

Rockin's Favorite Backpacking and Hiking Essential Oil Uses

LAVENDER	PEPPERMINT	MELALEUCA/TEA TREE
<p>Sunburn/Burns/Stings/Bites Rub into affected area a couple of times per day.</p>	<p>Headache Apply on your temples, back of neck and sinuses.</p>	<p>Canker/Cold Sores/Acne Apply a small amount directly over the area.</p>
<p>Cuts/Scrapes/Blisters Apply a drop of lavender oil directly to affected area.</p>	<p>Ticks Smother ticks with peppermint, they will remove their heads to come up for air.</p>	<p>Sore Throat Add a couple drops in ¼ cup water and gargle.</p>
<p>Sleeping Aid Apply a couple of drops to bottom of feet or inhale.</p>	<p>Stomach Ache/Nausea Drink a couple drops in hot water or apply to bottom of feet.</p>	<p>Skin Splits/Cuts Apply to area.</p>
<p>Deodorant Rub 2 drops in the armpit.</p>	<p>Pick-me-up Apply to temples, back of neck, and chest to feel energized.</p>	<p>Fungal/Bacterial Infections Apply to area.</p>
<p>Soap Replacement Rub lavender oil on skin.</p>	<p>Overheating Apply a drop or two to the bottom of the feet and back of neck.</p>	<p>Onset of Flu or Cold Rub 2 drops on bottom of feet 3 times per day.</p>
<p>Allergies Apply to back of neck, chest, and between eyes.</p>	<p>Tendonitis/Joint/Muscle Pain Rub a couple drops on joints or muscles.</p>	<p>Athlete's Foot Apply topically.</p>
<p>Heat Rash/Chafing Apply to location or dilute with an oil or lotion.</p>	<p>Congestion Apply to sinuses.</p>	<p>Rash Layer on both lavender & melaleuca.</p>