

Suggestions and Practical Uses		
Abscesses, dental	^{Le} Purify, ^{Le} Mela Plus ^{Le} Deliverance, spearmint	apply to gum area; may want to dilute
Abundance	^{Le} Bountiful, ^{Le} Acknowledge ^{Le} Unity, cardamom, myrrh, patchouli	diffuse; wear as perfume; use in the bath; apply to wrists or temples
Abuse - physical sexual	^{Le} Angel, ^{Le} Heart Song, ^{Le} Insight, rose	diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler
Accidents	^{Le} Turmoil, ^{Le} Patches, ^{Le} Paine, ^{Le} Deeper	dilute and apply to the site of the injury
Acne/Skin	^{Le} Sego Lily, ^{Le} Baby Me, rosewood, grapefruit, cajeput, laurel, lemongrass, niaouli, litsea cubeba, rose geranium	dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)
Addictions	^{Le} Revitalize, grapefruit, patchouli, petitgrain	diffuse; carry an essential oil inhaler
Adrenal Glands	^{Le} Energy, ^{Le} Heart Song, ^{Le} Endo Relief, ^{Le} Trust, ^{Le} Vitality, spruce, basil, geranium, rosemary, sage	dilute well and apply locally or to the feet; dilutes particularly well with ^{Le} Energy
ADHD	^{Le} Millenia, ^{Le} Tranquility	dilute and apply ^{Le} Millenia along the spine and/or feet; diffuse ^{Le} Tranquility, especially during the early hours of the night; carry an essential oil diffuser of either one, or both
Aftershave	^{Le} Millenia, ^{Le} Everlasting, sandalwood	massage coconut oil (the more solid variety) onto the face and then add a little bit of essential oil
Allergies	^{Le} Acknowledge, ^{Le} Breezey, ^{Le} Unity, ^{Le} Exhilaration (applied down the sternum), ^{Le} Aspire, ^{Le} Life Force, ^{Le} Sego Lily, lavender, elemi (for rashes), melissa, eucalyptus, patchouli, chamomile Roman, niouli, patchouli	inhale; diffuse; wear
Alignment <i>physical structures and electrical energies</i>	^{Le} Millenia, yarrow	dilute and apply locally, but especially along the spine; use in a bath; on feet (little boys like this because no one can smell it at school); yarrow for spiritual alignment
Alzheimer's	^{Le} Meditation, ^{Le} Acknowledge, ^{Le} Magi, ^{Le} IQ, ^{Le} Trust, ^{Le} Unity, frankincense, sandalwood, galbanum	dilute and apply on the back of the neck and on the temples; use in the bath; diffuse throughout the day
Analgesic	^{Le} Paine, ^{Le} Deeper, birch, eucalyptus, black pepper, peppermint	dilute and apply locally; a few drops in a tub is particularly effective; <i>dilute black pepper particularly well and use only 2 drops in the tub</i>

Anemia	^{Le} Life Force, ^{Le} Revitalize, carrot seed, lavender, lemon	dilute and apply to the chest and the bottoms of the feet
Anorexia	^{Le} Holiday Spirit, ^{Le} EZ-Traveler ^{Le} Sunburst, ^{Le} Purify, ^{Le} Mela Plus, ^{Le} Millenia, ^{Le} Weightless, coriander, grapefruit	apply to stomach and to the bottom of the feet; might be advisable to also diffuse or wear any of the oils used for depression, etc.
Anger	^{Le} Expressions, ^{Le} Insight, ^{Le} Letting Go, ^{Le} Revitalize, ^{Le} Tranquility, ^{Le} Trust, ^{Le} Turmoil, ^{Le} Unity, ^{Le} Wisdom, bergamot	most of these work well as a perfume; dilute and apply, particularly over the heart area; use 2 or 3 drops to relax in a bath; diffuse into the air
Antiviral	^{Le} Deliverance, ^{Le} Discernment, ^{Le} Mariah, ^{Le} SpiceC, cinnamon, clove, oregano, garlic (sparingly, less than 1 drop at a time!!)	as a gargle, on your toothbrush, dilute and apply to throat or the bottoms of the feet; <i>Remember to use these as a preventative, not just when you are sick</i>
Anti-inflammatory Anitspasmodic	^{Le} Warm Down, ^{Le} Deeper, ^{Le} Tenda Care, ^{Le} Paine, ^{Le} Patches, ^{Le} Vitality, birch, black pepper, coriander, cypress, helichrysum, patchouli, peppermint, petitgrain, spearmint, spikenard, spruce, wintergreen, anthropogon, opoponax	dilute and apply to affected muscles or joints
Antiseptic	^{Le} Mela Plus, ^{Le} Purify, ^{Le} Discernment, ^{Le} Sunburst, ^{Le} Deliverance	all essential oils are antiseptic to some degree. This is just a list of my favorites.
Anxiety	^{Le} Angel, ^{Le} Assurance, ^{Le} Dreams, ^{Le} Faith, ^{Le} Inner Peace, ^{Le} Letting Go, ^{Le} Whispering Hope, ^{Le} Vision, bergamot, frankincense, jasmine, lavender, lime, melissa, rose, sandalwood, patchouli, chamomile Roman, spruce, tangerine, ylang ylang, rose geranium	a few drops on a cotton ball (in a small plastic bag) carried with you at all times is very good or carry an inhaler such as the ones from Butterfly Express, llc; diffuse, wear on the wrists or as a perfume; in a bath
Aphrodisiac/libido	^{Le} Moonlight, ^{Le} Letting Go, ^{Le} Beloved, ^{Le} Expressions, jasmine, neroli, rose, sandalwood, ylang ylang	diffuse or wear as a perfume
Arthritis	^{Le} Vitality, ^{Le} Warm Down, ^{Le} Unity ^{Le} Paine, (w/ ^{Le} Millenia), ^{Le} Deeper, ^{Le} Mela Plus, ^{Le} Tranquility, ^{Le} Patches, birch, celery seed, cajeput, opoponax, peppermint, pine needle, rosemary, sage	apply (usually diluted) on location; diffuse; particularly effective when used in a bath

Asthma	LeBreezey, LeAspire, LeStefanie, LeMariah, LeEverlasting, peppermint, cedarwood, eucalyptus, thyme, hyssop, lavender (for babies), myrtle, peppermint	apply over lungs (front & back) & throat; diffuse. Put on cotton ball or cloth, inhale. (Many other singles are listed as helpful) place on pad of foot (not inhaled during attack)
Athlete's feet	LeSunburst, LeSpiceC, LeMela Plus, LeNo-More, LeDeliverance, cypress, tea tree, thyme, manuka, myrrh, patchouli	apply to feet (may want to dilute with distilled water)
Auto Immune disorders	LeLife Force, LeRevitalize, LeGrateful Heart, cistus, patchouli	dilute and apply to the chest area and to the bottoms of the feet; diffuse
Babies (in general)	LeBaby Me, dill (gentle digestive), chamomile Roman (for sleep) lavender (calming, too much is stimulating)	for babies, always dilute essential oils well
Back Pain & Trouble	LeMillenia, LeDeeper, LePaine, LeTenda Care, LeWarm Down, LePatches, helichrysum	dilute and massage along the spine
Belching, Bloating	LeInside-Out LeEZ-Traveler LeRevitalize	dilute and massage over stomach and abdomen
Bladder Bed-wetting Infection (Cystitis)	LeEndo Relief, LeDreams, LeMeditation, LeBeloved, cypress, cedarwood, celery seed	apply over kidneys; best as a hot compress rub on abdomen at bedtime
Bleeding (stops)	LeVitality, LeKadence, yarrow, cistus, helichrysum, rose, myrrh, cayenne pepper	apply, undiluted, to the area
Blisters	lavender or lavender/chamomile	apply 1 drop, blot gently with a clean cloth
Blood Pressure	LeAngel, LeBenediction, LeVitality, LeEZ-Traveler, LeFaith, LeKadence, marjoram, lavender, peppermint (usually low pressure), ylang ylang, hyssop, lime, litsea cubeba, marjoram, rosemary	apply over the heart; diffuse; cotton ball in vents; in a relaxing bath
Bone Spurs	LeAspire, LePaine, LeDeeper birch/wintergreen	if possible, use arnica oil as a carrier and apply these oils topically. Arnica deals with the bruising, which is often the source of most of the pain. It takes a little time, but this has been known to dissolve spurs
Bronchitis	LeBountiful, LeLife Force, LeDeeper, LeBreezey, LeStefanie. LeAspire, LeDeliverance, LeSpiceC, LeMariah, thyme, eucalyptus, peppermint, melissa, myrtle, niaouli, oregano, rosemary	dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

Bruises	LePaine, LeMela Plus LeTenda Care, LeMillenia, LeDeliverance, LeSpiceC, LePatches, marjoram	best if applied in a base such as arnica oil
Burns	LeVallee, lavender, helichrysum. carrot seed, lavender, niaouli, rose geranium	nothing beats lavender applied to a burn, except the healing salve sold by Butterfly Express, llc. with extra helichrysum and lavender added; LeVallee is for rebuilding of skin and muscle tissue after the wounds have closed
Bursitis	LeWarm Down, LeDeeper LePaine, LeMillenia LeTenda Care, LePatches	dilute and apply to the shoulder area
Calcium absorption	LeEternity, LeEZ-Traveler, LeKadence, LeWarm Down, calamus	inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne
Callouses	LeMela Plus, LeVallee, oregano, carrot seed, chamomile Roman	dilute with carrier oil and apply frequently to the callused area
Candida	LeCandila, LeInside-Out, LeEndo Relief, LeMela Plus, anthopogon, bergamot, manuka, patchouli	dilute with massage oil; apply on stomach area, feet or over abdomen; can also be diluted (well) and used as a douche
Canker/Cold Sores	LeDeliverance, LeSpiceC, LeRefresh-Mint, LeDiscernment, LeSimplicity, hyssop, laurel, chamomile—all types, myrrh, tea tree, opoponax, oregano, manuka	rinse mouth with water in which a drop of oil has been added
Capillaries	LeCypernium, LeVitality, LeMillenia, LeWarm Down, LeSolitude, LeVisibility, lavender, chamomile German, lemongrass	dilute with carrier oil and apply topically to the area; use as a compress or in a bath
Cardiovascular Health	LeVitality, LeEternity, LeKadence	dilute and apply to chest; inhale; diffuse
Cartilage	sandalwood (regenerates), fir siberica (relieves pain)	dilute and apply to the area
Cavities (teeth)	LeDeliverance, LeMillenia, LeSpiceC, spearmint	use to brush teeth or add a drop to toothpaste on your toothbrush
Cellulite	LeWeightless, LeSego Lily, spearmint, grapefruit, juniper, lemongrass, lemon, orange bitter, rosemary	dilute and apply topically; 2 or 3 drops added to the tub
Chakras	see Chapter 11 page 18	
Charley Horse	LePatches, LeWarm Down, LeTenda Care	dilute and apply to the area
Cholesterol	LeRevitalize, helichrysum, ginger	dilute and apply to the bottoms of the feet

Chronic Fatigue	^{Le} Eternity, ^{Le} Everlasting, ^{Le} Inner Peace, ^{Le} Revitalize, ^{Le} IQ, ^{Le} Deliverance (to kill Epstein Barre virus)	These oils should be diluted and applied to the chest and the feet. ^{Le} Eternity and ^{Le} Everlasting are for the absorption of nutrients: ^{Le} Revitalize and ^{Le} IQ will help with energy; ^{Le} Inner Peace for emotional strength and balance. All of the oils will be of benefit if diffused
Circulation	^{Le} Vitality, ^{Le} Energy, ^{Le} Paine, ^{Le} Sunburst, ^{Le} Tranquility, ^{Le} Deeper, ^{Le} Heart Song, ^{Le} Patches ^{Le} Visibility, ^{Le} Vitality, bay, copaiba balsam, geranium, lemongrass, pine needle	diffuse; use in a bath; massage; compress over specific area
Cleaner, household	^{Le} Sunburst orange, sweet	diluted makes a great disinfectant; can be applied undiluted to most surfaces (check on a small area first); works amazingly well on grease
Colds	^{Le} Journey, ^{Le} Breezey, ^{Le} Aspire, ^{Le} Deliverance, ^{Le} Endo Relief, ^{Le} SpiceC, ^{Le} Mariah, ^{Le} Stefanie, ^{Le} Simplicity, basil, melissa, oregano	diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck, and chest. One recommendation: ^{Le} Aspire on the back, ^{Le} Breezey on the chest, with ^{Le} Deliverance on the feet, all diluted well, of course
Colic	^{Le} Inside Out, chamomile German, chamomile Roman, bergamot, cardamom, carrot seed, fennel, coriander, dill, ginger, marjoram, melissa, orange sweet, peppermint, black pepper, spearmint	dilute and apply to abdominal area
Colon	^{Le} Inside-Out, ^{Le} Letting Go, peppermint	dilute ^{Le} Inside Out or peppermint and apply to abdomen or use then as a compress; ^{Le} Letting Go can also be diffused or sniffed
Complexion	jasmine, orange sweet for general use; tangerine for dull complexion; bergamot, orange sweet for oily skin	dilute with a very light carrier oil or with distilled water and apply to the face, neck, and abdominal area
Concentration	^{Le} Wake-Up, ^{Le} Crystal Clear, ^{Le} IQ, ^{Le} Focus, ^{Le} Kadence, rosemary, frankincense, cardamom, niaouli	inhale: diffuse; apply to wrists or forehead
Concussion	^{Le} Turmoil, cypress	apply to the back of the neck and to the feet on the underside of the big toe (the narrow, bony part, not the fleshy pad)
Confusion	^{Le} Everlasting, ^{Le} IQ, ^{Le} Crystal Clear, ^{Le} Inner Peace, ^{Le} Insight, ^{Le} Unity, ^{Le} Wisdom, ^{Le} Millenia, cypress, frankincense, peppermint, rose, marjoram, rosewood, ylang ylang	Often the aroma, diffused or inhaled, is all that is needed; can also be applied to the bottoms of the feet

Constipation	^{Le} Inside Out, carrot seed, turmeric, mandarin, patchouli	dilute and massage over the abdomen
Cradle Cap	^{Le} Delicate	dilute and massage into the baby's scalp with a very soft brush, leaving it on for a few minutes, then gently shampoo—repeat as often as necessary
Crohn's Disease	^{Le} Inside Out, ^{Le} Life Force, basil	dilute and apply to the abdominal area
Cuts, Bleeding	^{Le} Mela Plus, yarrow, neroli, helichrysum	dilute ^{Le} Mela Plus in water; it is very strong; apply yarrow undiluted then bind the wound, brings edges of cut together; helichrysum promotes tissue regeneration
Cuts, infected	^{Le} Deliverance, ^{Le} Mela Plus, lavender, niaouli	apply diluted, usually with water
Cystitis bladder infection	basil, cajeput, cedarwood, eucalyptus, fennel, pine, frankincense, hyssop, juniper, chamomile German, sage, sandalwood, rosewood, thyme	dilute and use for an abdominal massage or add a drop or two of the oil of your choice to a bath
Cysts	^{Le} Beloved, ^{Le} Woman Wise, ^{Le} Balance	dilute and apply frequently to the abdominal area and to the insides of the ankles
Dandruff	^{Le} Dandy, laurel, lavender, sage	add a few drops to your normal shampoo
Debility	^{Le} Turmoil, ^{Le} Revitalize, ^{Le} Vitality, ^{Le} Kadence, cardamom, cumin (nerves), nutmeg, sage, lavender, patchouli	dilute and apply to the chest or to the bottoms of the feet
Dental Infection	^{Le} Deliverance, ^{Le} SpiceC, ^{Le} Refreshmint, ^{Le} Tenda Care, spearmint, myrrh, sage	apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth
Deodorant	^{Le} Benediction, ^{Le} Warm Down, ^{le} Dreams, ^{Le} Endo Relief, ^{Le} Unity, ^{Le} Heart Song, ^{Le} Tranquility, ^{Le} Letting Go	dilute with carrier oil and apply to the underarms
Depression	^{Le} Beloved, ^{Le} Believe, ^{Le} Heart Song, ^{Le} My-graine, ^{Le} Tranquility, ^{Le} Acknowledge, ^{Le} Baby Me, ^{Le} Unity, ^{Le} Meditation, ^{Le} Turmoil, ^{Le} Letting Go, ^{Le} Sego Lilly, ^{Le} Grateful Heart, basil, bergamot, ylang ylang, rose, geranium, lavender, chamomile Roman, lemon, jasmine, neroli, allspice, benzoin, howood, orange bitter, rose geranium	diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go
Detoxification	^{Le} Angel, ^{Le} Endo Relief, ^{Le} Revitalize, ^{Le} Letting Go	diffuse; apply to the body—the bottoms of the feet would be particularly effective; add to a foot soak or to a bath (clay added to the soak or the bath along with the oils would aid the detox)

Diabetes	^{Le} Deliverance, ^{Le} Endo Relief coriander, dill, eucalyptus	coriander is said to lower glucose/insulin levels; dill supports the pancreas and controls glucose levels in the blood; ^{Le} Deliverance and ^{Le} Endo Relief support immune and endocrine system function and eliminates bacteria; the oils may be diffused, applied to the back, chest, feet, or over the pancreas; consider carrying an essential oil inhaler with you
Diaper Rash	^{Le} Baby Me lavender w/yarrow	dilute with carrier oil and massage on the rash with each diaper change (calendula oil or Miracle Salve make excellent carrier oils for any type of rash)
Diarrhea	^{Le} Inside Out, cardamom, ginger, carrot seed, mandarin, orange bitter	dilute and apply to the abdomen. There are homeopathic remedies that are effective; contact Butterfly Express, llc
Digestion	^{Le} Inside-Out, ^{Le} Balance, ^{Le} Revitalize, ^{Le} EZ-Traveler, peppermint, basil, carrot seed, celery seed, caraway, litsea cubeba	dilute and apply to stomach and colon area; apply along spine or on the bottoms of the feet
Dish Washing	^{Le} Sunburst	add a few drops to dishwasher or dish water
Disinfect/ Deodorize	^{Le} Purify, ^{Le} Sunburst copaiba balsam, cedarwood	in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution
Diuretic	^{Le} Balance, ^{Le} Millenia	dilute with carrier oil and apply to the abdomen
Dizziness	^{Le} EZ-Traveler, ^{Le} Kadence, melissa, melissa blend	massage diluted oil behind the ear on the hard, bony area (temporal bone)
Eating Disorders	^{Le} Purify, ^{Le} Weightless, grapefruit, juniper	the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb
Earache	^{Le} Mela Plus, ^{Le} Life Force, ^{Le} Millenia, ^{Le} Endo Relief, basil garlic	dilute 1 drop in carrier oil and put in ear and then massage behind the ear. ^{Le} Mela Plus, ^{Le} Endo Relief or ^{Le} Life Force for infection and ^{Le} Millenia for inflammation or any disturbance of structure in the ear canal or inner ear. BBL, a tincture sold at Butterfly Express, LLC, will help with pain and inflammation—a must have! <i>Garlic must be diluted very well!!! 1 drop of garlic oil is enough for at least 5 ml of carrier oil. You can dip a toothpick in 1 drop of oil and then stir the toothpick into a few drops of carrier. This mixture can then be put in the ear. Garlic essential oil is much different than the garlic capsules you can purchase in health food stores. It is strong enough to cause serious burns undiluted.</i>

Eczema	LeBaby Me, LeSego Lily, LeSolitude, carrot seed, juniper, lavender, myrrh, patchouli	dilute with distilled or spring water and apply to the affected areas
Emotional Imbalances	LeFaith, LeAngel, LeBeloved, LeTrust, LeHeart Song, LeUnity, LeInsight, LeTurmoil, LeAcknowledge, LeMeditation, LeTranquility, LeTomorrow, LeMagi, LeBelieve, LeGrateful Heart, LeSanctuary, LeWisdom, lavender, lemon, rose, cedarwood, orange sweet, mandarin, sandalwood	diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a perfume; use in the tub; carry an essential oil inhaler
Endocrine Balance	LeEndo Relief, LeBalance, LeWoman Wise	diffuse; use as aromatherapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)
Energy, protection	LeBenediction, LeHeart Song, LeAngel,	protection: apply to shoulders and wrists
Energy, improvement of	LeEnergy, LeRevitalize, LeBountiful, LeWake-Up	dilute and apply to bottoms of feet
Environmental Toxins	LeLife Force	dilute and apply to the feet or along the spine
Expectorant	LeDeliverance, LeSpiceC, ravensara, benzoin	dilute and apply to throat and chest areas
Eyes	LeMillenia, cypress, frankincense, lemongrass, carrot seed	dilute and apply along the back of the neck and sides of the temples; may also be helpful inhaled
Fainting (see shock)	LeIQ, LeCrystal Clear, LeKadence LeTurmoil, black pepper, peppermint, rosemary, lavender	hold one of the listed oils under the nose; dilute and apply to the bottoms of the feet
Fatigue	LeRevitalize, LeWisdom, LeVitality, LeWake-Up LeWarm Down, LeKadence peppermint, rose	LeVitality: diffuse or smell frequently. Vitality and rose: high frequency oils which help with 'energy' fatigue. Warm Down: 1 or 2 drops in bath; dilute for massage, especially for tired muscles. Peppermint: aroma is very stimulating; dilute for massage
Fever	LeLife Force, LeTherma-Care lavender (babies), eucalyptus, yarrow yellow	Life Force: dilute and apply to spine. Lavender and LeTherma-Care: dilute, apply to back of neck and the feet
Fibromyalgia	LeDeeper, LeLife Force, LePaine, LePatches, birch, wintergreen	Should be diluted and applied to the body; add 1 or 2 drops in a tub and soak

Flatulence	^{Le} Inside Out, angelica, aniseed, bergamot, cardamom, coriander, cumin, fennel, ginger, carrot seed, lavender, nutmeg, benzoin, peppermint, chamomile Roman, rosemary, tarragon, hyssop, orange bitter	dilute and apply to the abdomen
Flu	^{Le} Deliverance, ^{Le} Endo Relief, ^{Le} Mariah, ^{Le} Stefanie, ^{Le} Breezey, ^{Le} Aspire, ^{Le} Revitalize, ^{Le} Life Force, ^{Le} Inside Out, ^{Le} Journey ^{Le} EZ-Traveler, ^{Le} Therma-Care, melissa	Apply to thymus area, chest, back, feet and wherever the flu has settled creating aches and pains. You should also apply ^{Le} Inside-Out, diluted, to the abdomen.
Food poisoning	^{Le} Inside Out (homeopathic Arsenicum album)	dilute and apply to the abdominal area; It would be very helpful to use the homeopathic, Arsenicum Album, in addition to the essential oil.
Gallbladder Gallstones	^{Le} Trust, ^{Le} Revitalize, ^{Le} Letting Go, ^{Le} Vision, grapefruit, rose geranium, lemon, lime	apply the listed oils as a compress over the gallbladder area; apply on the feet
Gas	^{Le} Inside Out, angelica, aniseed, bergamot, cardamom, coriander, cumin, fennel, ginger, lavender, nutmeg, benzoin, carrot seed, hyssop, peppermint, chamomile Roman, rosemary, tarragon	dilute and apply to the abdomen
Gingivitis/Gums	^{Le} Trust, ^{Le} Unity, ^{Le} Mela Plus, ^{Le} Deliverance, ^{Le} SpiceC, ^{Le} Refresh-Mint, ^{Le} Tenda Care, spearmint	apply on throat and gums; dilute in water and swish around the mouth
Gout	^{Le} Meditation, ^{Le} Deeper, ^{Le} Paine, ^{Le} Revitalize, ^{Le} Vitality, lemon, anthropogon, birch, celery seed, hyssop	dilute and apply to the back; use a drop or two in water to soak the feet; add a drop or two to the tub.
Gratitude	^{Le} Grateful Heart	diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil
Grief	^{Le} Sego Lily, ^{Le} Heart Song, ^{Le} Faith, ^{Le} Whispering Hope, orange sweet	diffuse, especially at bedtime, wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists
Hair, color	chamomile Roman, for blonde hair Rosemary for brunettes	2 or 3 drops added to clear water, shampoo or conditioner and massaged into hair 1 or 2 times a week

Hair, health Hair, loss	^{Le} Delicate, ^{Le} Eternity, ^{Le} Dandy, lavender, rosemary	2 or 3 drops added to clear water, shampoo or conditioner and massaged into the scalp 1 or 2 times a week. Can be added to an almond oil/ jojoba oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better
Headaches	^{Le} Angel, ^{Le} Vitality, ^{Le} Patches, ^{Le} Warm Down, ^{Le} Crystal Clear ^{Le} Baby Me, ^{Le} Woman Wise, ^{Le} Deeper, ^{Le} Balance, ^{Le} My- graine, ^{Le} Millenia, ^{Le} Beloved, ^{Le} EZ-Traveler, ^{Le} Benediction, calamus, marjoram, rosemary, peppermint, rosewood, bay	there are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler
Heart muscle	^{Le} Kadence, ^{Le} Vitality, ^{Le} Mariah	dilute and apply to the chest
Heart, palpitations	^{Le} Vitality, ^{Le} Believe, ^{Le} Beloved, ^{Le} Benediction, ^{Le} Kadence, marjoram, neroli, orange sweet, petitgrain	apply, diluted, to chest; aroma; place on temples
Heartburn	^{Le} Inside Out. ^{Le} Revitalize, ^{Le} Baby Me, peppermint	^{Le} Inside Out and peppermint: apply diluted over stomach and colon; Baby Me should be diluted and applied on chest over the thymus
Hematoma	^{Le} Deeper, ^{Le} Millenia, cypress, helichrysum, lemongrass	dilute and apply to the affected areas
Hemorrhoids	^{Le} Cypernium, ^{Le} Vitality, ^{Le} Visibility, geranium	dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas
Hernia	^{Le} With-In, ^{Le} Millenia	dilute and apply to the area
Herpes virus	^{Le} Simplicity, melissa	dilute and apply along the jawline, along the spine and on the feet
Hives/ Allergic Rashes	^{Le} Baby Me, ^{Le} Sego Lily, ^{Le} Mela Plus, peppermint, chamomile German, yarrow	dilute in carrier oil, massage over area 4 drops in 1/4 cup of baking soda in the bath
Hormone Balance	^{Le} Balance, ^{Le} Acknowledge, ^{Le} Vitality, ^{Le} Crystal Clear, ^{Le} Woman Wise, ^{Le} Endo Relief, ^{Le} Deeper, jasmine, patchouli melissa (sterility in women), petitgrain	apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse
Hot Flashes	^{Le} Endo Relief, ^{Le} Balance, yarrow green	apply these oils, diluted, around the bone on the inside of the ankles
Hyperactivity	^{Le} Sunburst, ^{Le} Tranquility, ^{Le} Turmoil, ^{Le} Millenia	apply to the feet; diffuse; wear anywhere on the body
Hypoglycemia	^{Le} Baby Me, ^{Le} Grateful Heart, ^{Le} Endo Relief, ^{Le} Wake Up, ^{Le} Deliverance, coriander, dill, eucalyptus	apply over pancreas area on body or feet; diffuse

Immune Stimulant	^{Le} Deliverance, ^{Le} Bountiful, ^{Le} Journey, ^{Le} Breezey, ^{Le} SpiceC ^{Le} Revitalize, ^{Le} Life Force, hinoki, ledum, orange sweet, oregano	massage any one of the listed oils on feet and body; diffuse; use in the bath
Insect Bites/Stings	^{Le} Mela Plus, ^{Le} Purify, tea tree, basil, lavender, manuka, niaouli	apply 1 drop, undiluted, to the area
Insect Repellent	^{Le} Away, ^{Le} Purify, citronella, peppermint, opoponax	dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on. Avoid contact with the eyes
Insomnia	^{Le} Believe, ^{Le} Good-Nite, ^{Le} Tranquility, ^{Le} Sunburst, ^{Le} Vision, ^{Le} Solitude, ^{Le} Dreams, basil, myrtle	^{Le} Tranquility is for the ‘chattering mind’ type of insomnia and is excellent diffused or worn; apply any of these oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing or placing on the pillow is easier and often just as effective
Irritable Bowel Syndrome	^{Le} Inside Out, ^{Le} Revitalize, aniseed, peppermint	dilute and apply to the abdominal area
Jaundice	^{Le} Revitalize, rose geranium, geranium	dilute and apply, or use in a compress, over the liver
Jet Lag	^{Le} IQ, ^{Le} Crystal Clear, ^{Le} Energy, ^{Le} Wisdom, ^{Le} Millenia, grapefruit	Apply to temple, thymus area of the chest and to the feet. Always eat lightly when travelling and drink plenty of water.
Kidneys	^{Le} Acknowledge, ^{Le} Vitality (congestion) ^{Le} Endo Relief, ^{Le} Revitalize, ^{Le} Letting Go, ^{Le} Meditation birch (stones), grapefruit, bergamot, ledum, ravensara	apply as a compress over the kidneys; be sure to drink plenty of distilled water
Laundry	^{Le} Sunburst, anything citrus or the evergreens, any smell you especially like	add a few drops to the water in the washer or place a few drops on the dryer sheet that you ordinarily use. Essential oils destroy bacteria and provide a fresh clean smell
Laxative	hyssop, jasmine, tangerine	Apply to the abdomen; inhale
Lice	^{Le} Deliverance, ^{Le} Mela Plus, tea tree	dilute with non-chlorinated water, making the mixture as strong as can be tolerated, and apply frequently to scalp and hair; use to wash combs, bedding, etc.
Ligaments, torn	^{Le} Warm Down, ^{Le} Paine, ^{Le} Tenda Care, ^{Le} Patches, birch, wintergreen, peppermint, fir siberica, lemongrass	dilute and apply to the affected areas; consider layering one oil on top of another

Liver Cleanse & Support	^{Le} Revitalize, ^{Le} Letting Go ^{Le} EZ-Traveler, ^{Le} Angel, helichrysum, carrot seed, angelica, celery seed, grapefruit, lemon, lime, rosemary	dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet
Lupus (an auto-immune disorder)	^{Le} Inside Out, ^{Le} Life Force, ^{Le} Millenia, ^{Le} Wisdom, ^{Le} Deliverance	Lupus is an auto-immune disorder—please see that section
Lymphatic Congestion	^{Le} Deeper, ^{Le} Deliverance, ^{Le} Endo Relief, ^{Le} Vitality, ^{Le} Sunburst, ^{Le} Revitalize, ^{Le} Deliverance, birch, lemon, orange sweet, ravensara	diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath
Massage	^{Le} Baby Me, ^{Le} Heart Song, ^{Le} Expressions, ^{Le} Sego Lily, ^{Le} Weightless, ^{Le} Tenda Care, ^{Le} Whispering Hope, ^{Le} Warm Down, eucalyptus, peppermint	dilute with your favorite carrier oil; massage is good for tired muscles and circulation but since essential oils absorb readily and rapidly into the skin on contact, there is really no need to work them in
Memorization	^{Le} Crystal Clear, ^{Le} IQ, ^{Le} Wake-Up, ^{Le} Focus	inhale; apply to wrists and forehead
Menopausal Symptoms	^{Le} Balance, ^{Le} Endo Relief	dilute and apply to chest, abdomen, and feet
Menstrual Symptoms	^{Le} Woman Wise, ^{Le} Beloved, ^{Le} Faith, ^{Le} Baby Me, marjoram	apply over abdomen & back; in a bath; particularly effective used with a BBL (B&B) tincture, an old Dr. Christopher formula
Mental Confusion	^{Le} Insight, ^{Le} Sunburst, ^{Le} Revitalize, ^{Le} Focus, ^{Le} IQ, ^{Le} Wake-Up, ^{Le} Weightless, basil	inhale; diffuse; apply to wrists, forehead and back of the neck
Mental Alertness	^{Le} Energy, ^{Le} Focus, ^{Le} Revitalize, ^{Le} Wake-Up, ^{Le} IQ, ^{Le} Weightless basil, cardamom, howood, peppermint	inhale; diffuse; apply to wrists, forehead and back of the neck
Metabolism	^{Le} Endo Relief, ^{Le} Weightless, ^{Le} EZ-Traveler, oregano, pine needle	dilute and apply to throat and thymus area; diffuse; inhale; add to bath
Migraine	^{Le} My-graine, ^{Le} Beloved, ^{Le} Believe, ^{Le} EZ Traveler ^{Le} Warm Down, ^{Le} Paine, ^{Le} Tranquility, ^{Le} Millenia, ^{Le} Deeper, ^{Le} Letting Go ^{Le} Deliverance, ^{Le} Angel, ^{Le} Balance, birch, grapefruit, peppermint, rosemary	apply to the back of neck (a few drops in a bowl of water, then soak a washcloth, wring out and place at back of neck); apply to underside of big toe just below the fleshy part; diffuse; to smell, carry a cotton ball, soaked with ^{Le} My-graine, in purse or pocket; try ^{Le} Deliverance for headaches

Mold/Mildew	^{Le} Deliverance, ^{Le} Sunburst, ^{Le} Purify, ^{Le} No-More, manuka	place a few drops in a squirt bottle, spray into the air or directly onto walls, windowsills, any place mold grows in your house
Mononucleosis	^{Le} Endo Relief, ^{Le} Revitalize, ^{Le} Millenia, ^{Le} Deliverance, clary sage	use in tub; dilute and apply to bottoms of feet; soak feet; carry an essential oil inhaler
Morning Sickness	^{Le} Inside-Out, ^{Le} EZ-Traveler orange sweet, grapefruit	place a drop or two of oil behind ears; inhale
Motion Sickness	^{Le} EZ Traveler ^{Le} Inside Out, ^{Le} My-graine peppermint	apply to feet, temples, and wrists; Place on palms of hands, hold to nose and breathe deeply
Mouthwash	^{Le} Refreshmint, ^{Le} Deliverance, ^{Le} SpiceC, ^{Le} Trust, wintergreen, spearmint	dilute and rinse the mouth for a few seconds
Muscle Relaxant	^{Le} Paine, ^{Le} Tenda Care, ^{Le} Breezey ^{Le} Warm Down, ^{Le} Patches, cajuput, peppermint, opoponax	dilute with carrier oil and massage the affected areas
Muscle Spasms	^{Le} Paine, ^{Le} Tenda Care, ^{Le} Breezey ^{Le} Warm Down, ^{Le} Patches, marjoram, myrrh, niaouli, peppermint	dilute with carrier oil and massage the affected areas
Multiple Sclerosis	^{Le} Crystal Clear, ^{Le} Inner Peace, ^{Le} Magi, ^{Le} Meditation, ^{Le} Warm Down, frankincense, peppermint, sandalwood	dilute and apply to the bottoms of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse; inhale
Nausea and Vomiting	^v ^{Le} EZ-Traveler, ^{Le} My-graine, ^{Le} Inside Out, orange sweet, basil, cardamom, lavender, peppermint	apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc) and sniff frequently
Nerve Pain	^{Le} Deeper, ^{Le} Paine, birch	dilute and apply to the affected areas
Nervous system	^{Le} Tranquility, ^{Le} IQ, ^{Le} Inside- Out, ^{Le} Believe, ^{Le} Expressions, ^{Le} Dreams, ^{Le} Trust, ^{Le} Inner Peace, ^{Le} Unity, ^{Le} Faith, ^{Le} Heart Song, ^{Le} Assurance, ^{Le} Letting Go, ^{Le} Sanctuary, ^{Le} Turmoil, cedarwood, frankincense, geranium, fir balsam, jasmine, lavender, marjoram, palmarosa, petitgrain chamomile Roman, sandalwood, spruce, valerian, vetiver, howood, orange sweet, sage	dilute and apply to the chest, the back of the neck, or on the feet; diffuse
Neuropathy	^{Le} Deeper, ^{Le} Paine, birch	dilute and apply to the affected areas

Nightmares	^{Le} Dreams, ^{Le} Believe, ^{Le} Good-Nite	diffuse; place a drop or two on the pillow
Nursing	caraway, fennel	dilute and apply to the breasts and the feet
OCD Obsessive Compulsive Disorder	^{Le} Acknowledge, ^{Le} Everlasting, ^{Le} Faith, ^{Le} Trust, ^{Le} Sanctuary, ^{Le} Millenia, ^{Le} Turmoil, ^{Le} Crystal Clear	diffuse; inhale; place a drop on the pillow at night; carry at all times in an inhaler; dilute and apply to the chest and the bottoms of the feet
Odors, purifying	^{Le} Purify, ^{Le} Sunburst, ^{Le} Insight, pine, lime	diffuse; dilute in water and spritz into the air using a plant mister
Osteoporosis	^{Le} Warm Down, ^{Le} Believe, ^{Le} Deeper, ^{Le} Paine, ^{Le} Kadence ^{Le} Eternity, ^{Le} Tranquility	dilute for massage; use in a bath; supplement Tri Boron or other quality calcium; use wild yam cream or other natural progesterone
Overwhelmed	^{Le} Acknowledge, ^{Le} Beloved, ^{Le} Whispering Hope, ^{Le} Connection, ^{Le} Millenia	diffuse; wear as perfume; use in a bath; use on acupuncture points on the ears
Pancreas	^{Le} Endo Relief	Dilute and apply to the chest, abdomen, and feet
Panic Attacks	^{Le} Tranquility, ^{Le} Heart Song, ^{Le} Beloved, neroli	inhale; diffuse; wear as perfume; place over thymus or heart chakra
Parasites	^{Le} Inside Out, ^{Le} Revitalize, bergamot, turmeric, bergamot	dilute and apply over abdominal area
Pineal & Pituitary	^{Le} Inner Peace, ^{Le} EZ-Traveler, ^{Le} Endo Relief	dilute and apply to back of neck
Pleurisy	^{Le} Vitality, ^{Le} Trust, ^{Le} Breezey, ^{Le} Heart Song, ^{Le} Aspire, ^{Le} Mariah, cypress, thyme	apply diluted over the lungs—front & back; diffuse or sniff deeply
PMS	^{Le} Balance, ^{Le} Woman Wise, ^{Le} Deeper	Dilute and apply to the abdomen and the small of the back
Pneumonia	^{Le} Breezey, ^{Le} Aspire, ^{Le} Mariah, cajuput, hyssop, oregano	inhale; place on back and chest
Prostate	^{Le} Balance, ^{Le} Endo Relief, ^{Le} Woman Wise, basil, myrtle, peppermint	dilute and massage inside of ankle around the bone
Protection, Energy & Psychic	^{Le} Benediction, ^{Le} Unity, ^{Le} Sanctuary, ^{Le} Heart Song, ^{Le} Millenia, clove, cypress, fennel, fir, frankincense	Wear on the body, particularly over the heart Chakra, but also on wrists, etc. if massaging or body working; diffuse; inhale
Purify Air	^{Le} Purify, ^{Le} Deliverance	diffuse; add to water and mist into the air
Purify Water	^{Le} Sunburst, lime, grapefruit	add 1 drop per gallon
Rashes	^{Le} Baby Me. carrot seed, lavender, myrrh, patchouli, rosewood, howood	depending on the type of rash, dilute with either distilled water or a carrier oil
Relationships	^{Le} Beloved, ^{Le} Expressions, ^{Le} Moonlight, jasmine	diffuse; wear as perfume; use in the bath; apply to wrists or temples

Respiratory Ailments	^{Le} Breezey, ^{Le} Aspire, ^{Le} Bountiful, ^{Le} Sanctuary, ^{Le} Holiday Spirit, marjoram, orange sweet, oregano, ravensara	inhale; diffuse; dilute and apply to lung area on both the back and the chest
Restless Leg Syndrome	^{Le} Solitude, ^{Le} Visibility	support the thyroid and adrenal glands using ^{Le} Endo Relief and herbal supplements to increase the body's ability to absorb calcium; increase your intake of good quality calcium
Ringworm	^{Le} No-More, ^{Le} Deliverance, ^{Le} SpiceC, ^{Le} Purify, geranium, manuka, tea tree, myrrh, thyme, patchouli	Ringworm is a fungal infection; dilute the oils with distilled or purified water and apply with a cotton ball or soft sponge—a vegetable protein based carrier oil may give the fungus something to feed on, making the situation worse
Sanitize	^{Le} Sunburst, ^{Le} Deliverance	dilute with water and use everywhere
Scarring	^{Le} Baby Me, ^{Le} Vallee, geranium helichrysum, lavender, rose, hyssop, jasmine, palmarosa, patchouli, rosewood	dilute and apply often and generously
Sciatica	^{Le} Paine, ^{Le} Vitality, ^{Le} Baby Me, ^{Le} My-graine, ^{Le} Deeper, ^{Le} Millenia, ^{Le} Tenda Care, celery seed	dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the leg; can be used in the bath or as a compress
Self-Expression	^{Le} Millenia, ^{Le} Acknowledge, ^{Le} Heart Song	diffuse; use in the bath; wear as perfume
Shingles	^{Le} Deeper, ^{Le} Deliverance, ravensara, geranium	^{Le} Deeper and ravensara: dilute and use for pain relief and tissue regeneration; use ^{Le} Deliverance to fight the virus
Shock, Trauma	^{Le} IQ, ^{Le} Believe, ^{Le} Crystal Clear, ^{Le} Turmoil, ^{Le} Life Force, ^{Le} Vitality, ^{Le} Revitalize, basil, lavender, black pepper, peppermint, rosemary, calamus, melissa (heart), neroli	hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottoms of the feet
Sinus	^{Le} Breezey, ^{Le} Aspire, ^{Le} Deliverance, bay, cajeput, myrrh, niaouli, peppermint	inhale; diffuse; dilute and apply to sinus areas on the face or on the feet
Skin Health	^{Le} Sego Lily, ^{Le} Baby Me, ^{Le} Vallee, ^{Le} Reconciliation, rosewood, grapefruit, caraway, carrot seed, jasmine, laurel, lemongrass, lime, litsea cubeba, manuka, neroli, orange sweet, rose, sage palmarosa (oily and dry)	dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)

Skin and Tissue Regeneration	^{Le} Reconciliation, ^{Le} Vallee, helichrysum, patchouli, lavender, geranium, rosemary	dilute and apply to the area
Skunk Spray odor (on animals)	^{Le} Purify	Dump one or two packages of liquid douche directly on the animal where it was sprayed. Add a few drops of ^{Le} Purify and massage in thoroughly. When dry, shampoo. ^{Le} Purify (quite a lot of it) added to water to soak fabric that has been sprayed) removes much of the odor.
Sleep Apnea	^{Le} IQ, ^{Le} Crystal Clear, ^{Le} Breezey, ^{Le} Aspire, ^{Le} Good Nite, ^{Le} Millenia	dilute and apply to the sinus areas or to the feet
Slimming and Toning	^{Le} Patches, ^{Le} Sego Lily, basil, grapefruit, lavender, lemongrass, orange, rosemary, sage, thyme	Dilute and apply. I like to apply patches to the places that I am concentrating on losing fat or cellulite. Not miraculous, but helpful
Smoking see addictions		
Snoring	^{Le} Breezey, ^{Le} Good-Nite, ^{Le} Aspire, ^{Le} Millenia (use in conjunction with one of the other listed oils)	place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are used alternately, changing every few nights
Sore Throat	^{Le} Deliverance, ^{Le} SpiceC, ^{Le} Endo Relief, ^{Le} Breezey ^{Le} Aspire	dilute and apply to the throat and the sides of the neck, including the area behind and under the ear
Sprains, Sports injuries	^{Le} Warm Down, ^{Le} Paine, ^{Le} Patches, ^{Le} Tenda Care, ^{Le} Deeper, ^{Le} Millenia (if any structure is out of place), black pepper, marjoram, sage	dilute in carrier oil and apply to the affected area. The carrier oil should contain arnica if there is any swelling
Spider Bites	^{Le} Mela Plus, ^{Le} Purify, ^{Le} Millenia, tea tree	apply a drop, undiluted, to the area
Stains	lemon (pure, uncut with carrier)	place a little on the stain, rub it in and then launder
Stamina	^{Le} EZ Traveler ^{Le} Revitalize, ^{Le} Vitality, ^{Le} Kadence	inhale; diffuse; dilute & apply to Thymus area; use 1 - 2 drops in the bath (no more)
Strep Throat	^{Le} Deliverance, ^{Le} SpiceC, melissa	dilute and apply to the throat

Stress	^{Le} Believe, ^{Le} Benediction, ^{Le} Faith, ^{Le} Heart Song, ^{Le} Inner Peace, ^{Le} Letting Go, ^{Le} Meditation, ^{Le} Sanctuary, ^{Le} Sego Lily, ^{Le} Tomorrow, ^{Le} Tranquility, ^{Le} Unity, ^{Le} Weightless, ^{Le} Wisdom, ^{Le} Whispering Hope, sandalwood, allspice, benzoin	inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower
Stretch Marks	^{Le} Baby Me, ^{Le} Sego Lily, jasmine, myrrh, rosewood	add to carrier oil (or open a Vitamin E capsule, also very effective) and apply all over abdomen and hip area
Stroke	^{Le} Vitality	breathe deeply; apply to neck and forehead.
Structural Alignment	^{Le} Millenia, ^{Le} Warm Down	apply to the area or to the feet (to save time and effort—and also the alignment seems to remain in place longer)
Suicidal depression	^{Le} Heart Song, ^{Le} Whispering Hope, ^{Le} Acknowledge, ^{Le} Angel, ^{Le} Letting Go	diffuse; inhale; wear as a perfume or cologne
Sunburn	see ‘burns’	
Sunscreen	helichrysum	dilute with carrier (coconut oil is especially nice) and apply to the skin
Tendons, damaged	^{Le} Patches, ^{Le} Deeper, ^{Le} Paine, ^{Le} Warm Down, ^{Le} Tenda Care, birch	dilute and apply regularly to the area until it is completely healed
Thrush	see ‘candida’	
Thyroid	^{Le} Endo Relief (Hyper- or Hypo-types), ledum, myrtle, palmarosa	hyper—apply under big toes hypo—apply on top of big toes
Ticks	^{Le} Purify or thyme & lavender	1 or 2 drops of ^{Le} Purify or thyme backs the tick out; then 1 drop of lavender every 5 minutes to prevent infection and swelling
Ticks, repel	rose geranium and palmarosa	mix 2 Tablespoons of vegetable oil with 15 drops of rose geranium and 10 drops palmarosa; add 1 teaspoon of above mixture to 1 cup of water and mist to repel ticks
TMJ	^{Le} Millenia, ^{Le} Warm Down, ^{Le} Tenda Care, ^{Le} Deeper, ^{Le} Magi, ^{Le} Meditation	^{Le} Millenia diluted and applied along the jaw line will help the jaw to realign; ^{Le} Warm Down, ^{Le} Tenda Care, ^{Le} Deeper will reduce the pain and inflammation; ^{Le} Magi, ^{Le} Meditation are for the emotional aspects of the tension that is being held in the jaw
Toe Nail Fungus	^{Le} Deliverance, ^{Le} Mela Plus, ^{Le} SpiceC, ^{Le} No-More	add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil is recommended)

Toothache	^{Le} Purify, clove, spearmint chamomile Roman	apply on the gums at the location of pain/problem and along the jawbone
Toxemia	^{Le} Vitality, cypress	dilute for massage; diffuse; inhale deeply
Trauma	^{Le} Turmoil, ^{Le} Life Force, angelica, peppermint	dilute and apply to the chest and the feet; diffuse; place anywhere on the body
Varicose veins	^{Le} Vitality, ^{Le} Sunburst ^{Le} Visibility, copaiba balsam, cypress, lemongrass	dilute for massage or application to area of concern; use in a bath
Vertigo	^{Le} EZ-Traveler, ^{Le} Inside Out, ^{Le} Kadence, ^{Le} Millenia, calamus, melissa, melissa blend, tangerine	diffused; inhaled; carry with you in an inhaler, place on the wrists or temples
Viral Infection	^{Le} Deliverance, ^{Le} Discernment, ^{Le} SpiceC, ^{Le} Endo Relief, ^{Le} Journey, ^{Le} Life Force, thyme, oregano, melissa	dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler
Vitality	^{Le} Endo Relief, ^{Le} Energy, ^{Le} Everlasting, ^{Le} Revitalize, ^{Le} Vitality, ^{Le} Kadence, peppermint	dilute and apply to the chest or the feet; diffuse
Vitamin absorption	^{Le} Eternity, ^{Le} EZ-Traveler, calamus, pine needle	inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne
Yeast Infection see Candida		
Warts	^{Le} Mela Plus, ^{Le} Deliverance, ^{Le} Purify w/clove, manuka	apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful
Weight loss	^{Le} Weightless, ledum, aniseed, neroli, celery seed, lemongrass	dilute and apply to the body or just to the bottoms of the feet; the aroma of ^{Le} Weightless is often effective to curb food cravings
Worms see parasites		
Wrinkles	^{Le} Sego Lily, carrot seed, myrrh, rose geranium, frankincense, rosewood, sandalwood, orange sweet	dilute with Almond oil or carrier oil and apply to areas of concern
Zest (for living)	^{Le} Energy, ^{Le} Assurance, ^{Le} Exhilaration	diffuse; inhale; wear as perfume