



Young Living Essential Oils

SINGLES AND BLENDS



- ❖ Most oils may be applied directly from the bottle or in a dilution of base oil.
- ❖ For spray bottles, oils should be mixed in spring water as opposed to distilled water, in the appropriate ratio.
 - ❖ Oils may be diffused, applied topically or added to water for bathing, cleaning and disinfecting.
- ❖ Most may be worn as a perfume, aftershave, on the neck, face, throat, wrists, ankles, back, behind the ears, over the heart, and on the bottoms of the feet.

HERBS, ETC.
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BLENDS

- ABUNDANCE** – Enhances magnetic energy creating a frequency of health and abundance.
- ACCEPTANCE** – Assists one in overcoming denials in life.
- AROMA LIFE** – Strengthens the heart and varicose veins, lowers blood pressure and cholesterol.
- AROMA SIEZ** – For muscle spasm, sore muscles/tendons.
- AWAKEN** – Opens the mind and body to help in bringing out full potential in life.
- CHRISTMAS SPIRIT** – Depression; brings happiness, joyful memories of good times.
- CITRUS FRESH** – Calming, antiseptic, sense of well being, joy, high in flavonoids.
- CLARITY** – Helps memory retention, increases energy level, opens the mind, helps overcome shock.
- DI-TONE** – Assists in relieving digestive problems, bloating, diarrhea, parasites, cramps, and gas.
- DRAGON TIME** – PMS, menopausal situations, balancing.
- DREAM CATCHER** – Enhances dreams and visualizations, may help stay on path, protects against negativity.
- ENDO FLEX** – Balances the metabolism, aids in hormonal balancing, supports the thyroid.
- EN-R-GEE** – Energizes, stimulates mental alertness.
- FORGIVENESS** – Helps one to forgive oneself as well as others and make life easier.
- GATHERING** – Spiritual enhancement, ritual bonding of close groups with common values and goals.
- GENTLE BABY** – Comforting, soothing, embracing and relaxing for baby and mother, insomnia, colic, birthing.
- GROUNDING** – Stabilizes, helps us to deal with reality in a peaceful manner.
- HARMONY** – Balances the energy centers of the body, helps to deal with emotions, creates harmony and well being.
- HOPE** – Assists in bringing about the desires to improve and move forward in life.
- HUMILITY** – Works with forgiveness when seeking a closer relationship with spirituality.
- IMMUPOWER** – Balances the immune system, antiviral, anti-bacterial, antiseptic; eases degenerative disease.
- INNER CHILD** – Identity, re-connect with inner self, mid-life crisis, abuse issues.
- INSPIRATION** – Brings relief from negative thoughts; enhances spiritual moods, harmonizing.
- INTO THE FUTURE** – Vision, excitement, living on the edge, tenacity, integrity, pioneer, determination, commitment, challenge, joy.
- JOY** – Increases self-esteem, self-love; calms, soothes, creates happy feelings.
- JUVA FLEX** – Helps detox the liver and lymphatic system, supports digestion.
- MELROSE** – Fights ear and gum infections, cold sores, canker sores.

MISTER – Hormonal balancing for both men and some women; increases energy.

MOTIVATION – Helps one to gain motivation and direction, eliminating procrastination.

MY-GRAIN – Relieves headaches (especially if blood sugar related), migraines, stress headaches.

PANAWAY – Sciatica, bone pain, arthritis, acute pain.

PEACE & CALMING – Relaxing, calming, great for hyperactive children, stress.

PRESENT TIME – Brings into the present, helps let go of living in the past, helps one to move forward with goals.

PURIFICATION – Helps to purify air, neutralize fumes and odors, removes formaldehyde, fungus, molds.

RAVEN OR RC – Asthma, congestion, sinus, colds, flu, bronchitis, pneumonia, sore throat, cold sores, bone spurs.

RELEASE – Aids in releasing anger, soothing and calming to emotions.

RELIEVE IT – Sciatic pain, joint pain, deep tissue pain.

SACRED MOUNTAIN – Grounding, sense of strength and stability, finding one's sacred space.

SARA – Release and let go of trauma memory, sexual and ritual abuse.

SENSATION – Uplifting, refreshing, arousing, skin problems.

***THIEVES** – Antiviral, antibacterial, enhances the immune system, blood sugar balance, sore throat, great for children.

THREE WISE MEN – Accepting of gifts and giving, helps ability to receive.

VALOR – Overcome fears, gives courage to move on, confidence, self-esteem; relieves spinal pain.

WHITE ANGELICA – Sense of protection from negative radiation from others.

SINGLE OILS

BASIL – Anxiety, colds, depression, flu, fever, mind clarity, migraines, muscles, nerves, respiratory.

BERGAMOT – Bronchitis, cold sores, digestion, eczema, emphysema, gallstones, inflammation, insect bites, kidneys, nerves, parasites, sore throat, urinary tract, vaginal candida, varicose veins.

BIRCH – Acne, arthritis, bones, detoxifying hair tonic, lymphatic psoriasis.

CEDARWOOD – Arthritis, congestion, cough, cellulite, dermatitis, hair loss, kidneys, muscles, respiratory, stress, tuberculosis.

CHAMOMILE – Allergies, anemia, anxiety, bladder, eczema, fever, headache, liver, menstrual, parasites, rashes, sunburn.

***CINNAMON** – Cardiac, colds, circulatory, depression, fever, parasites, kidneys, muscles, menstruation, toothache.

CISTUS – Auto-immune, infections, arthritis, immune stimulant, rheumatism.

CLARY SAGE – Acne, boils, colic, frigidity, hemorrhoids, headache, muscles, nerves, sore throat, wrinkles.

***CLOVE** – Allergies, asthma, bruises, burns, colds, colic, digestion, flu, nervous exhaustion, pain, pancreas, pyorrhea, varicose veins.

CORIANDER – Cardiac, circulation, colds, colic, digestive, flu, nervous exhaustion, pain, pancreas, sore muscles.

CYPRESS – Arthritis, bronchitis, circulation, cramps, hot flashes, lymphatic, muscles, pancreas, pyorrhea, varicose veins.

DILL – Colic, flatulence, indigestion, pancreas, lack of periods, promotes milk flow for nursing.

EUCALYPTUS – Asthma, bladder, burns, candida, diabetes, emphysema, headaches, fever, kidneys, sinus, sprains, tuberculosis.

FENNEL – Asthma, cellulite, constipation, digestion, gout, hangover, kidney, menopause, nerve, pancreas, rheumatism, wrinkles.

FIR – Asthma, colds, fever, flu, sore muscles.

FRANKINCENSE – Bladder, colds, hemorrhage, blood cells, lymphatic, rheumatism, scars, skin, tumors, wrinkles.

GERANIUM – Acne, bruises, burns, cellulite, diarrhea, diabetes, fungus, gallbladder, kidneys, liver, nerves, ringworm.

GINGER – Arthritis, colic, cramps, diarrhea, flu, hangovers, laxative, motion sickness, nerves, sprains, toothaches.

GRAPEFRUIT – Acne, cellulite, colds, depression, flu, headache, lymphatic, liver, obesity, stress, weight loss.

HELICHRYSUM – Allergies, asthma, blood cleansing, burns, cuts, depression, fever, headaches, lymphatic, liver, muscles, nerves, pain, sedative, topical anesthesia, viruses.

HYSSOP – Arthritis, asthma, bronchitis, cystitis, digestion, emmenagogues, emphysema, expectorant, microbial mutations, pneumonia, scarring, staph, thickened mucous (use caution with children).

JASMINE – Anxiety, cirrhosis, colds, depression, headache, hepatitis, inflammation, insomnia, muscles, nerves, respiratory, stress.

JUNIPER – Acne, colic, colds, diabetes, flu, gout, kidneys, menstrual, obesity, rheumatism, stress, urinary.

LAVENDER – Allergies, acne, burns, baldness, bladder, depression, dermatitis, diaper rash, digestion, earache, epilepsy, gallstones, hair, headache, liver, muscles, nerves, paralysis, ringworm, sunstroke, stretch marks, sprains, toothache, vomiting.

LEMON – Arthritis, acne, colds, constipation, diabetes, fever, headaches, insect bites, kidneys, liver, lymph, nose bleed, rheumatism, scar tissue, varicose veins.

***LEMONGRASS** – Athletes foot, bladder, circulation, connective tissue, digestive, fever, fatigue, headache, lymphatic, muscles, nerves, respiratory, varicose veins.

MARJORAM – Anxiety, aches, arthritis, bruises, colic, cramps, digestive, fungus, headache, liver, muscles, nerves, rheumatism, respiratory, stress, ticks.

MELALEUCA – See TEA TREE.

MYRRH – Anemia, bronchitis, candida, cough, eczema, hemorrhoids, inflammation, menstrual, sedative, stretch marks.

MYRTLE – Acne, bruises, colds, flu, hemorrhoids, lungs, sinus, tuberculosis.

NUTMEG – Digestive, heart, laxative, menstrual, rheumatism, toothache, vomiting.

ORANGE – Anxiety, bronchitis, blood, constipation, fever, fungus, heart, jaundice, laxative, insomnia, nerve, scars, shock, stress, wrinkles.

***OREGANO** – Fungus, immune system, viruses.

PATCHOULI – Allergies, anxiety, cellulite, depression, fever, headache, hair, mind clarity, nerve, skin, toxins, vomiting, water retention, wrinkles.

PEPPERMINT – Anemia, bronchitis, cholera, cramps, digestion, dizziness, flu, fatigue, gallstones, hot flashes, itching, inflammation, kidneys, liver, morning sickness, nerves, pain, rheumatism, shock, sunburn, temperature, throat, toothache, varicose veins.

PETTITGRAIN – Spasms, inflammation, infections, bacteria, nerve equilibrium.

RAVENSARA – Asthma, bronchitis, children’s colds and coughs, cuts, flu, liver, lungs, sinus.

ROSE – Hemorrhaging, infections, depression, scars, asthma, TB, impotency, skin, wounds, ulcers, sprains, wrinkles.

ROSEMARY – Arthritis, anemia, baldness, colds, cardiovascular, cellulite, cirrhosis, diabetes, epilepsy, flu, gout, heart, headache, hepatitis, hair loss, liver, inflammation, muscles, menstrual, nerves, obesity, pain, rheumatism, respiratory, bleeding.

ROSEWOOD – Acne, cuts, candida, dermatitis, fever, headache, impotence, jet lag, scars, stress, virus, wrinkles.

SAGE – Asthma, colds, depression, fluid retention, gingivitis, inflammation, lymphatic, liver, lungs, menopause, psoriasis, respiratory, stops bleeding.

SANDALWOOD – Aging, acne, bladder, digestive, depression, fungus, insomnia, immune system, itching, lung, nerve, stress, vomiting, works in the DNA and RNA.

SPEARMINT – Asthma, acne, candida, colic, diarrhea, headache, kidney, liver, nerves, sinus.

SPRUCE – Arthritis, bones, candida, rheumatism.

TANGERINE – Acne, cellulite, circulation, heartburn, laxative, nausea, scars.

TEA TREE – Athlete’s foot, abscess, blisters, burns, cough, gingivitis, immune system, insect bites, rashes, sunburn, sinus, shingles, shock, viruses, warts.

***THYME** – Asthma, arthritis, bladder, burns, cuts, cellulite, circulation, chills, depression, dermatitis, fungus, flu, gout, heart, headache, insect bites, inflammation.

YLANG YLANG – Acne, diabetes, depression, fever, hair.

WHITE LOTUS – Spiritual, emotional, physical enhancement, anti—cancer, immune system, euphoric, elevating.

**spicier oil should be diluted before applying to skin.*