

# One Hundred and One Uses for

**Obligatory Disclaimer:** The following information 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.**

The Essential 7 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: Lavender (*Lavandula angustifolia*), Lemon (*Citrus limon*) and Peppermint (*Mentha piperita*), and four oil blends: Joy, PanAway, Peace & Calming and Purification.

All single oils may be used as dietary supplements.

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. It 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.

All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with YLEO's Bath Gel Base, applied topically or used with body and foot massage.

**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.**

1. Rub on feet for calming.
2. Rub on your pillow to help you sleep.
3. Put a drop on a bee sting or insect bite to stop itching & reduce swelling.
4. Put 2-3 drops on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the naval or behind the ears.
8. To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
9. Rub a drop over the bridge of the nose to unblock tear ducts.
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. To minimize the formation of scar tissue, massage on and around the affected area.
13. Rub 2 - 4 drops over the armpit area to act as a deodorant.
14. Put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. Rub several drops of Lavender oil into scalp to help eliminate dandruff.
16. Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
17. Place a drop of Lavender oil in your water fountain to scent the

air, kill bacteria and prolong the time between cleanings.

18. Place a few drops on a wet cloth and throw into the dryer.
19. Put a drop of Lavender oil on a cold sore.
20. Diffuse Lavender oil to alleviate the symptoms of allergies.
21. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

**LEMON** - (*Citrus lemon*) 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.

24. Use 6 drops of Lemon oil & 6 drops of Purification in a squirt bottle mixed with distilled water to use in the bathroom as an air freshener.
25. Use 1-2 drops to remove gum, oil, grease spots or crayon.
26. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
27. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water.
28. Rub a drop on a corn, callous or bunion mornings and evenings.
29. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Be sure all surfaces of the fruit contact the lemon water.
30. Add 2-3 drops to water and spray counter tops to sterilize them.
31. Soak your dishrag overnight in water to disinfect and kill germs.
32. Add a drop of Lemon oil to your dishwasher before the wash cycle.
33. Rub a drop of Lemon on your hands after using a public bathroom.
34. Use a paper towel soaked with several drops to sanitize bathroom fixtures.
35. Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid healing.
36. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
37. Put a drop on oily skin or acne to balance sebaceous glands (oil glands).
38. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
39. Rub two drops of Lemon oil topically to clear athlete's foot.
40. Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
41. Rub a drop on a wart morning and night until it disappears.
42. Rub on butcher's block or other cutting surfaces.
43. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug.

**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.**

44. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
45. Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
46. Massage several drops of oil on an injury to reduce inflammation.
47. Apply Peppermint oil immediately to an injured area (bruised shin, hit