

12 Top Essential Oils and Their Uses (60+ Tips & Ideas)...

<https://organixx.com/what-are-essential-oils-facts/>

There must be thousands of ways to use essential oils! These little bottles are packed with a myriad of potent phytochemicals (natural, plant-based compounds) that are powerful helpers – both for health improvement and also in and around the home. If you are an essential oil newbie, you won't want to miss this article because we're sharing 60+ great ways to use 12 basic essential oils. Even if you're an experienced essential oil user, get ready to learn something new. It's all about natural healing and improving the world we inhabit. Let's dive in!

Frankincense Oil...

Frankincense-essential-oil-made-from-frankincense-resin as a meditation aid. Use frankincense oil to help calm and center the mind, to promote spiritual awareness, and to cultivate a sense of inner peace while meditating. Frankincense contains compounds known as sesquiterpenes which work directly on the limbic system of the brain, the center of memory and emotions. Frankincense is calming, grounding, and centering to the nervous system. Diffuse it into your room, or just inhale directly from the bottle at the start of your meditation.

For respiratory support. Frankincense is a powerful anti-inflammatory, which makes it useful for respiratory problems such as asthma, chronic obstructive pulmonary disease, pneumonia, and bronchitis. It even helps with laryngitis. Diffuse it into the room where you intend to spend some time. For best results, use an ultrasonic cool mist diffuser. Never heat essential oils because heating them diminishes their therapeutic effects.

To calm nightmares. Dilute frankincense oil as described below and rub over the large arteries along the sides of the neck before bed to help relieve nightmares (yes, really!).

Skin complaints. Whether your skin is dry and mature or oily and blotched with blemishes, frankincense oil has wonderful balancing qualities. It helps to reduce lines and wrinkles by tightening and toning skin, accelerates the healing of blemishes, skin ulcers and wounds, and stimulates cell regeneration. For anti-aging benefits, put several drops into your favorite night time moisturizer. For acne and blemishes, apply it neat directly on the problem area, unless you have very sensitive skin, then dilute as described below.

For immune support. Breathe the vapor right out of the bottle, or diffuse frankincense oil to increase immunity. Research shows that the natural chemical constituents in frankincense oil stimulate the immune system.¹

Lavender Essential Oil...

Calming, stress relieving, sleep promoter. Feeling stressed out or having a night of insomnia? Dilute as described below, and rub lavender oil along the sides of the neck and/or breathe it in deeply. You can also place a drop or two into a warm bath before you relax into it. Lavender has wonderful calming and soothing effects and promotes deeper sleep.

Stops the itch and burn of insect bites. Put a drop of lavender oil on a bee sting, mosquito or other bug bite to stop pain, itching, and reduce swelling. Reapply as necessary. Lavender oil works really well for this, especially if applied immediately.

Soothes burns and sunburns. Put two to three drops of lavender oil on a minor burn to relieve the pain. Applied quickly enough, it should stop the burn from blistering as well. Keep a bottle of lavender oil in the kitchen for those burned fingers. Dilute it as described below and apply to sunburns to relieve pain and hasten healing time. Lavender oil is also wonderful mixed with a little organic aloe vera gel and applied to the skin after sun exposure.

For breast health. 2014 Iranian research indicates that lavender oil kills breast cancer cells but leaves healthy cells unharmed.² Dilute lavender oil as described below and massage it into breast tissue. Double the anti-cancer potential by pairing it with lemon or orange essential oils.

As a flavor boost. Add a drop of lavender oil to brownie batter, chocolate icing, cookie dough, dessert recipes, raw chocolate, or even salad dressings. It's absolutely delicious.

Clove Oil...

For toothache and Clove Oildental abscesses. Apply clove oil to a cotton swab and press it against the sore tooth and surrounding gums. Clove oil has great pain relieving properties and has been used by the dental industry for years. Clove is often included in dental rinses and mouthwashes.

Potent anti-fungal. Clove oil is a powerful anti-fungal, especially against *Candida albicans*. Clove oil can kill 99.9 percent of *C. albicans* within seven minutes of exposure.

For cold sores. Clove oil is an effective anti-viral, especially against herpes simplex. Put a drop of clove oil on a cold sore to significantly decrease the pain and healing time. In fact, all of the essential oils in this article are good for this.

For arthritic pain. Clove oil's pain relieving properties make it beneficial for rheumatism and arthritis. Dilute as described below and massage it into the affected area.

Kills bacteria in the kitchen. Clove is a natural anti-bacterial, powerful against many bacteria strains. It kills *E. coli*, *Salmonella*, *Helicobacter pylori* (implicated with stomach ulcers), *Staphylococcus aureus* (also known as golden staph), *Streptococcus pneumoniae*, and many others, with no side effects. Put a drop on your kitchen sponge, in dishwashing liquid, and on cutting boards to reduce bacteria naturally. Don't forget telephones, toilet seats, doorknobs, and computer keyboards!

Grapefruit Essential Oil...

In your drinking water. A drop or two of grapefruit oil added to drinking water helps to boost metabolism, promotes weight loss, and adds an anti-cancer punch with its high level of the phytochemical d-limonene. Grapefruit oil is also a potent anti-bacterial, and gives you a hit of vitamin C too!

Eases a hangover. Grapefruit oil's natural ability to stimulate the gall bladder and liver helps to detox after drinking alcohol. Diffuse it (see #2 above) or put a drop or two in your drinking water and keep sipping at it all day when in the throes of a hangover.

In your vacuum cleaner. Put a few drops of grapefruit oil on a cotton pad and vacuum it up. The aroma will diffuse out into the room where you are cleaning and add a clean, fresh scent to the room. It also helps to kill airborne bacteria.

Banish anxiety. Breathing in the vapor of grapefruit oil helps to ease feelings of anxiety, depression, and stress. It also helps to increase focus, so use it while studying or working on important projects. Diffuse it (see #2 above) or wear it like a perfume.

Helps to overcome sugar cravings. Breathe in grapefruit oil from the bottle just prior to eating, going to the coffee shop, doing the grocery shopping, or whenever you feel tempted to have sugar. It will help curb cravings for those not-so-good-for-you sweets.

Orange Essential Oil...

Cold and flu prevention. Put a drop or two of orange oil into your drinking water every day. Not only do orange-essential-oils contain vitamin C, it also helps to boost the immune system. If you take extra vitamin C along with orange-infused water, it helps to increase absorption of the vitamin C.

Helps heal mouth ulcers. Rub a drop of orange oil into the affected spot as frequently as you can remember to do it. It might sting a tiny bit, but mouth ulcers will heal much more quickly.

Wound disinfectant. Drip orange oil directly into a wound after it has stopped bleeding, then cover with a bandage. Orange essential oil is an excellent anti-bacterial. It will also speed the healing process due to its tissue regeneration properties.³

Foot callus softener/remover. Rub several drops of orange oil into affected area prior to putting on your socks and shoes.

Skin anti-aging. Orange oil promotes the production of collagen in the skin. It also detoxifies, increases circulation, and improves skin tone and texture. Add a drop to your toner and/or moisturizer to improve skin appearance and decrease the signs of aging. Several studies indicate that the d-limonene content also helps to fight against the development of skin cancer.

Lemon Essential Oil...

In your cooking. Add a drop or two of lemon oil to cake batter, muffin batter, seafood dishes, salad dressings, or any dish where lemon zest is required.

For spot-free dishes. Add a drop of lemon oil to your automatic dishwasher soap. Run the cycle and enjoy spot-free dishes and a cleaner dishwasher.

Add shelf life to fruit and vegetables. Fill a bowl or small bucket with cold water, add two drops of lemon oil and drench your fruit and/or vegetables in the water to preserve their shelf life. Best to do this before refrigerating.

Diffuse lemon for health. Diffuse lemon oil (see #2 above) to kill airborne bacteria. Research carried out by Dr. Jean Valnet shows that diffused lemon oil can rapidly kill off the bacteria that causes meningococcal infections, typhoid fever, staph infections, pneumonia, diphtheria, and tuberculosis.

For oily hair. Lemon oil has a balancing effect on the oil glands of the scalp. Massage a drop or two of lemon oil into your scalp before you go to bed at night. Wash it out in the morning. Done over a period of weeks, you will notice much less oily hair. It'll make your pillow smell nice and fresh too!

Geranium Rose Essential Oil...

For premenstrual tension and cramps. Massage geranium rose oil across the abdomen and lower back to help relieve cramps, muscle tension, and promote relaxation.

For hemorrhoids. When painful hemorrhoids strike, add a drop of geranium rose oil to one teaspoon of organic coconut oil. Apply with a piece of gauze, leaving this in place if possible, and repeat several times a day or whenever particularly painful. Being a natural styptic, geranium rose acts by gently contracting blood vessels in the area.

Repels ticks and dust mites. Before going outdoors, apply geranium rose oil on exposed areas of skin, around collars, cuffs, and pant legs. It also works well on pets, but make sure to heavily dilute for them. For dust mites, spray onto linens and put a drop on the dust cloth when dusting.

For liver detoxing. Geranium rose oil improves the flow of bile by dilating bile ducts, thus assisting liver detoxification processes. Dilute as described below and rub across the right side of the rib cage (over the liver).

Skin healing and regeneration. Geranium rose oil is a natural anti-fungal, anti-inflammatory, antimicrobial, and antioxidant. Use it in skin tonics, lotions, moisturizers and balms for such conditions as dermatitis, eczema, psoriasis, oily skin, and acne. It also helps fade scars.

Peppermint Essential Oil...

Cool a hot flash. The high menthol content of peppermint makes it great for cooling off during Peppermint-essential-oil hot flashes. At the first sign of a hot flash developing, place a drop at the back of the neck, at the base of the skull, or on the collarbones. Breathe it in. This has an instant cooling and calming effect.

As a driving aid. Taking a long driving trip? Be sure to pack the peppermint oil. Its ability to wake up the nervous system and keep your brain alert is unmatched. It's better than coffee and no caffeine jitters! Peppermint oil is also good for kids with ADHD. Add several drops of peppermint oil to a spray bottle containing distilled water, shake it and spray it lightly on their clothes before studying to increase concentration and clarity of thought.

For aching muscles and joints. A natural anti-inflammatory, peppermint oil helps relieve pain and relax muscles. Dilute as described below and rub into sore muscles and arthritic joints for some quick relief.

For allergy relief. Peppermint oil not only relaxes skeletal muscles, it also helps to relax the muscles of the respiratory system. Its natural anti-inflammatory properties help to relieve congestion due to allergies and counteract the effects of pollen. Diffuse as described in #2 above.

As a digestive aid. Peppermint oil is superb for relieving indigestion and heartburn. Put just one drop of peppermint oil into a glass of water and drink. It works much more quickly than

peppermint tea due to the concentrated nature of peppermint oil. If it's too strong for you, just dilute it (see dilution instructions below) and rub it across the tummy.

Oregano Oil...

As an infection fighter. A 2016 research study found oregano oil to be effective against 59 different strains of bacteria, including multi-drug resistant bacteria. It was even found to be effective against bacteria known to cause cystic fibrosis.⁴ Oregano is also good for urinary tract infections. If taking oregano oil internally, please do so under the guidance of a qualified aromatherapist or naturopath.

As an anti-aging antioxidant. Oregano oil's high antioxidant content makes it perfect for fighting the effects of aging, which is all about free radicals creating havoc throughout the body. If using it topically, be sure to dilute as described below because oregano can be a hot oil when applied to the skin. Always avoid the skin around eyes and other sensitive areas.

Ease a sore throat. Oregano oil will quickly relieve a sore throat. Add a drop to a glass of water and gargle with it. Sip it throughout the day. Oregano oil also helps to shorten the duration of colds and flu.

For athlete's foot and fungal infections. Dilute as described below and massage into feet, between toes, or into nails for an anti-fungal blast. Or get a basin of water and add a few drops of oregano and soak your feet in it. Oregano can also be used to get rid of ringworm, another fungal skin infection.

Eliminates intestinal worms. Oregano oil is a potent anti-parasitic. Take it internally under the care of a qualified aromatherapist or naturopath.

Rosemary Oil...

Anti-cancer, anti-proliferative. Turkish researchers in 2010 found that extracts from Rosemaryom rosemary had strong anti-cancer effects on several different human cancer cell lines.

Researchers tested rosemary against small cell lung carcinoma, two different prostate cancer cell lines, liver carcinoma, chronic myeloid leukemia, and two different breast cancer cell types. Rosemary oil was reported to inhibit all of them.⁵

Improves circulation, varicose veins. Rosemary oil helps to increase circulation. Warming and stimulating, rosemary oil assists blood to move. This makes it extremely helpful for varicose veins and spider veins.

Improves brain health. Rosemary oil is stimulatory to the central nervous system, and helps to promote clearer thinking. Rosemary has long been valued for its ability to help overcome mental fatigue, and to improve mental clarity and focus. Japanese researchers have recently shown that carnosic acid (one of rosemary's phytochemicals) has neuroprotective functions in brain cells and may be helpful in the prevention of Alzheimer's Disease.⁶

For healthy scalp and beautiful hair. Rosemary oil is beneficial for scalp problems like dandruff and seborrhea because it helps to regulate the secretion of oil in the scalp. It also aids hair regrowth. A 2015 study comparing rosemary with minoxidil, a commonly used drug for combating hair loss, found rosemary essential oil to be just as good as the minoxidil, but only after six months of use.⁷ So stick with it! Rosemary oil stimulates hair follicles, thus assisting hair to grow longer and stronger. It also promotes cell division and dilates blood vessels in the scalp which stimulates hair follicles to produce new hair growth.

Counteract the effects of stress. The uplifting aroma of rosemary essential oil helps to relax nerves and banish stress. A 2007 study on rosemary and lavender showed that this pair of oils decreases cortisol levels, the hormone released when one is under stress.⁸

Eucalyptus Essential Oil...

Strong insect repellent. Eucalyptus oil repels ticks, fleas, mosquitos, flies, and other annoying bugs. Eucalyptus trees have even been planted in many parts of the world to block the spread of mosquito-borne malaria. Eucalyptus can also relieve the sting and itch of an insect bite.

Fever reducer. Put a drop or two of eucalyptus oil on a damp cool washcloth and rub it along the sides of the patient's body, the chest, back of the neck, and bottoms of the feet to reduce a fever.

Improves blood flow to brain. Eucalyptus oil is known to be a vasodilator, meaning it dilates, or opens, blood vessels. In 1994, Austrian researchers discovered that eucalyptol, a phytochemical in eucalyptus oil (also known as 1,8-cineol) improved global blood flow to the brain, after only 20 minutes of inhalation.⁹ A newer study released in 2016 by Korean researchers found that eucalyptol is also able to pass through the blood-brain barrier, a protective membrane that separates potentially harmful substances from harming delicate brain tissues. This research also found eucalyptol's high antioxidant and anti-inflammatory properties to be helpful in the management of chronic conditions such as respiratory disease, cardiovascular disease, and degenerative nerve and brain diseases.¹⁰

Assists upper respiratory infections and eases asthma attacks. Eucalyptus oil's anti-inflammatory, antiseptic, and anti-phlegm properties work very quickly to open congested airways. Make a steam inhalation by boiling two cups of water, pour it into a large bowl, then let it cool for five minutes. Add a drop or two of eucalyptus oil. Then create a tent from a small towel draped over your head. Place your face over the bowl and carefully breathe in the vapor until you get some relief. This should only take a couple of minutes. This is great for bronchitis, head colds, chest colds, and asthma.

Beneficial for diabetics. Some studies have shown that several different species of eucalyptus help to reduce blood sugar levels in mice.¹¹ Also because eucalyptus is such an excellent vasodilator, the entire body benefits from this increase in blood circulation. Diabetics commonly lack good circulation, especially to their extremities, which is a dangerous situation and can result in limb amputation. To help combat this, dilute eucalyptus oil (as described below) and massage it into the legs, hands, and feet as needed.

Tea Tree Oil (aka Melaleuca)...

For eczema and psoriasis. Due to its potent anti-inflammatory benefits, tea tree oil helps to relieve inflammatory skin conditions, especially eczema and psoriasis. Dilute as described below and apply to affected area two to three times daily.

Boost your deodorant. If it's an extra-hot day and your deodorant has failed, apply again, but this time with a drop or two of tea tree oil to kill bacteria. Tea tree oil's potent antibacterial properties are well proven with dozens of research studies.

For pet health. Heavily dilute tea tree with coconut oil and, using a cotton swab, gently clean accumulated gunk in your pet's ears. Proceed with caution though and never drop essential oils into the ear canal (whether pet or human). Tea tree oil also helps to repel insects. Use a drop of tea tree on pet bedding or inside their crates to repel fleas and ticks.

Prevents razor burn. Combine tea tree with a little coconut oil and apply after shaving to prevent or ease razor burn. If there are any blemishes or nicks or cuts on the skin, tea tree is a natural antiseptic.

Natural insecticide, bug repellent, and bite reliever. Tea tree oil has long been used as a natural bug repellent by native Australian aboriginal people. Chinese research in 2016 found tea tree to be effective against the cereal weevil, *Sitophilus zeamais*.¹¹ The cereal weevil is considered to be an extremely destructive pest to stored cereals all over the world. Tea tree also helps to relieve the pain, itching, and inflammation of insect bites.

How to Dilute Essential Oils...

Although essential oils can be used neat (undiluted) in many cases, it is best (and more economical) to dilute essential oils before applying them to the body. Add a drop or two of your chosen oil to one-half to one teaspoonful of an organic carrier oil such as coconut, almond, hemp, or jojoba. If using with children or pets, use even less essential oil because their smaller bodies cannot tolerate an adult dose. It's best to consult a qualified aromatherapist when using essential oils with pets or children.

Essential Oils for Cancer...

Every essential oil mentioned in this article has been researched for its anti-cancer properties, although each oil works against cancer cells in slightly different ways. One thing they do share in common is that these oils are all natural anti-inflammatories and cancer is an inflammatory process. They are also packed with antioxidants. There are literally hundreds of research studies which demonstrate the different ways the phytochemicals in essential oils help to protect the body from cancer. Please do not rely on essential oils as a stand-alone treatment for cancer and always work with a qualified healthcare practitioner for all medical needs.

A Final Word About Quality...

Always choose high quality, organic essential oil that has been properly distilled so that its phytochemical content is not compromised. Look for bottles labeled 100% pure oil and beware of cheap oils that may be diluted with potentially toxic chemical ingredients. The essential oils available from Organixx are among the highest quality essential oils available to consumers. They are made with indigenously sourced plants retrieved from the world's best sources.

PS from FactorReady.com : Many oils are synthetic and designed for aroma use and are not suitable for human consumption or direct skin applications. Seek brands with USDA organic testing (or 3rd party purity testing) with Supplement Facts labels as well as reasonable prices. Suppliers such as organixx.com and PlantTherapy.com would meet these standards. Read the 21 E.O.s Facts article at Organixx under the Blogs tab. A good quality essential oil should have the scientific name for the plant on the label. For example Peppermint is *Mentha piperita*. Some bottles may say 100 percent pure, but this still may not be the case. Look for the word "organic" which indicates the plants were grown without pesticides or herbicides which can lodge within the cells of the plant and cause problems for health.

It is estimated that at least 77% of essential oils on the market are synthetic. These oils not only have little to no therapeutic value – they can be toxic and dangerous to use. Roughly 21% of essential oils on the market are adulterated with fillers and/or toxic chemicals. That leaves a tiny two percent of essential oils on the market that are the real thing, meaning the plant ingredients are properly grown and distilled so that their therapeutic phytochemical content is what it should be.

How to Test an Essential Oil for Purity...

To test an essential oil for purity, here is a quick and easy test you can do. It is not fail-proof but in most cases will give you a good idea about the quality of the oil you are testing. Put a single drop of oil on a piece of white paper and let it dry. If it leaves behind an oil ring, it is most likely not a pure essential oil. (Note: If the oil you are testing is a blend, it may have a carrier oil with it, so there are exceptions to this guideline. But the label should tell you whether or not a carrier oil is present.) Also, some essential oils are thicker in consistency and have a natural, deeper color that can leave a slight tint behind, but it still should not be oily. Sandalwood, patchouli, and German chamomile fall into this category.

Cancer Usage...

Most pure E.O.s are anti-cancerous. Per "Essential Oils Ancient Medicines" book by Dr. Josh Axe, Ty Bollinger, Rubin Jordon (page 148) cancer protocol would generally involve: 2-3 drops of Frankincense taken internally, use as a suppository (under medical supervision) or massage of oil onto affected areas. Note: drops may reportedly be placed under tongue or taken in about 4oz of water. Read our Health tab article at Factor Ready as well as any specific pdf articles under Downloads. Stay Well, Stay Prepared and Stay Prayed Up!