



ESSENTIAL OILS

For Moms



- **Allergies:** Lemon, Lavender, Peppermint (can be used in bath, baby massage or diluted topically with coconut oil or another carrier oil)
- **Broken bones:** Wintergreen, PanAway, AromaSiez, Lemongrass, Copaiba, Ortho Ease, Ortho Sport, Idaho Blue Spruce, Raindrop Therapy
- **Bruises:** Geranium, Helichrysum, Lavender, Peppermint, Panaway, Frankincense
- **Bug bites or stings:** Lavender, Melaleuca, Thieves, Frankincense, Helichrysum, Lemongrass, Citronella (repellent), Purification (repellent)
- **Coughs & colds:** Thieves, RC, Purification, Raven, Eucalyptus Radiata, Frankincense, Melaleuca, Lavender
- **Ear Infections:** Lavender, Melaleuca, Melrose, Purification, Eucalyptus Radiata
- **Headaches:**
 - **Hormonal:** Progessence, Dragon Time, SclarEssence, Clary Sage
 - **Muscular:** Deep Relief, PanAway, Valor
 - **Sinus:** Eucalyptus, Breathe Again, Peppermint
 - **Migraine:** PanAway, Copaiba, M-Graine
- **Sprains & strains:** PanAway, Lavender, Valor, Peppermint, Ortho Ease, Ortho Sport
- **Stomach issues:** DiGize, AromaEase, Rosemary, Peppermint
- **Sunburn:** Lavender, Peppermint, LavaDerm, Helichrysum, Meleleuca, Animal Scents
- **Sore throat or strep:** Melaleuca, Thyme, Raven, Pregano, Copaiba, Peppermint, Thieves, Myrrh, Cypress, Wintergreen, Eucalyptus, Melrose, Lemon, Frankincense
- **Toothpaste (DIY)** - 1/2 cup baking soda + 1/2 cup coconut oil + 8-10 drops (thieves, peppermint, clove, lemon or spearmint). Add activated charcoal for whitening effect.
- **Wound care (cuts, scrapes, anything bleeding):** Helichrysum, Hyssop, Thieves, Clove

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