

ESSENTIAL OILS for PAIN MANAGEMENT

ANALGESIC

1ST

Copaiba
Rosemary

2ND

Eucalyptus
Ginger
Lavender
Lemongrass
Marjoram
Oregano
Peppermint
Roman Chamomile

3RD

Bergamot
Clove
Coriander
White Fir
Wintergreen

ANTI-SPASMODIC

1ST

Copaiba
Helichrysum

2ND

Lavender
Marjoram
Melissa

3RD

Basil
Bergamot
Birch
Cassia
Cypress
Cinnamon
Clary Sage
Coriander
Fennel
Frankincense
Lemon
Oregano
Peppermint
Roman Chamomile
Sandalwood
Thyme
Vetiver
Wintergreen
Ylang Ylang

ANTI-INFLAMMATORY

1ST

Basil
Bergamot
Copaiba
Frankincense
Myrrh
Rosemary
Roman Chamomile
Wintergreen

2ND

Helichrysum
Lemon Grass
Lemon
Peppermint

3RD

Birch
Cassia
Cinnamon
Fennel
Eucalyptus
Orange
Geranium
Melaleuca
Patchouli

Combining essential oils can really enhance the effect too (such as):

Copaiba with Clove and a carrier oil (like fractionated coconut oil) creates an amazingly powerful topical spot treatment or massage blend for those suffering from chronic pain.

Copaiba (3 drops) with Peppermint (10 drops), Lavender (8 drops), Marjoram (4 drops) and Frankincense (3 drops) in a carrier oil (like fractionated coconut oil) creates an amazing blend for head & neck tension.

***Before using EO's** research how each can be safely used (not all EO's can be used the same way). If you are taking medicine, ask your prescribing doctor about using EO's (Many oils can help with certain health conditions as hypertension and diabetes, but some oils should not be used with such conditions.) Also visit <https://draxe.com/essential-oil-safety/> to learn about **precautions** in general and of individual oils for kids, adults & pregnancy. **NEVER** put essential oils in the eyes or ears. Also **CAUTION** with Internal use.

Several oils have similar properties and benefits as other oils. So if you try one oil for a condition and it irritates your stomach or skin or does not help your condition, try another oil with the same benefits or try another method (**AROMATIC is the safest method**). Some oils (like some medications) may help some people but not help others. Learn more about essential oils and their uses by searching the internet. Type in the Search box: "essential oils" and a specific condition or certain oil.