AromaworX
Crystal Wind™

Condition	Essential First Aid	Alternate Oils
Abscesses	Apply a compress to which you have added the following essential oils: 2 drops lavender, 2 drops tea tree and 2 drops sandalwood. Apply this to the site twice a day.	chamomile Roman, lemon, eucalyptus
Abrasions	Clean the area well with 5 drops of lavender diluted in a bowl of warm water. Apply one neat drop of lavender and leave to heal.	tea tree, red thyme, niaouli, neroli, frankincense, myrrh
Athletes Foot	Make up a mixture of 2 drops of tea tree and 1 drop of lavender; dip a cotton-wool bud into it and smear it between the toes and around the nails. Add approximately 20 drops of essential oil to a footbath and soak your feet for 15 minutes, three times a day. Also make up the following massage oil and rub it over the feet, paying special attention to the toes: 5 drops tea tree, 1 drop lemon diluted in 1 teaspoon of vegetable oil.	geranium, hyssop, lavender, thyme
Black Eyes	Dilute 1 drop of geranium and 1 drop of chamomile in 1 dessertspoon of witch-hazel and blend well together. Now add this to 1 tablespoon ice-cold water, mix well and soak some cotton-wool pads in it. Close your eye and apply to the eyelid and surrounding area.	
Bleeding From an Open Wound	Apply a compress to which you have added the following essential oils: 1 drop geranium, 1 drop lemon, 1 drop chamomile.	cypress, hyssop, Palma rosa, rose
Bleeding Nose	Sit with your head between your knees, pinch the nostrils and inhale the following oils from a tissue: 3 drops lemon, 1 drop lavender.	cypress, chamomile, Palma rosa, rose, rosemary
Bleeding Gums	Make up the following mixture; add it to a tumbler of warm water and use as a mouthwash do not swallow: 2 drops lemon, 1 drop lavender, 2 drops eucalyptus diluted in 1 tsp brandy.	cypress, myrrh, rose, tea tree
Blisters	Apply neat 1 drop lavender and 1 drop of chamomile. Pat in thoroughly but carefully.	lemon, myrrh, tea tree
Blisters from Burns and Scalds	Do not pierce. Put 1 neat drop of lavender oil on to the blister and then hold an ice cube on the blister for at least ten minutes, cover with a piece of dry, clean gauze. Repeat up to three times a day.	
Bruises	Wrap some ice cubes in a towel and hold against the area. Then apply oil made with 30 drops hyssop diluted in 30 ml vegetable oil. Alternately prepare a compress by soaking a cloth in cold water to which you have added the following essential oils: 2 drops lavender, 3 drops rosemary, 1 drop bergamot. Hold the compress on the affected area for approximately 15 minutes to relieve pain and swelling. Add ten drops of essential oil to the bath and soak for fifteen minutes.	chamomile Roman, eucalyptus, geranium, lemon
Burns	Run the area of the burn under cold water. Prepare a cold compress by soaking a cloth in cold water and ice cubes and adding approximately 2-5 drops of lavender. Hold the compress on the affected area for approximately 15 minutes to relieve pain and swelling. After the skin has cooled, dab the area with a couple of drops of essential oil placed on a cotton ball.	eucalyptus, geranium, chamomile German, yarrow

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Chapped Lips	Prepare a lip balm by combining 2 teaspoons of aloe vera gel with the following essential oils: 2 drops chamomile Roman, 2 drops geranium. Mix well and apply to the lips regularly.	eucalyptus, neroli, rose, sandalwood
Chilblains	Apply 1 drop neat geranium oil to the affected area (usually the toes or fingers). Do this for two days, then massage with the following oil: 5 drops geranium, 1 drop lavender, 1 drop rosemary diluted in 1 teaspoon vegetable oil. Also, add ten drops of essential oil to the bath and soak for fifteen minutes.	black pepper, chamomile, ginger, tea tree
Cold Sores	Add 1 – 2 drops of any *one* of the following essential oils to a cotton ball or tissue and apply directly to the affected area: bergamot, chamomile Roman, geranium, tea tree. Also, massage the whole body including the face and neck with the following blend: 10 drops geranium, 10 drops lavender, 2 drops thyme, 8 drops lemon diluted in 30 ml vegetable oil.	
Common Cold	Use the following oils in a hot bath; lie back and inhale deeply: 2 drops thyme, 2 drops tea tree, 1 drop eucalyptus, 3 drops lemon. For steam inhalation or in a vaporizer, use one drop of each: thyme, tea tree, lavender and clove. Carry a tissue with you on which you have placed one drop each: red thyme, peppermint, eucalyptus and clove, and inhale deeply when possible. Massage around the chest, neck and sinus area (forehead, nose and cheekbones) with the following: 1 drop lemon, 2 drops eucalyptus, 3 drops rosemary diluted in 1 tsp vegetable oil	
Conjunctivis (Pink Eye)	Add 1 drop of chamomile to 1 teaspoon witch-hazel and mix as well as possible. Then add to 30ml rosewater and leave for at least seven hours. Strain through a paper coffee filter and use with a compress on the eyelids (keep the eyes closed)	
Cuts and Scrapes	Bathe the area with warm water to which you have added the following essential oils: 5 drops lavender, 2 drops tea tree to 2 cups of water. Put 3 drops lavender on a piece of gauze and place it over the cut. Renew it twice a day and expose the cut or wound to air on the third day if possible. Alternate oils which can be used: cypress, eucalyptus, lemon, myrrh, niaouli, Palma rosa, pine, rose - add 10 drops of any one of these essential oils to a pint of warm water in a bowl.	cypress, eucalyptus, lemon, myrrh, niaouli, Palma rosa, pine, rose
Earaches	For general earaches, warm a teaspoon of olive oil and add to it 1 drop of lavender and 1 drop of chamomile, blend well. Soak a piece of cotton wool in this and use it to plug the ear. Also use the following oil to massage around the ear area, up the neck and across the cheek bone: 3 drops chamomile, 1 drop lavender, 1 drop tea tree diluted in 1 teaspoon vegetable oil. Use a few drops of the above-mentioned essential oils, applied to a warm compress and hold it up to the affected ear.	

Fainting	Untie any tight clothing and raise the legs higher than the head. Hold the open bottle of essential oil under the patient's nose: use lavender, rosemary or peppermint. When consciousness is regained, give the patient a drink made by adding 1 drop of lemon essential oil to a teaspoon of honey and dissolving it in a cup of hot water, this should be slipped slowly. Also, put 2 drops of any of the above essential oils on to a tissue, which should be inhaled.	angelica, marjoram, neroli, rose
Fainting from Exhaustion	Treat as for fainting, followed as soon as possible by a warm bath to which you have added: 2 drops chamomile, 1 drop lavender, 1 drop geranium. Bed-rest should follow immediately.	
Frostbite	Drop up to 5 drops of neat geranium on to the affected area. Alternately, use lavender. Do NOT rub the area and do NOT apply direct heat. When the person is warm, massage with: 4 drops geranium, 2 drops clove diluted in 1 teaspoon vegetable oil.	
Headaches	Prepare a blend using 3 drops lavender, 1 drop peppermint and 1 drop vegetable oil. Massage around the temples, the base of the skull, and along the hairline. Do not use massage if the person is suffering from a migraine headache. Add a few drops of essential oil to a handkerchief and inhale. Use a few drops of essential oil applied to a cold compress. Add ten drops of essential oil to the bath.	chamomile, rosemary, rose
Headaches - nervous	Prepare a blend using 3 drops lavender, 1 drop peppermint and 1 drop vegetable oil. Massage around the temples, the base of the skull, and along the hairline. Massage over the solar plexus in a clockwise direction using: 1 drop geranium, 2 drops lemon, 3 drops lavender diluted in 1 teaspoon vegetable oil.	rosemary, clove
Headaches – gastric	Caused by eating the wrong foods - mix 1 drop of peppermint oil with a teaspoon honey dissolved in a glass of warm water and sip. Combine the following essential oils: 1 drop rosemary, 2 drops peppermint, 1 drop lavender; use 1 drop of the combined oils to massage the back of the neck. Either inhale 1 drop on a tissue or use 3 drops in a steam inhalation.	
Heartburn	Add 1 drop peppermint to a teaspoon honey and dissolve in a cup of warm water, sip slowly. Also rub upper abdominal area with: 2 drops eucalyptus, 3 drops peppermint diluted in 1 teaspoon vegetable oil.	
Hiccups	Put 1 drop chamomile oil in a brown paper bag and hold it over your nose and mouth. Breathe in deeply and slowly through your nose.	fennel, lavender, lemon
Insect Bites	Remove the stinger if applicable and apply neat lavender or tea tree to the site. Use a few drops of essential oil to a cold compress to ease swelling.	chamomile
Itching	Combine 1 drop lavender and 1 drop chamomile Roman and massage neat in to the affected site.	
Laryngitis	Combine 3 drops lavender and 1 drop thyme in 2 cups (500ml) hot water. Use in a steam inhalation.	geranium, ginger, pine
Mouth Ulcers	Make a mouthwash by adding the mixture below to a glass of warm water. Swish well around the mouth but do not swallow. Combine 1 drop peppermint, 2 drops lemon, 1 drop geranium, 1 drop thyme diluted in 1 teaspoon brandy. Blend the following together and use a little to smooth around the ulcerated area: 2 drops chamomile, 1 drop thyme blended into 1 tablespoon aloe vera gel or liquid.	

Nausea	There are several methods for nausea. Essential oils suitable for use: fennel, ginger, peppermint. Massage the abdomen with a few drops of essential oil added to a carrier oil. Add 10 drops of essential oil to a warm bath. Add a few drops of essential oil to a compress and apply to the affected area. Use as an inhalation.	
Palpitations	Put the following on a tissue and inhale: 2 drops lavender, 1 drop chamomile, 2 drops geranium, or use the combined oils as an inhalation. Massage over the whole of the torso regularly every night with the following: 10 drops lavender, 10 drops chamomile, 3 drops rosemary, 7 drops lemon diluted in 30 ml vegetable oil. Before bed take a bath with 2 drops chamomile and 2 drops lemon.	valerian, neroli, rose
Shock	Treat as for fainting. Prepare a massage blend to use before bed: 3 drops lemon, 2 drops geranium, 1 drop lavender diluted in 2 teaspoons vegetable oil.	basil, chamomile, Palma rosa, rose, valerian
Splinters	Remove the splinter, with a sterilized needle or pair of tweezers. Apply 1 neat drop of lavender or tea tree.	
Sty	First prepare the liquid needed for a hot compress; boil 10ml rosewater and add to it 1 drop of chamomile essential oil. Strain this through a paper coffee filter and leave to cool slightly. Now put 1 neat drop of lavender on a cotton bud and smear it on the cheek-bone, under the sty, keeping the eye well closed. Soak a cotton-wool pad in the rosewater and chamomile liquid and put it on your closed eyelid. Leave until cool. Repeat the whole procedure twice a day for three days.	
Toothache	Put 1 drop of clove oil on a cotton bud and apply it to the gum around the tooth or into the crevices on either side. Alternately combine 1 drop cloves, 1 drop peppermint and one drop chamomile Roman with 1 teaspoon of vegetable oil and use this to massage into the gums. Massage the jaw and cheekbone with: 1 drop clove, 3 drops chamomile, 1 drop lemon diluted in 1 teaspoon vegetable oil. In severe cases a hot compress can also help. Use 3 drops chamomile in hot water and soak the material in cotton wool then apply to the affected cheek area. If the nerves are not exposed, applying ice to the cheek can also bring relief.	