

40 USES FOR MY TOP 4 FAVORITE OILS!

LAVENDER	LEMON	PEPPERMINT	MELALEUCA
PET SMELLS MIX BAKING SODA AND LAVENDER, SPRINKLE ONTO CARPETS AND VACUUM UP!	ENERGY BOOST FOR A QUICK ENERGY BOOST, ADD LEMON ESSENTIAL OIL TO A GLASS OF WATER AND DRINK UP!	TAME TUMMY TROUBLES ONE DROP OF PEPPERMINT OIL RUBBED ON THE STOMACH OR TAKEN INTERNALLY CAN CALM INDIGESTION AND UPSET STOMACH. GREAT TRAVELING COMPANION.	ACNE BREAKOUTS ADD A DROP TO YOUR NORMAL CLEANSING ROUTINE. OR DAB A VERY SMALL AMOUNT ON ACNE BREAKOUTS.
SLEEPY TIME INDUCER PLACE DROPS OF LAVENDER ON PILLOWS TO LULL RESTLESS CHILDREN (AND ADULTS) INTO A RESTFUL SLEEP.	DE-GUMMER GOT GUM? IN YOUR HAIR? LEMON OIL WILL SAVE THE DAY!	HUNGER FIGHTER THE AROMA OF PEPPERMINT OIL WILL MAKE YOU FEEL FULL, FASTER. ESPECIALLY IF YOU BREATHE IT IN DURING A MEAL!	ATHLETE'S FOOT ADD A DROP TO YOUR SHOES, MASSAGE INTO THE FEET, OR SOAK IN A FOOT BATH OF SEA SALT AND 2-3 DROPS OF MELALEUCA.
LINEN SPRAY BREATHE NEW LIFE INTO MUSTY LINENS WITH LAVENDER. IT LEAVES NO OIL MARKS AND LEAVES LINENS SMELLING FRESH	APHID ASSASSIN KILL APHIDS ON CONTACT BY SPRAYING WITH A COMBINATION OF LEMON OIL AND WATER.	ALLERGIES BE GONE PEPPERMINT OIL WITH LEMON EASES AIRWAYS THAT COME UNDER ATTACK DURING ALLERGY SEASON.	CANKER SORES/COLD SORES DAB A SMALL AMOUNT DIRECTLY OVER THE SORE, DILUTING WITH COCONUT OIL IF NEEDED.
COLD/FLU STEAM TREATMENT ADD 4-6 DROPS OF LAVENDER TO A BOWL OF HOT WATER, PLACE A TOWEL OVER YOUR HEAD, AND INHALE THE VAPOR DEEPLY.	DISH DELIGHT ADD SOME LEMON OIL TO YOUR DISH-WASHER SOAP CONTAINER. YOUR DISHES WILL SPARKLE!	HANDLE A HEADACHE A FEW DROPS OF PEPPERMINT DABBED ON YOUR TEMPLES, NECK AND SINUSES CAN QUICKLY CURE EVEN STUBBORN HEADACHES!	COMBAT CAVITIES ADD TO HOMEMADE TOOTHPASTE, OR YOU CAN ADD A DROP TO YOUR TOOTHBRUSH BEFORE BRUSHING (AND AFTER TO DISINFECT).
SPLINTER EXTRACTOR ADD A FEW DROPS OF LAVENDER, LET THE SPLINTER SWELL AND SLIP OUT.	HAIR HIGHLIGHTER SKIP THE SALON.. USE LEMON OIL TO CREATE YOUR OWN HAIR HIGHLIGHTS. JUST GO IN THE SUN AFTER USING WITH YOUR FAVORITE HAIR PRODUCT.	KICK TICKS! SMOTHER NASTY TICKS WITH PEPPERMINT OIL ON A COTTON SWAB. THEY WILL REMOVE THEIR HEADS TO COME UP FOR AIR & THEN YOU GET 'EM!	TAKE AIM AT ALLERGIES MASSAGE INTO THE CHEST, ABDOMEN OR THE REFLEX POINTS OF THE FEET.
SOAP REPLACEMENT RATHER THAN USING SOAP AND WATER AT BATH TIME, ADD LAVENDER OIL. YOUR SKIN WILL FEEL AND SMELL WONDERFUL!	FEET SOFTENER MASSAGE A FEW DROPS OF LEMON OIL ONTO CORNS AND CALLOUSES REGULARLY AND BEFORE YOU KNOW IT YOU'LL HAVE SOFT FEET AGAIN!	TOOTHACHE RELIEF PEPPERMINT OIL ACTS AS A NATURAL PAIN KILLER AND MUSCLE RELAXANT, ESPECIALLY HELPFUL FOR TEETHING BABIES OR FOR AFTER DENTAL WORK.	EARACHE ATTENTION DILUTE 1 DROP OF OIL IN 1-2 TB OF WATER AND USE A DROPPER TO DROP THE MIXTURE INTO THE EAR FOR 30-60 SECONDS EACH.
MATTRESS REFRESHER PUT A FEW DROPS OF LAVENDER ON YOUR MATTRESS WHEN YOU CHANGE YOUR SHEETS AND INHALE THE SWEET, FRESH SMELL.	MENTAL PICK-ME-UP DIFFUSE SOME LEMON WHEN YOU'RE FEELING A LITTLE BLUE AND YOUR DISPOSITION SHOULD TURN SUNNY BEFORE YOU KNOW IT!	SPIDER-FREE ZONE NO CHEMICALS NEEDED. SPIDERS HATE PEPPERMINT AND AT THE FIRST WHIFF OF IT WILL HEAD FOR THE HILLS!	LAST STAND FOR LICE ADD SEVERAL DROPS TO PURIFIED WATER AND SOAK HAIR AND SCALP IN THE SOLUTION. USE ON COMBS, BRUSHES AND MASSAGE INTO THE HAIR AND SCALP.
VACUUM HELPER PLACE SOME COTTON BALLS SOAKED IN LEMON AND LAVENDER OIL INSIDE OF YOUR VACUUM BAG (OR COLLECTOR CUP) AND SPREAD THE FRESHNESS AROUND THE HOUSE AS YOU VACUUM!	LOVE FOR LEATHERS USE A LEMON OIL SOAKED CLOTH TO PRESERVE LEATHER JACKETS, SOFAS, ETC, AND PREVENT LEATHER FROM SPLITTING.	NATURALLY CLEAN PEPPERMINT OILS' ANTIFUNGAL AND ANTIBACTERIAL PROPERTIES MAKE IT AN IDEAL CLEANER. SPRAY ON COUNTERTOPS AND BATHROOM SURFACES. SCRUB, AND ENJOY.	CARE FOR PIERCINGS APPLY AFTER PIERCINGS TO AVOID INFECTION. USE UNDILUTED, DILUTED WITH COCONUT OIL OR AS A SPRAY WITH PURIFIED WATER.
ATTACK ALLERGIES CALM IRRITATED SINUSES AND OTHER RESPIRATORY ISSUES. APPLY TO THE BACK OF YOUR NECK, CHEST, AND BETWEEN YOUR EYES.	RESPIRATORY RESCUE ADD SOME LEMON OIL TO YOUR HUMIDIFIER TO EASE COLDS, COUGH, AND OTHER UPPER RESPIRATORY PROBLEMS.	INTESTINAL DISTRESS RELIEVER WHEN USED TOPICALLY OR INTERNALLY, PEPPERMINT IS A FAVORITE FOR RELIEF FROM CRAMPING AND DIARRHEA.	WARTS REMOVER APPLY DIRECTLY TO THE WART, DILUTE IF NECESSARY FOR SENSITIVE SKIN.
FIRST-AID KIT MUST-HAVE FIRST-AID KITS ARE USUALLY GEARED TOWARD MINOR SCRAPES, RASHES, ETC & LAVENDER IS GREAT FOR ALL THOSE!	BANISH COLD SORES CONQUER COLD SORES WITH A FEW DROPS OF LEMON OIL.	PEPPERMINT PICK-ME-UP PEPPERMINT IMPROVES BLOOD CIRCULATION AND AWARENESS, LEAVING YOU FEELING ENERGIZED!	GUM DISEASE CREATE A MOUTHWASH WITH PURIFIED WATER, 1 DROP OF PEPPERMINT AND 1 DROP OF TEA TREE OIL.