

Essential Oils to the Rescue!

Reference Chart for Oils that May Help with Every Day Emergencies

(Dilute before applying to skin)

Animal Bites	Thyme, Lavender, Eucalyptus, Chamomile
Bladder Infection	Cedarwood, Deliverance
Bleeding	Geranium, Lemon, and Chamomile (1 drop each on a compress)
Blisters	Lavender, Lavender & Chamomile, Geranium
Bruises	Chamomile, Geranium, Lavender, Deliverance, Paine
Bug Bites	Lavender, Chamomile, Eucalyptus, Thyme, Peppermint, Purify, Tea Tree
Burns	Lavender
Cleaner/Disinfectant	Lemon or Lime (water), Purify (dishes, laundry, etc.)
Cuts & Scrapes	Lavender, Chamomile, cleanse and disinfect with Purify or Tea Tree
Diarrhea	From: Food, Peppermint – Nerves, Lavender – Viral, Tea Tree
Ear Infection	1 drop each Lavender and Chamomile diluted in 1 t. olive oil. Soak cotton ball in mixture and fit snugly in the ear. Medical diagnosis advised.
Exhaustion	Lavender, Chamomile, Peppermint, Geranium
Hay Fever	Chamomile, Eucalyptus
Headache	Lavender, MyGraine, Peppermint
Heat Exhaustion	Lavender, Eucalyptus
Indigestion	Peppermint
Infection	Thyme, Lavender, Chamomile, Eucalyptus
Insect Repellent	Lemongrass, Thyme, Lavender, Peppermint
Insomnia	Lavender, Tranquility, Chamomile
Itching, Summer	Eucalyptus, Peppermint
Jet Lag	Lavender, Eucalyptus, Geranium, Peppermint, Lemongrass, Grapefruit
Motion Sickness	Peppermint
Muscle Aches	Deeper, Peppermint, Warm Down, Thyme, Lavender, Eucalyptus
Pain	Paine, Deeper
Rashes	Lavender, Chamomile, Eucalyptus
Respiratory	Aspire (lower), Breezey (upper)
Shock	Basil, Lavender, Peppermint, Rosemary
Snake Bite	Basil, Lavender
Stress/Tension/Panic	Chamomile, Lavender, Tranquility
Sunburn	Lavender
Swelling	Deeper, Eucalyptus, Lavender, Peppermint
Toothache	Clove, Deliverance

Information above was gathered from *The Complete Book of Essential Oils & Aromatherapy* - Valerie Worwood; *Butterfly Miracles* – LaRee Westover, & *Reference Guide for Essential Oils* - Connie and Alan Higley. These ideas are general guidelines based on traditional uses of essential oils and are not intended to diagnose or prescribe. Please consult a physician for health problems & concerns and conditions requiring treatment. [Rescue Kit available here.](#)