

Essential Oils Master Preparedness List

Suggestions for 1 person for 1 year

Single Oils	Bottles	General Uses	Comments
Eucalyptus	5	Ear Infections, colds, coughs, stuffy nose	
Geranium	5	Blood coagulator, grounding, anti-inflammatory	
Lavender	5	Burns, skin healer, calmer	
Lemon	5	Cleansing body (liver cleanse) use with water in spray bottle to clean countertops/air (anti-bacterial)	Add Lemon powder if possible to aid with Liver Cleanse
Peppermint	5	Use for cleansing body (liver cleanse) Bruises, headaches, pain	
Citronella	3	Bug/mosquito repellent, pain reliever	
Tea tree	3	Bug Bites, infections, antiseptic	
Lemongrass	2	Mold or fungus on tents, etc Reduce fever Mice repellent	
Oregano	3	Antibiotic, pain	
Rosemary	2	Antibiotic, blood flow	
Elemi	1	Helps wounds, gangrene, fungicidal	

Blends	Bottles	General Uses	Manufacturer	Comments
Spice Trader/Spice of Life	4	Aid body's natural defense system Sore throats Use at first sign of sickness	Native Health/ForeverYoung	Add Black Cumin to complete Spice Trader
Sport Pro/Fysical Thera P	3	Sore muscles	Native Health/ForeverYoung	
Tummy Rub/Ease	3	Stomach problems	Native Health/ForeverYoung	
Serenity/Quiescent	2	Sleep agent, quiets nerves	Native Health/ForeverYoung	

Other Supplies	Qty	Comments
Carrier oil	1 bottle	Grape seed, olive
Empty Capsules	100	
Empty spray bottle, plastic	5	
Empty spray bottle, glass	5	
Glass droppers	10	

Also, add Any EO that you may need for special needs.(Consider how much you use in one year)

**Total Cost for One person could range from \$800 - \$1000 ---- Remember, you are purchasing to replace items. Medical, Cleaning, Bug spray, Tent maintenance, ect.*

***It is possible to reduce this list in 1/2, for the bare neccessity items.*

****For children, reduce to ½ the amounts asked for.*