

# Benefits of essential oils



Whenever possible, I prefer to deal with the various ailments and injuries I encounter by using essential oils rather than synthetic treatments or remedies. Essential oils are not only very effective at treating sickness and injury, but also provide the peace of mind that can only come with using an all-natural remedy.

Natural substances like essential oils are easily metabolized by the body. In fact, your body knows exactly how to deal with them and thrives on them. Unlike synthetic drugs, after an essential oil performs its natural healing function, it travels on to the liver and kidney and moves easily and gently out of the body, without attaching itself to various tissues.

Which essential oils have the maximum healing effect?

Obviously, the essential oil that you choose will depend on the condition you seek to treat. As you experiment with various oils and application methodologies, pay attention to which of these satisfy your unique, personal needs and tastes. Here are some of the essential oils that are known to have maximum healing effects.

- Lavender

Lavender is the one of the most known essential oils. It is used to cut down the healing time for cuts, bites and stings. The nice thing about lavender is that it does not require a carrier, it can be applied straight to the affected area.

- Peppermint

Not only will peppermint cool you off during a fever, but it will also fight nausea and tummy trouble, whether it is morning or motion sickness. You can also pair peppermint and lavender oil up and apply it to your temples; doing so will lessen the intensity of headaches and migraines.

Another use for peppermint oil is to help combat insect invasions. Doing this is simple; just add a few drops of peppermint oil to hot water and wipe any surfaces with a peppermint-infused cloth. Peppermint oil is also used to treat indigestion, respiratory problems, bowel spasms and pain, asthma, intestinal gas and more.

- Eucalyptus

Another popular essential oil is eucalyptus. It is the most powerful antibacterial, antiviral and antispasmodic. To use it for this effect, all you have to do is add a few drops to a basin of steaming water to inhale, or add a few drops to a vaporizer. This can help disinfect and clear both your nasal passages and lungs. You can also add a few drops to a cloth, or a bandana, and inhale the oil throughout the day; doing this during cold season will also help prevent a cold.

- Tea tree

Just like eucalyptus oil, tea tree oil is also a powerful antibacterial, anti-fungal and antiseptic. Using tea tree oil is very simple, all you have to do is add a few drops with a carrier oil and apply it directly to the affected area. This can help treat scrapes, cuts, infections, insect bites, warts and even flaky scalp or dry skin. Also, if you have acne, you can mix tea tree oil with coconut oil or aloe vera gel as an effective acne treatment.

This great oil also helps loosen chest congestion. To do so, just add a few drops to a vaporizer. Another cold-like symptom that can be treated with tea tree oil is a sore throat, just put a few drops of the oil on your tongue every hour or so and the symptoms should disappear. You can also add a few drops to warm water and gargle with it.

Another great use for this oil is removal of plantar warts. To get rid of these warts, put the oil right on the wart and massage it in and when it is dry, put socks on. The best way to do this is before bed- apply it, let it dry, and put socks on for fifteen to twenty minutes, but do not wear the socks to bed.

#### 1. Roman chamomile

This essential oil is not only good for its scent, but it is also a very powerful anti-inflammatory. If you are experiencing red, sensitive or inflamed, acne-prone skin, this oil can help you out. It is a lot kinder than tea tree oil, so it is ideal for those with sensitive, delicate skin. Also, a few drops of roman chamomile can be added to an antibacterial carrier oil, such as coconut oil, to help treat and soothe diaper rash and eczema.

- Lemon

Lemon essential oil is a powerful bactericide and treats minor cuts and wounds. It is also known to brighten dull skin, help immunity and is even used in antibacterial cleansers. Lemon oil is also known for its ability to clear toxins from the body.

- Frankincense

Next up is the “king” of all oils, frankincense. You can also combine this oil with other oils to get better results and a more effective healing.

Frankincense has even been known for its ability to kill cancer cells. More simply, it is used for skin inflammation, rashes, and brings about focus and clarity.

- Sesame

Another essential oil is sesame oil. This oil is best known for its moisturizing qualities. Sesame oil contains fatty acids, which are believed to reduce stress and blood pressure. This essential oil has even shown to assist in slowing the growth of cancer in cells as long as your diet is rich in vegetables.

- Rose

This oil can work to improve the hormonal balance and can treat problems like PMS and menopause. This oil is also known for counteracting bedroom problems and improving the health in your skin.

- Geranium

Geranium essential oil is known for its astringent properties. Apart from refreshing the skin, this oil features styptic effects, which calm inflammation and stop hemorrhaging. This oil can also be used for treating acne, managing oily skin, boosting blood circulation, and reducing bloating. Other than this, this oil is helpful in reducing scars, blemishes, wrinkles and fine lines.

- Pine

Pine oil has antiseptic, antibacterial, and analgesic properties. Pine oil is also known to treat skin problems, such as psoriasis, eczema and pimples. You can also use pine essential oil to speed up your metabolism, aid in food poisoning, ease joint pain and arthritis, kill germs, as well as battle respiratory problems that come with cold season.

- Clove

Clove oil also has powerful healing properties, making it useful for use as an antiseptic. This oil needs a carrier oil for its functioning, so just dilute a few drops of this essential oil in your choice of carrier and you can treat bug bites, cuts, and scrapes. Apart from this, this oil can help clear earaches, digestion problems, nasal congestion, stomachaches, and headaches. As an additional bonus, it's an aphrodisiac. This means that it has stress-relieving properties.

- Rosemary

Another great essential oil is rosemary oil. According to scientific studies, rosemary essential oil has been shown to help in keeping the brain optimally functional. The act of simply smelling rosemary essential oil helps in memory recall.

Essential oils and their usefulness in several common health conditions

Below mentioned are some of the common ailments and the essential oils you can use for relief:

Hangover Pine, Grapefruit, Juniper and Cypress Rosemary essential oils

Heartburn Chamomile (German), Marjoram, Peppermint essential oils

Indigestion Ginger, Coriander, Cardamom and Lemon Peppermint essential oils  
Insect repellent Citronella, Lavender, Cedarwood, Eucalyptus and Peppermint Sandalwood essential oils  
Anti-Coagulant Geranium essential oil  
Anti-Venomous Basil, Thyme essential oils

- Aphrodisiac

Aniseed, Angelica, Black Pepper, Basil, Clary Sage, Cinnamon, Clove, Jasmine, Pimento, Ginger, Nutmeg, Rosewood, Thyme, Sandalwood, Ylang-Ylang and Vetivert essential oils.

- Expectorant

Coriander, Flatulence, Thyme, Sandalwood, Peppermint, Pine, Parsley, Myrrh, Hyssop, Garlic, Cedarwood, Cajuput, Bergamot, Basil and Angelica essential oils.

- Hypertension

Camphor, Rosemary, Hyssop and Thyme essential oils

- Hay Fever

Lavender, Eucalyptus, Chamomile and Melissa essential oils

- Rheumatism

Cedarwood, Black Pepper, Chamomile, Coriander, Cloves, Frankincense, Eucalyptus, Lavender, Ginger, Lemon, Rosemary and Pine essential oils

- Tonsillitis

Lavender and Tea Tree essential oils

- Toothache

## Chamomile (Roman), Clove and Peppermint essential oils

- Influenza

Ravensara, Melissa, Thyme, Oregano, Frankincense, Cinnamon, Eucalyptus, Peppermint, Tea Tree, Lavender, Sage, Lemon, and Rosemary essential oils

How to use essential oils for best possible healing

Here are some of the best ways you can use essential oils for maximum healing effect:

- Use in a diffuser

Place about 10 drops of essential oil in a diffuser. Follow the guidelines of the manufacturer and inhale accordingly. Essential oils must not be directly burned.

- Inhale the steam

Add 2 to 5 drops of essential oil into a bowl of steaming water. Place a towel over your head covering the bowl water and breathe deeply. It is essential to keep the eyes closed during this process. This technique is not really suggested for children younger than 7 years of age. Children more than 7 years of age can use swimming goggles to guard their eyes.

- Dry Evaporation

Place 5 drops of essential oil over a cotton ball or tissue allowing the oil to evaporate into the air. To get a more intense dose, sniff the cotton ball. Otherwise, just keep the cotton ball at a distance of few feet from your face.

- Use in a spray



Add five to ten drops of essential oil to water in a tiny spray bottle, shake, and then spray into the air and inhale.

- Massage

While using essential oils topically, it is important to note that essential oils should not be applied to the skin in undiluted forms. When diluted, the concentration should not be higher than 3 to 5 percent. To put it differently, if you use 3 drops of essential oil, you must dilute it with one teaspoon of carrier oil. To be on the safer side, start with a 1% solution, or 1 drop of essential oil per teaspoon of carrier oil.

The exceptions: lavender, sandalwood, ylang ylang and myrrh and tea tree oils usually do not require dilution.

Add essential oil to your favorite carrier oil with 3% concentration (at most 3 drops per teaspoon of carrier oil) and apply to your skin gently. You can massage your entire body or only the area affected.

- Spot Application

Mix 1 to 3 drops of essential oil in 1 teaspoon of carrier oil or natural aloe vera and apply to the spot that needs attention.

- Compress

Fill a basin with water. Add 3 to 5 drops of essential oil in the water and stir briskly. Soak a washcloth in water, wring, and apply to the affected area. Do this at least three more times. Leave the last compress in place for five minutes.

- Bath

Add 20 to 40 drops of essential oil to bath water. Also, add a few tablespoons of milk or cream to serve as a dispersant. For the reason that bath allows the oil to be easily absorbed in the skin, this is among one of my personal favorite methods.

- Gargle

Add one drop of essential oil per ounce of water. Mix, then gargle and swish out the solution. Do not swallow.

Few essential oil blends to get you started

When working with blends and carrier oils, never use more than a total of 10% of essential oils in your blend. This is the essential oils to carrier oil ratio used in most commercial consumer blends.

Now let's take a look at some of my favorite blends!

Muscle and Joint Blend – Topical

- 4 drops Thyme
- 4 drops Black Pepper
- 4 drops Peppermint
- 4 drops Rosemary
- 10 drops Basil

Relaxation Blend – Topical or Inhalation

- 4 drops Marjoram
- 4 drops Chamomile (German)
- 4 drops Clary Sage

- 12 drops Lavender

#### Circulation Blend – Topical or Inhalation

- 4 drops Juniper berry
- 4 drops Frankincense
- 4 drops Ginger
- 4 drops Cypress
- 4 drops Black Pepper
- 4 drops Geranium

#### Vein and Artery Blend – Topical or Inhalation

- 4 drops Myrrh
- 4 drops Lemon
- 4 drops Sandalwood
- 4 drops Neroli
- 4 drops Geranium
- 4 drops Cypress

#### Sunburn Blend – Topical

- 4 drops Chamomile
- 4 drops Tea Tree
- 4 drops Peppermint
- 12 drops Lavender

#### Minor Cuts and Scrapes Blend – Topical

- 10 drops Tea Tree
- 10 drops Lavender

### Menstrual Cramps Blend – Internal

- 7 drops Lavender
- 7 drops Rosemary
- 7 drops Melissa

### Congestion Blend – Inhalation

- 4 drops Peppermint
- 4 drops Ravensara
- 15 drops Eucaplyptus

### Antibacterial Blend – Topical

- 4 drops Rosemary
- 4 drops Cinnamon
- 4 drops Basil
- 12 drops Tea Tree

### Antimicrobial Blend – Topical

- 4 drops Cinnamon
- 4 drops Thyme
- 4 drops Lemongrass
- 12 drops Rosemary

### Antiseptic Blend – Topical

- 10 drops Rosemary
- 10 drops Lavender

### Antiviral Blend – Topical

- 4 drops Clove

- 4 drops Thyme
- 12 drops Peppermint
- 12 drops Sandalwood

#### Headache Blend – Inhalation or Internal

- 7 drops Marjoram
- 7 drops Basil
- 7 drops Peppermint

#### Immunity Blend – Internal

- 14 drops Lemon
- 7 drops Thyme

#### Arthritis Blend – Topical or Inhalation

- 7 drops Juniper
- 7 drops Eucalyptus
- 7 drops Basil
- 7 drops Cypress
- 14 drops Chamomile

#### Burns Blend – Topical

- 4 drops Tea Tree
- 4 drops Lavender
- 4 drops Geranium
- 12 drops Chamomile

#### Colds and Flu Blend – Internal or Inhalation

- 4 drops Tea Tree

- 4 drops Rosemary
- 4 drops Peppermint
- 4 drops Lavender
- 12 drops Cinnamon

Essential oils for specific diseases

Essential oils that can help in the treatment of cancer

- Grapefruit essential oil

Grapefruit oil is packed with Ascorbic Acid, which is ideal for detoxifying our bodies, and is therefore valuable for the improving the defense mechanisms of the body. You can use this oil internally.

- Thyme essential oil

Thyme oil is really a powerful defense mechanism booster and may help fight problems like cancer. As a urinary antiseptic, it is also good for cystitis and urethritis. You can use this oil internally.

Some essential oils that stimulate white blood cell production:

Pine, lemon, lavender, sandalwood, chamomile, Bergamot and myrrh tea tree, and thyme essential oils can help stimulate the white blood cell production in body.

Essential oils for broken bones

Topically apply Cypress, Helichrysum (most significant for broken bones), and White Fir over the injured area two to three times per day. If you have

ligament or tendon damage, add Lemongrass. When there is muscle damage, add Marjoram.

#### Essential oils for broken tendons

- Wintergreen essential oil

While Wintergreen is not a very popular oil, it is incredibly good at treating broken tendons and pain cramps. You can use this oil topically or inhale for maximum benefit.

- Vetiver essential oil

This oil is well known for its healing effects on muscles and tendons. Use this oil topically, internally, or by inhalation.

#### Essential oils for cold sores

##### Roman chamomile essential oil

This oil can be a powerful anti-inflammatory, so it will be the best option for cold sores. This oil is also a good bactericide that can kill the bacteria responsible for causing cold sores.

##### Frankincense essential oil

Used heavily in biblical times, this oil operates at deeper levels of the skin to deliver maximum healing. Frankincense has proven to help combat skin inflammation, rashes and cold sores. You can use this oil topically.

##### Cypress essential oil

Cypress oil is anti-antiseptic and anti-inflammatory, so that it is a powerful tool to address cold sores. Use this oil topically.

#### Helichrysum essential oil

This oil is highly anti-inflammatory and calming. This oil is regenerative and its pain reducing properties and analgesic effects make it a powerful solution for cold sores. You can use this oil topically.

#### Essential oils for lung healing

Ravintsara, Eucalyptus, Peppermint, Birch and Lemon are known to give strength to the lungs.

Any blend carrying these oils can fight respiratory infections and alleviate symptoms of diseases related to the lungs.

#### Essential oils for acne and scars

##### Lavender essential oil

Lavender oil has antibacterial and antiviral properties, which could reduce the healing time for acne and other skin conditions. It doesn't need a carrier oil. You can apply it directly on the impacted area. Obviously, topical use can get you the best results in this case.

##### Tea tree oil

Tea tree oil is powerful antiseptic, antifungal and antibacterial oil. Only a few drops blended with carrier oil is all you need to disinfect the acne on your body.



## Manuka essential oil

This oil is perfect for treating skin conditions like acne due to its antifungal qualities. It promotes faster healing of the skin.

## Conclusion

I hope that you find whatever relief you seek in your healing journey with the incredible power of essential oils. Remember that essential oils are like water. You don't drink just once and then never again. Instead, healing with essential oils is an ongoing process to nourish and replenish your body and soul with these astonishing elixirs. Best of luck and happy healing!