

THIEVES

ESSENTIAL OIL *Cheatsheet*

WHAT IS IT?

Thieves essential oil is a blend of five essential oils. It is a combination of Clove, Lemon, Cinnamon, Eucalyptus and Rosemary. This oil is known to have a strong anti-bacterial, anti-fungal & anti-viral properties. Some people like to use it for cleaning purposes to disaffect and for when sick to help reduce and clear away symptoms.

RELIEF

- COLDS
- FLU
- TOOTHACHE
- SORE THROAT
- BEE STING
- INFLAMMATION
- HEADACHES
- GERMS
- BATHROOM SCRUB

IMPROVES

- IMMUNE SYSTEM
- MOOD
- SICKNESS
- COLD SORE

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REMEDIES

IMMUNE - (ADD A FEW DROPS TO THE BOTTOM OF YOUR FEET WITH A CARRIER OIL SUCH AS COCONUT OIL DAILY)

SORE THROAT - (MIX WITH A TABLESPOON OF WATER, GARGLE AND SWALLOW OR ADD TO HOT WATER TO DRINK)

CLEAN AIR - (APPLY A FEW DROPS TO YOUR DIFFUSER FOR 15 MINUTES)

DENTAL HEALTH - (APPLY TO GUMS AND TEETH)

HEADACHES - (APPLY ONE DROP TO YOUR THUMB AND PRESS IT TO THE TOP OF YOUR MOUTH)

TOOTHACHE - (RUB DIRECTLY TO THE AREA)

INFLAMMATION - (RUB DIRECTLY TO THE AREA WITH A CARRIER OIL SUCH AS COCONUT OIL)

BEE STING - (RUB DIRECTLY TO THE AREA)

BATHROOM SCRUB - (ADD 1-4 DROPS TO BAKING SODA TO CLEAN)

NATURAL BUG REPELLANT - (DILUTE IN WATER)