

Essential

O I L S

CHEATSHEET COLLECTION



CITY OF CREATIVE DREAMS

SHANICE BANNIS

Owner of *City of
Creative Dreams*

WWW.CITYOFCREATIVEDREAMS.COM



HELLO! HELLO! HELLO!

I wanted to take a minute to say hi to you. Hello!

My name is Shanice Bannis. I am the owner, creator and overall person behind City of Creative Dreams. I'm an organizing expert from Toronto Canada who loves to organize busy women and mom's homes, lives, weddings and business.

Since 2012, I have been making others (like you) life a little easier by helping them take control of their household by removing clutter, mastering their time & simplifying their lives. That is why I am deeply honoured to have you enjoy these customized printables collections. I hope this collection gives you a helping hand in your already incredibly awesome life!

-Shanice

CEDARWOOD

ESSENTIAL OIL

Cheatsheet

WHAT IS IT?

Cedarwood is a type of tree that can live more than 300 years and grow up to 120 feet tall. The oil is extracted from the steam distillate by the wood pieces of the cedar wood tree. It is antifungal, antiseptic, diuretic, astringent and sedative.

RELIEF

- Toothaches
- Skin Irritations
- Spasms
- Asthma (inhale)
- Fungal Infections
- Coughs
- Acne
- Tension and Stress
- Eczema
- Arthritis

IMPROVES

- Hair Growth
- Hair Loss
- Dry Scalp
- Fuller Lashes
- Gums
- Metabolism (stimulates)
- Menstruation (regulates)
- Muscles (tightens)
- Body (cleans out toxins)
- Digestive
- Circulatory Functions
- Wounds

CEDARWOOD

ESSENTIAL OIL

Cheatsheet

REMEDIES

- Eczema - (add drop to lotion or few drops to bath)
- Arthritis - (inhale, use of skin or use 5-10 drops in bath)
- Hair Growth - (combine it with thyme, rosemary, and lavender to the scalp)
- Hair Loss - (add to shampoo or conditioner, let sit for 30 mins before rinse)
- Dry Scalp - (add with coconut oil, let sit in hair for 30 before rinse)
- Acne - (add to your face soap or face lotion or just massage to facial skin)
- Muscles - (Massage 3-5 drops onto sore or tight areas)
- Asthma - (inhale or add 5-10 drops to bath)
- Cough - (rub on chest and throat)
- Wounds - (add with coconut oil then rub on area)
- Diuretic - (massage 2 drops over bladder and kidney)
- Menstruation - (inhale from bottle or diffuse)
- Fungal Infections - (add with coconut oil to area)
- Bug Repellant - (apply to skin or diffuse)
- Fuller Eye Lashes - (add 2 drops with jojoba oil, 2 drops of lavender & 1 drop of rosemary)
- Sleep - (apply 4 drops along with 3 drops of lavender)

BONUS: Rejuvenates: Focus, Wisdom, Self-Esteem, Personal Outlook, Sleep

LAVENDER

ESSENTIAL OIL

Cheatsheet

WHAT IS IT?

Lavender essential oil is steam distilled tops of the plants. It is also the most popular essential oil worldwide. It is most common items lavender is in linen sprays, perfumes, body scrubs and more! It is also the most versatile essential oils.

RELIEF

- Allergies
- Sun Burns
- Rashes
- Stress
- Joint Pain
- Cough
- Headaches
- Lice
- Nausea

IMPROVES

- Wounds
- Dry Skin
- Dandruff
- Hair Loss
- Acne
- Complexion
- Dark Circles
- Wrinkles
- Sleep

LAVENDER

ESSENTIAL OIL

Cheatsheet

REMEDIES

- Allergies - (add drop to bridge of nose)
- Sun Burns - (2-4 drops to skin)
- Cuts - (apply directing to cuts)
- Rashes - (add with coconut oil and apply to rash)
- Stress - (diffuse 20 mins per day)
- Dandruff - (apply directly to scalp or few drops to shampoo)
- Dry Skin - (apply to skin)
- Sleep - (inhale or add 5-10 drops to bath)
- Cough - (inhale)
- Joint Pain - (add with coconut oil then rub on area)
- Headaches - (apply to temple and back of neck)
- Acne - (dab on skin)
- Complexion - (1 tbs brown sugar, 1 tbs honey & few drops of lavender on face)
- Lice - (add with coconut oil, massage scalp for 5-10 mins)
- Wrinkles - (add 15 drops to 1 ounce of jojoba oil & 5 vitamin E capsules to face twice a day)
- Dandruff - (apply 10-15 to warm olive/argon oil & massage for 5-10 min)

BONUS: It is complements dairy textures and fantastic flavor to baked goods like pound cakes. Try it in ice cream and jams.

COPAIBA

ESSENTIAL OIL
Cheatsheet

WHAT IS IT?

Copaiba essential oil is steam distilled from the gum resin of a copaiba tree which is located in Brazil. When distilled it comes out as a pale yellow color. It is the most anti-inflammatory oil on earth and it also has antiseptic properties.

RELIEF

- Pain
- Inflammation
- Congestion
- Headaches
- Migraines
- Infections
- Athlete Foot
- Varicose Veins

IMPROVES

- Anxiety
- Liver
- Brain
- Teeth
- Acne
- Wrinkles
- Skin
- Scars
- Mood
- Blood Pressure
- Stretch Marks

COPAIBA

ESSENTIAL OIL

Cheatsheet

REMEDIES

- **Pain - (add a few drops to the affected area)**
- **Acne - (dab on the skin)**
- **Headaches - (apply to temple and back of neck)**
- **Wrinkles - (add 15 drops to 1 ounce of jojoba oil & 5 vitamin E capsules to face twice a day)**
- **Stretch Marks - (apply directly to the skin)**
- **Sagging Skin - (apply directly to the skin)**
- **Stomach Distress - (add a drop to tea and honey)**
- **Sore Muscles - (add 3-5 drops to bath with 1 cup of Epson salt)**
- **Massage - (apply 3-5 drops with a carrier oil such as coconut oil)**
- **Tension - (apply to 4-5 drops with jojoba to the area)**
- **Skincare - (add 2-4 to moisturizer)**

BONUS: It is most commonly used as a lacquer or varnish. If not used properly it can cause stomach problems when used internally.

FRANKINCENSE

ESSENTIAL OIL

Cheatsheet

WHAT IS IT?

Frankincense essential oil is steamed distilled resin of the *Boswellia carterii* tree. It can also be from the *Boswellia sacra* tree. These trees are grown in drier areas such as in Somalia or India. This oil is known to have a strong anti-inflammatory and can protect your healthy cells in your body.

RELIEF

- Sore Throat
- Dry Skin
- Warts
- Inflammation
- Pain
- Seizures
- Excema
- Headaches
- Indigestion

IMPROVES

- Wrinkles
- Stress
- Immune System
- Mood
- Depression
- Stretch Marks
- Skin
- Anxiety
- Memory
- May Balance Hormones
- May Improve Fertility
- Sleep

FRANKINCENSE

ESSENTIAL OIL

Cheatsheet

REMEDIES

- **Pain** - (add a few drops to the affected area & spine for your back)
- **Sore Throat** - (dab on the skin of your throat & all around the neck)
- **Dry Skin** - (apply to the dry area of skin)
- **Wrinkles** - (apply 3-5 drops with a carrier oil such as coconut oil)
- **Warts** - (apply directly to wart day & night)
- **Stress** - (apply to temples & wrists)
- **Strengthen Nails** - (add 3-5 drops with Myrrh, Lemon, 2 tablespoons of vitamin oil & rub)
- **Reduce Stretch Marks** - (add 3-5 drops with Myrrh, Grapefruit with a carrier oil)
- **Skin Toner** - (apply 2 drops with Lavender, Geranium to 8 ounces of water)
- **Headaches** - (apply to temples along with Lavender)
- **Arthritis** - (rub directly to the area with Copaiba)
- **Indigestion** - (add 1-2 drops to eight ounces of water)

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

THIEVES

ESSENTIAL OIL

Cheatsheet

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)