

'1st Oils' Essential Oils Kit

Aspire (Blend)

Ingredients: cypress, eucalyptus, laurel, marjoram, myrtle, peppermint, pine needle, rosemary, spruce

Affinity for: respiratory system, liver meridian, uptake of calcium

Possible Uses: Relief from colds, dry hacking coughs, bronchitis, sinusitis, respiratory congestion, allergy symptoms, deep pneumonia, pleurisy, asthma. May help open the airways and relieve congestion in the lungs.

Common Usage: Inhale, diffuse, apply topically (dilute well). Commonly used with Breezey and Deliverance.

Deliverance (Blend)

Ingredients: clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano, wild oregano

Affinity for: immune system, lymphatic system, the skin

Possible Uses: respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, any type of infection, athlete's foot fungus, toe nail fungus, and infection from slivers

Common Usage: Inhaled, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses, and air borne bacteria. Dilute in a spray bottle of water to apply to surfaces and air.

Lavender (*Lavendula officinalis*)

Regarded as the most universal and flexible oil – fits a multitude of needs; calming and healing.

Possible Uses: anxiety, arthritis, blisters, bronchitis, burns, colic, cramps, dandruff, dermatitis, eczema, edema, fainting, fatigue, flatulence, headache, indigestion, insect bite, insomnia, irritability, migraine, muscle aches and pains, nausea, panic, psoriasis, rashes, rheumatism, scars, sprains, stress, stretch marks, sunburn, tension, thrush, wounds

Cautions: Generally calming; can be stimulating in too great a quantity – especially with babies and small children.

Common Usage: Diffuse, inhale, or apply to areas of the body.

Paine (Blend)

Ingredients: birch, clove bud, copaiba balsam, eucalyptus, helichrysum, peppermint

Affinity for: nervous system, muscle tissue, bones

Possible Uses: pain relief of bones and muscles, improving circulation, healing by bringing oxygen to an injured area

Common Usage: Dilute and apply to the area of pain; effective as a compress.

Cautions: If you use Paine in the tub or shower for pain relief or muscle relaxation, use no more than 2 or 3 drops.

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Peppermint (Mentha piperata)

Is like a relaxing rush of fresh energy to the system.

Possible Uses: apathy, arthritis, breath freshener, circulation, colds, colic, depression, diarrhea, digestion, fatigue, fever, flatulence, flavoring, flu, headache, heartburn, inflammation, itching, migraine, morning sickness (very small amounts), muscle aches, nausea, pest repellent, rheumatism, shock, stomach cramps, vomiting

Cautions: Use caution if pregnant or dealing with high blood pressure. Soothing in small amounts; stimulating in large.

Common Usage: Inhale or dilute very well before applying to the body. Too strong for the bath.

Tranquility (Blend)

One of the best loved blends.

Ingredients: lavender, patchouli, sweet orange, lime, ylang ylang, geranium, blue tansy, palmarosa, chamomile German

Affinity for: nervous system, circulation, emotional stability

Possible Uses: relaxation, anxiety, stress, tension and depression; developing inner strength, patience and understanding; quelling a rebellious spirit; insomnia; migraine headache; osteoporosis; panic attacks

Common Usage: inhale, diffuse, or place under nose, on back of neck, on the feet, in bath water (3 or 4 drops)

General Use of Essential Oils: Do not take internally without consulting an appropriate health professional. Do not apply undiluted to the skin. Use extreme caution when using oils with children. Give them only the gentlest oils at very low doses. Use a skin patch test prior to using any new oil.

Important Note: Data on this card is based on traditional usage of an essential oil, or oils in a blend. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease or health condition. Earth Sonnets LLC does not necessarily agree with such traditional usage. Content is for reference purposes only and is not intended to substitute for advice given by a physician or other licensed health-care professional. This data is not considered complete or guaranteed to be accurate. In purchasing essential oils from our company you agree to indemnify and hold Earth Sonnets LLC harmless from consequences of use or misuse.