

The Essential 7 Kit

on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.

48. Rub several drops of oil on the bottoms of the feet to reduce fever.
49. Apply Peppermint oil topically on unbroken skin to stop itching.
50. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
51. Inhale before & during a workout to boost your mood and reduce fatigue.
52. Massage several drops on the abdomen to relieve nausea.
53. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
54. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the base of the neck).
55. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
56. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
57. Rub 4 drops on chest and stomach to relieve travel sickness.
58. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
59. Add Peppermint oil to food as a flavoring and a preservative.
60. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
61. Mix one 15 ml. bottle of Peppermint into a 5 gals. of paint to dispel the fumes.
62. Place a couple of drops in a cup of hot water and enjoy in place of coffee.
63. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
64. Drink a drop mixed in a glass of cold water to cool off on a hot day.
65. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
66. Place a drop of Peppermint oil on the tongue to stop bad breath.
67. Inhale the fragrance to curb appetite and lessen the impulse to overeat.
68. Remove ticks by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhedge its head, then remove from your pet.
69. Mix Peppermint oil in a footbath to relieve sore feet.

JOY - An exotic, luxurious blend of Lemon (*Citrus limon*), mandarin (*Citrus reticulata*), bergamot (*Citrus bergamia*), ylang ylang (*Cananga odorata*), rose (*Rosa damascena*), rosewood (*Aniba rosaeodora*), geranium (*Pelargonium graveolens*), palmarosa (*Cymbopogon martinii*), Roman chamomile (*Chamaemelum nobile*), and jasmine (*Jasminum officinale*) that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

70. Rub a drop of Joy oil over the heart and on the bottom of each foot to relieve feelings of frustration or depression.
71. Put a drop of Joy oil on the tip of the nose to uplift your mood.
72. Wear a drop of Joy oil behind each ear as a perfume.
73. Rub a drop of Joy oil between your palms and then spread over the face and neck after shaving.
74. Rub two drops of Joy oil on areas of the body with poor circulation to improve blood flow.
75. Rub two drops of Joy oil on the armpit area to use for a deodorant.
76. Rub two drops of Joy oil on the heart and feet to increase libido.
77. Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.

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.

78. Apply PanAway oil topically on an injured area to reduce inflammation and bruising.

79. Apply PanAway oil topically to sore muscles after exercising.
80. Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
81. Mix with massage oil and massage on location to stop growing pains.
82. Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
83. Rub 2-3 drops at the base of the spine to relieve sciatic pain.
84. For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

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.

85. Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
86. Diffuse in the room to calm overactive or hard to manage children.
87. Mix with massage oil for a relaxing massage.
88. Mix with Bath Gel Base in warm water for a relaxing bath.
89. To help stop nocturnal teeth grinding, diffuse while sleeping.

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

90. Diffuse Purification oil to clean the air and neutralize foul or stale odors.
91. Put 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.
92. While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air.
93. Put a drop of Purification oil on insect bites to cleanse and stop the itching.
94. Apply a drop of Purification oil on blemishes to clear the skin.
95. Rub on the outside of a sore throat when it is first beginning.
96. Rub a drop of Purification oil on a blister to cleanse and disinfect.
97. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
98. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
99. Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
100. Spritz several drops of Purification oil mixed with water to repel insects.
101. Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.

Courtesy of Young Living Groups@yahoogroups.com
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