**The Ten Most Important Essential Oils for the Home Pharmacy**

David Crowe

1. Eculyptus   
   Diffuser – a couple drop  
   Good for upper respiratory system  
   Apply to palms –breathe

Mix a few drops with a few drops of oils for inflammation

1. Tea tree  
   Anti fungal anti microbial

Diffuser – purifies atmosphere or steam 2 drops in bowl hot water – towel clears passages

Fungus on feet – put on nails 1 time a day for a year

1 drop in ¼ c water – gargle swish mouth and spit 1 drop in oil for pulling

1. Tulsi holy basil drink holy basil tea = diverts stress n4v45 put oil on skin

Use 2 drops in diffuser good for asthma

1. Rosemary Strengthen brain in diffuser 2 drps decongestant 2 drops direct steam bowl

2 drops in palm inhale

1. Palo santo - purifies mind anti depressant diffuser to purify atmosphere and flus  
   helps elevate mood – calming effect for anxiety from Ecuador rids of mosquitos  
   Tree that helps us with our spiritual growth good for creativity not on skin

One drop on palms ok­’ - calming effect

1. Frankincense tears – therapeutic good for inflammation - spiritually uplifting – immune enhancement  
   diffuser – burned like palo santo good for flu’s immune enhancement a few drops on the palms ok or hot water bowl wound healing – oil or resin made into poultices keep eyes closed Can put drops directly on skin – scar tissue put on skin for inflammation and joint boosts immunity

6-10 drops into a carrier oil for rubbing on body. Drops on palms ok – relatively mild

7 Helicrysim – best from Corsica in skin care –Croatia #1 skin care and wound healing oil apply to injuries broken bones impact injury  
add to favorite skin lotion - skin care products - once a wound is stabilized add helicrysim good for circulation – put in massage oil rub on legs  
6-10mdrops in carrier oil

8 Lavender – be careful of the brand – most not pure 60% bad diffuser good for staff Mersa good for cold sores relaxant – mood uplifting  
calms nerves mind more clear sleeping – 3 drops or more stimulating good for burns

1. Chamomile: low risk add a drop with lavender in diffuser good for hyper children cooling for respiratory
2. Himalayan spike nard / jatamansi – type of valerian – for sleep doesn’t smell good good for dreams some are allergic try for insomnia be careful using

Really relaxes the nervous system – a useful strong oil.