

Dr. Axe  
FOOD IS MEDICINE

101 WAYS TO USE  
ESSENTIAL  
OILS

# 101 WAYS TO USE ESSENTIAL OILS

Essential oils have been used for thousands of years, mostly in varying cultures for their medicinal and health benefits. However, the range of uses for essential oils can be astounding. People have found uses for the oils in almost all areas of their lives, including aromatherapy, household cleaning, personal beauty, and natural medicine.

Essential oils are made from distilling or extracting different parts of plants, including flowers, leaves, bark, roots, resin, and peels. The benefits of essential oils come mostly from their antioxidant, antimicrobial, and anti-inflammatory properties.

Ready to introduce these gems into your everyday routine? Here are 101 uses for essential oils:

## Essential Oil Uses for Cleaning and Home

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- ▶ All-purpose cleaner
- ▶ Natural mosquito repellent
- ▶ Cleaning sports gear
- ▶ Clean the air in your home
- ▶ Homemade peppermint patties
- ▶ Adding scent to laundry
- ▶ Adding scent to vacuum cleaners
- ▶ Homemade sunscreen
- ▶ Remove shower scum
- ▶ Clean burnt pans
- ▶ Air freshener
- ▶ Carpet cleaner
- ▶ Kill pests
- ▶ Bake lavender cake
- ▶ Eliminate mold
- ▶ Create a unique Christmas scent
- ▶ Reduce anxiety
- ▶ Use oils while mediating or praying
- ▶ Bathtub scrub
- ▶ Freshen trashcans
- ▶ Wash produce
- ▶ Produce a clean kitchen smell
- ▶ Freshen up your bathroom
- ▶ Purify your fridge
- ▶ Make your own mint tea
- ▶ Eliminate smoke
- ▶ Detoxify the air
- ▶ Freshen smelly shoes
- ▶ Create a love potion
- ▶ Create a calming lavender mix for a new mom and baby
- ▶ Make lemon water
- ▶ Deep clean your dishes
- ▶ Create a physician kit with commonly used medicinal oils

## Essential Oil Uses for Spa and Relaxation

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- ▶ Improve sleep
- ▶ Create a body butter
- ▶ Make homemade lip balm
- ▶ Relieve tension by smelling lavender oil
- ▶ Use oils in massage therapy
- ▶ Achieve immediate relaxation by applying to your temples
- ▶ Take a detox bath
- ▶ Add the oils to a sauna session
- ▶ Calm children by sprinkling on their stuffed animals
- ▶ Take a footbath
- ▶ Improve depression by regularly diffusing
- ▶ Add aromatherapy to yoga and Pilates sessions
- ▶ Add mint oils to your cocoa

## Essential Oil Uses for Skin and Beauty

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- ▶ Reduce cellulite
- ▶ Use as a natural perfume
- ▶ Create an acne face wash
- ▶ Freshen your breath
- ▶ Make a homemade shampoo
- ▶ Make homemade deodorant
- ▶ Add oils to a sugar scrub
- ▶ Make homemade toothpaste
- ▶ Make body spray
- ▶ Sooth an itchy scalp
- ▶ Thicken hair
- ▶ Strengthen nails
- ▶ Reduce wrinkles
- ▶ Whiten teeth
- ▶ Cure dandruff
- ▶ Reduce stretch marks
- ▶ Make a facial scrub
- ▶ Make a natural skin toner
- ▶ Make a deep hair conditioner
- ▶ Reduce age spots
- ▶ Cure oily hair
- ▶ Heal dry, cracked feet
- ▶ Relieve nausea



To treat eczema, psoriasis or red dry skin, apply a mixture of lavender essential oil with shea butter.

## Essential Oil Remedies and Natural Medicine

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- ▶ Migraine relief
- ▶ Reduce cough or sinusitis
- ▶ Repair broken bones
- ▶ Heal burns Soothe
- ▶ bug bites Improve
- ▶ digestion
- ▶ Bronchitis and asthma remedy
- ▶ Bruise treatment
- ▶ Improve concentration
- ▶ Sore foot soak
- ▶ Reduce teeth grinding
- ▶ Relieve PMS
- ▶ Make eczema and psoriasis cream
- ▶ Improve circulation
- ▶ Relieve hangover symptoms
- ▶ Curb food cravings
- ▶ Energize your workout
- ▶ Reduce fever
- ▶ Relieve motion sickness
- ▶ Relieve arthritis pain
- ▶ Treat ringworm
- ▶ Cure head lice
- ▶ Heal blistered skin
- ▶ Soothe sunburn
- ▶ Treat poison oak or poison ivy
- ▶ Lose weight
- ▶ Boost your immune system
- ▶ Soothe achy muscles
- ▶ Reduce morning sickness
- ▶ Improve allergies
- ▶ Kick a cold quickly
- ▶ Reduce back and neck pain

## NOTE!

Not all essential oils are created equal! In fact, most are useless, and they are often synthetic! Therefore, when buying essential oils, make sure they are certified pure therapeutic grade. [Click here for List of Essential Oils.](#)

*This content is strictly the opinion of Dr. Josh Axe, and is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of medical advice or treatment from a personal physician. Readers of this content are advised to consult their doctors or qualified health professionals regarding specific health questions. Neither the author nor publisher of this content takes responsibility for possible health consequences of any person or persons reading or following the information in this educational content. All readers of this content, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition or supplement or lifestyle program.*

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