



# Protect your family with Young Living Essential Oils

Compiled by Kelli Nelson

## Cuts, Blisters & Bruises

**Cuts & Scrapes:** PanAway, Purification, Thieves Antiseptic Spray, Lavender, Peppermint, Copaiba, Melrose, Helichrysum, Animal Scents Ointment, Rose Ointment, Tender Tush Ointment

**Bruises:** Lavender, Copaiba, Helichrysum, PanAway, Geranium, Cypress, White Fir, Roman Chamomile

**Blisters:** Melrose, Melaleuca Alternifolia, Roman or German Chamomile, Lavender

## CAUTION:

If at any time there is discomfort felt after applying an essential oil, dilute with a pure vegetable oil such as V-6 or olive oil. Never try to "wash" essential oils off with water as this will only drive it in more!

## Bites, Stings & Repellants

**Bites & Stings:** Purification, Lemon, Thieves, Melrose, Eucalyptus Globulus, Lavender, Peppermint, Melaleuca Alternifolia, Thieves Antiseptic Spray

**Repellants:** Purification, Thieves, Thyme, Eucalyptus Radiata, Peppermint, Lemon, Lemongrass, Melaleuca Alternifolia, Geranium, Idaho Tansy, Spearmint, Melrose

## Burns

Lavender, LavaDerm Cooling Mist, Tender Tush Ointment, Idaho Balsam Fir, Blue Cypress, Helichrysum, Rose Ointment

## Allergies & Rashes

Lavender, Tender Tush, German Chamomile, Myrrh, Geranium, Rosewood, Cistus, Blue Cypress, Polyzyme

**Poison Oak/Ivy:** Peppermint, Wintergreen, Melrose, PanAway

## Aches & Pains

**Muscles:** Marjoram, AromaSiez, PanAway, Deep Relief, Copaiba, Peppermint, Relieve It, Idaho Balsam Fir

**Bones & Joints:** Wintergreen, Copaiba, Helichrysum, PanAway

**Tendons & Ligaments:** Lemongrass, Copaiba, Helichrysum, PanAway

**Sore Feet:** Peppermint, White Fir, Lavender, Patchouli, Myrrh, Frankincense, Sandalwood, Vetiver, Melrose, PanAway, Relieve It

**Headaches:** Lavender, Peppermint, Wintergreen, Roman or German Chamomile, PanAway, Spearmint, Valerian, Clove, Rosemary, Eucalyptus Globulus, M-Grain, Clarity, Brain Power, Relieve It

## Bacteria & Virus (Colds, Flu, Food Poisoning, etc.)

**Antibacterial:** Thieves, Oregano, Thyme, NingXia Red, Inner Defense, Longevity, ImmuPower, ImmuPro, Probio-5

**Antiviral:** Thieves, Thyme, Oregano, Basil, NingXia Red

**Fever:** Peppermint, Wintergreen, Copaiba

**Colds:** Ravensara, Blue Cypress, Raven, Thieves, Inner Defense, ImmuPro, NingXia Red

**Flu:** Ravensara, ImmuPro, Inner Defense, ImmuPower, Exodus II, Di-Gize, Essenzyme, Polyzyme, Longevity, Thieves, NingXia Red

**Food Poisoning:** Thieves, Polyzyme, Cumin, InnerDefense, Di-Gize, Clove, Ginger, Oregano, Thyme

Disclaimer: This information is not intended to diagnose or prescribe. Consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions that require professional attention.

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