

# MODERN ESSENTIALS

## REFERENCE CARD

Condition	Essential Oils	Application
Acne	🌿melaleuca, 🌿Topical, 🌿juniper berry	👉: Apply on location. Add 1–2 drops to 1 oz. distilled water, and mist on face.
Allergies	🌿melaleuca, 🌿lavender	👉: Apply on sinuses and bottoms of feet.
Anxiety	🌿lavender, 🌿orange, 🌿lemon, 🌿Calming, 🌿Massage	👉: Diffuse or inhale. 👉: Massage into the skin. Apply to back of neck or temples.
Arthritis	🌿frankincense, 🌿rosemary, 🌿marjoram, 🌿Soothing	👉: Apply on location. Warm compress. Massage. Warm bath. 👉: Diffuse.
Asthma	🌿eucalyptus, 🌿frankincense, 🌿peppermint, 🌿Respiratory	👉: Diffuse. Inhale directly. 👉: Apply to chest, throat, or back.
Bacterial Infection	🌿melaleuca, 🌿thyme, 🌿cinnamon, 🌿peppermint, 🌿Protective	👉: Apply on location or to liver area or bottoms of feet. 👉: Diffuse.
Bee Sting	🌿Roman chamomile, 🌿basil, 🌿Cleansing	👉: Apply on location. Cool compress on location.
Bleeding	🌿helichrysum, 🌿geranium	👉: Apply on location.
Blisters	🌿lavender	👉: Apply on location.
Bronchitis	🌿eucalyptus, 🌿thyme, 🌿white fir, 🌿basil, 🌿Respiratory	👉: Diffuse or inhale directly. 👉: Apply to chest, sinuses, neck, or feet.
Bruises	🌿helichrysum, 🌿geranium, 🌿fennel, 🌿Soothing	👉: Apply on location.
Burns	🌿lavender, 🌿geranium	👉: Apply on location.
Colds	🌿thyme, 🌿lemon, 🌿Protective, 🌿melaleuca	👉: Diffuse. Inhale from water vapor. 👉: Apply to throat, temples, forehead, or sinuses.
Corns	🌿clove	👉: Apply on location.
Congestion	🌿eucalyptus, 🌿peppermint, 🌿Respiratory	👉: Apply to chest, neck, back, feet. 👉: Diffuse. Inhale directly or from water vapor.
Cooling Oils	🌿peppermint, 🌿eucalyptus, 🌿melaleuca	👉: Apply on location. Add to bathwater. 👉: Diffuse.
Coughs	🌿Respiratory, 🌿melaleuca, 🌿eucalyptus, 🌿Protective	👉: Diffuse. 👉: Apply on throat and chest.
Cuts/Wounds	🌿helichrysum, 🌿lavender, 🌿melaleuca, 🌿basil, 🌿Protective	👉: Apply on location.
Dandruff	🌿lavender, 🌿wintergreen	👉: Massage 1–2 drops into hair before shower; then shampoo as normal.
Depression	🌿lemon, 🌿frankincense, 🌿Focus, 🌿lavender, 🌿Joyful, 🌿Grounding	👉: Diffuse. Inhale directly. 👉: Apply to forehead. Massage. Bath. 🌿: 1–2 drops in capsule. 1–2 drops in 8 oz. distilled water.
Diarrhea	🌿peppermint, 🌿ginger, 🌿geranium, 🌿Digestive	🌿: 1–2 drops in capsule. 👉: Apply to abdomen. Warm compress.
Earache	🌿basil, 🌿melaleuca, 🌿helichrysum	👉: Apply to surface of ear (not in ear canal), behind ear, or swab around ear canal.
Energy	🌿white fir, 🌿Joyful, 🌿Grounding	👉: Inhale directly, or diffuse. 👉: Massage. Bath. Apply to temples or back of neck.
Fever	🌿peppermint, 🌿lemon, 🌿lime, 🌿eucalyptus, 🌿clove	🌿: Swallow in capsule. 👉: Apply to back or to bottoms of feet. 👉: Diffuse.
Fungal Infection	🌿melaleuca, 🌿oregano, 🌿thyme, 🌿Protective	👉: Apply on location. Warm compress.
Gas/Flatulence	🌿lavender, 🌿ginger	👉: Apply on stomach, abdomen, or feet.
Headaches	🌿Tension, 🌿peppermint, 🌿rosemary, 🌿Soothing	👉: Apply to temples, back of neck, forehead. 👉: Diffuse, or inhale directly.
High Blood Pressure	🌿ylang ylang, 🌿marjoram	👉: Apply on location or on feet and hands. 👉: Diffuse. Inhale.
Hives	🌿melaleuca, 🌿peppermint	👉: Apply on location. Massage on location.
Indigestion	🌿peppermint, 🌿ginger	🌿: Take in capsule. 👉: Apply on stomach or feet. 👉: Diffuse.

\*Capitalized words denote blends (with the exception of Roman chamomile).

👉=Topical

🌿=Internal

👉=Aromatic

Topical application is the process of placing an essential oil directly on the area of concern.

This may include applying or massaging the oil, either diluted or neat (undiluted), on location, adding a few drops of oil to warm bathwater before bathing, or using essential oils in a warm compress.

Internal use is the process of consuming or otherwise internalizing the essential oil into the body. Internal use often includes swallowing 1–10 drops of essential oil inside a capsule or adding 1 drop of essential oil to 1–4 cups of rice milk, almond milk, or water before drinking.

Aromatic use is the process of breathing in the oil through the nasal passage. This can be done by using an essential oil diffuser to dispense oil into the air, by inhaling the essential oil directly from the bottle, or by adding 1–5 drops of essential oil to a humidifier and inhaling the water vapor.

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Hives	🌿melaleuca, 🌿peppermint	👉: Apply on location. Massage on location.
Indigestion	🌿peppermint, 🌿ginger, 🌿Digestive Blend	🌿: Take in capsule. 👉: Apply on stomach or feet. 👉: Diffuse.
Inflammation	🌿frankincense, 🌿melaleuca, 🌿eucalyptus, 🌿Soothing Blend	👉: Apply on location or back of neck. Massage. 👉: Diffuse. Inhale water vapors.
Influenza (Flu)	🌿Respiratory Blend, 🌿melaleuca, 🌿peppermint, 🌿rosemary, 🌿Protective Blend	👉: Diffuse. 👉: Apply to thymus, chest, back, sinuses. 🌿: Take in capsule.
Insect Repellent	🌿Repellent Blend, 🌿patchouli, 🌿arborvitae	👉: Apply to feet or exposed skin. Massage. Mist onto skin. 👉: Diffuse.
Insomnia	🌿lavender, 🌿orange, 🌿Calming Blend, 🌿Roman chamomile	👉: Diffuse. Mist on linens, or place on pillow. 👉: Apply on feet or neck. Massage.
Low Blood Pressure	🌿rosemary	👉: Diffuse. Inhale. 👉: Apply on location, feet, hands, over heart.
Memory	🌿rosemary, 🌿peppermint, 🌿frankincense, 🌿Focus Blend	👉: Diffuse. Inhale directly. 👉: Apply to temples or back of neck.
Muscle Cramps	🌿lemongrass with peppermint, 🌿marjoram, 🌿Soothing Blend	👉: Apply on location. Massage. Bath.
Nausea	🌿ginger, 🌿peppermint	👉: Inhale directly. Diffuse. 🌿: Take in capsule. 👉: Apply to feet, temples, wrists.
Neuralgia	🌿marjoram, 🌿eucalyptus, 🌿Roman chamomile	👉: Apply on location. Massage. Bath.
Pain	🌿lavender, 🌿eucalyptus, 🌿Soothing Blend	👉: Apply on location. Massage. Warm compress. 👉: Diffuse. Inhale.
Parasites	🌿oregano, 🌿thyme, 🌿fennel, 🌿Roman chamomile	🌿: Take in capsule or with beverage. 👉: Warm compress. Apply to abdomen and feet.
PMS	🌿Women's Monthly Blend, 🌿clary sage	👉: Apply on abdomen, lower back, shoulders, or feet. Massage. Warm compress.
Pneumonia	🌿Respiratory Blend, 🌿Protective Blend, 🌿thyme, 🌿cinnamon, 🌿oregano	👉: Diffuse. Inhale water vapor. 👉: Apply to chest, back, and feet. Warm compress.
Poison Oak/Ivy	🌿lavender, 🌿Joyful Blend	👉: Apply on location. Massage on location.
Shock	🌿peppermint, 🌿helichrysum, 🌿melaleuca, 🌿Joyful Blend	👉: Apply on neck, feet, or over heart. 👉: Inhale aroma. Diffuse.
Sore Throat	🌿melaleuca, 🌿Protective Blend	👉: Apply on throat or feet. Gargle. 👉: Diffuse. Inhale. 🌿: Drink with beverage.
Stress	🌿lavender, 🌿Focus Blend, 🌿lemon, 🌿ylang ylang	👉: Diffuse. Inhale. 👉: Massage. Bath salts. Apply to neck, back, or bottoms of feet.
Toothache	🌿clove	👉: Apply on location or along jawbone. Warm compress on jaw.
Viral Infection	🌿helichrysum, 🌿melaleuca, 🌿clove, 🌿Protective Blend, 🌿Respiratory Blend	👉: Apply on location or on bottoms of feet. 👉: Diffuse. Inhale directly.
Warts	🌿frankincense, 🌿Protective Blend, 🌿melaleuca, 🌿oregano, 🌿clove	👉: Apply on location daily.

This information is from *Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils*. Please see this book for more information on using essential oils.

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