# Hiking with Essential Oils

<table>
<thead>
<tr>
<th><strong>LAVENDER</strong></th>
<th><strong>PEPPERMINT</strong></th>
<th><strong>MELALEUCA/TEA TREE</strong></th>
</tr>
</thead>
</table>
| Sunburn/Burns/ Stings/Bites  
Rub into the affected area a couple of times per day. | Headache  
Apply on your temples, back of neck and sinuses. | Canker/Cold Sores/Acne  
Apply a small amount directly over the area. |
| Cuts/Scrapes/Blisters  
Apply a drop of lavender oil directly to the area. | Ticks  
Smother ticks with peppermint. | Sore Throat  
Add a couple drops in \( \frac{1}{4} \) cup water and gargle. |
| Sleeping Aid  
Apply 2 drops to the bottom of feet or inhale. | Stomach Ache/Nausea  
Drink a couple drops in hot water. | Skin Splits/Cuts/Blisters  
Apply to the area. |
| Deodorant  
Rub 2 drops in the armpits. | Pick-me-up  
Apply to temples, back of neck & chest | Fungal/Bacterial Infections  
Apply to the area. |
| Soap Replacement  
Rub lavender oil on skin. | Overheating  
Apply a drop to the bottom of the feet & back of the neck. | Onset of Flu or Cold  
Rub 2 drops on bottom of feet 3 times per day. |
| Allergies  
Apply to the back of the neck, chest, & forehead. | Tendonitis/Joint/Muscle Pain  
Rub a couple drops on joints or muscles. | Athlete’s Foot  
Apply topically. |
| Heat Rash/Chafing  
Apply to location or dilute with an oil or lotion. | Congestion  
Apply to sinuses. | Rash  
Layer on both lavender & melaleuca. |

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