

Karla's Home Essentials Wellness Guide

Tips for incorporating essential oils in your home

Single Oils

Lavender



- Mix with ¼ tsp Fractionated Coconut Oil (FCO) and apply to face before bedtime to promote restful sleep & enhance appearance of the skin.
- Keep in the kitchen to calm the skin from temporary discomfort due to touching a hot surface while cooking.
- Rub a drop along the cheekbones to assist with seasonal discomfort before going outside in the spring time.
- Lavender with FCO is great to use any time you have an area of skin that is temporarily irritated (think bug bites, over exposure to sun, etc.).

Lemon



- Put a drop in your water (use glass or stainless steel water bottles-no plastic) and drink throughout the day to refresh you!
- Instead of using fabric softener, put white vinegar in the softener cup and add 2-3 drops of lemon for soft clothes that smell naturally fresh.
- Add a drop of lemon to your dishwasher as you are washing dishes for a powerful clean that will boost your mood as well! Add a drop to your dishwasher detergent too for a spot free rinse!
- Diffuse lemon in the kitchen to neutralize the air from odors after cooking.

Peppermint



- Put 1-2 beadlets in your mouth and allow to pop just before exercising to open your airways.
- Put a drop under your tongue to ease temporary stomach upset after eating.
- Mix 1-2 drops with FCO and apply to the back and chest to temporarily cool you off when you are feeling too warm.
- Rub a small amount under the nose while driving to keep you alert and energized.
- Diffuse during homework time to enhance concentration and keep your children alert.

Frankincense



- Mix with ¼ tsp FCO and apply generously to the face before bedtime to calm the body and rejuvenate the skin while sleeping.
- Take 3 drops in a capsule following an extremely hard work out or physical labor to support healthy cellular function
- Put a drop in your hand, rub hands together and then cup hands over the mouth and nose and inhale as a nice pick up in the middle of the day.
- Mix 2-3 drops with FCO and use as a massage rub over the back and neck to relieve temporary tension and discomfort.

Oregano



- Place 1-2 drops on the bottoms of feet in the morning to help support immune function.
- Put 3 drops of oregano oil in a capsule and ingest to support immune function.
- Add 1 drop to any recipe calling for oregano (my rule of thumb is 1 drop for every tablespoon of the spice. If less is needed, dip a wooden toothpick in your oil bottle and then swirl the toothpick in your recipe)

Caution: Oregano is a very “hot” oil and should always be diluted with a carrier oil before using topically. Do not use with children!

Melaleuca



- Place 1-2 drops of melaleuca in ¼ tsp of FCO and apply to face to promote a clear complexion.
- Place a drop behind the ear following swimming in the summer time to help alleviate temporary ear discomfort.
- Keep a roller bottle handy (30 drops of melaleuca and the rest FCO in a 10 ml bottle) for occasional mishaps with your kids. After a bump or scrape, this is great to rub on the skin to soothe and calm the skin.
- Rub on chest, back of neck, and/or bottoms of the feet to support immune function.

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Oil Blends and More

OnGuard



- Rub 1-2 drops on the bottoms of the feet once/day to support the immune system.
- Place 3 drops OnGuard in a veggie capsule and ingest daily to support the immune system.
- Diffuse throughout the day in the classroom or the home to support the immune system.
- Put 10 drops OnGuard in a 2 oz spray bottle and fill the rest with water and use as hand sanitizer.
- Put 1-2 drops of OnGuard with FCO and rub over the throat to relieve temporary throat discomfort.

DigestZen



- Mix 1-2 drops DigestZen with ¼ tsp FCO and rub over the stomach area to ease temporary stomach upset
- Place 1 drop under the tongue following a heavy meal to help aid digestion.
- Rub a drop on the forehead and temples to relieve temporary tension related to barometric pressure changes
- Place a drop in the hand then rub hands together and cup over the mouth and nose and inhale to relieve queasiness associated with traveling.

Breathe



- Mix 1-2 drops Breathe with ¼ tsp. FCO and rub on the chest to promote opening the airways.
- This is great to do at night to help support restful sleep (Rub on your spouse's chest if he or she is loud enough you cannot get restful sleep).
- Dilute and rub on the chest or under the nose during the day when battling seasonal threats in the spring.
- Place 3-4 drops in diffuser at night to promote open airways and a restful night's sleep.
- Inhale directly from palms, or rub on chest when environmental threats are high.

Deep Blue



- Apply on feet and knees before and after exercise for a soothing boost of energy.
- Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move.
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.
- Add 1-2 drops of Deep Blue to FCO and apply to the lower legs for relief of achy muscles from exercise.
- Rub on the back of the neck for soothing relief from temporary tension after sitting for too long.

Favorite Diffuser blends



- For seasonal threats in the spring time: 3 drops each of lavender, lemon, and peppermint in the morning.
- For seasonal threats in the fall and winter: 3 drops OnGuard, 2 drops Melaleuca, 1 drop Oregano throughout the day and evening.
- For rest and relaxation: 3 drops lavender, 2 drops frankincense before bed time.
- For a quick pick up: 4 drops Wild Orange (not included in the Home Essentials Enrollment Kit, but a must-have oil for every household!) and 2 drops Peppermint.

Fractionated Coconut Oil (FCO)

- Ideal for combining with essential oils before applying topically to the skin.
- Completely soluble with all essential oils; odorless, colorless, and non-staining.
- Use it as a facial moisturizer for sensitive skin.
- Great to use as an eye make-up remover.

Starting points for diluting essential oil (EO) with FCO:

- For adults use 1-4 drops EO to 1 tsp FCO
- For children 1 drop EO to 2 tsp FCO
- For pregnancy 1 drop EO to 2 tsp FCO
- For seniors 1 drop EO to 2 tsp FCO

