

FOUR THIEVES ESSENTIAL OIL BLEND USES

Only SOME of the many ways to use Four Thieves Essential Oil Blend

1. Dilute with Organic Olive Oil or another carrier oil and apply to cuts or open wounds to prevent infection and promote healing.
2. Mix with a tablespoon of water, gargle and swallow for a sore throat.
3. Apply in a diluted carrier oil and apply directly to the skin of your upper chest and throat for bronchitis.
7. Put directly on the soles of your feet to protect you from colds and flu.
8. Breathe in the vapors when you have lung congestion.
9. Use to clean pet cages, creating a healthier environment for them. Simply add a few drops to the cleaning water.
10. Add a few drops to your dishwasher for cleaner dishes, to your laundry cycle or your mop water!
13. Mix with water to make a spray to repel insects on your flowers and plants.
14. Use to dissolve the gummy adhesive on price labels. Lemon oil works great on this too!
15. Apply to bee and wasp stings to neutralize the toxin and relieve the pain.
16. Apply to gums to prevent and treat gum disease.
17. Apply orally to maintain healthy teeth and reduce cavities.
19. Diffuse in homes or business to help solve mold and mildew problems.
20. Add to orange juice and drink to reduce phlegm and congestion.
22. Put a drop in your cup of tea for flavor and to maintain health.
23. Put on the tip of your tongue to help you stop smoking.
24. Put on cold sores and canker sores to help in the healing process.
25. For warts, apply topically, inhale and ingest in capsules to help make them disappear.
26. Rub on sore joints to help relieve arthritis pain.
27. Drink a few drops in water or juice every three hours to help stop a cold.
30. Diffuse in the house as your children come home from school every day to help kill airborne bacteria.
33. Diffuse in the home or office to stimulate a cheerful mood and raise spirits.
35. Diffuse in your place of business to help ward off germs.
36. Diffuse in the classroom to help reduce student sickness and absenteeism.
37. Put a few drops in your carpet steamer/cleaner to disinfect carpet.
38. Mix a few drops with honey or agave in a teaspoon for cough relief.
39. Breathe and apply for sinus headaches.

41. For laryngitis put a drop under your tongue to help restore your voice.
42. Inhale to help in the relief of allergy symptoms.
43. Take a capsule full every day to help in the relief of Lyme disease symptoms.
44. Carry a bottle on every flight to protect you from germs on the plane.
45. Drop in the heat/AC vents of a hotel to help rid it of airborne germs.
46. Mix with baking soda to clean bathtubs.
47. Apply undiluted to the toes and feet to combat fungus.
48. Apply to poison ivy rashes (may need to be diluted with vegetable oil) to relieve the itch.
50. Sanitize pierced earrings by cleaning with Four Thieves Oil Blend.
53. Apply 1 drop of Four Thieves Oil Blend onto toothbrush to sanitize.
54. Use for bathrooms and toilets to sanitize and freshen.
55. Use to cut grease on kitchen counters and stovetops.
56. Use to mop floors to clean and disinfect.
57. Apply to hands to remove stubborn, sticky substances like tree sap.
58. Use to wash fruits and vegetables from the supermarket.
59. Add to the water in your vacuum cleaner/steamer to cleanse the air and disinfect the carpet.
60. Spray along ant trails in the house to keep them out.
61. Use to wipe chairs and furniture in school classrooms to cut down on student sickness.
63. Clean upholstery in the house and in the car!
65. Soak off burnt food in pots and skillets.
66. Wipe or soak garbage cans to get them clean, sanitary and smelling fresh.
68. Use undiluted to clean and kill mold on walls and floors or degrease oven.

This is just to get you started....now I bet you can think of a hundred more uses!

Our Special FOUR THIEVES ESSENTIAL OIL BLEND is a result of the finest blend of Clove, Lemon, Cinnamon, Eucalyptus, and Rosemary essential oils. This is a concentrated blend with Essential oils only, no carriers.

