



THE NATURAL MEDIC'S EMERGENCY OIL GUIDE

CONDITION	ESSENTIAL OILS
ALLERGIES	Melaleuca Lavender
ANXIETY	Lavender , Reassuring Blend Lemon, Orange
BACTERIAL INFECTION	Melaleuca Cinnamon, Thyme, & Protective Blend
BEE STING	Roman Chamomile, Basil, Cleansing Blend
BLEEDING	Helichrysum, Geranium
BLISTERS	Lavender
BRUISES	Helichrysum, Geranium, Fennel, Soothing Blend
BURNS	Lavender, Geranium
COLDS	Thyme, Lemon, Protective Blend, Melaleuca
CALLUS	Clove
CONGESTION	Douglas Fir, Eucalyptus, Peppermint, & Respiratory Blend
COUGHS	Cardamon Douglas Fir, Eucalyptus, Respiratory Blend Melaleuca, & Protective Blend
CUTS & WOUNDS	Basil, Helichrysum, Lavender, Melaleuca, and Protective Blend
DEPRESSION	Lavender, Lemon Encouraging Blend, Frankincense, Joyful Blend, & Uplifting Blend Petitgrain
DIARRHEA	Digestive Blend, Geranium Ginger, Peppermint
EARACHE	Basil, Helichrysum, Melaleuca

CONDITION	ESSENTIAL OILS
ENERGY	Ground Blend, Joyful Blend, & White Fir
FEVER	Peppermint Clove Lemon Eucalyptus & Lime
GAS	Ginger & Lavender
HEADACHES	Peppermint, Rosemary, Soothing Blend, & Tension Blend
HIVES	Melaleuca, Peppermint
INDIGESTION	Ginger, Peppermint Digestive Blend
INSECT REPELLANT	Arborvitae, Patchouli, & Repellant Blend
INSOMNIA	Restful Blend, Lavender, Orange, Spikenard, & Roman Chamomile
MUSCLE CRAMPS	Marjoram, Lemongrass with Peppermint, Soothing Blend
NAUSEA	Ginger Peppermint
NEURALGIA	Eucalyptus, Marjoram, Roman Chamomile
PAIN	Lavender Soothing Blend & Eucalyptus
PARASITES	Fennel, Roman Chamomile, Oregano, Thyme
POISON OAK & IVY	Lavender & Joyful Blend
SHOCK	Peppermint Joyful Blend Helichrysum & Melaleuca
SORE THROAT	Melaleuca Protective Blend
STRESS	Focus Blend, Lavender, Lemon, Ylang Ylang, Petitgrain
TOOTHACHE	Clove
VIRAL INFECTION	Respiratory Blend Clove, Helichrysum, Melaleuca, Protective Blend

EMERGENCY CONTACT INFORMATION

WRITE DOWN YOUR CONTACTS NOW- DONT RELY ON YOUR PHONE'S BATTERY

Name _____

Phone Number _____

Address _____

Name _____

Phone Number _____

Address _____

Name _____

Phone Number _____

Address _____

Name _____

Phone Number _____

Address _____

ANYONE CAN DO CPR

SOME CPR IS BETTER THAN NO CPR

HELP BLEEDING WOUNDS

APPLY PRESSURE & DON'T REMOVE LARGE OBJECTS

SAFE STEPS
FIRST AID

CPR

CALL EMERGENCY SERVICES

1 CONSULT YOUR LOCAL DIRECTORY

GIVE L.I.F.E

2 LOCATION INJURY FIRST AID GIVEN EQUIPMENT USED

CHECK RESPONSIVENESS

2 LAY PERSON ON BACK TILT HEAD AND CHECK FOR BREATH LOOK FOR CHEST TO RISE AND FALL

CPR POSITION

3 KNEEL NEXT TO PERSON PLACE HANDS OVER CENTER OF CHEST LOCK AND RAISE FINGERS LOCK ELBOWS & POSITION SHOULDERS OVER CENTER OF CHEST

APPLY 2 & 2

4 APPLY 2 PUMPS A SECOND 120 PUMPS PER MIN. 2 INCHES DEEP (APPROX. 6CM) FOR CHILDREN APPLY THE SAME PROCEDURE USING 1 HAND

DON'T PERFORM MOUTH-TO-MOUTH UNLESS TRAINED

5 IF TRAINED, REMEMBER IT'S 30 CHEST COMPRESSIONS FOLLOWED BY 2 BREATHS

IF AED IS AVAILABLE, USE EQUIPMENT AND FOLLOW INSTRUCTIONS

SAFE STEPS
FIRST AID

SEVERE BLEEDING

CALL EMERGENCY SERVICES

1 CONSULT YOUR LOCAL DIRECTORY

GIVE L.I.F.E

2 LOCATION INJURY FIRST AID GIVEN EQUIPMENT USED

APPLY PRESSURE

2 PROTECT HANDS WITH GLOVES OR PLASTIC BAG APPLY PRESSURE DIRECTLY TO INJURY WHEN BLEEDING IS CONTROLLED, WRAP

DON'T REMOVE OBJECTS

3 DON'T REMOVE EMBEDDED OBJECTS APPLY PRESSURE AROUND THE INJURY

RAISE & KEEP WARM

4 RAISE INJURY ABOVE HEART TO SLOW BLOOD FLOW KEEP WARM WAIT FOR HELP TO ARRIVE

HOW DO I USE THEM?



Essential oils can be very stimulating, calming or soothing when diffused or inhaled. They also cleanse & purify the air.



Some essential oils can be used as dietary supplements for targeted wellness.



They can be safely applied for topical benefit when diluted with a carrier oil. Apply to area of concern. If sensitive, apply to bottom of feet.

WHAT ARE ESSENTIAL OILS?

Certified Pure Tested Grade (CPTG)[®] essential oils are pure and potent, free from fillers and artificial ingredients.

Rigorously tested for chemical composition, purity, and potency, they're selected from the finest botanicals, grown in ideal conditions, and harvested at optimal times.

Guaranteed to be the safest and most beneficial oils worldwide.



Thank you to "Safe Steps" for these graphics
Scan QR for more help on First Aid Demonstrations

