

Hiking with Essential Oils

LAVENDER	PEPPERMINT	MELALEUCA/TEA TREE
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 ¼ 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.