

Essential Oils to the Rescue!

Building Your First Aid Kit



Butterfly
Express
100% Pure
Essential Oils

Bladder Infection:	Beloved, Cedarwood, Deliverance, Meditation
Bleeding:	Vitality, Yarrow
Blisters:	Lavender, Lavender & Chamomile
Bruises:	Deliverance, Helichrysum, Mela Plus, Paine, Tenda Care
Bug Bites:	Lavender, Mela Plus, Purify, Tea Tree
Burns:	Lavender
Cleaner/Disinfectant:	Balsam, Lemon or Lime (water), Sunburst (dishes, laundry, etc.)
Cuts & Scrapes:	Lavender, Purify or Tea Tree (cleanse & disinfect), Yarrow
Diarrhea:	From: Food, Peppermint - Nerves, Lavender - Viral, Tea Tree
Ear Infection:	Basil, Mela Plus, Life Force (1 drop on cotton ball, fit snugly in ear)
Fatigue/Exhaustion:	Peppermint (great to have in the car to keep driver awake & aware)
Headache:	Balance or Women Wise (hormonal), Lavender, My-Graine, Peppermint
Insomnia:	Lavender, Sunburst, Tranquility
Motion Sickness:	EZ Traveler, Peppermint
Muscle Aches:	Deeper, Peppermint, Tenda Care, Warm Down
Pain:	Deeper, Paine
Poison Ivy/Oak:	Heart Song, Lavender, Mela Plus, Unity
Rashes:	Baby Me, Lavender, Lavender with Yarrow
Respiratory:	Aspire (lower), Breezy (upper), Eucalyptus
Shock:	Basil, Black Pepper, Crystal Clear, Lavender, Peppermint, Rosemary
Snake Bite:	Basil, Lavender, Patchouli
Stomach Upset:	EZ Traveler, Inside Out, Peppermint, Revitalize
Stress/Tension/Panic:	Chamomile, Lavender, Tranquility, Vitality
Sunburn:	Lavender
Toothache:	Clove, Deliverance, Purify

Information gathered from *Butterfly Expressions Handbook*; *The Complete Book of Essential Oils & Aromatherapy* - Valerie Worwood; & *Reference Guide for Essential Oils* - Connie and Alan Higley. These ideas are general guidelines based on traditional uses of essential oils.

This paper is not intended to diagnose or prescribe. Please consult a physician for health problems & concerns and conditions requiring first aid.

www.ButterflyExpress.com ~ First aid kit available here

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