



Plant Extracts International Inc.

Recommendations for Safe First Aid Use of Essential Oils

| Problem | Method | Suggested EO/Blend | Method of Application |
|-----------------------------------------------------------------------|--------|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Abrasions & Cuts | A | Melablend® | Gently apply with a Q-tip |
| Acne & Pimples | A | Melablend® / Tea Tree | Apply directly to the inflamed spot with a Q-tip |
| Allergies, 'hay fever', molds | I, F | Niaouli (or Eucalyptus radiata) Melablend® | Gently inhale vapors, using a PEI inhaler through the day, and run your H2EO® diffuser using the blend |
| Arthritis | A | BlueMel / Melablend® | Massage the mixed oils into the joint |
| Boils & Carbuncles | A | Melablend® | Apply directly with a Q-tip |
| Bites & Stings | A | Melablend® | Gently apply oil to inflamed area with a Q-tip |
| Bronchial congestion | I, F | Niaouli (or Eucalyptus radiata) Melablend® | Gently inhale vapors, using a PEI inhaler through the day, and run your H2EO® diffuser using the blend |
| Burns (minor) | A | Melablend® / Tea Tree | Drip oil gently onto burn, or carefully use well-soaked Q-tip |
| Cold Sores (<i>Herpes</i>) | A | BlueMel | Gently apply oil to inflamed area with a Q-tip |
| Coughs, Colds, Flu | I, F | Niaouli (or Eucalyptus radiata) Melablend® | Gently inhale vapors, using a PEI inhaler through the day, and run your H2EO® diffuser using the blend |
| Cradle Cap | A | Melablend® | Gently apply oil to the affected area of baby's scalp after bathing, using a cotton ball |
| Dandruff | C | Melablend® | Massage shampoo into scalp and leave on a minute or two before rinsing off |
| Dermatitis | H | BlueMel | Gently massage cream into the affected area |
| Diaper Rash | H | Melablend® / Lavender | Gently apply to the reddened area with a cotton ball |
| Ear Ache | G | Melablend® | Put the oil on a cotton ball and gently place in ear, without pushing into the ear at all |
| Eczema | A | BlueMel | Carefully wash and pat dry affected area, apply oil with Q-tip |
| Emphysema | I, F | Niaouli (or Eucalyptus radiata) Melablend® | Gently inhale vapors, using a PEI inhaler through the day, and run your H2EO® diffuser using the blend |
| Fungal infections: armpit, breast line, groin (<i>Tinea cruris</i>) | A | BlueMel | Gently paint the affected area, using a Q-tip or cotton ball |
| Gingivitis (sore or bleeding gums) | A | Melablend® | Gently paint the affected area, using a Q-tip |
| Hair Care | C | Rosalina / Lavender | Smooth into hair, covering all strands and leave on a few minutes before rinsing off |
| Halitosis (bad breath) | B | Melablend®+ Spearmint or Peppermint | Use as a gargle, and to rinse mouth |
| Head Lice | C | Melablend® | Massage shampoo into scalp and leave on for a few minutes before rinsing off, then same procedure with conditioner. Check for eggs/lice and repeat every few days as necessary |
| Itches | A | Melablend® | Apply directly to affected area with a Q-tip |
| Laryngitis | B | Melablend® | Gargle, and rest voice |
| Meditation/Yoga | D | Rosalina BlueMel | Place several drops in your H2EO® diffuser |
| Mouth ulcers (Stomatitis) | D | Melablend® | Apply oil to affected area using a Q-tip |
| Muscular Aches | A | BlueMel | Gently massage into the painful area |

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| Problem | Method | Suggested EO/Blend | Method of Application |
|-------------------------------------------|--------|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Nasal Congestion | I, F | Niaouli Melablend® | Gently inhale vapors, using a PEI inhaler through the day, and run your H2EO® diffuser using the blend |
| Nausea | I, F | 'Travel' pure EO blend | Gently inhale vapors, using a PEI inhaler through the day, and run your H2EO® diffuser using the blend |
| Onychomycosis (fungal nail bed infection) | H | Melablend® | Rub the cream over the surface of the nail, which will help to soften the nail and allow better penetration of the essential oil |
| Paronychia (edge of nail infection) | A | Melablend® | Paint oil liberally around nail with a Q-tip |
| Psoriasis | A | BlueMel | Apply oil to affected area using a Q-tip |
| Plantar warts | D | BlueMel | Apply directly to the wart with a toothpick |
| Rashes | A | BlueMel | Apply with a Q-tip |
| Relaxation | E | Lavender or Rosalina | Add to your bath....relax.... |
| Rheumatism | A | BlueMel | Massage into the painful area |
| Ringworm | A | Melablend® | Apply directly to infected area, using a Q-tip |
| Sciatica | A | BlueMel | Massage into the painful area |
| Splinters & Slivers | D | Melablend® | Apply oil to area before and after removal |
| Sleep, restful | D | Lavender BlueMel | Use your H2EO® diffuser running the blend, 'all lights off' |
| Sprains | A | BlueMel / Rosalina BlueMel | Gently massage oil into tender area |
| Sunburn | A | BlueMel / Lavender | Gently apply oil with a cotton swab. Keep away from eyes |
| Sinusitis | I, F | Niaouli (or Eucalyptus radiata) Melablend® | Gently inhale vapors, using a PEI inhaler through the day, run your H2EO® diffuser using the blend |
| <i>Tinea pedis</i> , Athlete's Foot | A | Melablend® | Apply directly to infected area, using a Q-tip |
| Toothache | D | Melablend® | Paint tooth with oil, using a Q-tip |
| Ticks & Leeches | A | Melablend | Splash oil onto parasite, remove parasite, and drip oil on to the bite mark using a dropper bottle |
| Skin ulcers | A | Melablend® / BlueMel | Gently apply oil directly to ulcer, using a Q-tip |
| Warts, Corns & Calluses | A | Melablend® / BlueMel | Soak in warm water to soften, then apply oil with a Q-tip |

| Method | |
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| A | Mix one part of the recommended pure EO or pure EO blend with ten parts of a quality cold-pressed oil, such as almond, apricot kernel, avocado, etc., or jojoba oil. |
| B | Add 10 or so drops of the recommended EO or pure EO blend to a tumbler of warm water, and stir vigorously |
| C | Add 5 or so drops of the recommended EO or pure EO blend to your usual quantity of shampoo or conditioner |
| D | Use the recommended EO or pure EO blend undiluted |
| E | Add 5 or so drops of the recommended EO or pure EO blend to your usual quantity of your favorite bath gel |
| F | Add 10 or so drops of the recommended EO or pure EO blend to an H2EO® diffuser |
| G | Add 10 drops of the recommended EO or pure EO blend to a teaspoonful of a quality cold-pressed oil such as almond or apricot kernel, or castor oil |
| H | Add 1 drop of the recommended EO or pure EO blend to a teaspoonful of a good quality cold cream, preferably hypoallergenic |
| I | Plant Extracts International inhaler, infused with pure essential oils |

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| !! | Use only pure essential oils or blends from a reputable source. Ask questions about their origin! |
| !! | Use of essential oils should not be viewed as a substitute for professional medical care. If any problem persists, consult your medical adviser. |
| !! | Avoid contact with eyes. |
| !! | Discontinue use if any adverse reactions occur, such as skin reddening, dry skin, or itchiness. |
| !! | Store essential oils and blends safely, in a cool, dark place, securely capped, out of reach of children. |