



Family First Aid, **MEDICINE CABINET** & DIY Recipe Guide

DR. ERIC ZIELINSKI

Bestselling Author of
The Healing Power of Essential Oils
& *The Essential Oils Diet*



Family First Aid, Medicine Cabinet & DIY Recipe Guide

by Dr. Eric Zielinski

Copyright © 2022 by NaturalLivingFamily.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted by any means – electronic, mechanical, photographic (photocopying), recording, or otherwise – without prior permission in writing from the author.

The products and statements in this book have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided in this book is for informational purposes only, and is not intended as a substitute for advice from your physician or other health care professional. You should not use the information in this book for diagnosis or treatment of any health problem.

Learn more information at: NaturalLivingFamily.com.

The Essential Oils Apothecary
Alzheimer's, Cancer, Fatty Liver, Heart Disease & More...
150+ Soothing Remedies for Managing the Treatment &
Symptoms of Chronic Illness!

[Get Your Copy Here!](#)

The Healing Power of Essential Oils
150+ Healing Recipes & Remedies to Soothe Inflammation, Boost
Mood, Prevent Autoimmunity, and Feel Great in Every Way!

[Get Your Copy Here!](#)

Leading Essential Oil Experts Dr. Eric and Sabrina Zielinski Bring Hope to Chronic Disease Sufferers With the Only Advanced Essential Oils Guide Backed by Science

Find clarity and comfort in the Zielinskis' long-awaited comprehensive essential oil guide, complete with 150+ evidence-based protocols for managing the 25 most common chronic conditions & nagging symptoms bringing the world to its knees

Includes the advanced strategies & protocols for Alzheimer's, arthritis, cancer, COPD, depression, epilepsy, fatty liver, fibromyalgia, insomnia, heart disease, substance abuse & More!

Get the Support You Need from the Most Important Health Reference Book for Modern Living...



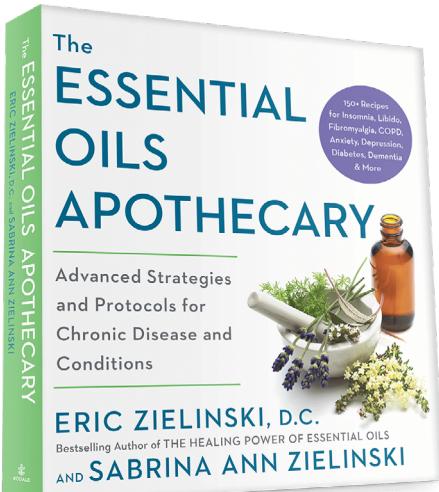
"Beginner-level essential oil information abound, but when one begins to seek out evidence-based protocols for more complicated ailments, finding information you can trust is incredibly difficult. The Essential Oils Apothecary is the volume I wish I had years ago."

- Jill Winger, Bestselling Author of *The Prairie Homestead Cookbook* and the host of the Old Fashioned On Purpose Podcast



"Essential Oils are powerful medicine, and nobody knows more about them than Dr. Eric and Sabrina Ann Zielinski. If you're looking for both state-of-the-art science and practical, hands-on information, this is the book you need."

- Kellyann Petrucci, ND, New Your Times Bestselling Author, *Dr. Kellyann's Bone Broth Diet*



ORDER YOUR COPY NOW TO RECEIVE \$400+ IN IMMEDIATE BONUS CONTENT

>>

Spiritual Disclaimer

Please note that I am a Christian and it is from this perspective that I present the information that is in this book. Amongst other things, this means that I will refer to "God," not the "Universe." This also means that I may reference Biblical teaching and ancient proverbs that I have found to be helpful and applicable today.

Sometimes people get offended by the words that I use, or the spiritual references that I make. Please don't fall into this trap.

As a trained public health researcher and world-renowned essential oils educator, you can trust that the information presented in these pages is solid, evidence-based and that it will help you.

I do not judge people that don't share my faith and I am committed to helping everyone (regardless of who they are or what they believe) benefit from my experiences. In fact, I whole-heartedly believe this is my mission in life and why God put me on this planet.

You see, there I go referencing "God" again. ;)

A Note About Faith

Personally, I have found that my faith has been vital to helping me overcome sickness and disease - as it has for the thousands of people that we have helped get well.

Being a Christian, it's impossible for me to separate my personal beliefs from my actions and lifestyle habits. As a researcher, I am intrigued to see how clinical trials and science continues to uncover the role that prayer, positive thinking and faith play in the healing journey.

My dear friend and Integrative Oncologist, Dr. Tony Jimenez often says that "cancer is an emotional disorder." The same can be said of all chronic, long-standing disease like gut disorders, autoimmunity, arthritis, fatigue and insomnia.

It is with this in mind that I present to you the information in the Introduction and scattered throughout this book where you will discover eternal truths that will provide you with hope, inspiration and may even shed some light on things if you are willing to take a dive into the spiritual side of healing with me.

Table of Contents

Click on Title to go to Chapter

Part One

Your Family First Aid & Medicine Cabinet

Introduction 8

Part Two

Easy Quick-Start Recipes

After Bug Bite Itch Relief Roll-On 12

Anxiety Relief Roll-On 13

Blood Sugar Balancing Blend 14

Breathe Easy Roll-On 15

Bruise Healing Roll-On 16

Burn-no-More Skin Soothing Roll-On 17

Burn Relief Cream 18

Cradle Cap Remedy 19

Dermatitis Healing Salve 20

Diaper Rash Cream 21

Dr. Z's Healthy "Flu Shot" 22

Essential Oil Mosquito Repellent Spray 23

Fibromyalgia Massage Oil 24

Focus and Calm Blend Roll-On 25

Hair Regrowth Gel 26

Healing Skin Serum 27

High Blood Pressure Inhaler 28

Homemade Cough Drops 29

Hormone Balancing Serum 31

Immune Boosting Roll-On	32
Infant Teething Pain Relief Oil	33
Lemon Mint Energy Boost Roll-On	34
Lice Treatment Protocol	35
Menopause Relief Body Oil	36
Menopause Relief Room Spray	37
Natural Muscle Rub	38
Nerve Pain Relief Massage Oil	39
Pain Relief Massage Oil	40
Pain Away Roll-On	41
Poison Ivy Relief Aloe Gel	42
Poison Ivy Relief Spray	43
Roll Away the Itch Roll-On	44
Seasonal Allergy Roll-On	45
Sleep Spray with Essential Oils	46
Sleepy Time Roll-On	47
Triple-Threat Antibiotic Roll-On	48
Upset Tummy Roller Bottle	49
Yeast Infection Tampon Remedy	50
About the Author	51

PART ONE

Your Family First Aid & Medicine Cabinet

CBD & EO^s: Nature's Synergy Blend



Like peas & carrots, essential oils & CBD blend wonderfully together for inflammation-soothing, pain-busting, sleep-enhancing benefits. Sadly, similar to essential oils, most of the CBD on the market is adulterated, and it's critical to buy a product that's pure and uncontaminated and with little to no THC, which is the chief intoxicant in marijuana.

In fact, according to the Food and Drug Administration's newest report in 2020, most products on the market are mislabeled. Of those products that indicate the amount of CBD on the label, only 45% contain CBD within 20% of the labeled amount, with the remaining 55% containing either more or less CBD than listed, or none at all.

GOOD NEWS: We know of a really good company that is U.S. Hemp Authority Certified (the most prestigious 3rd party organization to ensure that the products being sold are the real deal), and...

SPECIAL PRICE FOR NATURAL LIVING FAMILY READERS!

...You can enjoy Prosper CBD 1000mg Full Spectrum oil for 20% off TODAY. This is a special introductory price and costs as much as many companies charge for 300 or 500mg.

→ Go [HERE](#) to reserve your bottle while this introductory offer is still valid.

Introduction

It is important to keep a natural first aid kit on hand for your family. Little ones often get a cut or scratch that needs tending to. With our DIY first aid kit and roller bottle recipes, you can treat even more ailments comfortably. From bug bites to seasonal allergies, these remedies are must-have.

DIY First Aid Kit for Natural Families

When Mama Z walked people through our home in the Toxic-Free, Healthy Home Makeover tour, one area we made *sure* to touch on was the first aid and medicinal products we use for our family. When it comes to living a toxic-free lifestyle of course this naturally extends to how we treat minor bumps, bruises, skin scrapes, and illnesses.

In addition to healing essential oil recipes for roller bottles we share below, there are some other trusted items we always have on hand in our medicine cabinet or homemade first aid kit.

- **Beta Kids Beta Glucan** – At the first sign of a sneeze or a sniffle we break out our favorite beta glucan supplement, [Beta Kids](#). Beta glucan has tremendous benefits for kids and immune support is top of the list at our house.
- **Sovereign Silver** – This must-have product is in every DIY first aid kit we put together and you can find [Sovereign Silver in gel, liquid or spray](#) to cover a multitude of application needs.
- **Prebiotics and Probiotics** – Any time we have digestive issues or are fighting off a bacterial infection, we want to make sure we are keeping our gut health in mind with a broad probiotic. We like [RAW Probiotics Women](#).
- **Terminator Comb** – An essential part in naturally treating lice, we hope you will never need to use. But if you ever need it you'll be glad you have it in your first aid kit. Use the [Terminator Nit-Free Comb](#).
- **Roll-on Blends** – We recommend making the following four roll-on recipes ahead of time as we find these are the most frequent complaints we deal with at our house. We always keep our DIY first aid kit stocked with the following: Roll Away the Itch, Breathe Easy, Immune Booster, and Burn No More.

Why Essential Oils in Your First Aid Kit?

So many essential oils have healing properties which make them effective in these blends. Essential oils for healing have been used for decades and studies are showing more and more benefits.

- **Lavender** – Lavender essential oil is used for brain health, soothing skin irritations, relieving stress and anxiety, and more. The antioxidant levels in lavender essential oil help your body manage oxidative stress. And when it comes to relieving depression, anxiety and insomnia, there's a reason lavender is so popular. For our first aid roll-ons the pain relief and skin irritation relief are key.
- **Peppermint** – In these first aid roll-on blends, we use peppermint for the pain relieving properties it has. It's respiratory support and anti-tussive effects are also helpful for the breathe blend.
- **Eucalyptus** – Eucalyptus essential oil features in both the immunity blend roll-on and the breathe-easy roll-on. In breathe-easy, eucalyptus brings its power as an expectorant to help the body clear out mucus and support respiratory healing. Studies showed the antibacterial capabilities of eucalyptus essential oil as well, making it welcome in our immune blends.
- **Lemon** – We love lemon essential oil for its many uses around the home, but in our breathe easy blend it's something else we are after. The immunity boosting benefits of d-limonene support healing in respiratory ailments.
- **Tea tree** – This is one of the most flexible essential oils so it's in more than one of the diy first aid roll-on recipes. The antibacterial properties may be able to help you avoid unnecessary antibiotic use. Tea tree essential oil also has analgesic properties to help manage pain issues.

These DIY first aid kit roll-ons will help you begin to transition your home to more natural remedies.

For more tips... [check out a FREE screening of our Toxic-Free Healthy Home Makeover video series HERE.](#)

SPECIAL PRICE FOR NATURAL LIVING FAMILY READERS!

You can enjoy Prosper CBD 1000mg Full Spectrum oil for 20% off TODAY. This is a special introductory price for our Natural Living Family and costs as much as many companies charge for 300 or 500mg. This unique formula uses the 'entourage effect' to gives its users calmer moods, improved sleep, and an immune system boost.

Prosper Wellness' facility is US Hemp Authority certified - the most respected and prestigious 3rd party certification available in the U.S.A., so you can rest assured that their stuff is the real deal.

➡ Go [HERE](#) to reserve your bottle while this introductory offer is still valid.

PART TWO

Easy Quick-Start Recipes

CBD & EO^s: Nature's Synergy Blend



Like peas & carrots, essential oils & CBD blend wonderfully together for inflammation-soothing, pain-busting, sleep-enhancing benefits. Sadly, similar to essential oils, most of the CBD on the market is adulterated, and it's critical to buy a product that's pure and uncontaminated and with little to no THC, which is the chief intoxicant in marijuana.

In fact, according to the Food and Drug Administration's newest report in 2020, most products on the market are mislabeled. Of those products that indicate the amount of CBD on the label, only 45% contain CBD within 20% of the labeled amount, with the remaining 55% containing either more or less CBD than listed, or none at all.

GOOD NEWS: We know of a really good company that is U.S. Hemp Authority Certified (the most prestigious 3rd party organization to ensure that the products being sold are the real deal), and...

SPECIAL PRICE FOR NATURAL LIVING FAMILY READERS!

...You can enjoy Prosper CBD 1000mg Full Spectrum oil for 20% off TODAY. This is a special introductory price and costs as much as many companies charge for 300 or 500mg.

→ Go [HERE](#) to reserve your bottle while this introductory offer is still valid.



AFTER BUG BITE ITCH RELIEF ROLL-ON

Ingredients

- › 10 ml. glass roller bottle
- › 5 drops of peppermint essential oil
- › 5 drops of lavender essential oil
- › Mama Z's Oil Base or favorite **carrier oil***



Instructions

- › Add essential oils to glass roller bottle.
- › Fill the roller bottle with fractionated coconut oil.
- › Shake well, until blended.
- › Apply to bug bite to relieve itch and sting.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.



AFTER BUG BITE ITCH RELIEF ROLL-ON

Ingredients

- › 10 ml. glass roller bottle
- › 5 drops of peppermint essential oil
- › 5 drops of lavender essential oil
- › Mama Z's Oil Base or favorite **carrier oil***



Instructions

- › Add essential oils to glass roller bottle.
- › Fill the roller bottle with fractionated coconut oil.
- › Shake well, until blended.
- › Apply to bug bite to relieve itch and sting.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.

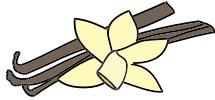
Cut-Out Recipe Card



ANXIETY RELIEF ROLL-ON

Ingredients

- › 10-15 ml. glass roller bottle
(depending on age)
- › 4 drops of lavender essential oil
- › 2 drops of wild orange essential oil
- › 1 drop vanilla absolute (optional)
- › Carrier Oil* or Mama Z's Oil Base



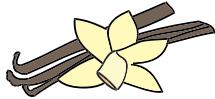
Instructions

- › Add essential oils to your glass roller bottle.
- › Fill remaining space in roller bottle with your carrier oil of choice.
- › Shake well.
- › Apply to your child's wrists to help with anxiety.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



ANXIETY RELIEF ROLL-ON



Ingredients

- › 10-15 ml. glass roller bottle
(depending on age)
- › 4 drops of lavender essential oil
- › 2 drops of wild orange essential oil
- › 1 drop vanilla absolute (optional)
- › Carrier Oil* or Mama Z's Oil Base

Instructions

- › Add essential oils to your glass roller bottle.
- › Fill remaining space in roller bottle with your carrier oil of choice.
- › Shake well.
- › Apply to your child's wrists to help with anxiety.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



BLOOD SUGAR BALANCING BODY OIL

Ingredients

- › 2 oz. carrier oil (we use Mama Z's Base)
- › 3 drops cumin essential oil
- › 2 drops cinnamon bark essential oil
- › 2 drops fennel essential oil
- › 2 drops melissa essential oil
- › 2 drops myrtle essential oil
- › 2 drops oregano essential oil
- › Glass bottle



Instructions

- › Drop essential oils into a medium glass bowl.
- › Add in carrier oil and mix.
- › Between blood sugar tests, massage over abdomen and lower back twice a day for one month.
- › Store in glass jar or in a lotion dispenser.



BLOOD SUGAR BALANCING BODY OIL

Ingredients

- › 2 oz. carrier oil (we use Mama Z's Base)
- › 3 drops cumin essential oil
- › 2 drops cinnamon bark essential oil
- › 2 drops fennel essential oil
- › 2 drops melissa essential oil
- › 2 drops myrtle essential oil
- › 2 drops oregano essential oil
- › Glass bottle



Instructions

- › Drop essential oils into a medium glass bowl.
- › Add in carrier oil and mix.
- › Between blood sugar tests, massage over abdomen and lower back twice a day for one month.
- › Store in glass jar or in a lotion dispenser.



BREATHE EASY CONGESTION ROLL-ON



Ingredients

- ✓ 10 ml. glass roller bottle
- ✓ 2 drops of peppermint essential oil
- ✓ 1 drop of cardamom essential oil
- ✓ 1 drop of eucalyptus essential oil
- ✓ 1 drop of lemon essential oil
- ✓ 1 drop of tea tree essential oil
- ✓ 1 drop of rosemary essential oil
- ✓ Carrier oil*

Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to your child's chest or bottom of feet to aid with breathing.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.



BREATHE EASY CONGESTION ROLL-ON



Ingredients

- ✓ 10 ml. glass roller bottle
- ✓ 2 drops of peppermint essential oil
- ✓ 1 drop of cardamom essential oil
- ✓ 1 drop of eucalyptus essential oil
- ✓ 1 drop of lemon essential oil
- ✓ 1 drop of tea tree essential oil
- ✓ 1 drop of rosemary essential oil
- ✓ Carrier oil*

Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to your child's chest or bottom of feet to aid with breathing.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.

Cut-Out Recipe Card



BRUISE HEALING ROLL-ON

Ingredients

- 10 ml. glass roller bottle
- 2 drops of cypress essential oil
- 2 drops of lavender essential oil
- 2 drops of helichrysum essential oil
- Arnica infused carrier oil



Instructions

- Add essential oils to roller bottle, then top off with the arnica infused carrier oil. Insert roller ball, close cap, and turn back and forth gently to combine.
- Roll gently on bruise for relief.

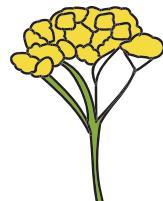
Notes: No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.

BRUISE HEALING ROLL-ON



Ingredients

- 10 ml. glass roller bottle
- 2 drops of cypress essential oil
- 2 drops of lavender essential oil
- 2 drops of helichrysum essential oil
- Arnica infused carrier oil



Instructions

- Add essential oils to roller bottle, then top off with the arnica infused carrier oil. Insert roller ball, close cap, and turn back and forth gently to combine.
- Roll gently on bruise for relief.

Notes: No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.



BURN-NO-MORE SKIN SOOTHING ROLL-ON

Ingredients

- ✓ 10 ml. glass roller bottle
- ✓ 2 drops of tea tree essential oil
- ✓ 3 drops of lavender essential oil
- ✓ Carrier Oil*
- ✓ 2 drops of peppermint essential oil



Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to the burn area when needed for relief.

Notes: *No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

BURN-NO-MORE SKIN SOOTHING ROLL-ON



Ingredients

- ✓ 10 ml. glass roller bottle
- ✓ 2 drops of tea tree essential oil
- ✓ 3 drops of lavender essential oil
- ✓ Carrier Oil*
- ✓ 2 drops of peppermint essential oil

Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to the burn area when needed for relief.

Notes: *No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



HOMEMADE BURN RELIEF CREAM

Ingredients

- ✓ ¼ cup olive oil
- ✓ ¼ cup coconut oil
- ✓ 1 Tbl. turmeric paste
- ✓ 8 tsps. of dried comfrey



- ✓ ⅛ cup beeswax approx
- ✓ Approx 15 drops of essential oils*
- ✓ A second essential oil is optional

Instructions

- Use a double boiler, or make one by setting a glass jar or measuring cup in a medium pot with 1-2 inches of water. Bring the water to boil then turn down to med/med-high.
 - Add the olive oil, coconut oil, and beeswax.
 - When those are melted together add the turmeric and comfrey and let simmer for 2 hours.
 - Stir occasionally.
 - Remove from heat, strain the mixture, and add essential oils.
 - Store in a glass container.
- * Essential oils known to help soothe and heal burns include: helichrysum, lavender, peppermint, Roman chamomile, and tea tree.

HOMEMADE BURN RELIEF CREAM



Ingredients

- ✓ ¼ cup olive oil
- ✓ ¼ cup coconut oil
- ✓ 1 Tbl. turmeric paste
- ✓ 8 tsps. of dried comfrey



- ✓ ⅛ cup beeswax approx
- ✓ Approx 15 drops of essential oils*
- ✓ A second essential oil is optional

Instructions

- Use a double boiler, or make one by setting a glass jar or measuring cup in a medium pot with 1-2 inches of water. Bring the water to boil then turn down to med/med-high.
- Add the olive oil, coconut oil, and beeswax.
- When those are melted together add the turmeric and comfrey and let simmer for 2 hours.
- Stir occasionally.
- Remove from heat, strain the mixture, and add essential oils.
- Store in a glass container.

* Essential oils known to help soothe and heal burns include: helichrysum, lavender, peppermint, Roman chamomile, and tea tree.



NATURAL CRADLE CAP REMEDY



Ingredients

- Carrier oil of choice*
- Optional – a gentle essential oil such as lavender, Roman chamomile, tea tree, lemon, or geranium. (see Notes below)

Instructions

- Soften the skin with a carrier oil like coconut oil, olive oil, sunflower oil, etc. by massaging the oil into baby's scalp.
- Then brush with a soft bristle brush – back and forth – or carefully comb without scraping too hard.
- Rinse out with warm water and wash with a natural baby shampoo.

* If you have some calendula infused oil left from making breastfeeding cream you can use that oil as the calendula will add some extra healing properties.

Notes About Essential Oils for Cradle Cap:

- If you'd like to add essential oils be sure you dilute them properly. We recommend only 1 drop per 4 tsps. of carrier oil for small babies. If they are toddlers you can use 1 drop essential oil per 2 tsps. carrier oil.
- Lavender essential oil and Roman chamomile essential oils are the best essential oils for babies. If they are over 6 months, you could try tea tree essential oil, lemon essential oil, or geranium oil.



DERMATITIS HEALING SALVE

Ingredients

- ✓ 4 oz. Mama Z's Salve Base
- ✓ 3 drops lavender essential oil
- ✓ 3 drops melaleuca essential oil
- ✓ 3 drops geranium essential oil
- ✓ 3 drops helichrysum essential oil
- ✓ 3 drops juniper berry essential oil
- ✓ 2 drop patchouli essential oil
- ✓ 2 drop frankincense essential oil
- ✓ 1 drop eucalyptus essential oil
- ✓ 1 drop bergamot essential oil
- ✓ 1 drop rosemary essential oil
- ✓ 4 oz. empty [deodorant container](#) or [glass salve jar](#)



Instructions

- Slowly warm your salve to a liquid by placing outdoors in a sunny area or using a space heater inside your room until it is melted to room temperature. Alternatively, you can use a double boiler on the stove.
- Once salve is liquid then add essential oils, blend. If using the double boiler method, make sure the salve is cool enough to be tolerated touching before adding the essential oils to avoid damaging them with boiling temperatures.
- Store in an empty deodorant container or glass salve jar.



DERMATITIS HEALING SALVE

Ingredients

- ✓ 4 oz. Mama Z's Salve Base
- ✓ 3 drops lavender essential oil
- ✓ 3 drops melaleuca essential oil
- ✓ 3 drops geranium essential oil
- ✓ 3 drops helichrysum essential oil
- ✓ 3 drops juniper berry essential oil
- ✓ 2 drop patchouli essential oil
- ✓ 2 drop frankincense essential oil
- ✓ 1 drop eucalyptus essential oil
- ✓ 1 drop bergamot essential oil
- ✓ 1 drop rosemary essential oil
- ✓ 4 oz. empty [deodorant container](#) or [glass salve jar](#)



Instructions

- Slowly warm your salve to a liquid by placing outdoors in a sunny area or using a space heater inside your room until it is melted to room temperature. Alternatively, you can use a double boiler on the stove.
- Once salve is liquid then add essential oils, blend. If using the double boiler method, make sure the salve is cool enough to be tolerated touching before adding the essential oils to avoid damaging them with boiling temperatures.
- Store in an empty deodorant container or glass salve jar.



GENTLE DIAPER RASH CREAM WITH ESSENTIAL OILS

Ingredients

- ✓ $\frac{1}{2}$ cup **shea butter**
- ✓ $\frac{1}{4}$ cup **coconut oil**
- ✓ 1 Tbl. **beeswax**
- ✓ 2 Tbls. **vegetable glycerin**
- ✓ 10 drops **lavender essential oil**
- ✓ 10 drops **roman chamomile oil**



Instructions

- Use a double boiler, or make one by setting a glass jar or measuring cup in a medium pot with 1-2 inches of water. Bring the water to boiling then turn down to med/med-high, add everything except the glycerine and essential oils to the jar.
- Melt ingredients then add vegetable glycerine and mix until well blended.
- Remove from heat, add essential oil, and mix.
- Store in a small glass salve jar and use as needed.



GENTLE DIAPER RASH CREAM WITH ESSENTIAL OILS

Ingredients

- ✓ $\frac{1}{2}$ cup **shea butter**
- ✓ $\frac{1}{4}$ cup **coconut oil**
- ✓ 1 Tbl. **beeswax**
- ✓ 2 Tbls. **vegetable glycerin**
- ✓ 10 drops **lavender essential oil**
- ✓ 10 drops **roman chamomile oil**



Instructions

- Use a double boiler, or make one by setting a glass jar or measuring cup in a medium pot with 1-2 inches of water. Bring the water to boiling then turn down to med/med-high, add everything except the glycerine and essential oils to the jar.
- Melt ingredients then add vegetable glycerine and mix until well blended.
- Remove from heat, add essential oil, and mix.
- Store in a small glass salve jar and use as needed.



DR. Z'S HEALTHY IMMUNE BOOSTING RECIPE

Ingredients

- › 1 serving Lyposomal Vitamin C
- › 1 tsp. raw honey
- › 1 tsp. unrefined coconut oil
- › 1-2 drops Immune Boost Blend Essential Oils*
- › ¼ tsp. organic pumpkin pie spice
- › Tiny pinch pink Himalayan salt



Instructions

- › Add 1-2 drops of Immune Boost Blend Essential Oils to the coconut oil and mix well, then add this mixture to the rest of the ingredients, mixing well again.
- › Enjoy once or twice daily at the onset of a cold, or when exposed for prevention.
- › Wash down with pure, filtered water.
- › Be sure to not use for more than two weeks at a time.

***Immune Boost Blend:**

Equal parts Cinnamon Leaf, Clove, Eucalyptus, Rosemary, Orange and Lemon Essential Oils

Note:

* This can be enjoyed straight or with a little bit of water to wash it down. Alternatively you can mix it with a cup of warm tea. Depends on your palate.



ESSENTIAL OIL MOSQUITO REPELLENT SPRAY

Ingredients

- › 1 oz. **carrier oil** (mixture of neem, fractionated coconut oil, and soybean)
- › 15 drops essential oils *
- › Glass spray bottle



Instructions

- › Drop essential oils* into glass spray bottle.
- › Add in carrier oil and shake vigorously.
- › Spray over and rub onto exposed skin right before going outside.
- › Reapply every 60-90 minutes.

* Remember, there are no magic formulas for finding the right essential oil mosquito repellent. You need to find that right blend for your body chemistry and I recommend trying creating a couple different blends using these scientifically proven oils: cedar wood, clove (reported as being the most effective), citronella, lemon eucalyptus, patchouli, peppermint, thyme.



ESSENTIAL OIL MOSQUITO REPELLENT SPRAY

Ingredients

- › 1 oz. **carrier oil** (mixture of neem, fractionated coconut oil, and soybean)
- › 15 drops essential oils *
- › Glass spray bottle



Instructions

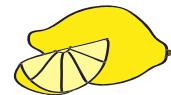
- › Drop essential oils* into glass spray bottle.
- › Add in carrier oil and shake vigorously.
- › Spray over and rub onto exposed skin right before going outside.
- › Reapply every 60-90 minutes.

* Remember, there are no magic formulas for finding the right essential oil mosquito repellent. You need to find that right blend for your body chemistry and I recommend trying creating a couple different blends using these scientifically proven oils: cedar wood, clove (reported as being the most effective), citronella, lemon eucalyptus, patchouli, peppermint, thyme.

Cut-Out Recipe Card



FIBROMYALGIA MASSAGE OIL



Ingredients

- ✓ 3 oz. of Mama Z's oil base
- ✓ 2 drops of bergamot essential oil
- ✓ 2 drops of camphor essential oil
- ✓ 2 drops of lemon essential oil
- ✓ 2 drops of peppermint essential oil
- ✓ 2 drops of rosemary essential oil
- ✓ 4 oz. [glass jar](#)

Instructions

- Once you have your Mama Z's oil base ready, mix in the essential oils until well blended.
- Store in a glass jar in the refrigerator and use every four hours as needed.
- Shake before each use as the ingredients may separate.

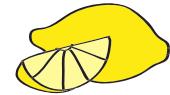
Notes:

*One ounce of oil base = 2 tablespoons

Optional – You can replace one ounce of oil with thickened aloe vera gel if you are also battling dry or irritated skin.



FIBROMYALGIA MASSAGE OIL



Ingredients

- ✓ 3 oz. of Mama Z's oil base
- ✓ 2 drops of bergamot essential oil
- ✓ 2 drops of camphor essential oil
- ✓ 2 drops of lemon essential oil
- ✓ 2 drops of peppermint essential oil
- ✓ 2 drops of rosemary essential oil
- ✓ 4 oz. [glass jar](#)

Instructions

- Once you have your Mama Z's oil base ready, mix in the essential oils until well blended.
- Store in a glass jar in the refrigerator and use every four hours as needed.
- Shake before each use as the ingredients may separate.

Notes:

*One ounce of oil base = 2 tablespoons

Optional – You can replace one ounce of oil with thickened aloe vera gel if you are also battling dry or irritated skin.

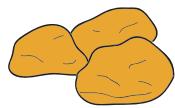


FOCUS AND CALM BLEND

Ingredients

- › 10-15 ml. glass roller bottle
(depending on age)
- › 2 drops of vetiver essential oil
- › 2 drops of frankincense essential oil

- › 1 drop of cedar wood essential oil
- › 1 drop of sandalwood essential oil
- › Carrier Oil* or Mama Z's Oil Base



Instructions

- › Add essential oils to your glass roller bottle.
- › Fill remaining space in roller bottle with your carrier oil of choice.
- › Shake well.
- › Apply to your child's wrists, over their heart or on the back of their neck.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

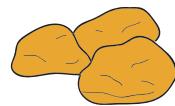


FOCUS AND CALM BLEND

Ingredients

- › 10-15 ml. glass roller bottle
(depending on age)
- › 2 drops of vetiver essential oil
- › 2 drops of frankincense essential oil

- › 1 drop of cedar wood essential oil
- › 1 drop of sandalwood essential oil
- › Carrier Oil* or Mama Z's Oil Base



Instructions

- › Add essential oils to your glass roller bottle.
- › Fill remaining space in roller bottle with your carrier oil of choice.
- › Shake well.
- › Apply to your child's wrists, over their heart or on the back of their neck.

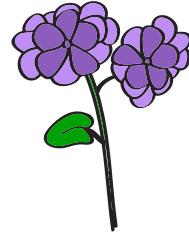
* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



HAIR REGROWTH GEL BY MAMA Z

Ingredients

- › 10 drops *essential oils
- › 11 oz. magnesium gel
- › Glass bottle with dropper



Instructions

- › Put all your essential oils into your glass bottle and add the magnesium gel. Add your lid or dropper cap and shake well to mix.
- › After showering, massage a small amount of the mixture into your scalp. Style hair as usual.

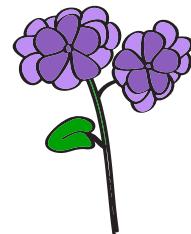
Notes: *My favorite oils are rosemary, peppermint, geranium, and tea tree. You can use a combination of all of these, just don't exceed the 10 drops called for in the recipe.



HAIR REGROWTH GEL BY MAMA Z

Ingredients

- › 10 drops *essential oils
- › 11 oz. magnesium gel
- › Glass bottle with dropper



Instructions

- › Put all your essential oils into your glass bottle and add the magnesium gel. Add your lid or dropper cap and shake well to mix.
- › After showering, massage a small amount of the mixture into your scalp. Style hair as usual.

Notes: *My favorite oils are rosemary, peppermint, geranium, and tea tree. You can use a combination of all of these, just don't exceed the 10 drops called for in the recipe.



ANTI-AGING & SKIN HEALING SERUM

Ingredients

- › 1 Tbl. cold fresh aloe or [aloe vera gel](#)
- › 1 Tbl. organic [coconut oil](#) (hard, not melted)
- › 5 drops lavender essential oil
- › 2 drops frankincense essential oil



Instructions

- › Blend the aloe gel, coconut oil and essential oils in a [Magic Bullet](#) or [food processor](#) until smooth.
- › Once well mixed, store in a glass jar or [glass salve container](#) in a cool place so the coconut oil remains hardened.
- › Store in fridge or cool place, and enjoy at least once per day. Make fresh each week.

Notes: No matter what allergies you may have, there's a [carrier oil](#) that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

When treating allergies: use the above recipe and change out the 8 drops of essential oils for 2 of each: lemon, lavender, peppermint & tea tree

When treating colds: use the above recipe with any combination of 8 drops that includes any of these oils: lemon, lavender, peppermint, tea tree, eucalyptus, rosemary & sandalwood



INHALER FOR HIGH BLOOD PRESSURE

Ingredients

- ✓ Aromatherapy inhaler
- ✓ Pre-cut organic cotton pads
- ✓ 10 drops lavender essential oil
- ✓ 7 drops ylang ylang essential oil

- ✓ 5 drops marjoram essential oil
- ✓ 1 drop neroli essential oil



Instructions

- Place cotton pad in inhaler tube.
- Add drops of essential oils directly in the tube on the cotton pad.
- Alternatively, you can drop the essential oils into a glass bowl, roll the cotton pad into the oils to absorb them, and then insert into the inhaler tube using tweezers.
- Remove cap and breathe in for 5 minutes twice a day while resting, meditating or even watching TV.
- Store in purse and be sure to have one handy at work.

Notes: * Alternatively, this blend could be added to your diffuser to use at night to support balanced blood pressure.



INHALER FOR HIGH BLOOD PRESSURE

Ingredients

- ✓ Aromatherapy inhaler
- ✓ Pre-cut organic cotton pads
- ✓ 10 drops lavender essential oil
- ✓ 7 drops ylang ylang essential oil

- ✓ 5 drops marjoram essential oil
- ✓ 1 drop neroli essential oil



Instructions

- Place cotton pad in inhaler tube.
- Add drops of essential oils directly in the tube on the cotton pad.
- Alternatively, you can drop the essential oils into a glass bowl, roll the cotton pad into the oils to absorb them, and then insert into the inhaler tube using tweezers.
- Remove cap and breathe in for 5 minutes twice a day while resting, meditating or even watching TV.
- Store in purse and be sure to have one handy at work.

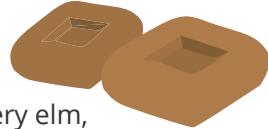
Notes: * Alternatively, this blend could be added to your diffuser to use at night to support balanced blood pressure.



HOMEMADE COUGH DROP

Ingredients

- › 1 cup of water infused with herbs. (Try using slippery elm, coltsfoot, cinnamon, elderberry and chamomile)
- › 1.5 cups of raw, [organic honey](#)
- › 2 Tbls. organic, [unrefined coconut oil](#)
- › 20 drops of essential oils *



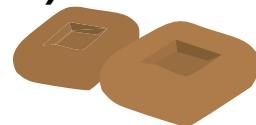
Instructions

- › Pre-mix coconut and essential oils (dilutes them to prevent burning your throat).
- › Boil 2 cups of water and infuse with desired herbs. Use about $\frac{1}{4}$ cup of each herb for a really potent cough drop, but as little as 1 tablespoon of each herb is effective.
- › To infuse: Pour boiling water over herbs. Put herbs in a muslin bag to make straining easier. Let steep for 20 minutes and strain out herbs (or remove bag).
- › Pour 1 cup of the herb infused water and 1.5 cups of honey into a medium saucepan and turn on medium high heat. (save the extra liquid and mix with equal parts raw honey for a simple cough syrup)
- › Stir the honey/herb mixture over medium high heat until it reaches 300 degrees. If you don't have a candy thermometer, this usually takes about 30 minutes and can be tested by dropping a drop of the mixture in to ice water to see if it immediately hardens. It should harden to the point that it breaks if dropped on the counter. You can also tell because the mixture will start to foam and separate. At this point, it is vital to remove it from the heat quickly so it does not burn.
- › Mix in coconut oil and essential oil mixture and pour into candy molds, or pour into a large baking sheet that has been greased with coconut oil or that has a silicon baking mat on it.
- › Let cool until it can be touched and molded and immediately and quickly form into lozenges with your hands (you might need help to do this quickly enough).



HOMEMADE COUGH DROP (CONT.)

Instructions



- › Put finished cough drops/lozenges on a silicon mat or piece of parchment paper to cool.
- › When completely cool, toss in a mixture of powdered slippery elm and stevia to keep from getting sticky in humidity.
- › Use as needed for coughing, congestion or sore throat.

Notes:

* * Research and experience suggest that these oils are some of the most potent against bacterial throat infections, or that have an antitussive effect: tea tree, lavender, fragonia, peppermint, lemon ; basil, mint, rosemary, and lavender have been known to inhibit *Staphylococcus aureus*. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3638616/>) These essential oils have been known to inhibit *Staphylococcus aureus*:

basil
mint
rosemary
lavender

Personally, my preference is to use myrrh essential oil as I have found it to be one of the most effective sore throat remedies out there. At least for me, and I used to get strep infections as a kid, so sore throats are no stranger to me! My sore throat triple-threat blend includes equal parts of:

frankincense
myrrh
peppermint



HORMONE BALANCING SERUM

Ingredients



- 10 ml Evening primrose oil
- 2 drops clary sage oil
- 2 drops of frankincense oil
- 2 drops lavender oil
- 2 drops neroli oil
- 1 dropylang ylang oil
- 10 ml [roller bottle](#)

Instructions

- Put essential oils in a roller bottle and fill with evening primrose oil.
- Massage over the neck (thyroid) and along lower back/over kidneys (adrenals) morning and night.



HORMONE BALANCING SERUM

Ingredients



- 10 ml Evening primrose oil
- 2 drops clary sage oil
- 2 drops of frankincense oil
- 2 drops lavender oil
- 2 drops neroli oil
- 1 dropylang ylang oil
- 10 ml [roller bottle](#)

Instructions

- Put essential oils in a roller bottle and fill with evening primrose oil.
- Massage over the neck (thyroid) and along lower back/over kidneys (adrenals) morning and night.



IMMUNE BOOSTING ROLL-ON

Ingredients

- › 10ml Glass Roller Bottle
- › 1 drop of Clove Essential Oil
- › 1 drop of Eucalyptus Essential Oil
- › 1 drop of Rosemary Essential Oil

- › 1 drop of Orange Essential Oil
- › 1 drop of Lemon Essential Oil
- › Carrier Oil*



Instructions

- › Add your essential oils to the glass roller bottle.
- › Fill the remaining space in the roller bottle with your carrier oil of choice.
- › Shake well.
- › Apply to back of the neck, gland area, and bottoms of feet to boost immune.

Notes: * *No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



IMMUNE BOOSTING ROLL-ON

Ingredients

- › 10ml Glass Roller Bottle
- › 1 drop of Clove Essential Oil
- › 1 drop of Eucalyptus Essential Oil
- › 1 drop of Rosemary Essential Oil

- › 1 drop of Orange Essential Oil
- › 1 drop of Lemon Essential Oil
- › Carrier Oil*



Instructions

- › Add your essential oils to the glass roller bottle.
- › Fill the remaining space in the roller bottle with your carrier oil of choice.
- › Shake well.
- › Apply to back of the neck, gland area, and bottoms of feet to boost immune.

Notes: * *No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



INFANT TEETHING PAIN RELIEF OIL

Ingredients

- › 1 tablespoon coconut oil
- › 1 tablespoon food-grade cocoa butter
- › 3 drops essential oils [ones to try: Lavender, Roman chamomile, Copiba, German Chamomile]

Instructions

- › Melt coconut oil and cocoa butter together.
- › Remove from heat.
- › Add essential oils of your choice.
- › Put in glass container.
- › Let cool.
- › Rub the creamy mixture along your baby's jawline.



Notes: You can almost make this blend with fractionated coconut oil in a 10ml roller bottle for an easy-to-apply roll on.

Remember – these essential oils for teething babies are also great options for adults with toothaches!



INFANT TEETHING PAIN RELIEF OIL

Ingredients

- › 1 tablespoon coconut oil
- › 1 tablespoon food-grade cocoa butter
- › 3 drops essential oils [ones to try: Lavender, Roman chamomile, Copiba, German Chamomile]

Instructions

- › Melt coconut oil and cocoa butter together.
- › Remove from heat.
- › Add essential oils of your choice.
- › Put in glass container.
- › Let cool.
- › Rub the creamy mixture along your baby's jawline.

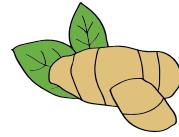


Notes: You can almost make this blend with fractionated coconut oil in a 10ml roller bottle for an easy-to-apply roll on.

Remember – these essential oils for teething babies are also great options for adults with toothaches!



LEMON-MINT ENERGY BOOST ROLL-ON



Ingredients

- ✓ 2 drops lemon essential oil*
- ✓ 2 drops ginger essential oil
- ✓ 2 drops orange essential oil
- ✓ 4 drops peppermint essential oil
- ✓ 4 drops cilantro essential oil
- ✓ 4 drops black pepper essential oil
- ✓ Quality carrier oil
- ✓ 10 ml. roller vial

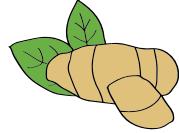
Instructions

- Mix a blend of up to 20 drops total into a 10 ml. roller bottle and fill it with a high-quality carrier oil of your choice.

Note: *Lemon essential oil is photoreactive and may cause sunburn if used on exposed skin while spending significant time outdoors in bright sunlight. Use this blend on the soles of your feet if your neck or the small of your back will be exposed after application.



LEMON-MINT ENERGY BOOST ROLL-ON



Ingredients

- ✓ 2 drops lemon essential oil*
- ✓ 2 drops ginger essential oil
- ✓ 2 drops orange essential oil
- ✓ 4 drops peppermint essential oil
- ✓ 4 drops cilantro essential oil
- ✓ 4 drops black pepper essential oil
- ✓ Quality carrier oil
- ✓ 10 ml. roller vial

Instructions

- Mix a blend of up to 20 drops total into a 10 ml. roller bottle and fill it with a high-quality carrier oil of your choice.

Note: *Lemon essential oil is photoreactive and may cause sunburn if used on exposed skin while spending significant time outdoors in bright sunlight. Use this blend on the soles of your feet if your neck or the small of your back will be exposed after application.



NATURAL LICE TREATMENT PROTOCOL

Ingredients

- 3 ounces of extra virgin olive oil
- 5 drops eucalyptus essential oil*
- 5 drops peppermint essential oil*
- 5 drops lavender essential oil*
- 5 drops lemon essential oil*
- 5 drops tea tree essential oil*
- 5 drops rosemary essential oil*
- Enzyme treatment
- Terminator lice comb



Instructions

- Combine oil and essential oil ingredients.
- Put hair into a ponytail or bun and saturate hair completely with the mixture. Then put a one-time-use plastic shower cap on the hair.
- Encase your pillow with plastic and also put a towel over the pillow.
- In the morning, shampoo and condition your hair.
- Comb through your entire head, using the special terminator lice comb through the strands.
- Wipe off the comb thoroughly with a paper towel with each stroke so you don't wipe what you've combed out back into the hair.
- Repeat this process every night (or every other night) until the lice are gone. We usually do this process for 2 to 3 weeks.
- Twice a week, use an enzyme treatment, being sure to pick that out with the Lice terminator comb that helps to break apart their skeletal structure.

Notes

- *If you need to substitute one of these oils, you can use geranium in its place instead.
- This recipe is for ages 3 and up only due to the peppermint. If you are killing lice on a child under age 3 replace peppermint with geranium.
- Because lice can hold their breath for up to 11 hours underwater, oil is the only thing that will suffocate them when using natural lice treatments.
- You can use this same essential oil combination and add it to your shampoo or conditioner base, as well, as an addition to the overnight treatment. Add the essential oils to 3 oz of unscented shampoo such as Desert Essence or Fairy Tales brand.(The Fairy Tales brand is gentle, but it does have sulfates in it. So if you're sensitive to a lot of that like I am, go for another brand.)



MENOPAUSE RELIEF BODY OIL

Ingredients

- 10-15 drops of essential oils for menopause*
- One ounce [carrier oil](#) of your choice.



Instructions

- Mix essential oils with your choice of carrier oil in a [glass container](#). Evening primrose is especially beneficial to help balance female hormones.
- Apply 2-3 times daily as needed.

*Use one or more of the following essential oils known to help with menopause symptoms: lavender, clary sage, peppermint, basil, neroli, geranium, or vitex agnus-castus.



MENOPAUSE RELIEF BODY OIL

Ingredients

- 10-15 drops of essential oils for menopause*
- One ounce [carrier oil](#) of your choice.



Instructions

- Mix essential oils with your choice of carrier oil in a [glass container](#). Evening primrose is especially beneficial to help balance female hormones.
- Apply 2-3 times daily as needed.

*Use one or more of the following essential oils known to help with menopause symptoms: lavender, clary sage, peppermint, basil, neroli, geranium, or vitex agnus-castus.



MENOPAUSE RELIEF ROOM SPRAY

Ingredients

- › 10 drops of essential oils for menopause*
- › 190 proof alcohol or vodka
- › 2-oz. glass spray bottle



Instructions

- › Add 10 drops of essential oil in 2 tablespoons of 190 proof alcohol to two ounce spray bottle.
- › Fill the bottle the rest of the way with distilled water.
- › Roll between your hands to mix thoroughly.
- › Spray on your pillow before bed or in your room area when experiencing symptoms.

*Use one or more of the following essential oils known to help with menopause symptoms: lavender, clary sage, peppermint, basil, neroli, geranium, or vitex agnus-castus.



MENOPAUSE RELIEF ROOM SPRAY

Ingredients

- › 10 drops of essential oils for menopause*
- › 190 proof alcohol or vodka
- › 2-oz. glass spray bottle



Instructions

- › Add 10 drops of essential oil in 2 tablespoons of 190 proof alcohol to two ounce spray bottle.
- › Fill the bottle the rest of the way with distilled water.
- › Roll between your hands to mix thoroughly.
- › Spray on your pillow before bed or in your room area when experiencing symptoms.

*Use one or more of the following essential oils known to help with menopause symptoms: lavender, clary sage, peppermint, basil, neroli, geranium, or vitex agnus-castus.

Cut-Out Recipe Card



NATURAL MUSCLE RUB

Ingredients

- ✓ 2 oz. [Glass Salve Jar](#)
- ✓ 2 oz. Mama Z's Salve Base OR Mama Z's Oil Base
- ✓ 22 drops White Fir Essential Oil
- ✓ 20 drops Wintergreen Essential Oil
- ✓ 10 drops Peppermint Essential Oil
- ✓ 8 drops Lemongrass Essential Oil OR Roman Chamomile Essential Oil



Instructions

- Mix essential oils into the base of your choice and store finished product in a glass jar.

Note: This is a 4.8% dilution rate so you wouldn't want to use this for a full-body application or massage oil, rather to spot treat specific muscles that were strained and sore. If you find this is too strong for your skin or you prefer a lower dilution simply add an additional ounce of carrier oil.



NATURAL MUSCLE RUB

Ingredients

- ✓ 2 oz. [Glass Salve Jar](#)
- ✓ 2 oz. Mama Z's Salve Base OR Mama Z's Oil Base
- ✓ 22 drops White Fir Essential Oil
- ✓ 20 drops Wintergreen Essential Oil
- ✓ 10 drops Peppermint Essential Oil
- ✓ 8 drops Lemongrass Essential Oil OR Roman Chamomile Essential Oil



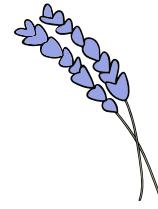
Instructions

- Mix essential oils into the base of your choice and store finished product in a glass jar.

Note: This is a 4.8% dilution rate so you wouldn't want to use this for a full-body application or massage oil, rather to spot treat specific muscles that were strained and sore. If you find this is too strong for your skin or you prefer a lower dilution simply add an additional ounce of carrier oil.



NERVE PAIN RELIEF MASSAGE OIL



Ingredients

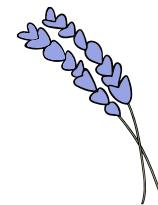
- 1 ounce carrier oil (we use Mama Z's Base)
- 3 drops geranium (Pelargonium graveolens)
- 3 drops lavender (Lavandula angustifolia)
- 2 drops bergamot (Citrus aurantium)
- 2 drops eucalyptus oil (Eucalyptus globulus).
- 2 drops tea tree oil (Melaleuca alternifolia)
- Glass bottle

Instructions

- Mix essential oils into lotion bottle.
- Fill bottle with Mama Z's oil base or your carrier oil of choice.
- Shake well.
- Massage into sore muscles and joints twice daily.



NERVE PAIN RELIEF MASSAGE OIL



Ingredients

- 1 ounce carrier oil (we use Mama Z's Base)
- 3 drops geranium (Pelargonium graveolens)
- 3 drops lavender (Lavandula angustifolia)
- 2 drops bergamot (Citrus aurantium)
- 2 drops eucalyptus oil (Eucalyptus globulus).
- 2 drops tea tree oil (Melaleuca alternifolia)
- Glass bottle

Instructions

- Mix essential oils into lotion bottle.
- Fill bottle with Mama Z's oil base or your carrier oil of choice.
- Shake well.
- Massage into sore muscles and joints twice daily.

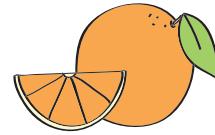
Cut-Out Recipe Card



NATURAL PAIN RELIEF MASSAGE OIL

Ingredients

- › Glass lotion bottle
- › 2 oz. carrier oil of choice
- › 20 drops orange essential oil
- › 10 drops copaiba essential oil
- › 10 drops frankincense essential oil
- › 10 drops peppermint essential oil
- › 5 drops wintergreen essential oil



Instructions

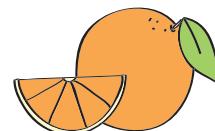
- › Mix essential oils into lotion bottle.
- › Fill bottle with Mama Z's oil base or your carrier oil of choice.
- › Shake well.
- › Massage into sore muscles and joints twice daily.



NATURAL PAIN RELIEF MASSAGE OIL

Ingredients

- › Glass lotion bottle
- › 2 oz. carrier oil of choice
- › 20 drops orange essential oil
- › 10 drops copaiba essential oil
- › 10 drops frankincense essential oil
- › 10 drops peppermint essential oil
- › 5 drops wintergreen essential oil



Instructions

- › Mix essential oils into lotion bottle.
- › Fill bottle with Mama Z's oil base or your carrier oil of choice.
- › Shake well.
- › Massage into sore muscles and joints twice daily.



PAIN AWAY ROLL-ON

Ingredients

- 10 ml. roller bottle
- 5 drops copaiba
- 3 drops sweet marjoram
- 3 drops basil (linalool chemotype)
- 3 drops frankincense
- Carrier oil (jojoba and fractionated coconut oil absorb quickly and work best)



Instructions

- Add essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice and shake well.
- Apply over problem areas up to 2x daily at the onset of pain.



PAIN AWAY ROLL-ON

Ingredients

- 10 ml. roller bottle
- 5 drops copaiba
- 3 drops sweet marjoram
- 3 drops basil (linalool chemotype)
- 3 drops frankincense
- Carrier oil (jojoba and fractionated coconut oil absorb quickly and work best)



Instructions

- Add essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice and shake well.
- Apply over problem areas up to 2x daily at the onset of pain.



POISON IVY RELIEF ALOE GEL

Ingredients

- ✓ 2 oz. PET flip top bottle
- ✓ 1 drop lavender essential oil
- ✓ 1 drop roman chamomile essential oil
- ✓ 1 drop eucalyptus essential oil
- ✓ 1 drop peppermint essential oil
- ✓ Thickened aloe jelly



Instructions

- Add aloe and essential oils in a small glass and mix thoroughly until the gel takes on a milky appearance.
- Using a funnel and a spoon, pour the mixture into your flip top bottle.
- Apply as needed until your skin no longer itches.



POISON IVY RELIEF ALOE GEL

Ingredients

- ✓ 2 oz. PET flip top bottle
- ✓ 1 drop lavender essential oil
- ✓ 1 drop roman chamomile essential oil
- ✓ 1 drop eucalyptus essential oil
- ✓ 1 drop peppermint essential oil
- ✓ Thickened aloe jelly



Instructions

- Add aloe and essential oils in a small glass and mix thoroughly until the gel takes on a milky appearance.
- Using a funnel and a spoon, pour the mixture into your flip top bottle.
- Apply as needed until your skin no longer itches.



HOMEMADE POISON IVY RELIEF SPRAY

Ingredients

- ✓ 1 Tbl. of 190 proof alcohol
- ✓ 1/2 tsp. of sea salt
- ✓ 1 Tbl. of **apple cider vinegar**
- ✓ Distilled water to fill the rest of the bottle
- ✓ 1 drop of lavender essential oil
- ✓ 1 drop of roman chamomile essential oil
- ✓ 1 drop of eucalyptus essential oil
- ✓ 1 drop of peppermint essential oil
- ✓ **2 oz. Glass bottle spray bottle**



Instructions

- Add essential oils to alcohol, stir, and add to the bottle.
- Mix water and apple cider vinegar in a separate container.
- Dissolve sea salt in water/vinegar mix.
- Carefully add to the EO mixture in the spray bottle to fill and mix together.
- Store in glass bottle no more than 2 days before using.
- Spray the infected area, as needed, and rinse off with cool water to break up and wash away the oils of the poison ivy.



HOMEMADE POISON IVY RELIEF SPRAY

Ingredients

- ✓ 1 Tbl. of 190 proof alcohol
- ✓ 1/2 tsp. of sea salt
- ✓ 1 Tbl. of **apple cider vinegar**
- ✓ Distilled water to fill the rest of the bottle
- ✓ 1 drop of lavender essential oil
- ✓ 1 drop of roman chamomile essential oil
- ✓ 1 drop of eucalyptus essential oil
- ✓ 1 drop of peppermint essential oil
- ✓ **2 oz. Glass bottle spray bottle**



Instructions

- Add essential oils to alcohol, stir, and add to the bottle.
- Mix water and apple cider vinegar in a separate container.
- Dissolve sea salt in water/vinegar mix.
- Carefully add to the EO mixture in the spray bottle to fill and mix together.
- Store in glass bottle no more than 2 days before using.
- Spray the infected area, as needed, and rinse off with cool water to break up and wash away the oils of the poison ivy.

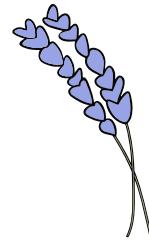
Cut-Out Recipe Card



ROLL AWAY THE ITCH ROLL-ON

Ingredients

- 10 ml. glass roller bottle
- 4 drops of lavender essential oil
- 3 drops of peppermint essential oil
- Carrier oil*



Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to the bug bite to relieve itch and sting.

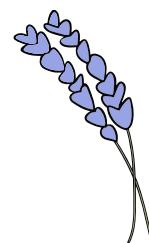
* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



ROLL AWAY THE ITCH ROLL-ON

Ingredients

- 10 ml. glass roller bottle
- 4 drops of lavender essential oil
- 3 drops of peppermint essential oil
- Carrier oil*



Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to the bug bite to relieve itch and sting.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



EFFECTIVE SEASONAL ALLERGY ROLL-ON



Ingredients

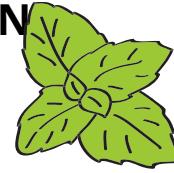
- › 10 ml. roller bottle
- › 3 drops peppermint essential oil
- › 2 drops lavender essential oil
- › 2 drops lemon essential oil or eucalyptus essential oil
- › Carrier oil

Instructions

- › Add essential oils to a glass roller bottle.
- › Fill with carrier oil and shake well.
- › Roll-on and rub on back of neck, on chest twice a day or as needed.



EFFECTIVE SEASONAL ALLERGY ROLL-ON



Ingredients

- › 10 ml. roller bottle
- › 3 drops peppermint essential oil
- › 2 drops lavender essential oil
- › 2 drops lemon essential oil or eucalyptus essential oil
- › Carrier oil

Instructions

- › Add essential oils to a glass roller bottle.
- › Fill with carrier oil and shake well.
- › Roll-on and rub on back of neck, on chest twice a day or as needed.



SLEEP SPRAY WITH ESSENTIAL OILS

Ingredients

- ✓ 4oz Glass Spray Bottle
- ✓ 20 drops of Essential Oils*
- ✓ 190 Proof alcohol

Instructions

- Add essential oils to your glass spray bottle.
- Fill the remaining 4oz bottle with the alcohol.
- Shake well.
- Mist your pillow before bedtime to help aid sleep and provide a restful night.

WHAT ARE THE BEST ESSENTIAL OILS TO BLEND FOR SLEEP:

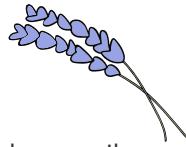
- Patchouli & Cedarwood
- Lavender & Vanilla Absolute
- Vetiver & Roman Chamomile
- Ylang ylang, bergamot, lavender, sweet marjoram, roman chamomile, valerian
- Lavender, clary sage, ylang ylang, vanilla
- Geranium, sweet marjoram, patchouli, sweet orange
- Roman chamomile, rose, palmarosa



SLEEPY TIME ROLL-ON

Ingredients

- ✓ 10-15 ml. roller bottle
(depending on age)
- ✓ 3 drops of lavender essential oil
- ✓ 2 drops of vetiver essential oil
- ✓ 2 drops of roman chamomile essential oil
- ✓ Carrier Oil* or Mama Z's Oil Base



Instructions

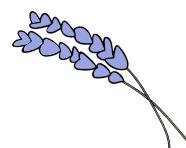
- Add essential oils to your glass roller bottle.
- Fill remaining space in roller bottler with your carrier oil of choice.
- Shake well.
- Roll on your child's big toe or sole of feet at bedtime.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

SLEEPY TIME ROLL-ON

Ingredients

- ✓ 10-15 ml. roller bottle
(depending on age)
- ✓ 3 drops of lavender essential oil
- ✓ 2 drops of vetiver essential oil
- ✓ 2 drops of roman chamomile essential oil
- ✓ Carrier Oil* or Mama Z's Oil Base



Instructions

- Add essential oils to your glass roller bottle.
- Fill remaining space in roller bottler with your carrier oil of choice.
- Shake well.
- Roll on your child's big toe or sole of feet at bedtime.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



TRIPLE-THREAT ANTIBIOTIC ROLL-ON

Ingredients

- ✓ 10 ml. roll-on bottle
- ✓ Fractionated coconut oil (almond or jojoba can also be used)
- ✓ 2 drops oregano essential oil
- ✓ 5 drops tea tree essential oil
- ✓ 2 drops thyme essential oil (linalool or thymol type)



Instructions

- Mix Essential Oils in roller bottle.
- Fill with carrier oil and gently swish around to mix.
- Apply on the bottoms of the feet and over abdomen 2x per day while battling a systemic infection.
- Do not use for more than 3 weeks at a time.
- Discontinue use immediately upon any adverse reactions.



TRIPLE-THREAT ANTIBIOTIC ROLL-ON

Ingredients

- ✓ 10 ml. roll-on bottle
- ✓ Fractionated coconut oil (almond or jojoba can also be used)
- ✓ 2 drops oregano essential oil
- ✓ 5 drops tea tree essential oil
- ✓ 2 drops thyme essential oil (linalool or thymol type)



Instructions

- Mix Essential Oils in roller bottle.
- Fill with carrier oil and gently swish around to mix.
- Apply on the bottoms of the feet and over abdomen 2x per day while battling a systemic infection.
- Do not use for more than 3 weeks at a time.
- Discontinue use immediately upon any adverse reactions.



UPSET TUMMY ROLLER BOTTLE

Ingredients

- ✓ 10 ml. glass roller bottle
- ✓ 2 drops of peppermint essential oil
- ✓ 1 drop thyme essential oil
- ✓ 1 drop cardamom essential oil
- ✓ 1 drop clove essential oil
- ✓ 1 drop ginger essential oils
- ✓ 1 drop caraway essential oil
- ✓ Your favorite [carrier oil](#) or
Mama Z's Oil Base*



Instructions

- Add essential oils to roller bottle, then top off with your favorite carrier oil. Insert roller ball, close cap, and shake to combine.
 - Roll on tummy for relief.
- * No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.



UPSET TUMMY ROLLER BOTTLE

Ingredients

- ✓ 10 ml. glass roller bottle
- ✓ 2 drops of peppermint essential oil
- ✓ 1 drop thyme essential oil
- ✓ 1 drop cardamom essential oil
- ✓ 1 drop clove essential oil
- ✓ 1 drop ginger essential oils
- ✓ 1 drop caraway essential oil
- ✓ Your favorite [carrier oil](#) or
Mama Z's Oil Base*



Instructions

- Add essential oils to roller bottle, then top off with your favorite carrier oil. Insert roller ball, close cap, and shake to combine.
 - Roll on tummy for relief.
- * No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.



YEAST INFECTION TAMPON REMEDY

Ingredients

- ✓ 2 drops lavender
- ✓ 2 drops tea tree
- ✓ ½ tsp. raw honey
- ✓ 1 tsp. organic, plain yogurt (no flavoring, no sugar added)
- ✓ 2 tsps. unrefined coconut oil
- ✓ Cotton tampon (unbleached and organic if possible)
- ✓ Poise pad



Instructions

- Mix essential oils and coconut oil together in a glass bowl to dilute them.
- Pour in honey and yogurt and mix well.
- Roll tampon into mixture to absorb the contents and insert into vagina before going to bed.
- Wear a poise pad or similar alternative to absorb discharge.
- Take out first thing in the morning and clean vagina in shower.
- Repeat every night for one week.

Notes: *Coconut milk or a non-dairy substitute yogurt can work as well.

YEAST INFECTION TAMPON REMEDY

Ingredients

- ✓ 2 drops lavender
- ✓ 2 drops tea tree
- ✓ ½ tsp. raw honey
- ✓ 1 tsp. organic, plain yogurt (no flavoring, no sugar added)
- ✓ 2 tsps. unrefined coconut oil
- ✓ Cotton tampon (unbleached and organic if possible)
- ✓ Poise pad



Instructions

- Mix essential oils and coconut oil together in a glass bowl to dilute them.
- Pour in honey and yogurt and mix well.
- Roll tampon into mixture to absorb the contents and insert into vagina before going to bed.
- Wear a poise pad or similar alternative to absorb discharge.
- Take out first thing in the morning and clean vagina in shower.
- Repeat every night for one week.

Notes: *Coconut milk or a non-dairy substitute yogurt can work as well.

About the Author



ERIC ZIELINSKI, D.C. has pioneered natural living and biblical health education since 2003. Trained as an aromatherapist, public health researcher, and chiropractor, Dr. Z started NaturalLivingFamily.com alongside his wife Sabrina Ann in 2014 to help people learn how to use natural remedies like essential oils safely and effectively. Now visited by more than six million natural health seekers every year, it has rapidly become the #1 source for Biblical Health and non-branded essential oils education online.

Dr. Z is an accomplished researcher with several publications, conference proceedings and is committed to sharing the healing power of natural therapies at churches and events across the globe.

The Essential Oils Apothecary
Alzheimer's, Cancer, Fatty Liver, Heart Disease & More...
150+ Soothing Remedies for Managing the Treatment &
Symptoms of Chronic Illness!

[Get Your Copy Here!](#)

The Healing Power of Essential Oils
150+ Healing Recipes & Remedies to Soothe Inflammation,
Boost Mood, Prevent Autoimmunity, and Feel Great in Every
Way!

[Get Your Copy Here!](#)