

'Rescue' Essential Oils Kit

There is at least one oil in this kit for each issue listed in our First Aid Handout.

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.

Eucalyptus (Eucalyptus globulus)

Eucalyptus is cooling to the body in summer and protects from bacteria and viruses in the winter.

Possible Uses: asthma, blisters, bronchitis, burns, candida, catarrh, chilblains, colds, cough, diabetes, diarrhea, fever, flu, headache, hypoglycemia, mental exhaustion, migraine, purifying the air, rheumatism, muscle aches, sinusitis, skin problems, sore throat, ulcers, vaginitis, wounds

Cautions: Can be caustic to the skin if undiluted. Do not take internally. Use extra dilution with children.

Common Usage: Diffuse, inhale, or apply (diluted well) to areas of inflammation, on the chest, under & on sides of nose.

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.

Lemon (Citrus limonum)

Is uplifting and refreshing and brings clarity of thought.

Possible Uses: anti-ageing, anxiety, asthma, blisters, boils, bronchitis, (dissolving) cellulite, cleanser, cuts, depression, digestion, fever, flu, gallstones, liver and lymphatic cleanse, memory, sinusitis, skin care, sore throat, warts, water purification

Cautions: Lemon is photo-toxic. Avoid sunlight or UV rays on skin to which lemon oil has been applied.

Common Usage: Diffuse, inhale, or dilute well to avoid irritation and apply to any area of the body.

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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.

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.

Tea Tree (Melaleuca alternifolia)

Recognized for centuries as anti-bacterial, anti-fungal, and antiseptic.

Possible Uses: acne, athlete's foot, boils, candida, colds, cold sores, cough, cuts, diarrhea, eczema, fungal infection (nails and skin), insect bites, rashes, ringworm, sinusitis, sore throat, tissue regeneration, vaginal thrush (dilute very well), wounds

Cautions: Begin using this oil with caution if you have sensitive skin. Just a few drops in a bath will suffice.

Common Usage: Inhale or diffuse. Dilute before applying to the skin, except in the case of insect bites where it is best applied neat. Very effective for killing air-borne bacteria.

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.