

Dr. Mercola's
Quick Guide to

HERBAL OILS

Over 100 Tips on How to Use Your Favorite Essential Oils



Table of Contents

Introduction	2
Anise Oil	3
Atlas Cedar Oil	3
Bay Oil	4
Cassia Bark Oil	4
Cinnamon Leaf Oil	4
Clary Sage Oil	5
Clove Bud Oil	5
Coriander Seed Oil	6
Cypress Oil	6
Dill Oil	7
Geranium Oil	7
German Chamomile Oil	7
Ginger Oil	8
Grapefruit Oil	8
Hyssop Oil	9
Lavandin Oil	9
Lavender Oil	10
Lemon Oil	10
Lemongrass Oil	11
Lime Oil	11
Myrtle Oil	12
Neroli Oil	12
Nutmeg Oil	13
Oregano Oil	13
Patchouli Oil	14
Rose Absolute Oil	14
Rosehip Oil	15
Sesame Oil	15
Tea Tree Oil	16
Vetiver Oil	17

Introduction: What Are Herbal Oils?

Did you know that scents can have a powerful influence on your well-being? There is even a specific practice dedicated to this: aromatherapy. This discipline involves the use of concentrated essences of various botanicals, which allows you to harness the olfactory power of plants for healing on many levels.

There are hundreds or (if you factor in the combinations) even thousands of essential oils available. Each oil has its own potential benefits, owing mainly to the biologically active volatile compounds it contains. Herbal oils often work synergistically, and using a combination of oils often creates a more powerful effect than any one individual oil.

However, remember that quality is of the essence. If you're truly seeking to get the benefits, then you need to make sure you're using pure, therapeutic grade essential oils from plants – NOT synthetic and potentially toxic and allergenic fragrance oils or perfumes.

What's the Difference Between Essential Oils and Infused Oils?

Essential oils require a large quantity of plant material and need to be diluted before use because they are concentrated. Infused oils, on the other hand, use only a small amount of plant material and are used full-strength.

Essential oils can be used in different ways, including aromatherapy, skin massage, adding them to bathwater, using them in a compress or burning them in a diffuser.

Here's a Handy Resource for Your Herbal Oil Needs

There is a wide variety of uses for herbal oils – you can benefit from them therapeutically, use them as cleaning agents or even add flavor to foods. For a comprehensive resource, I invite you to check out my [Herbal Oils List](#).

However, if you're looking for a quick guide, then this E-book is just what you need. This resource compiles some of the most popular herbal oils and how you can put them to good use.

A Reminder on Using Herbal Oils

Just as using too much of any food or health product can carry health risks, remember that herbal oils should be used moderately. They are NOT a substitute for a nutritious, balanced diet or a healthy lifestyle.

Ideally, essential oils should be diluted in a safe and mild carrier oil before application. Some of the best carrier oils are coconut oil, olive oil, almond oil and jojoba oil. There are also herbal oils that are not recommended for people dealing with certain health problems, and may interfere with certain medications. Consult with your physician prior to using herbal oils.

Don't forget to do a skin patch test before using any herbal oil. Simply apply a diluted amount on your skin and wait if any allergic reactions occur. If you experience side effects, stop using the oil immediately.

Pregnant women especially need to consult their physician before consuming or using these oils. Some oils may not be recommended for very young children and people dealing with certain health conditions. Whichever of these oils you want to use, I advise you to take extra precaution.

For more information on a specific type of oil, I recommend checking out my Herbal Oils directory.

- **Dr. Joseph Mercola**

ANISE OIL

In ancient Rome, anise (Pimpinella anisum) was often added to a cake that was eaten after meals. Meanwhile, Egyptians used the herb as an ingredient in breads.

Usage Tips:

- Mix five drops of anise oil with 1 tablespoon of almond oil and massage on your abdomen to **relieve stomach cramps**.
- **Struggling with menstrual pain?** Blend 2 to 3 drops of this oil with a carrier oil and use as a massage oil in the affected area.
- **Ease annoying hiccups** by adding 2 to 3 drops in a diffuser and inhaling the steam.
- Gargle warm water with 1 to 2 drops of anise oil to **freshen your breath**.
- **Alleviate nausea, vertigo and migraines** by placing 2 to 3 drops of anise oil in a cloth and breathing in its scent deeply.



ATLAS CEDAR OIL

Ancient Egyptians used atlas cedar (Cedrus atlantica) oil in their process of spiritual embalming, more commonly known as mummification.

Usage Tips:

- Mix a drop of atlas cedar oil with 2 to 3 drops of carrier oil and massage it on body parts that are affected by **arthritis and rheumatism**, to relieve the pain.
- **Dealing with nasty skin fungus?** Simply combine 2 to 3 drops of Atlas cedar oil with an ounce of carrier oil, and apply onto the affected area.
- Use atlas cedar oil to help **tighten pores and even out your skin tone**. Add 2 to 4 drops of this essential oil to every 1 tablespoon of your favorite lotion.
- **Keep moths, ants and other insects out of your home** by putting a few drops on cotton balls and placing them near pest-ridden areas.
- Atlas cedar oil is a renowned aphrodisiac. To **create or enhance romance and sensuality**, place 5 to 10 drops in an aromatherapy lamp in your bedroom.
- To help **relax and relieve sore and tight muscles**, add 4 to 6 drops in a bath water and soak in it for 20 to 30 minutes. The oil's cooling effect will help lessen the pain.



© iStock.com / rezkr

BAY OIL

Bay oil (*Pimenta racemosa*) is often confused with bay laurel essential oil (*Laurus nobilis*). While these two herbal oils share similar qualities, they actually come from two different plants.

Usage Tips:

- **Help improve sleep** by mixing 10 drops of bay oil, 2 to 3 drops of sweet orange oil, 1 drop of clove essential oil and almond oil as a carrier oil.
- **Feeling depressed?** Blend 2 drops of bay oil, 4 drops of black pepper oil, 4 drops of bergamot oil and 1 tablespoon of jojoba oil, and diffuse – it will help uplift your mood.
- **Ease flu symptoms** by adding 2 drops of bay oil and 4 drops of myrtle oil in a diffuser.
- Adding 2 drops of bay oil to your shampoo may help **get rid of itchy dandruff**.



CASSIA BARK OIL

Also known as the Chinese cinnamon, cassia (*Cinnamomum cassia*) is native to China and is a slender, evergreen tree that grows up to 20 meters or 65 feet tall. It has thick, leathery leaves and tiny, immaculately white flowers.

Usage Tips:

- For **diarrhea and other digestive issues**, dilute and massage cassia bark oil onto the reflex points of the feet and over the abdomen.
- Apply a small amount of the diluted oil to **fungal infections** at least once or twice daily.
- **For colds and flu**, diffuse the essential oil through the room to help alleviate your symptoms.



CINNAMON LEAF OIL

Cinnamon (*Cinnamomum verum*) is one of the oldest spices known to man. It was so precious that during the ancient times, it was considered more valuable than gold.

Usage Tips:

- **It works as a disinfectant.** Use diluted cinnamon leaf oil to clean your toilets, refrigerator, kitchen counters and other surfaces, door knobs, microwave and



sneakers. You can even use it to clean and disinfect your chopping boards.

- Mix this oil with cinnamon sugar, freshly squeezed orange juice and olive oil to create a rejuvenating scrub that has antiseptic properties and can help **eliminate facial bacteria**.
- **Keep your dentures clean** by adding hydrogen peroxide and cinnamon leaf oil to a glass of water. Soak your dentures in this solution.
- **For a wonderful and relaxing foot soak**, add a drop of cinnamon leaf oil in a bucket of warm water, and then soak your feet in it. This works great for athletes and people who wear closed shoes for most of the day.
- **Kill stubborn head lice in children** by adding a drop of this oil to their shampoo.

CLARY SAGE OIL

Clary sage (Salvia sclarea) oil is often used to help improve vision and to address related conditions, such as tired or strained eyes. The clary sage seeds are known among Germans as "muscatel sage," due to their use as a flavor enhancer for muscatel wine.



Usage Tips:

- **To soothe eye problems**, soak a clean cloth in a mixture of warm water and a few drops of clary sage oil. Press over both eyes for 10 minutes.
- Use a diluted form of the oil (use a safe carrier oil) as a **massage oil and rub on painful areas, as well as for menstrual pains**.
- Apply diluted clary sage oil topically as a moisturizer to **regulate the production of sebum on your skin**.

CLOVE BUD OIL

During the time of ancient Greeks and Romans, clove bud oil, which is derived from the clove tree, a member of the Myrtaceae family, was used to relieve toothaches and to combat bad breath.



Usage Tips:

- Mix 2 drops of clove bud oil with a carrier oil and massage onto your abdomen to assist in **relieving digestive discomfort**. You may also add 3 to 5 drops in lukewarm bath water to **help address bowel issues**.
- Use 2 drops of clove bud oil in steam inhalation to aid in **loosening phlegm**. You may also add 2 drops to your decongesting ointment or gel and rub onto your chest, back and throat.
- **Help hasten the healing of wounds, cuts, bruises and even athlete's foot** by adding 2 drops of the oil to your skin care products or 1 milliliter of jojoba oil.

- Mix 3 drops of clove oil with 2 milliliters of carrier oil to and apply to your body to experience the oil's **painkilling action**.
- **Suffering from toothache or gum pain?** Just place 1 drop of diluted clove oil on a small cotton ball and press it onto the affected area for 10 to 15 minutes. You can also add 2 drops of clove bud oil to a cup of warm water and use it for gargling.

CORIANDER SEED OIL

Coriander (Coriandrum sativum L.) seed is considered one of the earliest spices in the world. It was used for culinary and medical purposes in Babylonian times. It was also mentioned in the Bible, and was found in tombs of pharaohs as a symbol of eternal love.



© iStock.com / Jamesmcq24

Usage Tips:

- Mix the essential oil with water and use it as a mouthwash to aid in **preventing bad breath**.
- **Relieve muscle stiffness** by using this oil as a massage oil. It can also promote blood circulation. Simply massage affected area with 10 drops of coriander seed oil and 5 milligrams of sesame oil. This mixture can also work for **digestive problems, such as indigestion and flatulence**.
- For a **libido booster**, add 2 drops of coriander seed oil in your bath water.
- Mix a small diluted amount in water and add raw honey (only to taste – this is optional) to **alleviate digestive issues**.

CYPRESS OIL

During the early times, Phoenicians and Cretans used wood from the cypress (Cupressus sempervirens) tree to build houses and ships, while the Egyptians used it to make sarcophagi for burying their deceased. The Greeks also used cypress wood to carve statues of their gods.



© scisetialfo & Geo-grafika / iStock / Thinkstock

Usage Tips:

- **Relieve asthma, arthritis, rheumatism, cramps, varicose veins and heavy menstrual flow** by using a diluted version as a massage oil. You can also add it to your warm bath.
- Add a few drops to your favorite lotion or cream to help **soothe broken skin and varicose veins**. It also has astringent effects that can help **clarify oily and congested skin**.
- If you have a **nosebleed**, apply a few drops to a cold compress and press against your nose to **help stop the bleeding**.
- Add a few drops to your foot soak to help **deodorize and clean sweaty feet**.

DILL OIL

In the olden times, Romans applied dill oil topically before charging into battle because they believed that it could reduce nervousness and stress.

Usage Tips:

- **Help calm hyperactive children** by mixing 3 drops of dill oil and 3 drops of roman chamomile oil with 5 drops of lavender oil in an aromatherapy lamp. It gives a sense of calm and it also helps in concentration.
- **Strengthen and stimulate your entire body** by adding three drops of the oil in your bathwater.
- Did you know that dill oil is also an **ingredient for gripe water, which may help alleviate colic?** However, consult your physician before ingesting any amount of this essential oil.



© iStock.com / Floortje, bluehill75

GERANIUM OIL

Frequent travelers can use geranium oil as a natural insect repellent. Topical application can also help heal insect bites and stop itching. It may also be used as a massage oil to help relieve aching muscles and stress.

Usage Tips:

- Diluted geranium oil can work **wonders on bruises and cuts**, if used as an antiseptic. Just make sure to cover it with gauze.
- Adding a drop of geranium oil to a small jar of cold cream or 1 teaspoon of wheat germ oil can **ease painful hemorrhoids**.
- To help **treat athlete's foot**, about 5 drops of the essential oil should be combined with a carrier oil like jojoba and added to a foot bath made of warm water and Epsom salt.



© iStock.com / botanochi

GERMAN CHAMOMILE OIL

*Germans often refer to German chamomile (*Matricaria chamomile*) as “alles zutraut,” which means “capable of anything.” It’s also been mistakenly referred to as the “European ginseng,” given its cure-all capabilities.*

Usage Tips:

- Make an **all-natural hair moisturizer** by blending 2 drops of German chamomile oil, rosemary oil and lavender oil with 4



© iStock.com / Marina Lohrbach

tablespoons of sweet almond oil. Massage it onto your hair and scalp once a week. For best results, leave it on overnight.

- To make your own **natural skin mist**, blend 2 drops of German chamomile oil, 2 drops of lavender oil, 1 drop of rose otto oil and 4 ounces of purified water in a ready-to-spray bottle. This natural moisturizing mist will surely be handy for your sunbathing sessions.
- German chamomile oil may help **relieve migraine**. Moisten a towel with cool water and add a few drops of the essential oil. Place the damp cloth on your forehead, close your eyes and relax.
- It may provide **relief from joint pain or tense, stiff and cramping muscles**. Blend 2 tablespoons of sweet almond oil and 2 drops of German chamomile oil and rosemary oil. Massage this blend onto the affected areas to **ease up the tensed muscles and increase circulation**.
- German chamomile oil has astringent properties, which makes it ideal for **pore-cleansing treatments**. Simply add the essential oil to your homemade facial cleanser and apply using cotton balls.

GINGER OIL

Warm, spicy and energizing, ginger oil comes from ginger root (Zingiber officinale), a pungent, peculiar-looking underground rhizome. It's been valued for thousands of years for its medicinal and culinary properties, particularly in ancient Chinese, Indian and Greek civilizations.



Usage Tips:

- Apply two to three drops in a diffuser, or place on a cotton ball or your handkerchief, and then inhale. This will **help reenergize and revitalize your body, mind and soul**.
- Mix 2 to 3 drops in an ounce of carrier oil, and use as a massage oil. This helps **relieve backache, arthritis, muscle pain, rheumatism and fractures**, as well as **helps stimulate your circulatory system and revitalize your libido**.
- Inhale the oil via a diffuser or vaporizer to **relieve sinusitis, sore throat and runny nose**. It can also work as a **decongestant**.
- Massage a diluted drop into your abdomen to **relieve gas and diarrhea**.

GRAPEFRUIT OIL

Grapefruit oil is popularly known as a detoxification agent, as it helps activate your lymphatic system.

Usage Tips:

- Use 2 to 3 diluted drops as a massage oil to **relieve menstrual cramps**. This can also work in **relieving headache, muscle pain and arthritis**.

- **Ease symptoms of depression** by using 2 to 3 drops in a diffuser. You may also apply 2 to 3 drops on a cloth and inhale.
- Mix 1 to 2 drops with carrier oil and **massage on your cellulites**, in a kneading pattern, to **help diminish their appearance**.
- **Stimulate your lymph nodes** by applying a few diluted drops onto your skin.
- Adding a few drops to your water or smoothie can **help support your liver and kidney health**.



HYSSOP OIL

*During the time of the Romans, hyssop (*Hyssopus officinalis*) was used against the plague, as a disinfectant and for treatment of minor infections. In some parts of the world, it had a spiritual function, and was believed to purify and “forgive sins.”*

Usage Tips:

- Hyssop oil can **help relieve fatigue, stress and any type of body pain**. Add 2 drops to your bath water, preferably warm. This may also contribute to a peaceful night’s rest.
- It can **address menstrual discomfort or menopausal symptoms**. Mix 3 drops of hyssop oil with a carrier oil and use the mixture as a massage oil on your abdomen.
- Mix 3 drops of this oil with a carrier oil and massage on your stomach to **relieve gastrointestinal discomfort caused by indigestion and gas**.
- **If you have a fever**, try massaging two drops of this herbal oil, mixed with 1 milliliter of coconut oil, on the soles of your feet to **help bring down your temperature**.
- Clear clogged respiratory tracts by inhaling hyssop oil. It can **help ease nasal congestion, breathing difficulties, colds and cough**. Use two drops in steam inhalation. You may also apply 2 drops of hyssop oil mixed with vapor rub onto your chest to induce the oil’s expectorant effect.
- **Help heal and prevent scars** by adding two drops of hyssop oil to your lotion or cream.
- Adding two to three drops of lavender oil to your burner, diffuser, or bath may **help uplift your mood and ease sadness**.



LAVANDIN OIL

*Lavandin (*Lavandin intermedia* or *Lavandin hybrida*) is a hybrid plant of true lavender and spike lavender. Its oil is widely used in perfumery and cosmetic industry due to its availability.*

Usage Tips:

- **Lavandin oil works as a great insect repellent.** Apply it at the edge of your window to keep flies at bay. You can also ward off mosquitoes by rubbing it on your wrists.
- Mix 2 drops of lavandin oil and about 20 drops of coconut oil for **fast healing of wounds.**
- This essential oil is also **beneficial for skin rejuvenation.** Just mix 3 to 4 drops with 40 drops of olive oil to clear away skin problems, like blemishes and dryness.



LAVENDER OIL

Lavender has been used for over 2,500 years. Ancient Persians, Greeks, and Romans added the flowers to their bathwater to help wash and purify their skin. In fact, the word "lavender" comes from the Latin word "lavare," which means "to wash."

Usage Tips:

- Add a drop or two to your bathwater to **help relieve aching muscles and alleviate stress.**
- Massage diluted lavender oil on your skin as a **relief for muscle or joint pain, as well as for skin conditions like burns, acne and wounds.**
- If you're an athlete prone to **sprains or muscle injuries**, try a lavender compress: soak a towel in a bowl of water infused with a few drops of lavender oil, and press onto the affected areas.
- Lavender oil can be added to your list of natural cleaning products. Mix it with baking soda to **make an all-natural antibacterial scrub** for your bathroom and kitchen.



LEMON OIL

Did you know that approximately 1,000 lemons are needed to produce one pound of lemon oil? The oil is extracted from lemon peels, which have many volatile oil glands in their pits.

Usage Tips:

- Adding 2 to 3 drops of lemon oil to tea or warm water can **help relieve sore throat.**
- **Disinfect dishcloths** by soaking them overnight in water with a drop of lemon oil. Use



it to **sterilize countertops and other surfaces** as well.

- Applying a few diluted drops of lemon oil to your **nails can strengthen them, and even kill nail fungus.**
- Soak a cotton ball with a few diluted drops and use to **cleanse your skin.**
- Put 2 to 3 drops of diluted lemon oil to **cold sores, calluses or blisters daily can help remove them.**
- Try using 1 to 2 drops of lemon oil to **remove stains caused by oil, grease and crayon marks.**

LEMONGRASS OIL

Lemongrass (Cymbopogon) is a popular flavoring in Asian cooking – added to curries and soups, or paired with beef, fish, poultry and seafood. Fresh lemongrass is also used to make lemongrass tea.

Usage Tips:

- **Make a refreshing foot bath.** Add 2 drops to a bowl of warm water, and soak your feet for 10 minutes. If your feet are aching, add 2 tablespoons of Epsom salts.
- **Kill your pet's fleas and lice** by spraying diluted lemongrass oil all over his coat. You can also soak his collar in it, add it to his final rinse after shampooing, or spray it on his bedding.



LIME OIL

Lime oil has been extensively used in the food and beverage industry, as well as in making fragrances. This versatile citrus oil is also added to household cleaners, detergents, soaps and other beauty products.

Usage Tips:

- You can **relieve stress, exhaustion and anxiety or calm your mind** by diffusing a few drops using a vaporizer. This also **helps boost your immune system, especially after an illness.**
- For **colds, coughs, sinusitis, sore throat and chest congestion**, add a few drops to a bowl of steaming water and inhale it. You can also mix a few drops with a carrier oil, then rub it on your neck and chest.
- If you have **rheumatism and arthritis**, put 2 to 3 drops in an ounce of carrier oil, then massage on the affected areas regularly. This method also works for **cellulite and varicose veins.**



- **Help stop cuts and wounds from** bleeding by putting 2 drops of this oil in a cold compress and pressing it on the affected areas.
- For **acne and other skin problems**, mix 2 drops of lime oil with 15 drops of jojoba oil and apply onto your skin. This helps wash out impurities while promoting the growth of new skin cells.
- **Avoid dandruff and bring life to dull, frizzy or oily hair** by mixing a few drops of lime oil in your favorite shampoo. Lime can help remove oil quickly while moisturizing your scalp from within.

MYRTLE OIL

Myrtle was associated with Aphrodite, the goddess of love, and was offered to certain men and women as a symbol of honor. The Greeks also valued the plant because of its healing qualities.



Usage Tips:

- **To alleviate painful hemorrhoids**, add 6 drops of myrtle oil to 1 ounce of cold cream and mix well. Apply several times a day until the swelling or pain subsides.
- **Bad cases of boils or white heads** can be treated using 2 teaspoons of grape seed oil, 1 drop of wheatgerm oil, and 7 drops of myrtle oil.
- Diffuse the oil as a **remedy for any respiratory ailment**. You can also add 4 to 5 drops to your bath salts and mix with warm bathwater, or apply a diluted blend to your chest or back.
- Myrtle oil can also **ward off bad odor**. Add diluted myrtle oil solution to water and use as spray.
- You may diffuse, mix with bathwater, or apply a drop to the back of the neck and pulse points, to **help fight insomnia**.

NEROLI OIL

Did you know that it takes at least 1,000 pounds of orange blossom flowers just to make one pound of neroli oil? No wonder it's the most expensive among citrus essential oils.



Usage Tips:

- Wet a cotton ball, add a drop of neroli oil, and lightly dab it on your skin to **help treat acne**. You can also mix it in your skin cream to **help regenerate your skin**.
- Put a few drops in a diffuser to **help fight lethargy, depression, anxiety, stress and digestive problems**.

- **Help improve circulation** by mixing a few drops with a carrier oil and massage all over your body.
- Apply a few drops to a hot or cold compress to **alleviate headaches and neuralgia**.
- **Ease premenstrual discomfort** by mixing a few drops in your bath water.

NUTMEG OIL

Nutmeg essential oil is obtained by steam-distilling the dried kernels of the ripe seeds of the nutmeg. Indians used it to help treat intestinal problems, while the Egyptians used it for embalming the dead.

Usage Tips:

- **Ease digestive problems** by adding 5 to 6 drops of this oil in warm bath water. You can also blend 3 drops with a carrier oil and use as massage oil to help **address appetite loss, nausea, diarrhea, gas, constipation, and gallstones**.
- **To help relieve pain**, mix 2 to 3 drops with coconut oil and massage onto the affected area.
- Add 2 drops to lukewarm water and use as gargle – this can **help eliminate bad breath**.
- **To improve concentration and memory**, add 2 drops on a cloth and inhale.
- **To reduce swelling in gums**, put a drop of nutmeg oil to a cotton swab and apply it around the affected gums.
- Add 2 drops to a cloth and place beside your pillows to **help give you a restful sleep at night**.
- **Relieve respiratory problems** by using it in steam inhalation – this will help address congestion.



OREGANO OIL

The ancient Greeks and Romans have a profound appreciation for oregano, using it for various medicinal uses. In fact, its name comes from the Greek words "oros" and "ganos," which are words for mountain and joy — oregano literally means "joy of the mountain."

Usage Tips:

- **Alleviate sinus infections and colds** by putting a few drops of oregano oil in a pot of steaming water, and then inhaling the steam.
- Put a few teaspoons of oregano oil in a basin of water and soak your feet in it to **treat toe or nail fungus**. You can also dilute the oil in a teaspoon of carrier oil, and then apply it on your nails or skin.



- **It helps in killing parasites and easing infections.** Dilute the oil in coconut oil, and place it under your tongue. Hold it there for a few minutes, and then rinse it out. Repeat this at least four times a day.
- **Ward off insects.** Carvacrol in oregano oil works as a natural insect repellent. Try putting a few drops on outdoor furniture, or apply a diluted mixture on your skin when heading outdoors.
- **Relieve bug bites and rashes, including poison ivy rash,** by applying oregano oil diluted with olive oil on the affected areas.
- **Ease sore throat and toothaches** by adding a few drops to a glass of water and using it as a gargle.
- Did you know that it also **works as an all-around cleaner**? Combine 4 drops of oregano oil with 10 drops of lemon oil and a quarter-cup of white vinegar, and then add to a bucket of water. Use this mixture to wipe and clean surfaces.

PATCHOULI OIL

Early European traders actually exchanged one pound of patchouli for a pound of gold. Romans used it as an appetite stimulant, while in Egypt, it was said that Pharaoh Tutankhamun — also known as King Tut — arranged to have 10 gallons of patchouli oil buried with him in his tomb.

Usage Tips:

- Dilute it in a light carrier oil and then **massage on your skin to help prevent wrinkles and cellulites.**
- Dab a small amount on your skin to **soothe cuts, scrapes, burns, and sores and insect bites.**
- Apply a few drops on your wrists or add it to your sheets to **keep ants, bedbugs, and other pests away.**
- To **prevent underarm odor,** apply 2 to 3 diluted drops on a cotton ball and dab it on your underarms.
- Mix a couple of drops into your shampoo or conditioner to **treat dandruff and oily hair.** Leave it on for a few minutes before rinsing.



ROSE ABSOLUTE OIL

Rose absolute oil is traditionally calming and uplifting, and has anti-inflammatory, cooling and soothing properties. It works well for dry, hot, inflamed or itchy skin.

Usage Tips:

- **Enhance your bath time.** Blend five to six drops of rose absolute oil in a teaspoon of carrier oil or full-fat milk, and then add to your bathwater.
- **Relieve tired and cramped muscles.** Make a soothing massage oil by diluting two to three drops in three tablespoons of carrier oil.
- **Get rid of unpleasant odors, or simply to relax and rejuvenate your mind or body.** Add two to four drops of essential oil to a burner, diffuser, aroma stone, or aroma steam, and inhale its invigorating scent.



ROSEHIP OIL

Not to be confused with rose essential oil, rose hip comes from the "hips," the small fruits found behind the flowers, which are left once the roses have bloomed and lost their petals.

Usage Tips:

- Gently massage 2 to 3 diluted drops of rosehip oil onto your freshly washed face twice a day, once in the morning and at night – this will **help moisturize your skin.**
- **Nourish dry hair and prevent dandruff** by applying lukewarm rosehip oil onto your scalp. Leave it on for an hour and then wash it out.
- Massaging diluted rosehip oil onto dry and brittle nails will **hydrate them and make them strong.**



SESAME OIL

*The sesame plant (*Sesamum indicum*) has been cultivated for thousands of years, and is believed to be the world's oldest plant used as an oil. Ancient Egyptians used it for pain as early as 1500 B.C. and, in China, it's been used for food, medicine and ink for more than 3,000 years.*

Usage Tips:

- **Apply it to your skin to keep it soft and smooth and help prevent wrinkles from forming.** You can also add it to your bath water to help treat cracked heels and dry knees and elbows. Sesame oil also assists in soothing burns and helps prevent skin-related disorders.
- Apply the oil all over your face and body before going into the sun, as a **natural sunscreen**. You may need to reapply it, though, as the oil is easily removed, especially after heavily perspiring or jumping into water.
- **Skin detoxifier.** Oil-soluble toxins are said to be attracted to sesame seed oil molecules. Apply diluted sesame oil on your skin, leave it for 15 minutes and then wash it off with warm water.
- **Sesame oil boosts your scalp and hair health.** Simply massage the diluted oil into your scalp and hair to keep your locks strong and shiny. It also effectively **helps relieve dry scalp, dandruff and hair loss.**



TEA TREE OIL

Numerous aboriginal communities along the east coast of Australia have a long historical use of tea tree as an antiseptic for skin conditions. They simply crushed the tea tree leaves and applied it to cuts, burns and infections.



Usage Tips:

- A diluted drop of tea tree oil can **help disinfect your toothbrush**, which is a breeding ground for mold and bacteria.
- **Use it to eliminate mold.** Mix a drop with a cup of water, spray on moldy areas and then wipe clean. For an all-natural disinfectant, you can also sprinkle a few drops of tea tree oil along with baking soda on your bathroom or kitchen surfaces.
- TTO also works as a **natural pest control**. Its strong smell naturally repels ants and other insects. Make a natural insect repellent by mixing a few drops of tea tree oil with coconut oil.
- Adding a few drops of this oil during the wash cycle will **make your laundry smell crisper and kill organisms lurking in your washer.**

VETIVER OIL

Also known as khus oil, vetiver oil is a lesser-known plant oil that offers a heavy, earthy fragrance, which is reminiscent of patchouli but with a touch of lemon.

Usage Tips:

- If you have an injury, blend 4 drops vetiver, 3 drops lavender and 2 drops bergamot in 1 ounce of carrier oil. Massage into the affected area.
- Blend 4 drops helichrysum, 3 drops white fir and 2 drops vetiver in 1 ounce of carrier oil, and use it to **soothe TMJ**. Simply massage into jaw muscles in the morning and at night.
- To **ease arthritic pain**, blend 4 drops frankincense, 3 drops marjoram and 2 drops each rosemary and vetiver in 1 ounce of carrier oil. Massage into the affected area.



About Dr. Mercola

Dr. Joseph Mercola is an osteopathic physician who first opened his practice outside Chicago, Illinois, in 1986, and has treated over 20,000 patients. In 1997, he established Mercola.com, now the #1 Natural Health site, where he continues to provide useful health and medical resources.

Dr. Mercola has authored three *New York Times* Bestsellers: *The Great Bird Flu Hoax*, *No-Grain Diet* and *Effortless Healing*. He has also been featured in numerous publications and TV programs, like *TIME* magazine, *LA Times*, CNN, ABC News, Fox News and the Dr. Oz Show.