

Benefits & Uses for the following Essential Oils

Benefits of Eucalyptus

1. Colds & Flu: Eucalyptus works as an expectorant and helps cleanse your body of toxins and harmful microorganisms that can make you feel sick. One of the most effective ways to utilize eucalyptus for colds is to drop several drops of the essential oil into your diffuser before going to sleep so you can take advantage of the healing benefits all night long.

For more acute situations, you can make a steam bath by pouring a cup of boiling water into a bowl, and then mix 10 drops of eucalyptus EO, place a towel over your head and inhale deeply for five–10 minutes.

2. Hair Nourishment: A few drops eucalyptus oil with some coconut or olive oil gives your hair a nice moisturizing pick-me-up. This is especially great to ward off dandruff and an itchy scalp. Also, eucalyptus is used as a natural remedy for lice in replacement of chemical treatments.

3. Hand Cleaner: Eucalyptus EO is an excellent cleanser to remove grease and grime from your workday and can rejuvenate sore hands and feet when mixed into your salt bath. Simply mix sea salt, epsom salt and eucalyptus oil to remove grease and dirt for good.

4. Sinus and Allergies: A study from NYU Medical School found that using eucalyptus was effective at treating sinusitis. Patients experienced faster improvement when supplementing with eucalyptus oil for allergies and sinus issues. The study had participants take eucalyptus oil internally, and it's also recommended to gargle with it to clear the throat.

5. Natural Home Care: Not only does eucalyptus give a nice, fresh fragrance to your home products, but it adds vital anti-microbial properties as well. You can't go wrong putting several drops into pretty much everything: soap, laundry detergent, mop water, toilet cleaner, window cleaner ... the list goes on!

6. Odor Remover: Whether you're battling smelly shoes or a stinky dog bed, topically wash items to remove odors with a wet rag soaked in eucalyptus oil-infused water, and place outside to dry in the sun. This can prevent odors as well as keep the shape intact! You may also mix it with lemon oil or tea tree oil for an anti-stink spray.

7. Air Cleanser: Try putting a few drops into your vacuum and clothes dryer filters to freshen them up and sanitize them a little. Also, it's great for killing mold in your home, and you can mix eucalyptus with other oils like clove and tea tree oil to cleanse the air and maintain a mold-free home.

8. Spot Remover: Like lemon essential oil, eucalyptus oil is highly effective at removing spots on your carpet, clothes and basically every fabric you have in the house. It even works to get gum off your shoes! Make sure to "test" it on an inconspicuous place first just to make sure the oil doesn't react strangely with the material you treat. You just don't know what's in the synthetic materials nowadays!

9. Respiratory Problems: Eucalyptus essential oil is highly effective for treating respiratory problems, such as asthma, bronchitis, COPD, pneumonia and even tuberculosis. Using eucalyptus for asthma is a proven treatment that dilates the blood vessels and allows more oxygen into the lungs. Simply mix eucalyptus oil, peppermint oil and coconut oil for a Homemade Vapor Rub, and put on upper chest.

10. Wound Treatment: Eucalyptus oil has antimicrobial and antiseptic properties that are effective at treating wounds, burns, cuts, abrasions, sores, and scrapes. It also can be made into a salve or healing ointment and put on bug bites and stings. Along with acting as a natural pain reliever to the area, it also keeps the area from getting infected, which speeds healing.

Benefits of Lavender Oil

1. Calming: Rub 2-3 drops of lavender oil in your cupped palms, then use the inhalation method to draw the scent all the way into your amygdala gland (the emotional warehouse) in your brain to calm the mind. Then, rub on the feet, temples, wrists (or anywhere) for an immediate calming effect on the body. Great for use in crowded areas like planes or subways to carve out your own personal oasis.

2. Sleep aid: Again, use the cupping and inhalation method. Then, rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.

3. Bee sting / Insect bite: Put a drop of Lavender oil on a bee sting or insect bite to stop itching reduce swelling.

4. Minor burn: Put 2-3 drops Lavender oil on a minor burn to decrease pain. I recently did this after I spilled scorching hot tea on my hand at Starbucks and luckily had my lavender with me. Result: NO redness, swelling or pain. NO sign of any burn. Lavender works wonders!

5. Cuts: Drop Lavender oil on cut to stop bleeding, clean wound, and kill bacteria.

6. Eczema / Dermatitis: Mix several drops of Lavender oil with a nut or vegetable mixing oil (coconut, sesame, etc) and use topically on eczema and dermatitis. I have a dear friend who suffers from severe eczema and swears by this.

7. Nausea or motion sickness: To alleviate the symptoms of motion sickness, place a drop of Lavender oil on end of tongue, behind the ears or around the navel.

8. Nosebleed: To stop a nosebleed, put a drop of lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).

9. Dry or chapped skin: Rub lavender oil on dry or chapped skin.

10. Chapped or sunburned lips: Rub a drop of lavender oil on chapped or sunburned lips.

11. Hay fever: Rub a drop of lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.

12. Dandruff: Rub several drops of lavender oil into the scalp to help eliminate dandruff.

13. Cold sores: Put a drop of lavender oil on a cold sore.

Benefits of Lemongrass

1. A Deodorizer: Use lemongrass oil as a natural and safe air freshener or deodorizer. You can add the oil to water and use it as a mist or use an oil diffuser or vaporizer. By adding other essential oils, like lavender or peppermint, you can customize your own natural fragrance.

2. Skin Health: One major lemongrass essential oil benefit is its skin healing properties. Add lemongrass oil to shampoos, conditioners, deodorants, soaps, and lotions. Lemongrass oil is an effective cleanser for all skin types; its antiseptic and astringent properties make lemongrass oil perfect for getting even and glowing skin. It can sterilize your pores, serve as a natural toner, and strengthen your skin tissues. By rubbing this oil into your hair, scalp, and body, you can alleviate headaches or muscle pain.

3. Hair Health: Lemongrass oil can strengthen your hair follicles, so if you are struggling with hair loss or an itchy and irritated scalp, massage a few drops of lemongrass oil into your scalp for two minutes and then rinse. The soothing and bacteria-killing properties will leave your hair shiny, fresh, and odor free.

4. Natural Bug Repellent: Because of its high citral and geraniol content, lemongrass oil is known to repel bugs such as mosquitoes and ants. This natural repellent has a mild smell and can be sprayed directly on the skin. You can even use lemongrass oil to kill fleas; add about 5 drops of oil to water and create your own spray, then apply the spray to your pet's coat.

5. Stress Reducer & Sleep Aid: The calming and mild smell of lemongrass oil is known to relieve anxiety, irritability, and insomnia. The sedative and hypnotic properties of lemongrass oil can help to improve the duration and quality of sleep. To relieve stress, create your own lemongrass massage oil or add lemongrass oil to your body lotion.

6. Muscle Relaxer: Lemongrass oil benefits also include pain and ache relief. The oil helps to improve blood circulation, and can therefore relieve muscle spasms, back aches, sprains, and cramps. Try rubbing diluted lemongrass oil on your body or make your own lemongrass oil foot bath. Try some of the DIY recipes below.

7. Detoxifying: Lemongrass oil or tea has been used as a detoxifier in several countries. It is known to detox the digestive tract, liver, kidneys, bladder, and pancreas. Because it works as a diuretic, consuming lemongrass oil will help you to flush harmful toxins out of your body. Keep your system clean by adding lemongrass oil to your soup or tea. Make your own lemongrass tea by infusing lemongrass leaves with boiling water or adding a few drops of essential oil to your tea.

8. Menstrual Cramp Relief: Drinking lemongrass tea is known to help women with menstrual cramps; it can also help with nausea and irritability. Drink two cups of lemongrass tea a day to relieve pain associated with your period.

9. Stomach Protector & Gastric Ulcer Cure: Lemongrass has been known for centuries anecdotally as a cure for stomach distress, gastritis, and gastric ulcers. Now research is catching up with this long-known support and cure. Adding lemongrass oil or infused lemongrass water to your tea or soup can treat stomach pains, nausea, diarrhea.

10. Headache Relief: The calming and soothing effects of lemongrass oil has the power to relieve the pain, pressure, or tension that can cause headaches. Try massaging diluted lemongrass oil on your temples and breathe in the relaxing lemony fragrance.

11. Kills Bacteria: The citral and limonene content in lemongrass oil can kill or stifle the growth of bacteria and fungi. This will help you avoid getting infections such as ringworm, athlete's foot, or other types of fungus. Studies in rats have proved that lemongrass essential oil is an effective antifungal and antibacterial agent.

12. Fever Reducer: Consuming lemongrass oil or a lemongrass infusion has been used to reduce fevers. Lab studies have shown that a lemongrass infusion is effective in relieving feverish symptoms.

13. Supports Your Immune System: By allowing nutrients to be absorbed into the body, lemongrass oil boosts your immune system. The oil can be vital in restoring your system and it can help with the proper operation of your organs.

14. Treats Digestive Disorders Gastritis: Lemongrass oil can help you to relieve pain from gas irritation in the stomach and bowels, and it can remove toxins from the body easily because it increases urination. Lemongrass is helpful in the prevention of gastrointestinal disorders, such as gastric ulcers, because it helps in stimulating the bowel function and it improves digestion.

15. Reduces Inflammation: The anti-inflammatory properties of lemongrass oil comes from the limonene that is present. Inflammation has been found to be associated with just about every health condition and it has been known to play a role in allergic diseases like asthma, arthritis, Crohn's disease, Alzheimer's disease, cancer, cardiovascular disease, diabetes, high blood pressure, high cholesterol levels and Parkinson's disease.

16. Has Antioxidant Effects: Studies have shown that lemongrass oil has the ability to fight off free radicals. One of the main components of lemongrass oil, citral, has been known to inhibit the growth of cancer cells, especially early on. These anti-cancer activities are most prevalent in the prevention of skin cancer.

Benefits of Sweet Orange

1. Immunity Enhancer: Limonene, which is a monocyclic monoterpene that's present in orange peel oil, is a powerful defender against oxidative stress. Orange oil even has cancer-fighting abilities, since monoterpenes have been shown to be very effective chemo-preventive agents against tumor growth.

2. Natural Antibacterial: Essential oils made from citrus fruits offer the potential for all-natural antimicrobials for use in improving the safety of foods. Orange oil was found to prevent the proliferation of E. coli bacteria in one 2009 study published in the International Journal of Food and Science

Technology. E. coli, a dangerous type of bacteria present in contaminated foods like some vegetables and meat, can cause serious reactions when it's ingested, including kidney failure and possible death.

Another 2008 study published in the Journal of Food Science found that orange oil can inhibit the spread of salmonella bacteria since it contains powerful antimicrobial compounds, especially terpenes.

Salmonella is capable of causing gastrointestinal reactions, fever and serious side effects when food becomes unknowingly contaminated and consumed.

3. Kitchen Cleaner: Orange oil has a natural fresh, sweet, citrus smell that will fill your kitchen with a clean scent. At the same time, when diluted it's a great way to clean countertops, cutting boards or appliances without needing to use bleach or harsh chemicals found in most products.

Add a few drops to a spray bottle along with other cleansing oils like bergamot oil and water. Use these with a small amount of a carrier oil like coconut oil before using all throughout your home. You don't need to wipe it away afterward like most cleansers since it's not harmful to surfaces.

4. Circulation Booster: Orange oil is a natural remedy for high blood pressure and is capable of improving blood flow and fighting hypertension, some of the biggest risk factors for heart disease. Because of its blood-dialing abilities, it might also be useful for improving low libido, reducing pain from headaches and lowering PMS-related symptoms. Use orange oil with a carrier oil to create a homemade massage oil that can be rubbed into the abdominal area to improve blood flow.

5. Anti-Inflammatory: The strong anti-inflammatory effects of orange oil have been researched in regard to its effects for fighting pain, infection and chronic obstructive pulmonary disease. In fact, among several popular anti-inflammatory oils, including lemon, pine and eucalyptus oils, orange oil has shown the greatest reduction in inflammation. This was demonstrated in a 2009 study published in the European Journal of Medical Research that investigated the antioxidant potential of various essential oils.

6. Pain Reducer: If you suffer from muscle, bone or joint pain, orange oil can help turn off inflammatory responses that increase swelling in tissue, making it a natural remedy for bone and joint pain. Orange oil also promotes a more positive mood, which is useful for raising pain tolerance and helping you get better sleep when you're sore or uncomfortable. Rub orange oil mixed with a carrier oil onto sore muscles or swollen areas to bring down inflammation.

7. Mood Booster: Diffusing orange oil in your home, adding some to your shower wash or perfume, or inhaling it directly can lift your mood and bring on relaxation. Orange essential oil has a direct effect on the olfactory system of the brain that quickly evokes emotional responses. It's a great essential oil for balancing hormones since it can help turn off reactions from stress hormones like cortisol. Research shows that orange oil is both "uplifting" and "calming," making it a great scent for brightening your mood in the morning or calming your nerves after a long day.

8. Skin Saver: Citrus fruits are known to provide high levels of vitamin C that help protect and heal skin, making oranges one of the best vitamin C foods around. Orange essential oil is also very beneficial for fighting signs of aging like wrinkles and dark spots since it promotes the production of collagen. Because

of its antioxidant power, it slows the rate of skin damage experienced from UV light exposure, pollution and toxicity.

You can apply a very small amount of orange oil to your face along with a carrier oil, but first make sure to do a skin test to avoid any negative reactions. Try combining it with other skin-healing oils like frankincense oil and tea tree oil.

9. Acne Fighter: Orange oil is effective at fighting bacteria and inflammation on the skin that can lead to acne. It's a perfect home remedy for acne. Remember that a very little bit goes a long way, so use a tiny amount combined with coconut oil on a cotton ball that you can apply to the affected area. Redness, pain and swelling from acne should also improve, while you'll avoid drying chemical ingredients found in most commercial acne treatments. Try using it with other powerful oils like geranium oil or cinnamon oil.

10. Digestion Booster: As an anti-inflammatory, relaxant and circulation-enhancer, orange oil can promote better digestion and ease cramps or constipation. Use some in a massage oil in the abdominal area. It also improves detoxification if ingested since it acts like a mild diuretic, which increases urine production and prevents bloating. Since it helps stimulate the lymphatic system, liver, kidneys and bladder, it helps draw out toxins, excess sodium and waste from the digestive tract.

11. Natural Mouth Wash and Gum Protector: Because orange oil has the ability to fight microbial growth, it can protect teeth and gums from infections. It's also been used to help ease a sore throat for fast relief when gargled with water and salt. You can use it to reduce cold sores and mouth ulcers when swooshing it in your mouth with water, just like a homemade mouth wash, or try coconut oil pulling with orange oil mixed with pure coconut oil.

Benefits of Tea Tree

1. Aromatherapy: Use a drop or two of the oil on a warm washcloth and inhale to treat colds, viruses, coughs, sunburn, toothaches, or problems caused by bacteria.

2. Acne: Avoid using those expensive, unnatural, chemical-ridden acne treatments. Dab a drop of tea tree oil on a damp cotton ball or q-tip and apply to trouble spots. Make sure you dampen your applicator with water; do not use the tea tree oil alone, as it would be too potent on your delicate skin. You don't want to deal with super dry spots on top of acne. However, mixed with water, your blemishes will be significantly reduced in a day... and, naturally.

3. Dandruff: Tea tree oil is very effective against dandruff. It's amazing that it can be used to combat acne, which is thought of as an oil issue, and dandruff, which is viewed as a dryness issue. To combat against dandruff, the key is the mix of oil to shampoo. Use 5% tea tree oil to shampoo. About 3-4 drops of oil into a whole bottle of your natural, scentless shampoo should do the trick. Do not put the oil directly onto scalp.

4. Nail infections: Have a hangnail or a nail irritation? Dabbing a bit of oil onto the nail will act as an antibacterial but without causing irritation to the skin.

5. Sinus infections: Tea tree oil is antiviral and antibacterial, making it great for any sort of infection of the respiratory system. Boil water and add a few drops of tea tree oil to the water. After removing the pot from heat, put a towel over your head and breathe in for 10-15 minutes.

Cleaning Uses:

6. General tea tree oil cleaning spray: You get the gist: Anything that needs disinfecting, cleaning, or balancing can benefit from tea tree oil. Combine 4-5 drops of oil with 2 cups of water in a spray bottle. Use to clean household surfaces like countertops and kitchen floors.

7. Household antiseptic spray: Similar to above, but add double the drops (10 drops of oil) to 2 cups of water in a spray bottle for tough areas like the bathroom and sink. Even use to clean the bottoms of shoes for an antibacterial purpose.

8. Mold remover: Use the concentration of antiseptic spray in #7 above, and spray on moldy areas, but do not wipe up or rise. Let it sit and it will take care of any problems.

9. Laundry detergent: Add 3-4 drops of oil to your detergent for mold-prone items like chunky sweaters and wool. Tea tree oil is a powerful mold fighter.

10. Air freshener: To make your own essential oil gel air freshener, you'll need 2 tablespoons of clear gelatin powder, tea tree oil, a ½ cup of hot water, and clean, clear jars of your choice.

Stir together and heat the clear gelatin powder, approximately 20 drops of essential oil, and the water. Pour the liquid into clean jar(s) once the gelatin has melted. Put the jars in the refrigerator until the gel has set.

When purchasing: Make sure you purchase oil that comes in a dark glass bottle to ensure that the light does not reduce the oil's potency.

One more note, never ingest the oil orally.

There are many free recipes for these oils posted online if you wish to explore in that area.