



*TANYA PAYNTER, ND*

*Healthy Living Made Easy*

## **Essential Oil Essentials**

*The Top 10 Essential Oils to Have at Home to Help With  
Chronic Pain, Fatigue, and Other Things*

*Tanya Paynter, ND, LLC*

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## Medical Disclaimer

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*The Essential Oil Essentials Guide is designed for educational and sharing purposes only. These oils and recipes are general recommendations and are not specific to you or your health needs. If there are oils listed in the guide that you are allergic to or have had a reaction to in the past, are contraindicated for an existing condition you have been diagnosed with, have been told to avoid by your doctor, or that you have known allergies or sensitivities to, do not use them. It is important you discuss any supplement and alternative medicine use with your doctor, who knows and is familiar with you and your health history, before starting said alternative medical options. That includes essential oils and information taken from this guide. If you have questions about any of the oils included in this guide, do not use them until you have spoken with your doctor. Tanya Paynter, ND assumes no risk for your voluntary use of this guide or by utilizing the blends provided.*

## About the Author

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*Dr. Tanya Paynter is a doctor of naturopathic medicine. She treats women with chronic pain and fatigue and helps them wake up every morning knowing that "today" is going to be a good day. She asks her patients "What's the one thing you miss the most about your healthy self? Now what are you willing to do about it?"*

*Most doctors offer medication and few answers. Medication isn't going to get rid of the pain. It can help to manage it but will never get it to go away. What WILL get rid of it is figuring out what is causing the pain in the first place. Most of Dr. Paynter's patients have tried conventional medical routes and all the tests, imaging, and mediations it brings, and still end up with no answers and no resolution to their symptoms. But Dr. Paynter has developed a systematic process that gets to the bottom of what is causing her patients' pain and uses it, successfully, with every patient she sees. She's able to deliver answers and, more importantly, results. She is currently developing an online program, Breaking the Symptom Code, to walk women through this process. It will be ready for purchase in July.*

*If you're interested in learning more about Dr. Paynter and her program, you can find her at her website, [www.symptomcode.org](http://www.symptomcode.org), and on the following media:*

*Facebook: Tanya Paynter, ND*

*Instagram: Tanya Paynter, ND*

*Twitter: @paynternd*

*YouTube: Tanya Paynter, ND*



# Essential Oil: Proper Use and Safety

## **Introduction**

*Essential oils are an amazing and powerful medicine - they should be treated as such. Many people don't respect the potency of essential oils and have harmed themselves with improper use. **Please read through this page before starting to use any essential oils.***

*Essential oils are highly concentrated plant chemicals and can cause burns, eye and sinus irritation, respiratory irritation (especially in children, sensitive individuals, or people with highly reactive airways such as in asthma), and can be toxic to unborn children (so pregnant women should use with care).*

*When in doubt as to the safety or suitability of use for you, consult your physician.*

### Safety Rule #1

***Never use essential oils undiluted on your skin.***

*There are three reasons for this:*

*Reason 1:* *Essential oils burn. Putting them directly on your skin without first diluting with a carrier oil (such as avocado oil, coconut oil, olive oil, etc) can cause burns, especially if used on sensitive skin areas like the face, under the arms, or back of the hands.*

*Reason 2:* *When using essential oils undiluted, you can cause sensitization which can lead to an actual allergy to the essential oil. Once that happens, you will never be able to use that oil topically again. And that would just be sad.*

*Reason 3:* *It's wasteful - you don't NEED to use it straight. You'll just burn through your bottle much faster while not receiving any additional benefit from the stronger dosing. In fact, the highest effective dosing when applying topically is about a 20% dilution. This means that for every milliliter of carrier oil, you would use 4 drops of essential oil. If you're using more than that, you're just wasting your oil.*

### Safety Rule #2

***Don't use essential oils orally.***

*There is a current trend to use essential oils in your water every day. People tell me they think it's healthy and helps them detox. Don't do this. Oils are very antimicrobial. When you're using them at this strength, every day, you're essentially using natural antibiotics. That messes with your gut bacteria. The only time you should ever consider using oral essential oils is under the direction and guidance of a trained physician and only for short periods of time to treat a specific condition.*

### Safety Rule #3

***The use of essential oils is contraindicated in certain medical conditions.***

*People with kidney and liver disease, as well as pregnant women, people with seizure disorders, and people with asthma or other lung conditions should discuss using essential oils with their doctor before doing so. Some oils cause constriction of the airways which will exacerbate lung issues. They require kidney and liver to detox them which can be problematic in conditions affecting kidney and liver. Some oils are toxic to unborn babies as well as sometimes acting as a uterine stimulant that can induce contractions, so pregnant women should avoid them unless discussed with their doctor. This is by no means an all inclusive list. If you have ANY type of disease or pre-existing condition, consult your doctor before starting essential oil use.*

### Safety Rule #4

***Not all essential oils are meant to be used for aromatherapy.***

*Certain essential oils can be toxic at higher doses and should not be used for inhalation purposes unless at the direction of a doctor. Among these are wormwood, pennyroyal, onion, camphor, wintergreen (ok to use diluted topically for pain control as will be discussed later but do not use for inhalation purposes), rue, bitter almond, and sassafras. There are others, as well.*

### Safety Rule #5

***Essential oils are not for kids. Treat them as poisonous and lock them up (the oils, not the kids).***

*Essential oils smell good. So naturally, kids will want to drink them. Given the potent nature and highly acidic and/or alkaline chemical makeup, they can cause serious harm. Some are downright dangerous for children. In fact, rubbing peppermint oil on the chest of a child under the age of 3 can actually cause paralysis of the lungs leading to death. And sadly, this has happened in the past. So do not use essential oil in children unless directed by their pediatrician.*

### Safety Rule #6

***Essential oils are flammable. Keep them away from flames.***

*Don't use them in candle warmers. They're oils. They can catch on fire.*

## **Sinus Irritating Essential Oils**

*Clove  
Cinnamon*

*Oregano  
Savory*

*Spearmint  
Thyme*

## **Generally Safe Essential Oils**

*Balsam Peru*

*Cedarwood*

*Roman Chamomile*

*German Chamomile*

*Benzoin*

*Calendula*

*Moroccan Chamomile*

*Frankincense*

*Galbanum*

*Geranium*

*Helichrysum*

*Jasmine*

*Lavender*

*Mimosa*

*Neroli*

*Niaouli*

*Oakmoss*

*Palmarosa*

*Patchouli*

*Peppermint*

*Petitgrain*

*Rose*

*Rosemary*

*Spearmint*

*Spikenard*

*Tea tree*

*Vanilla*

*Vetiver*

*Ylang ylang*

## **Photosensitizing Essential Oils**

*These oils increase sensitivity to ultraviolet light. Never use straight and avoid exposure to sun for at least four hours after application.*

*Bergmot*

*Eucalyptus*

*Lemongrass*

*Mandarin*

*Carrot Seed*

*Grapefruit*

*Lemon Verbena*

*Orange*

*Cinnamon*

*Lemon*

*Lime*

*Tangerine*

## **Potentially Toxic Essential Oils**

*Ammi Visnaga*

*Nutmeg*

*Inula*

*Parsley*

*Wintergreen*

*Mugwort*

*Thuja*

## **Pregnancy Caution Essential Oils**

*Don't use these essential oils during pregnancy unless under the advice of a doctor.*

<i>Angelica</i>	<i>Ammi Visnaga</i>	<i>Anise</i>
<i>Basil</i>	<i>Bay Laurel</i>	<i>Bergamot</i>
<i>Birch</i>	<i>Blue Cypress</i>	<i>Carrot Seed</i>
<i>Cedarwood</i>	<i>Cinnamon Leaf</i>	<i>Cistus</i>
<i>Citronella</i>	<i>Clary Sage</i>	<i>Clove</i>
<i>Coriander Seed</i>	<i>Cypress</i>	<i>Yarrow</i>
<i>Eucalyptus Dives</i>	<i>Eucalyptus</i>	<i>Wintergreen</i>
<i>Fennel</i>	<i>Fir Balsam</i>	<i>Fir Silver</i>
<i>Geranium Rose</i>	<i>Ginger</i>	<i>Grapefruit</i>
<i>Helichrysum</i>	<i>Hyssop</i>	<i>Inula</i>
<i>Juniper Berry</i>	<i>Lavender Spike</i>	<i>Lemon</i>
<i>Lemongrass</i>	<i>Lemon Verbena</i>	<i>Lime</i>
<i>Mandarin Red</i>	<i>Marjoram</i>	<i>Melissa</i>
<i>Mugwort</i>	<i>Myrrh</i>	<i>Myrtle</i>
<i>Nutmeg</i>	<i>Orange</i>	<i>Oregano</i>
<i>Parsley</i>	<i>Pepper Black</i>	<i>Peppermint</i>
<i>Pine Sea</i>	<i>Pine Scotch</i>	<i>Ravensara</i>
<i>Rosemary</i>	<i>Sage</i>	<i>Savory</i>
<i>Spruce Black</i>	<i>Tagetes</i>	<i>Tangerine</i>
<i>Tarragon</i>	<i>Thuja</i>	<i>Thyme</i>
<i>Thyme Red</i>	<i>Turmeric</i>	

## **Potentially Skin Irritating Essential Oils**

*Only use these essential oils if highly diluted. Try a small amount over a small area before applying to ensure you don't have a negative reaction. Be cautious if you have sensitive skin.*

*Angelica  
Ammi Visnaga  
Anise  
Bay Laurel  
Carrot Seed  
Citronella  
Eucalyptus  
Ginger  
Lemongrass  
Mandarin  
Nutmeg  
Bergamot*

*Cinnamon  
Clove  
Fir Balsam  
Juniper  
Lemon Verbena  
Melissa  
Orange  
Birch  
Cistus  
Cypress  
Fir Silver  
Lemon*

*Lime  
Mugwort  
Oregano  
Black Pepper  
Tangerine  
Thyme  
Savory  
Tarragon  
Turmeri  
Tagetes  
Thuja  
Wintergreen*



# Essential Oil: Application and Delivery Routes

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## Steam Inhalation

**Uses:** *Steam inhalation delivers the medicinal properties of the essential oil directly to the respiratory tract and sinuses. It is best used for colds, sinus infections, lung ailments (if approved by your doctor), and cough.*

**Instructions:** *Boil several cups of water in a pot and remove from heat. Allow the water to cool until you can place your face over the pot without discomfort - it should be warm but not hot. Add 2-3 drops of your chosen essential oil or blend, position your head over the steaming pot and place a towel over your head and the pot. Breathe deeply, both through your nose and mouth, for 5-10 minutes. If needed, you can refresh with an additional 2-3 drops of essential oil halfway through the treatment.*

*An alternative option: heat the water in a mug and add the essential oils, then using your hands to form a cup over your nose and mug to enclose the vapors, inhale for 3-5 min.*

## Bath

**Uses:** *Good for full body immersion, pain and muscle stiffness, relaxation, colds, joint pain, and stress management.*

**Instructions:** *Add 20 drops of your chosen essential oil directly into the bath or blend in 2 cups of Epsom salt (un-fragranced). Stir thoroughly to mix. Add 1-2 cups of the salt to a hot bath. Keep the bathroom door shut to trap the steam. Relax in the bath for 15 - 30 minutes. Breathe slowly and deeply to inhale the fragrance.*

## Diffuser

**Uses:** *Diffusing is great for sleeping and general support through the day. It's a great option for mood boosting and keeping you mentally alert.*

**Instructions:** *Buy a diffuser and follow instructions for your unit. Options include ultrasonic, evaporative, and nebulizing diffusers. I find I like the ultrasonic the best for sleep and lighter scents. The nebulizing diffuser is much stronger but uses much more oil (and can get expensive).*

## Oral

**Uses:** *Only to address acute infections and only at the direction of a doctor trained in essential oil use.*

**Instructions:** *As provided by your doctor.*

### Topical Use

*Uses: Topical use is best for muscle and joint pain, inflammation, healing wounds, burns, cuts, and scrapes, addressing any physical condition, arthritis, and infections.*

*Instructions: Choose a carrier oil. Castor oil is a good option for inflammation and pain since it has anti-inflammatory properties in its own right. You can also use jojoba, avocado, coconut, almond, olive, or other oils as you prefer. Dilution is based on the reason for use. Use the following chart to help determine the strength you want for your purpose:*

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<i>Amount of Carrier Oil</i>	<i>Essential Oil (in drops)</i>	<i>Dilution Percentage</i>	<i>Uses</i>
<i>1 tbsp</i>	<i>4</i>	<i>1%</i>	<i>Sensitive people, children, weak immunity, light scenting</i>
<i>1 tbsp</i>	<i>8</i>	<i>2.5%</i>	<i>Most common for general purposes, good for skin application purposes</i>
<i>1 tbsp</i>	<i>15</i>	<i>5%</i>	<i>Increased fragrance, on larger parts of the body (leg and butt muscles), or for greater wound healing effects</i>
<i>1 tbsp</i>	<i>30</i>	<i>10%</i>	<i>Use for specific areas where a deeper concentration is needed (abdomen, low back, larger muscle area)</i>
<i>1 tbsp</i>	<i>60</i>	<i>20%</i>	<i>Deeper therapeutic activity as in joint pain, low back pain, infection</i>

*Do not use concentrations greater than 10% for skin specific problems. Use caution with "hot" oils like thyme, oregano, cinnamon, clove, wintergreen and lemongrass when using blends topically at 10+% dilutions.*

### Essential Oil Jewelry

*Uses: Personal aromatherapy for mood boosting, brain fog, and energy*

*Instructions: I use jewelry (necklaces or bracelets) with porous lava stone which traps the essential oil and allows for slow diffusing. I prefer these types to the jewelry that have cloth inserts. They are easier to wash and seem to diffuse the oil longer. Apply 1 drop of your essential oil (or blend) to the stone and wear through the day. My favorite jewelry is my lava stone diffuser necklace that hangs about 2" below the notch in my throat. I will "refresh" it halfway through the day so 2 drops of oil will last me all day long. I also have bracelets but find that as they move, the oils rub off on my skin and the scents don't last as long. Plus, your hands are farther from your nose so you only smell it when your hands are by your face. But having both is a nice option (and I frequently wear both together!).*



## Essential Oil: Dr. Paynter's Hints for Blending

*The following tips for creating your own therapeutic essential oil blends are things I've learned as I played with my essential oils. I've gathered these pearls from my successes and mistakes. My advice - play with your oils. The more you work with them, the better you understand which ones go well together and which ones your body responds to the best.*

- \* Before mixing essential oils, open each oil bottle you're thinking of using, cluster them together on the table, and take a whiff. If it smells good, if everything mixes well, go ahead with that combination. If something smells wrong or out of place, isolate the discordant oil and eliminate it. You can add and subtract different oils this way until you get the scent profile you're looking for.*
- \* Mix up a couple of different blends for the same purpose. I have 3 or 4 each of energizing blends, mood blends, sleep blends, and muscle blends. When you're deciding which blend to use on a given day, smell each of the different blends you made up for that purpose. You will find one stands out. Some days a particular blend will be the most delicious thing you've ever smelled and the next day you will find it almost repulsive. Let your body tell you which blend of essential oils it wants on any particular day.*
- \* There are no rules for mixing. Have the purpose of what you want to use it for in mind and choose oils that will work in that capacity. You might like simpler blends of 2 or 3 oils or you might prefer more complex blends of 6 or 7. My blends vary from 3 to 12 different oils. Do what feels right to you.*
- \* Even if you're just playing around with different blends and throwing together a "quick concoction", write it down! I can't tell you how many delicious and effective blends I've lost because I didn't write my recipe down. Now I keep a notebook and write EVERYTHING I do in it. I circle the keepers and ignore the rest.*
- \* Before really deciding if a blend is complete, let it sit overnight. The smells will change as the oils mix and you'll get a better idea of the true smell of the blend once you've let it sit (and given your smell receptors a break!).*
- \* Don't feel like you can't keep playing with your mixture. If you feel it isn't quite right, keep playing with it. Add different oils or change up the ratios by adding a few more drops of something already in there (remember to write your changes down!).*
- \* The next time you feel down, irritable, or anxious, pull out your oils and start blending. It doesn't even matter for what purpose. I find that just smelling the different oils pulls me out of a "mood" faster than anything else. I leave the essential oil table feeling relaxed, happy, and content, no matter how I started out. It's one of the reasons I've fallen so in love with them!*



## Essential Oil: Specific Properties and Uses

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*My top 10 recommended oils for the purposes of chronic pain, fatigue, mood, and general home use. These are easy to find, won't break the bank, and will provide a good starter kit for the beginner user. I have included several blends to help get you started in your experimentation.*

### Eucalyptus

**Properties:** *Decreases inflammation, reduces pain, fights infection, helps with muscle spasms, decreases sinus congestion, and increases energy*

**Uses:** *Health benefits include treatment of colds and flu's, sinus infections, muscle pain, mental exhaustion, mood, and infection.*

*I like to use Eucalyptus in steam inhalations and diffusions when I have a cold and put it in blends for fatigue and mood boosting.*

### Peppermint

**DO NOT USE IF YOU SUFFER FROM SEIZURES.** *Use with caution in respiratory issues. Do not use on children under 3 years old or in older people or people with weak lungs.*

**Properties:** *Increases energy, improves digestion, reduces pain, fights infection, helps with muscle spasms, improves brain function/mental processing, decreases sinus congestion, lowers fever, reduces headaches, relaxes muscles, helps to induce numbness around painful areas*

**Uses:** *Health benefits include treatment of headaches, acid reflux and poor digestion, nausea, muscle pain, brain fog, muscle spasms, congestion, and difficulty breathing. It also helps to reduce fever, is detoxifying, and can help increase circulation.*

*I like to use Peppermint in blends for headaches, muscle pain, fatigue, and mood boosting. I also like it to perk me up in the afternoons and to help improve my mental processing when I'm starting to feel a little run down. It's also a great addition to a morning wake-up blend.*

### Basil

**Properties:** *Mental stimulation, reduces gas and bloating, decreases muscle tension, reduces pain, fights infection*

**Uses:** *Health benefits include treatment of respiratory ailments, infection, stress, pain, and nausea/vomiting.*

*I like to use Basil in my stress blends as well as for brain fog and to improve digestion.*

## Sweet Orange

**Properties:** Reduces inflammation, improves mood, helps with muscle spasms, fights infection, helps with digestion, promotes relaxation and helps with sleep

**Uses:** Health benefits include treatment of inflammation, depression, infection, sexual dysfunction, gas and bloating, detoxification, and immune dysfunction.

*I like to use Sweet Orange in my blends for stress, sleep, and massage oils. Think how the smell of an orange makes you feel - happy and uplifted. It reminds you of sunny days. It blends well with pretty much any oil on this list.*

## Chamomile

**Properties:** Reduces inflammation, reduces allergies, decreases muscle spasms, balances hormones, helps to calm, fights infection, boosts mood, reduces nerve pain, improves digestion, speeds wound healing, reduces nausea, decreases pain, improves sleep, reduces anxiety, improves detoxification, reduces scarring

**Uses:** Health benefits include treatment of muscle spasms, wounds and infections, depression, nerve pain, inflammation, gas and bloating, poor digestion, scars, fevers, and allergies.

*I like to use Chamomile in nearly all of my blends, from wound healing to bee stings to mood blends to sleep. You can't go wrong adding this oil to anything you're making.*

## Bergmot

*Use with caution when going out in the sun. Bergmot can cause serious sunburns or permanent brown spots when exposed to UV light. Do not go out in the sun for at least 4 hours after applying Bergmot topically.*

**Properties:** Deodorant, fights infection, reduces muscle spasms, helps to calm, helps with sleep, decreases pain, boosts mood, speeds wound healing, reduces fever, improves digestion

**Uses:** Health benefits include treatment of stress, insomnia, anxiety, muscle spasms, pain, depression, wounds, and poor digestion.

*I like to use Bergmot as an addition to just about anything. I especially like it in mood blends and for relaxation.*

## Lavender

**Properties:** Wound healing, calming, reduces muscle spasms, relaxing, improves sleep, reduces pain, decreases inflammation, prevents infection

**Uses:** Health benefits include treatment of burns, bug bites and stings, insomnia, pain, respiratory issues, poor circulation, indigestion, poor immunity, and depressed mood.

*I like to use Lavender for everything from my wound healing blends to mood and sleep mixtures. It is fantastic to have on hand for burns and stings. You can use it as a single oil for these purposes with excellent results.*

## Pine

**Properties:** Fights infection, reduces pain, increases energy, reduces stress, decreases inflammation, improves muscle pain, fights infection, decreases asthma symptoms, improves cough, reduces allergies

**Uses:** Health benefits include treatment of cough, brain fog, fatigue, stress, and pain.

*I like to use Pine for my "wake up" blends. Combined with eucalyptus it helps fight colds. If you diffuse a combo of pine and eucalyptus during cold season, you can help to reduce cold and flu virus in your home and reduce the chances of getting sick.*

## Helichrysum

**Properties:** Wound healing, skin healing, excellent at reducing inflammation, reducing muscle spasms, improving allergies, fights infection, calming, reduces cough and fever, detoxing

**Uses:** Health benefits include treatment of arthritis, wounds, back and neck pain, scars, muscle pain and spasms, inflammation, allergies, infection, stress

*I add Helichrysum to nearly every topical blend for inflammation, wound healing, or pain. It's a wonderful all around pain and inflammation oil.*

## Frankincense

**Properties:** Prevents sunburns, boosts immune system, improves asthma symptoms, prevents infection, helps with gas, wound healing, reduces cough, reduces stress

**Uses:** Health benefits include treatment of infection, gas, scarring, coughs, colds, anxiety, and general inflammation.

*I like to use Frankincense for anything inflammation and infection related. It's wonderful to add into blends for cuts and rashes and pairs well with almost any scent.*



## Essential Oil: Blend Recipes

To help you get started with your essential oil blending, I have provided several recipes of blends I created and what purpose I created them for. Feel free to use them as a loose guide and change them as you like. Plants are very personal and what works well for one person may not be as effective for another, especially in the areas of mood and sleep.

### Burn Blend

**Properties:** For skin healing, inflammation, burns, pain, scratches, and wound repair. Also great for sunburns.

Lavender	3 drops
Frankincense	1 drop
Helichrysm	1 drop
Bergmot	1 drop

### Scrape/Cut Blend

**Properties:** For inflammation, pain, infection, and wound healing

Lavender	2 drops
Chamomile	2 drops
Helichrysm	3 drops
Pine	1 drop
Eucalyptus	1 drop

### Energy Boosting Blend

**Properties:** For fatigue, brain fog, and that afternoon slump

Basil	1 drop
Peppermint	2 drops
Pine	2 drops
Bergmot	4 drops

### Sleep Blend

**Properties:** *For anxiety and insomnia*

Lavender	3 drops
Chamomile	2 drops
Orange	2 drops

### Bee Sting Blend

**Properties:** *For bee stings, bug bites, itch, burns, inflammation, cuts, and rashes*

Lavender	3 drops
Peppermint	1 drop
Helichrysm	3 drop
Basil	1 drop

### Pain Blend

**Properties:** *For muscle pain, cramping, joint pain, aches, and bruising*

Peppermint	2 drops
Wintergreen	3 drops
Frankincense	4 drops
Helichrysum	3 drops
Basil	1 drop
Bergmot	2 drops

### Eczema Blend

**Properties:** *For inflammation, cuts, rashes, scars, pain, burns, and acne*

Lavender	2 drops
Chamomile	2 drops
Helichrysum	4 drops
Frankincense	3 drops
Bergmot	2 drops

### Cold Blend

**Properties:** For colds, sinus infections, respiratory infections, and cold prevention

Lavender 1 drop  
Sweet Orange 2 drops  
Pine 2 drops  
Eucalyptus 3 drops  
Peppermint 1 drop

### Headache Blend

**Properties:** For headaches and muscle tension

Peppermint 3 drops  
Basil 3 drops  
Helichrysum 2 drops

### Wake Up Blend

**Properties:** For mood boosting, brain fog, fatigue, difficulty getting out of bed, and that afternoon slump

Peppermint 2 drops  
Basil 2 drops  
Pine 2 drops  
Eucalyptus 1 drop