



First Aid With Essential Oils

By Melodie Kantner

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Burns and Sunburn: Lavender, Idaho balsam fir, helichrysum, blue cypress, rose, Melaleuca ericifolia, Gentle Baby, Australian Blue, Melrose, Highest Potential

Apply 1-3 drops on burn location to cool tissue and reduce inflammation.

Apply 3-6 times daily or as needed.

LavaDerm Cooling Mist from Young Living is another option for sunburn. It has lavender and Aloe Vera.

LavaDerm Cooling Mist #3249

After-Sun Healing Spray

½ cup distilled water

¼ cup aloe vera gel

8 drops of Lavender oil

2 drops of Roman Chamomile oil

2 drops Geranium oil

Blend together and pour into a 12-16 ounce fine mist spray

bottle. Spray skin if you have been over exposed to the sun. This is very healing and soothing to sunburned skin. Do not get any in eyes.

*** It is important to make sure you have true lavender that has not been adulterated. Lavandin is a cheaper oil and is often used to extend the lavender. Lavandin, a hybrid lavender that is chemically very different from pure *lavandula angustifolia*. Lavandin contains high levels of camphor and will burn the skin.

By contrast, true lavender contains virtually no camphor and has burn-healing agents not found in Lavandin.

Cuts, Scrapes and Other minor injuries - Lavender, tea tree, rosemary, Eucalyptus globulus, cypress, wintergreen/ birch, thyme, oregano, German chamomile, lavandin, mountain savory, peppermint, Melrose, Purification, Thieves, 3 Wise Men Thieves Antiseptic Spray, LavaDerm Spray
Apply 2-6 drops on location, 1-4 times daily as needed

First-Aid Spray

5 drops lavender

3 drops tea tree (*Melaleuca alternifolia*)

2 drops cypress

Mix above oils thoroughly in 1/2 teaspoon of salt. Add this to 8 ounces of distilled water and shake vigorously. Put in a spray bottle. Spray minor cuts and wounds before applying bandage. Repeat 2-3 times daily for 3 days. Complete the healing process by applying a drop or two of tea tree (*Melaleuca alternifolia*) oil to the wound daily for a few days.

Bee Sting or Insect Bite - Lavender, eucalyptus globulus, citronella, tea tree, peppermint, rosemary, Purification, Melrose, PanAway
Apply 1-2 drops on bite location 2-4 times daily.

Purification may help neutralize poison from spiders, bees, hornets & wasps.

Remove Ticks: Apply a drop of Peppermint oil on a QTip and dot it on the tick. Wait for it to let go, then remove the tick.

Insect Repellent - Mix with carrier oil and rub on skin or mix with water in a spray bottle. Shake well before using. Spray on skin before going outside.

Add 10 drops of peppermint to a 4 oz. bottle of distilled water. This is my favorite insect repellent for working in the garden. It works wonders to keep the biting Deer Flies off. I have had no bites while using this simple formula. Be careful not to get any near your eyes.

Itching: Apply a drop of peppermint oil topically on unbroken skin to stop itching.

Nausea or Motion Sickness – Peppermint, ginger, spearmint
Put a drop on your tongue & get relief from motion sickness. It works in seconds. Sometimes it is enough just to inhale the peppermint oil.

Heat Fatigue: Peppermint oil, rubbed on base of skull, inhaled, and added to drinking water.

Temporary Fatigue or Lack of Energy - Peppermint is very stimulating. Inhale it & put a drop or 2 on your big toes. For a refreshing and reviving morning bath - add 3 drops peppermint oil to the water. It's a great stimulant to get the day going and is invaluable when traveling to a new time zone and getting into the new day.

Pain Relief - Wintergreen/birch, cypress, fir, spruce, pine, peppermint, helichrysum, PanAway, Relieve It
2-4 drops on location as needed.

Lavender & Peppermint Foot Soak:

2 drops Lavender
2 drops Peppermint
2 drops Chamomile



Cool, soothe and relieve your painful and swollen feet after a long day. Add essential oil blend to a large bowl of warm water. Soak your feet for at least 10 minutes.

Analgesic - Peppermint, elemi, wintergreen/birch, clove, lavender, lemongrass, Idaho tansy, PanAway, Thieves

Apply 4-6 drops on location, as needed

Headache – Peppermint, lavender, PanAway, Deep Relief, M-Grain
Rub a couple drops of PanAway or peppermint on the back of the neck, on temples or forehead, inhale. Create a soothing compress by rubbing 1-3 drops of PanAway on location, cover with a warm cloth. Leave for 30 minutes.

Poison Ivy or Poison Oak - Apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.

Poison Ivy - Help with Itching

1 cup of cold water
¼ cup of cider vinegar
9 drops of Lavender essential oil
3 drops of Peppermint essential oil
2 drops of Roman Chamomile oil

Blend well. Place in plastic bowl with tight sealing lid. This blend is great to keep cool in your refrigerator. Soak a washcloth in this solution to gently apply to area of skin with the poison ivy.

For Digestion and Heartburn: Put a few drops in an empty capsule and take internally after a heavy meal. (Be sure you are using PURE essential oils for this.) Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.

Sore Throat - Mix 1 drop lemon or Thieves in half glass of warm water. Mix well then gargle.



Bleeding - Helichrysum, geranium, cistus, cypress, lavender, myrrh, hyssop, Aroma Life, PanAway
1-2 drops on location

Nosebleeds -

Helichrysum, geranium, lavender, cypress, lemon, peppermint

Nosebleed blend:

2 drops helichrysum
2 drops lavender
2 drops cypress

Apply 2-4 drops to the bridge and sides of nose and back of neck. Repeat as needed.

Nosebleed regimen: Put 1 drop helichrysum, cypress or lavender on a tissue paper & wrap the paper around a chip of ice about the size of a thumb nail, push it up under the top lip in the center to the base of the nose. Hold from the outside with lip pressure. This usually stops bleeding quickly.

Bruises - Cypress, helichrysum, white fir, lavender, Roman chamomile, geranium
1-3 drops, 2-5 times daily. Helichrysum is especially beneficial in healing bruises when applied neat on location.
Compress: cold, on location, 2-4 times daily, as needed

Connective Tissue Trauma

PanAway reduces pain and lemongrass promotes the repair of connective tissue. Lavender with lemongrass, and marjoram with lemongrass work well together for inflamed tendons.

When selecting oils for injuries, think through the cause and type of injury and select appropriate oils. For instance, tendonitis could encompass muscle damage, nerve damage, ligament strain/tear, inflammation, infection, and possibly an emotion. Therefore, select an oil or oils for each potential cause and apply in rotation or prepare a blend to address multiple causes. The emotional distress may be anger or guilt.

The oils in Ortho Sport and Ortho Ease Massage Oils reduce pain and promote healing.

Basil, lemongrass, marjoram, helichrysum, wintergreen/birch, cypress, peppermint, rosemary, Eucalyptus radiata, PanAway, Aroma Life, R.C., Relieve It, Release, Citrus Fresh

The following lists show singles and blends best suited to the specific trouble spots involved with connective tissue:

Bone: Wintergreen/birch, spruce, Idaho balsam fir, PanAway, Relieve It

Muscle: Basil, marjoram, lavender, Relieve It, PanAway

Ligament: Lemongrass, helichrysum, lavender, PanAway, Relieve It, elemi, Idaho tansy

Tendons: Lavender, lemongrass, marjoram

Spasms: Aroma Siez with Ortho Ease or Ortho Sport Massage Oils

Knee Cartilage Injury - Peppermint, Idaho balsam fir, Douglas fir, wintergreen/birch, white fir

Cartilage blend:

9 drops lemongrass

10 drops marjoram

12 drops ginger

Sprains - Idaho tansy, valerian, vetiver, PanAway

Sprain blend:

5 drop lemongrass

15 drops Aroma Siez

For sprains, use cold packs. Any time there is tissue damage, there is always inflammation. Reduce this first

Tendonitis - Ortho Ease, Regenolone, Neurogen, Mega Cal, BLM

Blisters - Lavender, sandalwood, melissa, cistus, tea tree, frankincense, lavender, Roman or German chamomile, Purification, Inspiration, Melrose

Apply to blistered area 3-5 times daily, as needed



THIEVES - Thieves has achieved tremendous results in university studies at Weber State University, showing a 99.8% kill rate against airborne bacteria and a 99.6% kill rate against four different kinds of virus colonies. This research is signed & documented by Dr. Edward Walker, a research scientist. This is a wonderful oil to diffuse in the home.

Dr. Young created the Thieves formula as a result of his research at the British Historical Museum. A group of 16th century thieves, who were perfumers and spice traders, robbed the bodies of plague victims without contracting the disease themselves. When they were captured, they explained that they had rubbed themselves with a special mix of oils to ward off the plague.

Antiseptic - Thyme, clove, oregano, rosemary, manuka, tea tree, mountain savory, eucalyptus (all types), lavandin, cinnamon, cassia, ravensara, Purification, Melrose, Christmas Spirit, Thieves, ImmuPower, Raven, R.C.

Apply to affected area 2-10 times daily as needed

Also Antiseptic: Thieves Household Cleaner, Thieves Spray, Thieves Wipes, Thieves Cleansing Bar Soap and Thieves Foaming Hand Cleaner.

Disinfecting - Thyme, clove, oregano, rosemary, melaleuca (tea tree), mountain savory, eucalyptus (all types), lavandin, cinnamon, cassia, ravensara, Purification, Melrose, Christmas Spirit, Thieves, ImmuPower, Raven, R.C. Add a drop or 2 of Purification to water for disinfecting and cleaning floors, kitchens, bathrooms, etc. Mix with water in a spray bottle & spray the shower curtain after showering. It helps keep mildew down. Be sure & shake well before using.

Use a drop of lemon or other oil to disinfect your hands after using public restrooms.

To Calm and Relax - Lavender is well known for its calming and sedative properties. Rub a couple drops on the back of the neck and shoulders. Inhaling also works wonders.

Insomnia - Try dripping 3-5 drops of lavender down your spine. 1-2 drops on the bottom of each foot, hop in bed and breathe the remaining oil.



Thieves Products

For more information on Young Living Essential Oils
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