

be ready

with Essential Oils

A quick reference handbook



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What if there is no doctor? What if you have no access to prescription medication? How is your physical health now? Are you ready?

As preppers, we value self-reliance and essential oils are yet another resource when conventional medicine fails or is not available. Learning to use essential oils can enhance your quality of life by improving your health, reducing dependency, adding skills and resources to your self-sufficiency plan, and strengthening your medical readiness.

What are essential oils?

Essential Oils are liquids derived from plants through steam distillation; they contain the naturally occurring chemical constituents that are known as mankind's first medicines. Essential oils contain oxygenating molecules that possess the ability to penetrate cell walls. They are antioxidant, antibacterial, anti-cancerous, antifungal, anti-infections, antimicrobial, antitumor, anti-parasitic, antiviral, and antiseptic. Essential oils are super-concentrates of the immune system building and regenerating properties plants possess (Higley, 2013).

What is the difference between essential oils and herbs?

Essential oils are extremely potent and faster acting. Just one small drop of essential oil can provide quick relief to a variety of ailments. To illustrate their potency some examples are as follows:

- 1 drop of peppermint pure therapeutic-grade essential oil is approximately equivalent to 26 cups of peppermint tea (Behling-Hovdal, Potter, & Behling, 2013)
- It is said that it takes 7 acres of lavender to produce 15ml of lavender essential oil. "I once attempted to make my own essential oil and while my methods were to be on a much smaller scale, I would have needed 100's of plants and many hours of work just to produce a few drops of essential oil" (Bess, 2013).



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What are pure, therapeutic-grade essential oils and why is that important?

A key factor used to determine the purity and therapeutic value of an essential oil is the chemical constituents it contains. A wide variety of variables impact the quality of those constituents including how the oils were extracted, which part of the plant was used, plant soil condition and nutrients, environmental region, weather, elevation, collection methods, time of year, and the distillation process itself. Any essential oil less than pure therapeutic-grade can be toxic or at a minimum, may not produce desired results (Higley, 2013).



Source: (Young, 2014, p.1) "Brett Smith, research scientist, is seated at the GC-MS, where he performs essential oil analysis."

How do Essential Oils work?

When Essential Oils enter the body either through topical, aromatic, or internal application, they circulate through tissues, pass through cell walls, and carry nutrition into the cells (Stewart, 2010). They strengthen our body's natural healing ability by releasing elements that disrupt our body's natural healing function like drugs, heavy metals, pollutants, and petrochemicals (Truman, 2013).

Why Essential Oils and not conventional medicine?

- Conventional medicines tend to mask symptoms while essential oils help the body heal
- Shelf-life - Virtually indefinite shelf life when stored below 90 degree out of sunlight
- Easy to carry and pack because they are small and light weight
- Versatility - one essential oil can be effective for a variety of conditions
- Safety – As of this date, there have never been any reported death caused by essential oils; they are very safe with limited precautions.
- Excellent resource for bartering/trading
- Ease of use – Using essential oils is uncomplicated and quick

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What are the basic guidelines for using essential oils?

- To maintain maximum potency for many years, store oils in a dark, cool place (below 90° F).
- The body absorbs oils the fastest through inhalation.
- Take care not to let the oils contact plastic; they will interact with petroleum based plastic and melt it.
- To apply the oil neat means to use the oil without diluting. To dilute essential oils, use pure olive, vegetable, coconut, almond oil, or their blends.
- When applying oils to children or pets, ALWAYS dilute 1 to 2 drops essential oil with ½ to 1 teaspoon of the dilution oils listed above.
- If skin irritation occurs, do NOT dilute with water. Dilute with the dilution oils listed above.
- Avoid getting oils in eyes. If oils get in the eyes, do NOT use water. Dilute with oils listed above.
- Temporarily limit exposure to UV light when using photosensitive oils like citrus, bergamot, and angelica.
- When using a roller ball instead of an orifice reducer, use bottles marked with the initials SB on the bottom. Pop out the orifice reducer and set the roller ball in the bottle opening. Keep the bottle upright and screw on the black roller ball cap. When you feel the roller ball pop, it is set and can be used.

How are Essential Oils used?

The suggested applications discussed in this article apply **ONLY** to pure, therapeutic-grade essential oils. Essential oils may be applied topically on the skin, taken internally in a capsule or liquid, or inhaled through the lungs.

Topical (T): Apply 1 to 5 drops of oil neat or diluted directly to area of concern or by massage.

Internal (I): Take orally by adding 1 to 5 drops of oil to food or beverage or by swallowing a capsule with the oil inside. (Capsules are available through Young Living or a health store.)

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Aromatic (A): Inhale directly through the mouth or nose after applied to the hands, from the bottle, or by breathing the vapor that is diffused or sprayed.

What oils can help me be ready in case of a life changing event?

There are over 150 different essential oils and blends that can be used for a variety of situations. Essential oils are known to help stop bleeding, reduce fever, fight fungal, bacterial, and viral infections, clean and heal wounds, detour pests, act as a sunscreen, help alleviate depression, sleeplessness, anxiety, and even help your body fight serious diseases and disorders like cancer.

How are essential oil blends different than single oils?

Essential oil blends are blended in specific order using proprietary methods to maintain and retain specific properties. The blends use therapeutic properties of the included oils like a “team” that works together to enhance benefits of use (Higley, 2013).

What essential oils are best for preparedness?

On the next few pages, we’ve included a short list of some of the most versatile essential oils including space for you to make your own personal notes. These are not the only oils needed, but this selection will demonstrate how versatile each small 5-15ml bottle of oil can be:

T=Topical I=Internal A=Aromatic

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Lavender: This oil has a calming aroma and is very popular and versatile. Lavender is helpful to heal a variety of skin conditions that may arise in a crisis situation. Skin rashes are commonly caused by the body's response to a foreign situation or substance, something to keep in mind during times of stress, drastic changes in diet and climate, and exposure to new elements. Lavender is also helpful in combating sleeplessness. Imagine immediately changing from your current daily routine to 24/7 security watches at variable times; you get sleep when you can wherever you can. Lavender essential oil can help calm the body and mind in these situations so when you need to sleep you can. Lavender can also be used for the following:

- Insect stings and bites ^T
- Burns, blisters, and cuts ^T
- Heat stroke ^T
- Insect Repellent ^T
- Nosebleed ^T
- Deodorant ^T
- Sunscreen and sunburn ^T
- Allergies ^{TIA}
- Rashes ^T
- ADD and ADHD ^T
- Stress relief ^{TA}
- Seizures ^T
- Inflammation ^T
- Poison Ivy/Oak ^T



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Thieves: Thieves is a powerful oil that has antiviral and antiseptic properties. Thieves got its name from the 15th century thieves who used these herbs during the plague so as not to contract disease while robbing the dead and dying. When the robbers were caught, they exchanged their secret recipe for a reduced sentence. Thieves has a 99.96% kill rate against airborne micro-organisms. Young Living's Thieves oil contains clove, lemon, cinnamon bark, eucalyptus radiata, and rosemary cineol. In 2008, French researchers found that cinnamon oil effectively fights MRSA, an antibiotic resistant bacteria (O'Conner, 2009). Use caution when applying this oil to your skin because it is very potent, spicy, and hot; dilution is recommended.

- Anti-Plague & Anti-Viral ^{TA}
- Cold & Flu ^{TA}
- Strep & Sore Throat ^{TA}
- Anti-Fungal ^{TA}
- Gingivitis ^{TA}
- Mold ^A
- Bronchitis ^{TA}
- Cold Sores & Fever ^{TA}
- Blisters ^{TA}
- Fungal Skin & Toe ^T
- Infections/Germs ^{TA}
- Splinters ^T
- Coughing ^{TIA}
- Snake Bites ^T



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TEOTWAWKI! What now?

The following is a quick reference guide for using essential oils. When using this guide, remember to follow the protocol until the symptoms subside. If one application does not show improvement, increase to two, then three, and so on. There is no limit to how many times in a 24 hour period you can use essential oils. Remember to take caution with children and pets as directed in a previous section of this handbook. If a diluted drop does not work and you are concerned about sensitivity, apply the essential oil neat to the bottoms of both feet.

For a more depth guide, see the Reference Guide for Essential Oils by Connie and Alan Higley and other resources listed in the references section of this article:

Condition	Usage and Application
Aches	Apply PanAway, Peppermint, Ortho-Ease, Deep Relief, and/or Relieve It to affected area.
Air Purifier	Diffuse Purification to clean the air and neutralize foul odors. If no diffuser is available, mix several drops of Purification with a carrier oil and soak cotton balls or tissues to place in the air vents of the home, office, car, hotel room, etc. Put 6 drops of Lemon and 6 drops of Purification in a spray bottle filled with water to use in bathrooms as an air freshener. Joy essential oil blend is also a good air purifier.
Alertness	Place 2 drops of Peppermint on the tongue and rub another drop under the nose.
Allergies	Rub a drop of Lavender between your palms and inhale deeply. Swipe a touch of Lavender on the upper lip right under the nose and in the nose. Spray or diffuse Lavender for 2 hours.
Anemia	Apply 1-2 drops of Lemon, Lemongrass, or Helichrysum directly to the inside of the wrists and/or the soles of the feet.
Anxiety	Use a drop of Peace & Calming and/or Lavender on wrists, neck, heart, or feet to help reduce irritability and nervous tension. Rub a few drops Valor on feet, neck, and chest. Breathe deeply.
Appetite Suppressant	Place one drop of peppermint in the palm of your hand, rub together, and inhale deeply or add a couple drops to a glass of water and drink it.
Arthritis or Tendonitis	Rub Peppermint, Frankincense, Lavender, and/or PanAway on joints.
Asthma	Use peppermint, eucalyptus, and/or RC blend. Inhale deeply, apply to the soles of the feet, and/or add a few drops to an empty capsule and take orally.
Athlete's Foot	Apply Lemon, Melaleuca, Thieves, and/or Oregano to the affected areas.
Back Pain & Injury	Apply Valor, Peppermint, Eucalyptus, PanAway, Deep Relief, Ortho Ease, Relieve it, and/or Wintergreen to bottoms of feet and spine.
Bad Breath	Place a drop of Peppermint on the tongue as a breath freshener.
Bee Sting & Insect Bite	Place a drop of Lavender on a bee sting or insect bite to stop itching and reduce swelling.
Bleeding	Apply Geranium and/or Helichrysum directly to affected area

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Condition	Usage and Application
Blisters	Dilute Frankincense with a carrier oil and apply to blistered area 3-5 times daily. A drop of Purification on a blister will cleanse and disinfect it.
Blood Circulation	Rub a drop or two of Frankincense directly on areas of poor circulation to improve blood flow. Cypress, Helichrysum, and Clove can be applied directly to the area and the soles of the feet. A few drops of these oils may also be placed in an empty capsule and ingested.
Blood Clots	Apply Clove, Fennel, Helichrysum, Balsam Fir, and/or Grapefruit on location and/or on the bottoms of the feet.
Blood Pressure	Joy essential oil blend may lower blood pressure, especially in times of stress. Rub on wrists, forearms, neck, and heart.
Boils	Apply Thieves, Clove, Thyme, and/or Oregano directly to the affected area.
Bone Pain	PanAway, Cypress, Helichrysum, and/or Wintergreen may be applied directly to the affected area.
Bone Spurs	Cypress, Marjoram, and/or Wintergreen may be applied directly to the affected area.
Breast Health	Rub 2-3 drops of Frankincense on breasts and lower abdomen every day.
Brittle Fingernails	Apply 1-3 drops of Frankincense on fingernails and at the base of the nails 3 times per week.
Bronchitis	6 drops of Thieves, Eucalyptus, and/or Thyme with carrier oil and rub on chest and upper back. Apply a warm compress. Inhale deeply and/or diffuse.
Bruise	Apply Peppermint, Helichrysum, and/or Cypress immediately to an injured area (unbroken skin) to relieve pain and lessen bruising. If there is a cut, apply peppermint around - but not on - the open wound.
Bunions	Apply Geranium, Melaleuca, and/or Lavender to the affected area.
Burns	2-3 drops of Geranium, Melaleuca, and/or Lavender on a minor burn to decrease pain once the wound has cooled.
Calming	Rub Lavender on the feet for a calming effect on the body.
Candida	Apply ImmuPower, Di-Gize, Melaleuca, and/or Peppermint directly to chest, abdomen, and soles of the feet. Ingest a few drops in an empty capsule several times daily.
Chicken Pox	Dilute Lavender, Melaleuca, Sandalwood, and/or Frankincense and apply to affected area.
Coffee Withdrawal	Place a drop of Peppermint in a cup of hot water, inhale deeply, apply to temples.
Cold & Canker Sores	Put a drop of Lavender and/or Thieves on a cold sore throughout the day.
Cold & Flu	Diffuse Thieves in a room. Rub a drop on the bottom of feet. Place 1 drop in a glass of water and drink. Apply to the TOPS of the feet and roof of the mouth. Repeat several times during the day and night.
Concentration	Use 1-2 drops of Frankincense on temples and back of neck to improve concentration. Place 2 drops of Peppermint on the tongue and rub another drop under the nose.
Concussion	Rub Frankincense and/or Cypress on the brain stem and bottoms of the feet.

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Condition	Usage and Application
Congestion	Place a drop of Peppermint on the tongue and inhale into the nose and sinuses to relieve congestion from a cold. Follow Thieves instructions under Cold & Flu.
Coughing	Apply Thieves to the TOPS of the feet and roof of the mouth. Place drops along the spine and feather out from the spine towards the sides of the body. Repeat several times during the day and night.
Cuts	Drop Lavender on cut to stop bleeding, cleanse wound, and kill bacteria.
Cysts & Warts	Apply 1-2 drops Frankincense and/or Oregano on cyst or wart 2 times a day until it disappears completely .
Dandruff	Rub several drops of Lavender, Cypress, and/or Rosemary into the scalp.
Deodorant	Rub 2-4 drops of Lavender, Thieves, Purification, and/or Joy essential oil blend over armpit area to act as a natural and non toxic deodorant
Depression	Diffuse or deeply inhale Frankincense and/or Lavender.
Diabetes	Apply Cinnamon bark, Clove, Rosemary, Thyme, and Cypress on the feet and stomach over the pancreas.
Digestive Issues	Apply peppermint or Di-Gize directly to the stomach area and soles of the feet. Place a few drops in an empty capsule and ingest orally.
Dizziness	Apply Peppermint, Basil, Tangerine, and/or Cypress to the back of the neck, temples, and shoulders.
Drinking Water	Drink an 8 oz glass of water with 1-2 drops of Lemon in it daily to detoxify the liver, to balance the body's PH, to help with gallstones, constipation, and heartburn. Lemon and /or Thieves can also be dropped water to purify.
Dry or Chapped Skin & Lips	Rub a drop of Lavender on dry or chapped skin and lips.
Ear Health	Apply ImmuPower, Melaleuca, Melrose, and/or Purification inside only the well of the ear, down, and around the ear on the outside and under the chin. For Tinnitus, rub Helichrysum and/or Juniper inside the well of the ear and outside the ears along mastoid bone behind the ear.
Eczema & Dermatitis	A few drops of Thieves, Thyme, Peppermint, Helichrysum, Geranium, Maleleuca, Balsam Fir, and/or Lavender can be applied to the affected area. Note that skin rashes as allergic reactions are sometimes related to digestive health, body PH, and/or stress.
Eyes	Apply daily for eye health conditions: Frankincense, Rosemary, and/or Cypress around the eye area but NOT in the eye. Apply Clove to the bottoms of the feet.
Fainting	Use peppermint, rosemary, and/or Basil and inhale deeply.
Fatigue	Use a few drops of Peppermint, Thieves, and/or Basil and apply directly to sore areas, inhale deeply, and/or ingest orally in a capsule.
Fever	Rub several drops of Peppermint on the bottoms of the feet to reduce fever.
Flu Prevention	Dilute Thieves and/or Purification with a carrier oil and swab the nasal cavity to ward off the flu. Use Thieves spray on the back of the throat.
Food Poisoning	Place 2-5 drops of Thieves, Tarragon, Exodus II, Patchouli, and/or Rosemary in an empty capsule diluted with 2-5 drops of carrier oil and swallow.
Fungal Skin & Toenail Infections	Rub 1 drop of Thieves on the infection or nail bed 2 to 3 times a day until gone.

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Garden Pests	Add 4-5 drops of Peppermint to 4 ounces of water, a little regular dish soap, and spray plants to kill aphids. Remember to rinse prior to sun exposure to avoid leaf burn.
Gingivitis or Bleeding Gums	Rub a drop or two of Thieves, Peppermint, and/or Wintergreen all over gums twice a day until gone. May dilute with carrier oil.
Growing Pains	Mix PanAway with massage oil and rub onto affected area.
Head Lice	Apply Melaleuca, Citronella, Pine, Lavender, Lemon, and or Rosemary to the scalp and to bottoms of the feet three times a day.
Headache	To relieve a headache, rub a drop of Peppermint on the temples, forehead, over the sinuses (avoid the eyes!), and on the back of the neck. Rub a drop of PanAway on the temples, forehead, and back of the neck to relieve a headache. Use a few drops of Joy essential oil blend on temples and breathe deeply for emotional headaches.
Heartburn (Acid Reflux)	Add a drop of Peppermint and/or Di-Gize to water or tea; apply directly to the stomach. Inhale deeply.
Heat Relief	Drink water with a drop of Peppermint added or rub/spray Peppermint on the back of the neck.
Heat Stroke	Rub Peppermint and/or Lavender on the neck and forehead.
Hiccups	Apply a drop of Peppermint on each side of the fifth cervical vertebra (three notches above the large vertebra at the base of the neck).
Immune System	Apply 1-3 drops of Thieves and/or Frankincense on the top and bottom of each foot.
Indigestion / Bloating / Diarrhea	6 drops of Peppermint and/or Di-Gize in the palm and rub over the stomach and around the navel.
Inflammation	Apply Peppermint and/or PanAway topically on an injured area.
Insect Bites	Put a drop of Purification, Lavender, and/or Frankincense on an insect bite.
Insects & Pests	To deter rodents, ants, or cockroaches, place 2 drops of Purification and/or Peppermint on a cotton ball and place along the path or point of entry for these pests. Use these oils or add Lemongrass, Citronella, Cedarwood, Geranium, Thyme, and/or Thieves to repel gnats and mosquitoes.
Itching	Apply a drop of Peppermint topically on unbroken skin to stop itching.
Joint Pain & Injury	Add a few drops of Valor to a carrier oil and apply to the joints where needed.
Libido	Joy essential oil blend can boost a low sex drive. Diffuse and apply topically.
Menopause	Apply Clary Sage, Frankincense, and Progessance Plus to the insides of the ankles and wrists, abdomen, and on the soles of the feet.
Menstrual Cramps/pain	Massage a few drops of Joy Essential Blend, Dragontime, Rosemary, and/or Clary Sage on abdomen to relieve menstrual cramping.
Mold	Diffuse Thieves to kill mold wherever it is present.
Mood	Use several drops of Joy essential oil blend in bath water, topically, and/or inhale deeply.
Morning Sickness	Dilute as necessary Ginger, Di-Gize, and/or Peppermint and apply on or behind the ears, down the jaw bone, over stomach as a compress, and on the bottoms of the feet.

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Motion Sickness	To alleviate the symptoms of motion sickness, place a drop of Peppermint and/or Lavender on the end of the tongue, behind the ears, or around the navel.
Nosebleed	To stop a nosebleed, put a drop of Lavender on a tissue and wrap it around a small piece of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold for as long as comfortable or until the bleeding stops.
Oral Infection	Apply Thieves, Sage, Melaleuca, Melrose, and/or Purification on the throat and gums.
Paint Fumes	Mix a 15ml bottle of Peppermint into a 5 gallon can of paint to dispel the fumes.
Poison Ivy & Poison Oak	Apply Peppermint on location neat or dilute it with a carrier oil.
Preservative	Add Peppermint and/or Lemon to food as a preservative.
Rashes	Apply 2-3 drops of Lavender and/or Peppermint.
Respiratory	Use RC, Raven, Eucalyptus, peppermint, Breathe Again, Thieves, and/or Melrose on the chest and feet (top and bottom). Use a warm compress on the chest area afterwards and/or diffuse/inhale deeply. Add 3 or 4 drops to a bowl of hot water and inhale vapors deeply.
Sanitize Fresh Fruit & Vegetables	To clean and increase the shelf life of fresh fruit and vegetables, fill a bowl with cool water and 2-3 drops of Lemon. Drop cleaned food into the water and stir around to be sure that all surfaces of the food come in contact with the Lemon.
Scar Tissue	To reduce or minimize the formation of scar tissue, massage Frankincense and/or Lavender on and around the affected area.
Sciatica	Rub 2-3 drops of PanAway at the base of the spine to help relieve sciatic pain. Apply 2 drops of Valor to the heels of your feet using massage pressure.
Seizures	Dilute if necessary and apply Clary sage, Lavender, Valor, Brain Power, Neroli, and/or Peace & Calming to the back of the neck and bottoms of the feet.
Shingles	Apply Australian Blue, Ravensara, Lavender, and/or Lemon on location and bottoms of the feet.
Shock	Apply Peppermint, Helichrysum, Joy, Basil, Melaleuca, and/or Valor to the back of the neck, feet, over heart, and/or on the front of the neck. Inhale deeply.
Sinuses	Inhale directly Helichrysum, Breathe Again, Eucalyptus, Peppermint, RC, Cedarwood, PanAway, and/or Thieves. Apply on sides of nose, on forehead, and/or on the bottom of the feet. Place 1-2 drops in a bowl of hot water and inhale vapors.
Skin Blemishes	Apply a drop of Purification, Thieves (diluted), and/or Lemon on blemishes to clear the skin.
Skin Calluses	Rub a drop of Lemon on a corn, callous, bunion, or wart 2 times a day until it has disappeared.
Skin Spots & Sun Spots	Apply 1-2 drops of Frankincense on sun-damaged skin spots 2 times a day until it fades.
Sleep	Rub 1-2 drops of Peace & Calming and/or Lavender on the bottom of the feet and on the shoulders.
Sleep Apnea	Apply Valor to the bottoms of feet.
Sore Feet	Apply Peppermint, Ortho Ease, Deep Relief, PanAway, and/or Relieve it to the feet.

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Sore Muscles	Use Peppermint, Ortho Ease, Deep Relief, PanAway, and/or Relieve it as a muscle rub and massage onto sore muscles.
Sore Throat	Rub a drop of Purification on the outside of a sore throat when it is first beginning. Spray Thieves spray on the back of the throat.
Sterilizing	Add 2-3 drops of Lemon, Thieves, and/or Purification to water and spray.
Stiff Neck	Massage 2 drops of Peppermint and Valor on the neck.
Strep Throat	Drop 2-4 drops of Thieves in water and gargle as needed. Dilute 50/50 with carrier oil and apply to throat and back of neck or use Thieves spray.
Stress	Inhale deeply or apply as desired: Lavender, Ylang Ylang, Stress Away, Peace & Calming, Joy, and/or Valor.
Stretch Marks	Rub a few drops Frankincense on stretch marks morning and night to lessen the visibility of stretch marks and heal the skin.
Stroke	Inhale deeply and/or apply to neck and forehead: Aroma Life, Cypress, Helichrysum, and/or Fennel.
Sunburn	Apply 1-2 drops of Lavender on affected area.
Tear Ducts	Rub a drop of Lavender over the bridge of the nose to unblock tear ducts.
Ticks	Remove a tick by applying a drop of Peppermint on a cotton swab and swabbing the tick. Wait for it to withdraw its head from the skin and remove it with tweezers.
TMJ	Rub Valor on the jaw before bed and in the morning until pain is relieved.
Varicose Veins	Rub several drops of Lemon on varicose veins to improve circulation and relieve pressure on the veins.
Worms	Use Di-Gize, Lavender, Melaleuca, and/or Peppermint; apply a few drops over the abdomen with hot compress. Apply to the bottoms of the feet. Dilute with carrier oil and use as a retention enema 15 minutes or more.
Wounds	Apply directly to the area of concern Lavender with Purification or Melrose. Use Clove for infected wounds.
Wrinkles	Apply on location Frankincense, Patchouli, Lavender, Carrot, Fennel, Helichrysum, and/or Sandalwood.

If you have any questions about essential oils, using them for your first aid kit and/or bug out bags, please feel free to contact us:

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