

For more information about essential oils, go to: [www.YoungLiving.us](http://www.YoungLiving.us).  
(Note: My member number is **392729**. Or call Marie Wilson at **916.923-2670**.  
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### **Here are some qualities of various oils:**

#### **LAVENDER**

One of the most versatile oils. Can be used for treatment of burns, scalds, inflammation, wounds, ulcers, eczema, dermatitis, fainting, headaches, migraines, influenza, insomnia, , tension, infection, asthma, rheumatism and arthritis. Lavender relaxes with normal doses, can stimulate with higher doses. Stimulates growth of healthy skin, accelerates healing of damaged skin, and accelerates growth of healthy new cells. Promotes the growth of healthy white blood cells. Is antispasmodic and analgesic.

#### **PEPPERMINT**

One of the oldest and most highly regarded herbs for soothing digestion. Improves concentration and mental accuracy. Has a positive effect on the liver and respiratory system. Good for asthma, bronchitis, digestive aid, reduces fever, halitosis, heartburn, hemorrhoids, hot flashes, indigestion, Candida (yeast infections), headaches, motion sickness, nausea, throat infections and varicose veins.

Place peppermint oil on finger tip and rub in a circle around the eye (on the forehead, temples, cheeks and bridge of nose). Be very careful not to rub your eyes or get oil in your eyes as that would be extremely painful!

Peppermint also works to get rid of ants. Just add to water in a spray bottle and spray the area. Also place some oil in a small open bottle or dish and leave it in the area where you have ants or other bugs; they will depart.

#### **LEMONGRASS**

Helps to improve circulation, digestion, eyesight, as well as combat headaches, infections, respiratory problems, sore throats and fluid retention. It aids in tissue regeneration.

#### **TANGERINE**

Delicious in water. Tangerine is calming and also helps with anxiety and nervousness. It also improves circulation and helps digestive disorders.

#### **OREGANO**

One of the most powerful oils, oregano is an anti-infectious and anti-biotic agent for respiratory, intestines, genital, nerves, blood and lymphatics. Fights against bacteria, fungus, virus and parasites. A general tonic and immune stimulant. For colds or flu, add 3 drops of Oregano oil to 1 tsp olive oil plus 1/4<sup>th</sup> cup of water and drink twice daily. Due to antibiotic qualities, this usually will knock out a cold or the flu. Be sure to use high quality oils!

**THYME**

General tonic for the nerves and stomach. May also help with bacterial infections, circulation, depression, respiratory infection, digestion, headaches, insomnia, and viruses along the spine.

**BASIL**

Powerful antispasmodic, anti-viral, anti-inflammatory, decongestant and anti-bacterial.

**WINTERGREEN (OR BIRCH)**

For arthritis, rheumatism, inflammation, muscular pain, liver stimulant and supports bone function.

**CYPRESS**

Arthritis, bronchitis, circulation, cramps, hemorrhoids, insomnia, parasites, pancreas insufficiencies, pulmonary infections, fluid retention.

**MARJORAM**

Dilates blood vessels, regulates blood pressure, soothes muscles, tones the nervous system and supports respiratory system.

**CLOVE**

Don't reach for the cigarette, reach for clove oil. Place a drop on the tongue which will reduce or eliminate the desire for a cigarette.

**EUCALYPTUS**

Relieves asthma.

**Massage oil for the face:**

Lavender (10 drops); Geranium (2 drops); Sandalwood (7 drops); Ylang ylang (5 drops)

- Dilute in 2 oz of vegetable, sunflower or almond oil

From the book *The Magic and Power of Lavender*

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