

How to Apply Young Living Essential Oils

Application Chart

Each single essential oil and essential oil blend sold by Young Living is categorized below into three areas: topical application, dietary supplement (internal consumption), and aromatic (inhalation). Categorization of each oil is based upon well-documented, scientific information, as well as literature from respected experts in essential oils. This information is intended to guide you in essential oil use; however, qualified health professionals may offer additional guidance and should be contacted for disease or serious health conditions. Also, see individual bottle labels for specific directions.

- g** Dilution is not required. Suitable for topical use on all but the most sensitive skin. Generally safe for younger children. Diffuse up to 1 hour three times daily.
- y** Dilution recommended. Use as directed. Diffuse up to 30 minutes three times daily.
- o** Avoid using on areas of the skin that are frequently exposed to prolonged sunlight or UV rays. Avoid direct sunlight or UV rays for up to 12 hours after applying to skin.
- r** Always dilute before use. Use as directed. Take internally only as directed and only if the oil is listed as a dietary supplement. Diffuse no more than 10 minutes three times daily in a well-ventilated room.
- b** Oil is not recommended to be used in the manner indicated.

Single Oils

TOPICAL APPLICATION

DIETARY SUPPLEMENT

AROMATIC

| | y e o r b | y e o r b | y e o r b |
|------------------------|-----------|-----------|-----------|
| Balsam Fir (Idaho) | ● | ● | ● |
| Basil | ○ | | ● |
| Bergamot | ○ ● | ○ | ● |
| Cassia | | | ● ● |
| Cedarwood | ● | ○ | ● |
| Cinnamon Bark | | | ● ● |
| Cistus | ● | ● | ● |
| Clary Sage | ○ | ○ | ○ |
| Clove | | ○ | ○ |
| Coriander | ○ | ○ | ○ |
| Cypress | ● | | ● |
| Dill | ○ ● | ○ | ○ |
| Douglas Fir | ● | ● | ● |
| Elemi | ● | | ● |
| Eucalyptus dives | ○ | | ● |
| Eucalyptus globulus | ○ | ○ | ○ |
| Eucalyptus polybractea | ○ | | ● |
| Eucalyptus radiata | ○ | | ● |
| Fennel | ● | ○ | ○ |
| Frankincense | ● | ● | ● |
| Galbanum | ● | | ● |
| Geranium | ● | ○ | ● |
| Ginger | ○ | ○ | ○ |
| Goldenrod | ○ | ○ | ○ |
| Grapefruit | ○ ● | ● | ● |
| Helichrysum | ● | ○ | ● |
| Hyssop | ○ | | ● |
| Idaho Tansy | ● | | ● |
| Jasmine | ● | | ● |
| Juniper | ○ | ○ | ○ |
| Laurus nobilis | ○ | ○ | ○ |
| Lavender | ● | ● | ● |
| Ledum | ○ | | ● |
| Lemon | ○ ● | ● | ● |
| Lemongrass | | ○ | ○ |

Single Oils

| | TOPICAL APPLICATION | DIETARY SUPPLEMENT | AROMATIC |
|------------------------|---------------------|--------------------|-----------|
| | g y o r b | g y o r b | g y o r b |
| Marjoram | o | o | o |
| Melaleuca alternifolia | • | • | o |
| Melaleuca ericifolia | • | • | o |
| Melissa | • | • | • |
| Mountain Savory | | o | • |
| Myrrh | • | • | • |
| Myrtle | o | o | o |
| Nutmeg | o | o | o |
| Onycha | • | • | o |
| Orange | o o | • | • |
| Oregano | | o | • |
| Patchouli | • | • | • |
| Pepper | o | o | o |
| Peppermint | | • | • |
| Petitgrain | • | • | o |
| Pine | o | o | o |
| Ravensara | o | • | o |
| Roman Chamomile | • | • | • |
| Rose | • | • | • |
| Rosemary | | • | • |
| Rosewood | • | • | • |
| Sage | | • | o |
| Sandalwood | • | • | • |
| Spearmint | o | o | o |
| Spikenard | • | • | • |
| Spruce | o | o | o |
| Tangerine | o o | • | • |
| Tarragon | o | • | o |
| Thyme | | o | • |
| Tsuga | o | o | o |
| Valerian | • | • | o |
| Vetiver | • | • | o |
| Western Red Cedar | | • | • |
| White Fir | • | • | • |
| Wintergreen | | • | • |
| Ylang Ylang | • | • | • |

Chart provided by Young Living Circle Distributors

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