



natura

ESSENTIAL OIL MEDI-KIT GUIDE (6 OILS)

PEPPERMINT



HEADACHES

Headaches/Migraines : Add 1 drop of peppermint oil 1 drop of Lavender to 10ml base oil applied as a gentle head massage will do wonders.



NAUSEA VOMITING

NAUSEA VOMITING : Burn a few drop in an oil burner (or diffuser) to alleviate symptoms

CHAMOMILE



CHILDREN HYPER-ACTIVITY & TUMMY TROUBLES

Children hyperactivity : One or two drops added to a bath can help unwind anxious children.

Children Tummy Troubles : A gentle stomach massage with chamomile (in carrier oil) eases constipation and tummy ache.



CHILDREN'S BRUISES ACES AND PAINS

Bruises : One drop of oil to a 10ml of carrier oils make an ideal solution for bruises, aches and pains.

ROSEMARY



IMMUNE SYSTEM BOOST

Immune Boost : Effective via inhalation or massage. It stimulates internal anti-oxidant activity, which in turn fights ailments caused by free radicals. Inhale from bottle, cotton wool ball or steam inhalation.



COUGHS

Cough : Apply 1-2 drops on your chest and throat and massage every few hours.

TEA TREE



THROAT INFECTIONS

Laryngitis : Add a little salt to a cup of warm water and 5+ drops of the essential oil. Gargle 2-3 times/day.

Sore throat : Add 2-3 drops of Tea Tree oil to a cup of warm water and gargle. Do not swallow.



ATHLETES FOOT

Athletes foot : A few drops can be added to water in a foot soak.



GENERAL INFECTIONS

Draw out infection with : Place 2 drops of tea tree oil in a hot compress.

LAVENDER



INSECT BITES OR STINGS

If there is a stinger in the skin, use your fingernail, the edge of a credit card, or something similar to scrape it out (using tweezers will inject more of the poison into the skin and make the reaction worse.)

Apply a single drop of lavender oil to relieve the pain and itching.



BURNS

BURNS : Apply ice cold water for at least ten minutes. Then immediately put 2 drops of neat lavender oil direct on burn. Put 5 drops of Lavender on a dry, cold compress and cover the area.



BLISTERS FROM BURNS & SCALDS

Put 1 neat drop of Lavender oil on to the blister and then hold an ice cube on the blister for at least 10 minutes. Cover with a piece of dry, clean gauze. Repeat up to three times day.

EUCALYPTUS



BREATHE BETTER

Clear Blocked Nasal Passages : Place several drops of eucalyptus essential oil on a tissue and deeply inhale until your nasal passage clears.



COMMON COLD, MUSCLE SPASMS

Decongestant : A few drops in an oil burner to clear stuffy heads Aching Muscles: Add to a massage blend for aching muscles.



PREVENT INFECTION SPREADING

Put a few drops on a damp cloth and use to wipe over door handles, light switches and other areas to reduce the spread of colds.



MEDI-KIT BLENDS

STRAINS SPRAINS BUMPS BRUISES

In addition to "RICE" (rest, ice, compression, elevation) treatment will speed healing and reduce the pain of these minor injuries.

Before wrapping the injured area, apply a blend of 2 tsp carrier oil,

- 4 drops of lavender oil
- 1 drop each of chamomile and rosemary oils.

Rub over the painful area, and repeat two to three times a day until the injury has healed.

COLD SORES

Put **1 drop of tea tree oil** on a cotton swab or cotton ball and apply it to the sore as soon as you feel the first tingling that indicates you're getting one.

Repeat twice a day until the sore is gone.

COLD SYMPTOMS

Two drops of lavender oil and one drop of chamomile oil in a bowl full of cool water. Stir to break up the droplets. Then apply the liquid topically using a sponge.

Drink plenty of liquids, and rest as much as possible. If you're achy and feverish;

FLU SYMPTOMS

As for colds, use
2 teaspoons of carrier oil,
3 drops of **eucalyptus**,
2 drops of **peppermint**, and
2 drops each of **rosemary**
2 drops each of **lavender**.

EARACHE

General earaches: Warm a teaspoon of olive oil to barely above body temperature (test as you would a baby's bottle).

- 1 drop each of lavender
- 1 drop each of chamomile

Blend well and then wet a cotton wool ball with this mixture and use it to plug the outer ear canal (be very careful not to insert it too far)

Massage the area behind and under the ear and across the cheekbone with a blend of 1 teaspoon olive oil, 3 drops of chamomile oil, and 1 drop each of lavender and tea tree essential oils. After massaging the area, applying a warm compress will help ease the pain.

MIGRAINES

3 drops of lavender
1 drop of peppermint oil.
1 drop carrier oil of your choice.

Combine and then massage your temples and around the base of your neck along the hairline.

TENSION HEADACHE

Mix **3 drops of lavender oil** and **1 drop of chamomile oil**. Use one drop of this blend, combined with 1 drop of carrier oil, to massage your temples and around the base of your neck along the hairline.

NAUSEA

Massage 1 drop of above blend, combined with 1 drop of carrier oil, over your stomach. Wet a washcloth with cool water, wring out, and use as a compress over your eyes and forehead. Lying flat can increase the pressure and make the pain worse, so prop yourself up with pillows if you lie down.