

# Safety, Security, and Peace of Mind with + Emergency Oils



## **Clove:** For Pain and Toxins

- + Helps relieve toothaches, headaches, and other pain—Apply on location
- + Can be used to help draw toxins and infections from the body—Apply on feet or on location
- + Aids in relieving nausea or constipation—Massage gently on stomach; take in a capsule



## **Lemongrass** For Cramping Muscles

- + Soothing to sore and cramping muscles—Apply on location with peppermint; drink lots of water
- + Helps warm feet in winter—Apply on bottoms of feet
- + Naturally cleansing—Apply on location; diffuse into air



## **Frankincense** For Inflammation and More

- + Enhances the effects of other oils
- + Helps reduce inflammation—Apply on location; take in a capsule
- + Helps relieve headaches—Apply with peppermint and lavender
- + Supports skin tissue recovery—Apply on location
- + Helps soothe hyperactivity and restlessness—Diffuse (mist or disperse) into air and inhale
- + Facilitates clarity and focus of mind—Diffuse and inhale



## **Melaleuca** For Soothing and Healing

- + Can be used as a first aid ointment—Apply on location
- + Useful for skin irritations like bug bites and athlete's foot and other skin problems such as eczema and psoriasis—Apply on location
- + Aids in immune system support against throat and respiratory pathogens—Diffuse and inhale; take in a capsule
- + Helps with slivers in skin—Apply on location with clove



## **Lavender** For Calming and Stress Reduction

- + Relieves stress, anxiety, and insomnia—Diffuse and inhale; massage on skin
- + Takes the pain out of bee stings, hives and other allergic skin reactions—Apply on location
- + Soothing to skin irritations and burns—Apply on location (apply with frankincense for sunburns)
- + May aid in relieving neuropathy and leg cramps—Apply on location



## **Oregano** For Immune System Support

- + Naturally supports the immune system—Take in a capsule with olive or coconut oil for bacterial infection support (follow with lavender and peppermint in a capsule); take several drops in a capsule for periodic immune system boosts
- + Works as a natural defense—Apply to bottoms of feet
- + Helps relieve back and joint pain and inflammation—Take in a capsule with olive or coconut oil. Dilute, and apply on location



## **Lemon** For Cleansing and Mood Elevation

- + Natural antioxidant and detoxifier—Take with water or in a capsule
- + Natural cleansing agent—Apply on location
- + Elevates your mood and helps reduce stress and fatigue—Diffuse and inhale
- + Helps balance acidity levels, calm upset stomachs, and encourage elimination—Take with water or in a capsule



## **Peppermint** For Indigestion and Cooling

- + Relieves headaches and other pain—Apply on temples, forehead, or back of neck for headaches, or apply on location for bumps, bruises, or nerve pain
- + Calming to upset stomach or nausea—Take in a capsule, or apply on stomach; diffuse and inhale
- + Helps increase energy—Diffuse and inhale
- + Cooling—Mist on body, or apply on forehead; diffuse and inhale