

10 Essential Oil Natural Remedies for Work and Play



Being a nature lover, and not a fan of using dangerous and harmful chemicals in my home, I've been really inspired over the past few years as I've discovered hundreds of uses for pure essential oils - from cleaning, to sunscreen, as insect repellants and in daily personal skin and body care. If you'd like to WIN a pack of some of my favourite Young Living products in November, make sure to follow my Facebook posts.

Here are 10 ways I like to use Young Living's pure essential oils for work and play (and some of them might surprise you!):

1. **Cleaning counter tops:** Mix three drops of both lemon and melaleuca (tea tree) oil with a cup of warm water in a spritzer bottle, then spray countertops to naturally disinfect.
2. **Cleaning burnt pans:** Use a few drops of lemon oil and some boiling water to help remove burnt food from pots and pans.
3. **Improving sleep and reducing anxiety:** Lavender oil can alleviate insomnia. Sprinkle a few drops on your pillow to help you fall asleep or use in a diffuser in your bedroom. Alternatively, place a single drop of lavender oil on your hands, rub them together, cup your hands over your nose and inhale. Lavender oil is great diffused anywhere in the home to reduce feelings of stress and tension.
4. **Digestive aid:** Rub a few drops of ginger, fennel or peppermint oil on the stomach to support digestion and alleviate tummy upsets. I also like to use Young Living's DiGize blend for this.
5. **Easier breathing:** For a natural alternative to vapor rub, mix a generous spoonful of organic coconut oil together with 3 drops of lemon oil, 3 drops of peppermint oil and 6 drops of eucalyptus radiata. Rub on neck, chest, sides of body and back. Inhaling peppermint oil also helps unblock sinuses.
6. **Reduce teeth grinding:** I've found 1 to 3 drops of lavender oil rubbed on the bottom of the feet, on the stomach area, or behind the ears before bed is effective for reducing the tension that can cause people to grind their teeth.
7. **Concentration and focus:** I like to diffuse Young Living's Clarity oil when I'm working at my desk. Other good options for helping with focus and concentration are lemon oil, bergamot, grapefruit and peppermint.
8. **Reduce fatigue:** Try inhaling peppermint oil before exercising to help energise your workout.
9. **Head lice treatment:** For a natural head lice treatment, mix 3 drops of thyme, lavender and eucalyptus oil with coconut or another unscented oil and apply to the scalp. Cover hair with a shower cap and leave on for 30 minutes before shampooing out.
10. **Allergy relief:** Rub a drop of frankincense and lavender oils on your palms and inhale deeply to relieve itchy eyes and scratchy throat. I also dab these oils on my face and then circle around my eye area. Works a treat!

To find out more about some of the essential oils I've mentioned, visit my Young Living website. I also offer Compass Bio Feedback sessions to help you determine which oils would most benefit your physical and emotional health and wellbeing, so call me on 0411 471 941 if you'd like to know more.

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au. To find out more about how you can work with me personally, call me on 0411 471 941 or (08) 8338 3134 or e-mail tania@blueskycoaching.com.au.



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