

# Natural Skin Care

## A-Z Guide

Consult an Essential Oils Desk Reference Guide for specific usage information

**Acne** – tea tree, lemon, geranium, vetiver, cypress, lavender, chamomile, rosewood, cedarwood, Melrose, Thieves, Purification.

**Athlete's foot** – Thieves spray, Melrose, Purification, tea tree, cypress, lavender, lemongrass, peppermint, thyme, mountain savory.

**Bee sting** – Purification, lavender, peppermint

**Blisters**- Purification, Melrose, chamomile – Roman or German, frankincense, lavender, tea tree

**Boils** – Purification, Melrose, Thieves, cassia, clove, cinnamon bark, oregano, tea tree

**Bruising** – helichrysum, cypress, lavender, geranium

**Burns** – 1<sup>st</sup> degree only: lavender, helichrysum, rose, 2<sup>nd</sup> degree lavender only, do not dilute in carrier oil, dilute in chemical free aloe vera gel

**Cellulite** – cypress, grapefruit, juniper, lemon, orange, tangerine, Citrus fresh

**Chapped & Cracked skin** – Lavender lip balm, Animal Scents & Rose ointment, cedarwood, chamomile Roman, myrrh, rosewood, sandalwood

**Cold sores** – Thieves, Melrose, peppermint, tea tree, mountain savory, Melissa.

**Cuts** – Melrose, Purification, Thieves, geranium, helichrysum, lavender, tea tree

**Deoderant** – lavender, lemon, geranium,

**Dermatitis** – lavender, cistus, German & Roman chamomile, rosewood

**Diaper Rash** – lavender, water and fresh air

**Eczema** – Juvaflex, Purification, Melrose, lavender, ledum, cistus, chamomile, geranium, rosewood, Lavender lip balm

**Fever** – lavender, peppermint

**Freckles** – lemon (avoid sun exposure 12 hours after applying), frankincense

**Fungal infection**- Melrose, oregano, tea tree, naiouli, melaleuca ericifolia

**Gum disease** – Thieves, clove, tea tree, peppermint, eucalyptus

**Hemorrhoids** – PanAway, Cypress, helichrysum, peppermint

**Insect bites** – Melrose, Purification, PanAway, lavender, peppermint, helichrysum

**Itching** – first determine the cause: allergic dermatitis, insect bite etc. then treat accordingly. Peppermint, lavender, helichrysum, german chamomile may be helpful for general itch.

**Jaundice** – support the liver: JuvaFlex, JuvaCleanse, Helichrysum

**Kids** – Young Living's food grade lavender & frankincense are safe enough for babies! Diluted peppermint oil for children over 5

**Liver spots** – Idaho Tansy, helichrysum

**Mask of Pregnancy** – avoid the sun, lemon (avoid exposure to sun 12 hours after applying, frankincense, lavender

**Nipples, dry & cracked** – lavender (YL food grade only especially if nursing) Apply coconut oil after. Lavender Lip Balm also helpful when applied onto cracked skin.

**Oral hygiene** – Thieves, peppermint, clove, cinnamon,

**Poison Oak/Ivy** – Thieves, Melrose, Purification, Peppermint, R.C. Eucalyptus Dives, lemon, rosemary, basil

**Psoriasis** – Melrose, Juvaflex, Juvacleanse, Roman Chamomile, tea tree, helichrysum, rose, lavender

**Rash** – first determine the cause and remove any irritant before applying oils. Lavender, helichrysum

**Scar reduction** – lavender, frankincense, geranium, helichrysum, myrrh

**Sunburn** – lavender, frankincense, helichrysum

**Trauma, skin** – broken skin: helichrysum, frankincense. Closed skin: PanAway, helichrysum, lavender.

**Ulcers, skin** – Melrose, 3 Wise Men, clove (diluted), helichrysum, lavender, Roman chamomile, rosewood

**Vaginal infection** – lavender, tea tree

**Warts** – frankincense, oregano, tree, clove, Thieves

**X-ray** – radiation exposure – Melrose, Tea tree

**Yeast** – Skin Candida – Melrose, R.C., tea tree, blue cypress, lavender, geranium, rosemary, rosewood, myrrh

**Youthful complexion** – frankincense, lavender, geranium, rosewood, myrrh

**ZZZ's** – for healthy skin: lavender, frankincense, sandalwood

These suggestions are for educational purposes only and have not been evaluated by the FDA. For medical treatment for illness or diseases, seek the advice of a medical doctor.

For more information on Young Living Products Contact:

Always start with the gentlest oils first and repeat until symptoms are soothed. Many but not all skin issues can be resolved or improved when supporting digestive health with Life 5 probiotics and enzyme products like Sulfurzyme, Essentialzyme, Detoxzyme and Allerzyme

Always test essential oils on a small area of skin to check for sensitivity.  
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