powers and was one of the gifts given to Christ at His birth. “Used to treat every conceivable illness known to man,” frankincense was valued more than gold during ancient times. It contains sesquiterpenes which stimulate the limbic system of the brain (the center of memory and emotions) is antitumoral, immunostimulant, antidepressant and relaxing to muscles.

1. Rubbing Frankincense on your head could bring a calming effect from anxiousness.
2. Rubbing a drop of Frankincense oil on your feet may cause a calming effect on the body.
3. Putting a drop of Frankincense oil on a wart may cause it to disappear.
4. Putting 1-2 drops of Frankincense oil may relieve a cold sore and its discomfort.
5. Dropping Frankincense oil on skin issues may cause them to clear up.
6. Placing several drops of Frankincense oil on a foot injury may help the pain and speed the healing process.
7. Placing a drop of Frankincense oil with a carrier oil around the bony part of the eye may assist your vision.
8. Rubbing a drop of Frankincense oil over the bridge of the nose may help to unblock your lack of smell.
9. Rubbing Frankincense oil on dry or chapped skin may bring relief.
10. Rubbing a drop of Frankincense oil on an incision after surgery may reduce the chance of infection and may also help promote healing.

**LAVENDER:** (*Lavandula angustifolia*) 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 PLANT IS GROWN AND DISTILLED AT THE YOUNG LIVING FARMS.

11. Rubbing Lavender oil on the feet may cause a calming effect on the body.
12. Rubbing a drop of Lavender oil on your palms and smoothing it on your pillow may help you sleep.
13. Putting a drop of Lavender oil on a bee sting or insect bite may soothe itching, stinging and discomfort.
14. Putting 2-3 drops of Lavender oil may soothe a minor burn.
15. Dropping Lavender oil may soothe a cut.
16. Mixing several drops of Lavender oil with V-6 Vegetable Mixing Oil and used topically may be soothing to skin irritations.
17. Possible help in alleviating the symptoms of motion sickness is to place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
18. Rubbing a drop of Lavender oil over the bridge of the nose may help to unblock tear ducts.
19. Rubbing Lavender oil on dry or chapped skin may bring relief.
20. Rubbing a drop of Lavender oil on chapped or sunburned lips may help discomfort.
21. Possible help in reducing and/or minimizing the appearance of scar tissue may be to try massaging Lavender oil on and around the area.
22. Rubbing 2 – 4 drops of Lavender oil over the armpit area may help act as a deodorant.
23. Rubbing a drop of Lavender oil between your palms and inhaling deeply may help in alleviating the discomfort of air borne pollen and/or dust.
24. Rubbing several drops of Lavender oil into the scalp may help with flaking.
25. Placing a few drops of Lavender oil on a cotton ball and placing in your linen closet to scent the linens and may help repel moths and insects.
26. Placing a drop of Lavender oil in your water fountain may help to scent the air, help sanitize and prolong the time between cleanings.
27. Placing a few drops of Lavender oil on a wet cloth and throwing into the dryer, may help to deodorize and freshen your laundry.
28. Diffusing Lavender oil may support the body’s natural defenses against air borne sensitivities to the skin and immune system.

29. Spritzing several drops of Lavender oil mixed with distilled water on a sunburn may help soothe it.
30. Dropping Lavender oil on a cut may help clean the wound, sanitize and soothe it.
31. Applying 2-3 drops of Lavender oil to a rash may help and soothe the skin.

**LEMON:** (*Citrus limon*) 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.

32. Using 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with distilled water may help in the bathroom as an air freshener.
33. Using 1-2 drops of Lemon oil may remove gum, oil, grease spots or crayon.
34. Using 1 drop of Lemon oil may help add flavor to baked goods or beverages.
35. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.
36. Rubbing a drop of Lemon oil on the appearance of a corn, callous or bunion mornings and evenings may be soothing.
37. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
38. Adding 2-3 drops of Lemon oil to water and spraying counter tops may help sanitize them.
39. Soaking your dishcloth overnight in a bowl of water with a drop of Lemon oil may sanitize it.
40. Add a drop of Lemon oil to your dishwasher before the wash cycle may help in cleaning.
41. Rub a drop of Lemon oil on your hands after using a public bathroom may help to disinfect.
42. Use a paper towel soaked with several drops of Lemon oil may help sanitize bathroom fixtures.
43. Putting a drop of Lemon oil on sore gums may be soothing.
44. Putting a drop of Lemon oil on oily skin or skin blemishes may help balance (oil glands).
45. Rubbing several drops of Lemon oil on cellulite may improve circulation and help eliminate waste from the cells.
46. Rubbing two drops of Lemon oil topically may help to clear athlete's foot.
47. Rubbing several drops of Lemon oil on legs may improve circulation.
48. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
49. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

**PEPPERMINT:** (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., 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 N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. **PEPPERMINT IS GROWN AND DISTILLED AT THE YOUNG LIVING FARMS.**

50. Rubbing 4-6 drops in the palm and rubbing over stomach and around the navel may help relieve occasional indigestion, flatulence and diarrhea.
51. Adding a drop of Peppermint oil to herbal tea may help aid digestion and heartburn.
52. Massaging several drops of Peppermint oil on an area of injury may help to reduce tenderness.
53. Applying Peppermint oil immediately to an injured area may be soothing.
54. Rubbing several drops of Peppermint oil on the bottoms of the feet may help lower high temperature.

55. Applying a drop of Peppermint oil topically on unbroken skin may help to stop itching.
56. For poison ivy or poison oak, applying Peppermint oil on location may help with irritation and be soothing.
57. Inhaling Peppermint oil before and during a workout may help boost your mood and reduce fatigue.
58. Massaging several drops of Peppermint oil on the abdomen may help relieve nausea.
59. Rubbing a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck may help in soothing head pressures.
60. Applying a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck) may be beneficial in helping to stop hiccups.
61. Placing two drops of Peppermint oil on the tongue and rubbing another drop under the nose may help improve alertness and concentration.
62. Diffusing Peppermint oil in the room while studying may help to improve concentration and accuracy. Inhaling Peppermint oil, when taking a test, may help in improving recall.
63. Rubbing 4 drops of Peppermint oil on chest and stomach may help to relieve travel sickness.
64. Placing a drop of Peppermint oil on the tongue and inhale into the nose and sinuses may help stuffiness.
65. Add Peppermint oil to food as a flavoring and a preservative.
66. To deter rats, mice, ants or cockroaches, placing two drops of Peppermint oil on a cotton ball and placing along the path or point of entry for these pest may help to send them elsewhere.
67. Mixing one 15 ml. bottle of Peppermint oil into a 5 gallon can of paint may dispel the fumes.
68. Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee.
69. Adding 4-5 drops of Peppermint oil to 4oz. of water and spray on plants may help get rid of aphids.
70. Drinking a drop of Peppermint oil mixed in a glass of cold water may help to cool off on a hot day.
71. Rubbing Peppermint oil on joints may be soothing.
72. Placing a drop of Peppermint oil on the tongue may help in stopping bad breath.
73. Inhaling the fragrance of Peppermint oil may help in curbing the appetite and lessen the impulse to overeat.
74. Applying a drop of Peppermint oil on a cotton swab and swabbing the tick may help it removal. Wait for it to unhedge its head and remove from your pet.
75. Mixing Peppermint oil in a footbath may help relieve sore feet. Keep water agitated while soaking feet.

**PANAWAY:** *A blend of wintergreen (Gaultheria procumbens), which has an active constituent similar to cortisone; clove (Syzygium aromaticum), which contains eugenol, used by dentists to numb gums; peppermint (Mentha piperita), which is calming for nerves; and helichrysum (Helichrysum italicum), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.*

76. Applying PanAway oil topically on an injured area may be soothing.
77. Applying PanAway oil topically may help soothe sore muscles after exercising.
78. Rubbing a drop of PanAway oil on the temples, forehead and back of the neck may help with head pressure.
79. Mixing PanAway oil with massage oil and massage on location may help in stopping growing pains.

80. Rubbing 1-2 drops of PanAway oil on the joints may lessen pressure.
81. Rubbing 2-3 drops of PanAway oil at the base of the spine may help to soothe back pressure.
82. Massaging PanAway oil diluted with V-6 Vegetable on location or a drop in the food may help with the joints of your pets.

**PEACE & CALMING:** A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*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.

83. Rubbing 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime may help you get good quality sleep.
84. Diffusing Peace & Calming oil in the room may calm overactive or hard to manage children.
85. Mixing Peace & Calming oil with massage oil for a relaxing massage.
86. Putting Peace & Calming oil mixed with Bath Gel Base in warm water for a relaxing bath.
87. Diffusing Peace & Calming oil while sleeping may help in stopping nocturnal teeth grinding.
88. Rubbing Peace & Calming on the stomach may be soothing when upset or under stress.
89. Diffusing Peace & Calming may be calming to animals.
90. Rubbing Peace & Calming on the paws of animals may help them to remain calm when traveling.

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

91. Diffusing Purification oil may help clean the air and neutralize foul or stale odors.
92. Putting several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area may help control odors.
93. While traveling, inhaling Purification oil during flights, may help in protecting yourself from pathogens found in the recirculated air.
94. Putting a drop of Purification oil on insect bites may help to cleanse and stop the itching.
95. Applying a drop of Purification oil on blemishes may help to clear the skin.
96. Rubbing a drop of Purification oil on the outside of the throat may be soothing when it feels irritated.
97. Rubbing a drop of Purification oil on a blister may help to cleanse and sanitize.
98. Putting 2 drops of Purification oil on two cotton balls and placing in the toes of smelly sneakers may help combat odors
99. Placing a drop of Purification oil on each end of a cotton swab and placing on top of your cold water humidifier may help to clean the air.
100. Spritzing several drops of Purification oil mixed with water may help to repel insects.
101. Applying Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rubbing just inside the ear may help with ear mites in cats and dogs.

**THIEVES:** A powerful, protective, and antimicrobial blend of clove (*Syzygium aromaticum*), lemon (*Citrus limon*), cinnamon (*Cinnamomum verum*), Eucalyptus radiate, and rosemary (*Rosmarinus officinalis*). This spicy aroma is a sensory delight when inhaled but to a microbe, it's a one-way ticket to oblivion! Formulated to protect during the winter season and throughout the year. It has been University tested for its effects in cleaning the air, promoting good health, and destroying household orders.

102. Using 1 drop of Thieves oil in water, gargling and swallowing could relieve a sore throat.
103. Taking Thieves oil orally, 1 drop in a glass of water every morning could strengthen the immune system against a cold.

104. Applying Thieves oil could repel mosquitoes.
105. Diffusing Thieves oil when someone has a cold could reduce its severity and duration.
106. Brushing your teeth at bedtime with Thieves oil, swallowing and not rinsing may reduce your chance of illness and support the health of your gums and teeth.
107. Using Thieves oil on a painful infection for several days could bring relief.
108. Adding 2-3 drops of Thieves oil to water and spraying counter tops may help sanitize them.
109. Soaking your dishcloth overnight in a bowl of water with a drop of Thieves oil may sanitize it.
110. Adding a drop of Thieves oil to your dishwasher before the wash cycle may help in cleaning.
111. Rubbing a drop of Thieves oil on your hands after using a public bathroom may help to disinfect.
112. Using a paper towel soaked with several drops of Thieves oil may help sanitize bathroom fixtures.
113. Putting a drop of Thieves oil diluted with v-6 oil on a teething baby's sore gums may be
114. Putting a few drops of Thieves oil on a splinter may ease in the removing of it.
115. Rubbing several drops of Thieves oil on poison ivy may dry it up and bring relief.
116. Rubbing 2 drops of Thieves oil topically may help to clear foot fungus.
117. Rubbing several drops of Thieves oil on legs may improve circulation.
118. Rub a drop of Thieves oil to clean a butcher's block or other cutting surfaces.
119. Putting several drops of Thieves oil on the bottom of your feet and inhaling deeply may bring relief from an allergic reaction.
120. Applying Thieves oil diluted with v-6 oil to a boil may cause it to dissipate.

**VALOR:** *A great energy balancing blend that contains a base of pure almond oil, the essential oils of spruce (Picea mariana), rosewood (Aniba rosaeodora), blue tansy (Tanacetum annuum), and frankincense (Boswellia carteri). When worn as a cologne or perfume, Valor exudes a grounding fragrance that promotes courage, confidence, and positive self-esteem (as when putting on The Full Armor of God).*

121. Rubbing 2 drops of Valor on your feet and inhaling deeply 6-8 times before bedtime may Help give a good night's sleep, waking up refreshed.
122. Putting a drop of Valor oil on the tip of the nose may help in uplifting your confidence.
123. Rubbing Valor oil on the bottom of the feet at bedtime may help with snoring and sleep problems.
124. Rubbing a drop of Valor oil on the bridge of the nose and a drop rubbed on the throat may relieve allergy symptoms.
125. Rubbing two drops of Valor oil on areas of the body with poor circulation may bring about improvement.
126. Applying Valor oil on the spine may support the immune system.
109. Rubbing two drops of Valor oil on the heart and feet may help increase courage and self-esteem.
127. Also called chiropractor in a bottle, rubbing Valor oil on your spine and back may bring great comfort and relaxation to the area.
128. Rubbing a combination of Valor, Abundance and Frankincense oil over the heart and stomach area, at least 3 or 4 times daily may help to uplift your mood.
129. Applying Valor oil to the bottom on the feet may bring strength and endurance to the body.
130. Rubbing Valor oil on the jaw may relieve tightness and soreness.
131. Rubbing Valor oil on stiff muscles may ease the discomfort.
132. Applying Valor oil on the head may relieve head pressure.

## GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS.

1. Always keep a bottle of V-6 Vegetable Mixing Oil, Massage Oil Base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
  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.
  3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
  4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
  5. Direct sunlight and essential oils. Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays with 3 to 4 days of use.
  6. Keep essential oils away from eye area and do not put into ears. Do not handle contact lenses or rub eyes with essential oils on fingers. Oils with high phenol content – oregano, helichrysum, cinnamon, thyme, clove. Lemongrass, bergamot, Thieves and ImmuPower – may damage contacts and irritate eyes.
  7. 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.
  8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel and Idaho tansy oils.
  9. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
  10. Before taking GRAS (Generally Regarded as Safe) essential oils internally, always dilute with an oil-soluble liquid like honey, olive oil or soy milk.
  11. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.
- Obligatory Disclaimer:** The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician. THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

References: Young, N.D., Gary D. An Introduction to Young Living Essential Oils. Eleventh Edition, 2001.  
Essential Oils Desk Reference. Compiled by Essential Science Publishing, Second Edition, July 2001.

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***“Beloved, I wish above all things that you may prosper and be in good health even as your soul prospers.” III John 2***