

Spray with Thieves Spray as often as desired.

Put 1 drop of Exodus II on tongue and swish it around in your mouth before swallowing.

Special note: In most sinus infections, including nasopharyngitis, rhinitis, sinus congestion, and sinusitis, the nasal irrigation regimen can be extremely effective.

## SINUSITIS/RHINITIS

Essential oils such as eucalyptus (*E. radiata*) and ravintsara strengthen the respiratory system, open the pulmonary tract, and fight respiratory infection.

### Recommendations

**Singles:** Eucalyptus blue, melaleuca (*M. alternifolia*), Idaho balsam fir, peppermint, eucalyptus (*E. radiata*), ravintsara, thyme, fennel, rosemary

**Blends:** Melrose, Raven, R.C., Thieves, Exodus II, Breathe Again Roll-On

**Supplements:** Super C, Super C Chewable, ImmuPro, Inner Defense

**Oral Care:** Thieves Dentarome Ultra Toothpaste, Thieves Lozenges, Thieves Fresh Essence Plus Mouthwash, Thieves Spray

### Application and Usage

#### Inhalation:

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired.
- Put 2-3 drops of your chosen oil in your hands and rub them together, cup your hands over your nose, and inhale 3-8 times throughout the day as needed.
- Put 2-3 drops of oil on a cotton ball or tissue and put it in an air vent in your house, vehicle, hotel room, etc.
- If diffusing at night while sleeping, set your timer for desired length for automatic shut-off.

#### Topical:

- Massage 1-3 drops neat on forehead, nose, cheeks, lower throat, chest, and upper back 3-5

times daily. Be careful not to get oils in or near eyes or eyelids.

- Apply 1-2 drops neat on temples and back of neck as desired.
- Apply 1-3 drops on the Vita Flex points of feet 2-4 times daily.
- Use the Raindrop Technique 1-2 times weekly.
- Bath salts: Mix 4-5 drops of oil with 1 cup of salt in hot water to dissolve salts. Pour into bathtub and then soak for 15-20 minutes or until water cools.
- Place a warm compress with 1-2 drops of chosen oil on the back.
- Nasal Irrigation Regimen (*see box on previous page*)

#### Ingestion:

- Put 2-3 drops of oil in a spoonful of agave, yacon, maple syrup, honey, yogurt, etc.
- Put desired amount of oils in a glass of NingXia Red, rice milk, almond milk, goat milk, carrot juice, or even water and then drink it.

#### Ingestion and Oral:

- Gargle 2-6 times daily with Thieves Fresh Essence Plus Mouthwash.

## SKIN DISORDERS

Essential oils can have powerful antioxidant and antibacterial benefits for the skin. Essential oils used on the skin are often combined with a vegetable carrier oil to:

- Slow evaporation, allowing more time for the oils to penetrate the skin.
- Maintain the lipid barrier of the skin because most essential oils will tend to dry the skin.
- Enhance the effect of the essential oils because many oils work well synergistically in a vegetable oil. Many skin conditions are related to dysfunctions of the liver. It may be necessary to cleanse, stimulate, and condition the liver and colon for 30-90 days before the skin begins to improve.

## Chapped, Dry, or Cracked Skin

### Recommendations

**Singles:** Neroli, rose, cedarwood, Roman chamomile, palmarosa, geranium, lavender, spikenard, myrrh, sandalwood

**Body Care Creams, Ointments, and Serums:** A-R-T Night Reconstructor, Essential Beauty Serum for Dry Skin, Tender Tush, Sandalwood Moisture Cream, Rose Ointment

**Lip Treatment:** Lavender Lip Balm, Cinnamon Lip Balm, Grapefruit Lip Balm

### Application and Usage

#### Topical:

- Apply 2-3 drops of oil, diluted 20/80, in a natural, unperfumed lotion base (V-6 Vegetable Oil Complex or avocado oil) or other high-grade, emollient oil; apply on location as often as needed.
- Combine 3-5 drops of essential oils with 1 tsp. of Sensation or Genesis Hand & Body Lotion to create a very effective lotion for rehydrating the skin of chapped hands and maintaining the natural pH balance of the skin.
- Bath and shower gels, such as Dragon Time, Evening Peace, Morning Start, and Sensation, are formulated to help balance the acid mantle of the skin. The bar soaps are rich in moisturizers.

## Clogged Pores

### Recommendations

**Singles:** Orange, geranium, lemon, cypress

**Blends:** Purification, Melrose, Inner Child

**Skin Care:** A-R-T Gentle Foaming Cleanser

### Application and Usage

#### Topical:

- Apply 2-4 drops neat to affected area and gently remove with cotton ball.
- A.R.T. Purifying Toner, Moisturizing Bar Soaps.

## Essential Oils Skin Rejuvenation

### Rejuvenate and heal:

- Rose, sandalwood, myrrh, frankincense, vetiver

### Prevent and retard wrinkles:

- Lavender, spikenard, myrrh, frankincense, sandalwood

### Regenerate:

- Geranium, helichrysum, spikenard, Melrose sandalwood

### Restore skin elasticity

- Sandalwood with lavender
- Ylang ylang with lavender
- Patchouli with ylang ylang

### Combat premature aging of the skin

Mix the following recipe into 1 Tbsp. V-6 Vegetable Oil Complex, any high-grade vegetable oil, or unscented skin lotion and apply on location 2 times daily.

#### Skin Rejuvenating Recipe:

- 6 drops sandalwood
- 4 drops geranium
- 3 drops lavender
- 2 drops sacred frankincense

- Satin Facial Scrub Mint is a gentle exfoliator designed to clarify skin and reduce acne. If its texture is too abrasive for your skin, mix it with Orange Blossom Facial Wash. This is excellent for those with severe or mild acne.
- Spread scrub over face and let dry for perhaps five minutes to draw out impurities, purifying and toning the skin at the same time. Put a hot towel over face for greater penetration.
- Wash off with warm water by gently patting skin with warm face cloth. If you do not have time to let the mask dry, gently massage in a circular motion for 30 seconds, then rinse. Afterward, apply Sandalwood Moisture Cream. This also works well underneath foundation makeup.

### Tips for Clearing Acne

- Eliminate dairy products, fried foods, chemical additives, and sugar from diet.
- Avoid using makeup or chlorinated water.
- Avoid using plastics that may exude estrogenic chemicals.
- Topically apply essential oils such as melaleuca (*M. alternifolia*) to problem areas. It was shown to be equal to benzoyl peroxide in the treatment of acne, according to research published in the *Medical Journal of Australia*.<sup>44</sup>
- Begin a cleansing program with the Cleansing Trio, Sulfurzyme, Detoxzyme, Essentialzyme, ICP, and JuvaPower.

## Diaper Rash

Dilute all oils when being used for babies. Just 1-2 drops mixed in Tender Tush or Rose Ointment are sufficient for using on diaper rash.

### Recommendations

**Singles:** Lavender, helichrysum, German chamomile, cypress

**Blends:** Gentle Baby, Purification, Valor

**Skin Care:** Rose Ointment, ClaraDerm, Tender Tush, LavaDerm Cooling Mist

### Application and Usage

#### Topical:

You may apply single oils or blends neat or diluted, depending on the oil or oils that are used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

- Apply 1-2 drops, diluted 50/50, and/or ointments on location 2-4 times daily during diaper changes.

## Eczema / Dermatitis

Eczema and dermatitis are both inflammations of the skin and are most often due to allergies, but they also can be a sign of liver disease.

Dermatitis usually results from external factors such as sunburn or contact with poison ivy, metals from wristwatch, earrings, jewelry, etc.; internal factors such as irritant chemicals, soaps, and shampoos; or allergies from gluten and lactose intolerance.

In both dermatitis and eczema, the skin can become red, flaky, and itchy. Small blisters may form, and if they are broken by scratching, they can become infected.

### Recommendations

**Singles:** Cistus, blue cypress, Roman chamomile, geranium, lavender, German chamomile, myrrh

**Blends:** Juva Cleanse, Purification, Melrose, Australian Blue

**Supplements:** Detoxzyme, ICP, ComforTone, Essentialzyme, JuvaTone, JuvaPower, Polyzyme

**Body Care Ointments:** Rose Ointment, Tender Tush, Regenolone Moisturizing Cream

### Application and Usage

#### Topical:

You may apply single oils or blends neat or diluted, depending on the oils being used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

Apply 1-2 drops diluted 50/50 on location as needed.

### Essential Oils and Skin Vitality

Melaleuca (*M. alternifolia*), dorado azul, and lemongrass can help clear acne and balance oily skin conditions. Lemongrass is the predominant ingredient in Morning Start Bath and Shower Gel, which can be used to balance the pH of the skin, decongest the lymphatics, and stimulate circulation.

### The pH Balance Makes a Difference

Psoriasis, eczema, dermatitis, dry skin, allergies, and similar problems indicate an excessive acidic pH in the body. The more acid that is in the blood and skin, the less therapeutic effect the oils will have.

People who have a negative reaction to essential oils are usually highly acidic. An alkaline balance must be maintained in the blood and skin for the oils to work the best. AlkaLime and MultiGreens are both helpful for this balancing (See Fungus).

## Fungal Skin Infections

Fungi and yeast feed on decomposing or dead tissues that exist everywhere such as in our stomachs, on our skin, on food, outside in the lawn, in the garden, on pets, etc. When kept under control, the yeast and fungi populating our bodies are harmless and digest what our bodies cannot or do not use.

When we feed the naturally occurring fungi in our bodies with simple sugars, the fungi are more likely to grow out of control. This condition is known as systemic candidiasis, which invades the blood, gastrointestinal tract, and tissues.

### Recommendations

**Singles:** Melaleuca (*M. alternifolia*), lemongrass, oregano, lavender, patchouli

**Blends:** Melrose, ClaraDerm, Purification

#### Antifungal Skin Recipe:

- 10 drops patchouli
- 4 drops niaouli (*Melaleuca quinquenervia*)
- 2 drops melaleuca (*M. alternifolia*)
- 5 drops lemongrass

**Supplements:** Life 5, Digest + Cleanse, ICP, ComforTone, Essentialzyme, Mineral Essence

### Application and Usage

#### Topical:

- Apply 2-4 drops of oil diluted 50/50 on location 3-5 times daily.

## Itching

Itching can be due to dry skin, impaired liver function, insects, allergies, or overexposure to chemicals or sunlight.

### Recommendations

**Singles:** Oregano, lavender, vetiver, nutmeg, German chamomile, peppermint, patchouli

**Blends:** Aroma Siez, Purification, Melrose, Thieves, Di-Gize

**Supplements:** Digest + Cleanse, Life 5, Juva Flex, JuvaTone, ComforTone, Essentialzyme, Detoxzyme, ICP, JuvaPower

**Body Care Ointments and Creams:** Tender Tush, Rose Ointment, Regenolone Moisturizing Cream

### Application and Usage

#### Topical:

You may apply single oils or blends neat or diluted, depending on the oil or oils that are used.

- Apply 1-2 drops neat on location several times daily as needed.
- Dilute 50/50 and apply on location 3-6 times daily.
- Spray LavaDerm Cooling Mist or ClaraDerm if condition is evident on the skin.

## Moles

### Recommendations

**Singles:** Oregano, thyme, melaleuca (*M. alternifolia*)

**Blends:** Melrose, Purification

### Application and Usage

#### Topical:

To dry up moles, apply 1-2 drops of oregano neat (undiluted) on the mole 2-3 times daily. Other oils may be used that may also show benefit.

## Poison Oak and Poison Ivy

### Recommendations

**Singles:** German chamomile, eucalyptus blue, myrrh, patchouli, vetiver, Roman chamomile, rose, lemon, Idaho tansy, melaleuca (*M. alternifolia*), rosemary, basil, spikenard

**Blends:** Melrose, Purification, R.C., Juva Cleanse

**Supplements:** Detoxzyme, ComforTone, Mineral Essence, Digest + Cleanse, ICP, JuvaPower

**Body Creams, Ointments, Spray:** Rose Ointment, Tender Tush, Sandalwood Moisture Cream, Thieves Spray, LavaDerm Cooling Mist, ClaraDerm

### Application and Usage

#### Topical:

- Apply 4-6 drops of oil diluted 50/50 to affected areas 2 times daily.
- Apply a cold compress on affected area 2 times daily.

## Sagging Skin

### Recommendations

**Single Oils:** Lavender, helichrysum, patchouli, cypress, tangerine, sandalwood

**Blends:** Humility, Inspiration, Joy

#### Skin Firming Recipe (morning):

- 3 drops tangerine
- 3 drops cypress

#### Skin Firming Recipe (evening):

- 8 drops patchouli
- 5 drops cypress
- 5 drops geranium
- 1 drop sandalwood

**Supplements:** Super C, Super C Chewable, ICP, ComforTone, Essentialzyme, Mineral Essence, JuvaPower

**Creams, Toner and Massage Oil:** A-R-T Purifying Toner, Boswellia Wrinkle Cream, Cel-Lite Magic Massage Oil

### Application and Usage

#### Topical:

Apply 4-6 drops neat or diluted 50/50 on affected area 2 times daily. Use the morning recipe before dressing in the morning and the evening recipe before bed at night.

Strength training with weights can also help tighten sagging skin.

## Skin Ulcers

### Recommendations

**Singles:** Helichrysum, Roman chamomile, patchouli, lavender, clove, myrrh

**Blends:** Thieves, Purification, Relieve It, Melrose

**Supplements:** Super C, ICP, ComforTone, Essentialzyme, Power Meal, NingXia Red, Inner Defense, Digest + Cleanse

**Body Care Ointments:** Tender Tush, Rose Ointment

### Application and Usage

#### Topical:

Apply 4-6 drops neat or diluted 50/50 on affected area 2 times daily.

## Stretch Marks

Stretch marks are most commonly associated with pregnancy but can also occur during growth spurts and periods of weight gain.

### Recommendations

**Singles:** Frankincense, elemi, spikenard, geranium, lavender, myrrh

**Blends:** Gentle Baby, Sensation, Valor, White Angelica

**Supplements:** Sulfurzyme, MegaCal, BLM, Super B, Super C, Super C Chewables, Essentialzyme

**Creams, Lotions, and Ointments:** Tender Tush, Rose Ointment, A-R-T Day Activator, A-R-T Night Reconstructor

## Application and Usage

### Topical:

Apply 3-6 drops of oil neat or diluted 50/50 2 times daily.

## Vitiligo

Vitiligo is a condition in which your skin loses melanin, the pigment that determines the color of your skin, hair, and eyes and occurs when the cells that produce melanin die or no longer form melanin, causing slowly enlarging white patches of irregular shapes to appear on your skin.

The cause has not yet been determined, but there are theories that it may be due to an immune system disorder, heredity possibilities, nutritional deficiencies, over use of chemicals, and perhaps environmental pollution that affects the proper function of the body that produces melanin.

Some people have reported a single event, such as sunburn or emotional distress that triggered the condition. However, none of these theories has been proved to be a definite cause of vitiligo.

## Recommendations

**Singles:** Sandalwood, myrrh, vetiver, patchouli

**Blends:** Brain Power, Dream Catcher, Humility, SleepEssence, Deep Relief Roll-On

## Application and Usage

### Topical:

You may apply single oils or blends neat or diluted, depending on the oils that are used.

Apply 2-4 drops of desired oil neat 2 times daily.

**Supplements:** Essentialzyme, Detoxzyme, ICP, JuvaPower, Mineral Essence, Digest + Cleanse, Inner Defense.

A cleansing diet might be helpful. Cleansing the liver and digestive system facilitates greater nutritional absorption and waste elimination for proper body function and vibrant health.

## Wrinkles

### Recommendations

**Singles:** Frankincense, myrrh, vetiver, helichrysum, cypress, rose, lavender, patchouli, geranium, sandalwood, neroli, palmarosa, spikenard

**Blends:** Gentle Baby, Sensation, 3 Wise Men, White Angelica, Highest Potential

### Wrinkle-reducing Recipe:

- 5 drops sandalwood
- 4 drops geranium
- 3 drops lavender
- 6 drops frankincense

**Supplements:** MegaCal, Longevity Softgels, NingXia Red, Omega Blue, Master Formula HIS or HERS, Sulfurzyme, Super B

**Skin Care Creams and Ointments:** A·R·T Day Activator, A·R·T Night Reconstructor, Boswellia Wrinkle Cream, Wolfberry Eye Cream, A·R·T Gentle Foaming Cleanser, A·R·T Purifying Toner, Rose Ointment, Sandalwood Moisture Cream

## Application and Usage

### Topical:

You may apply single oils or blends neat or diluted, depending on the oils that are used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

Mix 3-4 drops 50/50 in V-6 Vegetable Oil Complex or add to the A·R·T skin care lotions or moisturizing creams and apply as needed.

Rose Ointment was developed to keep the skin soft and moist and to supply healing nutrients. It is a natural emollient and contains no chemicals or synthetic ingredients that can cause skin irritation.

**Note:** Be careful not to get lotion or oils near the eyes.