



57 PRACTICAL WAYS TO USE
ESSENTIAL OILS

BY CARRIE KOREM, FNTF

W E L C O M E

Hi there!

First and foremost, thank you for being here! I am honored to walk alongside you as you begin (or continue!) your journey to learn how to use essential oils in your everyday life.

I've been using essential oils for years, and they've become an invaluable part of my everyday life—from supporting wellness and relaxation to enhancing my home environment. This guide is a collection of the practical, real-life ways I've incorporated essential oils over time.

Inside, you'll find simple, approachable ideas to help you make the most of your oils. My hope is that you discover tips and routines that feel easy, effective, and aligned with your lifestyle.

Here's to feeling empowered and inspired as you explore!

All my best,

Carrie

CARRIE KOREM, FNTP

I'm a Functional Nutritional Therapy Practitioner and work with clients one-on-one at my practice in Dallas, TX . Through unprocessed, organic food and detox I've reversed Hashimoto's disease, chronic migraines, IBS and eczema. I'm the writer over at Deliciously Organic, and have two published cookbooks.



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1. When Your Throat is Sore - Melaleuca, OnGuard, Frankincense, and Ginger - drop 1 drop of each on the tongue. It's a bit spicy, so if you can't tolerate the heat, then rub this combination on your throat. You can also make a sore throat spray by putting 20 drops of each oil in a [glass spray bottle](#) and topping it off with distilled water. Spray 5 pumps in the mouth as needed.

2. To Support the Immune System (use this when you've been exposed to someone who's been sick) - Lemon, OnGuard and Oregano - put 20 drops of each in a [glass roller ball](#) and top with [fractionated coconut oil](#) - roll this blend on the feet 2x a day for 5 days.

3. To Support the Immune System (use this each day to support wellness) - Lemon, OnGuard, and Frankincense - put 20 drops of each in a [glass roller ball](#) and top with [fractionated coconut oil](#) - roll this blend on the feet 2x a day.

4. To Help Maintain Health During the Fall and Winter (Back to School Blend) - Thyme, Lemon, Protective Blend, Melaleuca - put 20 drops of each oil in a [glass roller ball](#) and top with [fractionated coconut oil](#) - rub this blend on the feet 2x a day.

5. Help Balance Hormones - Clary Sage and Zencrine - rub 1 drop on the feet 2x a day.

6. Scarring - Frankincense (helps prevent) or Helichrysum (helps reduce) - rub 1 drop of either oil on the scar 2x a day.

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7. To reduce the appearance of wrinkles and aging - Immortelle Blend, Frankincense, Lavender, Myrrh, Geranium - place some face cream in your hand and drop one drop of any of the oils listed and rub into the face daily. The Immortelle blend is already blended for you, so swipe the oil blend over the face 1x each day.

8. To Ease Stress - Lavender, Serenity and Balance, Ylang Ylang, Focus Blend, Wild Orange. Use 1 drop of any of the oils listed and rub on the back of the neck. Or, you can use a combination of any of the oils and diffuse. For diffusing, I like to use 3 drops of each oil.

9. To Calm Emotions - Elevation, Bergamot, Roman Chamomile - Diffuse 3 drops of each in a diffuser, or rub 1 drop of any of the oils listed on the neck.

10. To Help You Relax - Rub 1 drop of Serenity, Lavender, or Bergamot on the feet or back of the neck. Or, to make a blend, combine 20 drops of each oil in a [10ml glass roller ball](#) and top with [fractionated coconut oil](#). Roll this blend over the heart or the back of the neck as needed.

11. Airsick, carsick or seasick - Rub 1 drop of Ginger and Frankincense around the ear before getting on a plane, car or boat. If you begin to feel nauseous, place a drop of peppermint on one hand, rub your hands together and then cup your hands over your nose and inhale deeply for 30 seconds or as needed.

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12. To Reduce Anxiety - Place 1 drop of Balance and 1 drop of Lavender on one hand, rub your hands together and then cup your hands over your nose and inhale and exhale deeply for 30 seconds. You can also diffuse 3 drops of each.

13. Occasional Stomach Ache - Peppermint, Digest Zen, Ginger, Fennel (rub 2 drops of any of these oils directly on the stomach).

14. Occasional Diarrhea - Peppermint, Geranium, Ginger - Rub 1 drop of each over the lower abdominal area.

15. To Relieve Bloating - Rub 1 drop of Lavender and 1 drop of Ginger over the stomach.

16. Relieves Mild Heartburn or Acid Indigestion - Rub 1 drop of Digest Zen over the stomach, or place 1 drop on the tongue and drink a glass of water.

17. Treats Mild Acne - Immortale Blend, Frankincense, Lavender, Melaleuca and Geranium (I personally love the combination of Frankincense and Melaleuca).

18. For Bowel Inflammation - Rub 1 drop of Peppermint on area of concern or use on feet.

19. For Adrenal Fatigue - Clove, Rosemary and Basil - combine 20 drops of each in a [10ml glass roller ball](#) and rub over the adrenals each morning.

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20. To Support an Overactive Thyroid - Myrrh, Lemongrass - Rub 1 drop of each on the feet daily.

21. Carrie's Favorite Thyroid Support Blend - Frankincense, Myrrh, Basil, Marjoram, Clove and Lemongrass - put 20 drops of each in a [glass roller ball](#) and top with [fractionated coconut oil](#) - rub this blend on the feet 2x a day. To learn more about how to use oils to support the thyroid and immune system, [check out our free online class](#).

22. Itchy or Flaky Scalp - Melaleuca - massage 2 drops directly to the scalp, or add a few drops to your shampoo and conditioner.

23. Detox Bath - Fill a bath with warm water. Add 1 cup of epsom salts, 2 drops of Juniper Berry and 2 drops of Rosemary. Soak for 20 minutes.

24. Daily Detox - Lemon - put a 1-2 drops in water and drink each day.

25. Carrie's Favorite Sleepy-Time Blend - Cedarwood and Lavender - Rub 1 drop of each on the feet before going to sleep.

26. Sleeplessness - Roman Chamomile, Ylang Ylang and Lavender - Diffuse 3 drops of each or apply 1 drop of each to neck or bottoms of feet.

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27. To Relieve Occasional Sleeplessness for Children - Lavender - diffuse 3 drops or place 20 drops of Lavender in a [glass spray bottle](#) and top with distilled water. Spray over their pillow or favorite stuffed animal before sleeping.

28. To Relieve a Sunburn - Combine 1 drop of Lavender and 1 drop of Frankincense and apply directly to the area of concern.

29. To Help Protect Yourself From the Sun - Helichrysum, Arborvitae - combine 5-10 drops to 1 tablespoon [fractionated coconut oil](#) and apply to the skin before heading outside.

30. For Seasonal Sinus Issues - Rub 1 drop of Melaleuca, Lavender, and Lemon on the feet each day.

31. Stuffy Nose - Rub 1 drop of Breathe over the sinuses (keep away from the eyes as it can make the eyes water).

32. Daily Allergy Support - Lavender, Lemon, Peppermint, Breathe and Frankincense - put 20 drops of each in a [10ml glass roller ball](#) and top with [fractionated coconut oil](#).

33. Snoring - Thyme - rub 1 drop on big toes before going to sleep. This REALLY works! :)

34. Headaches - Rub 1 drop of Peppermint directly on the area where it hurts.

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35. To Relieve Throbbing and Intense Headaches - Deep Blue, Frankincense, and Basil - Apply 1 drop of each to temples, back of neck and forehead.

36. Healthy Cell Support (Created by Season Johnson, Founder of the KickCancer Foundation) - Frankincense, Sandalwood, Myrrh - put 20 drops of each in a [10ml glass roller ball](#) and top with [fractionated coconut oil](#).

37. Inflammation - 1 drop of Frankincense, Eucalyptus, Soothing Blend - can use daily if dealing with chronic inflammatory issues.

38. Cuts and Scrapes - 1 drop of Lavender or Melaleuca on the area of concern.

39. To Relieve a Burn - 1 drop of Lavender on the area of concern.

40. Supports the Ear Canal - Combine 1 drop Melaleuca and 1 drop Oregano with [fractionated coconut oil](#) and rub around the ear (never put in the ear).

41. For Relief from Bug Bites or Stings - 1 drop of Purify directly on the bite or sting.

42. Boost Energy - Diffuse 3 drops of Lemongrass, Wild Orange, and Elevation.

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- 43. Jet Lag** - Rub 1 drop Balance and Peppermint to temples, lower back and bottoms of feet. Or add 1-2 drops of Balance to warm water and soak for 20 minutes.
- 44. Cellulite** - Grapefruit - combine 2 drops with some [fractionated coconut oil](#) and apply to area of concern daily.
- 45. Baby Can't Sleep** - 1 drop of Serenity combined with [fractionated coconut oil](#) on bottoms of feet at bedtime.
- 46. Pain Reliever** - Peppermint (apply to area of concern).
- 47. To Help Reduce Sunspots or Age Spots** - Frankincense or Immortale Blend - rub directly on the area of concern.
- 48. Behavioral and Focus Issues** - Balance, Elevation, Vetiver, Serenity, Lavender - combine 20 drops of each in a [10ml roller ball](#) and top with [fractionated coconut oil](#). Rub on the feet and spine 2x a day.
- 49. If Your Tooth Hurts** - Rub 1 drop of Clove on the area of concern. It's a strong oil, so if needed, combine with a bit of [fractionated coconut oil](#).
- 50. To Aid in Weight Loss** - Grapefruit or Metabolic Blend - put 1-2 drops in ice water and drink throughout the day.

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51. Other Helpful Oils for Weight Loss - Rub 2 drops of Zendocrine over the liver each day.

52. To Support the Gallbladder - Rub 1 drop Geranium and Rosemary over the liver/ gallbladder daily.

53. To Support the Cardiovascular System - Rub 1 drop of Wild Orange, Cypress, or Sandalwood over the heart daily.

54. Varicose Veins - Cypress, Wild Orange, and Lavender - Rub 2 drops of each oil on the area of concern 2x a day.

55. For Energy - Rub 1 drop of Peppermint and 1 drop of White Fir on the neck.

56. Achy Joints - Combine 20 drops of Frankincense, Rosemary, and Marjoram in a [10ml glass roller ball](#) and top with [fractionated coconut oil](#). Rub on the area of concern when needed.

57. As Part of Your Diet to Help Maintain an Already Healthy Blood Sugar Level - Combine 1 drop Cinnamon and 1 drop Cardamom with [fractionated coconut oil](#) and rub over the pancreas and feet each day.

If you'd like to purchase therapeutic grade oils at wholesale prices, sign up [HERE](#). I've been using doTerra essential oils since 2015 and have consistently been impressed by their quality and the variety they offer.



LET'S CONNECT!



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