

# Essential Oils For Beginners Printable Checklists



- Printable Essential Oils Checklists For:
- Household Cleaning
  - Beauty
  - Medicine Cabinet
  - Essential Oil All-Stars (All purpose EOs)

[healthyasyoucan.com](http://healthyasyoucan.com)

# Essential Oils For Beginners Checklist

## INTRODUCTION/HOW TO USE THE LISTS

Hey Guys,

I'm Nicky and I'm a tad obsessed with essential oils. It's just so amazing to me that something so natural, safe (when used properly), and pure could be so powerful when fighting some of the nastiest, most toxic issues we face (disease, bacteria, microbes, wrinkles lol etc.).

I guess I shouldn't be surprised that the Lord created so many amazing and healing plants for us but I'm still in awe of it all!

I'm a bit of an essential oils collector and I turn to them at the first sign of sickness, pain, injury, etc. I also use them for beauty and cleaning. It's important that we start using these natural ingredients on our bodies and in our homes so we can keep ourselves and our families safe. So I've included a checklist for each of these categories, along with some quick notes about their benefits and/or how I use them, personally. You can use this list to take inventory on which EOs you have and which ones you need to stock up on.

Also, a few quick safety tips, please use these oils with carrier oils when using them on your skin. Talk to your doctor before using essential oils because I am not one and I can't give you certified medical advice. Even though they are safe, they do need to be used properly. They truly are powerful so don't ever forget that

I also included links to essential oils that I trust to be legit. There are so fake essential oils floating around so I only want to lead to the ones that are true essential oils.

Some of these will be affiliate links if I've used that particular essential oil personally and the others will be regular links to essential oils of brands I trust. I buy most of my essential oils for Puritain's Pride because they have great quality and great BOGO sales (like true buy one, get one free sales).

Thank you so much for joining me and I hope you become an essential oils addict like me!

Nicky

# Essential Oils For Beginners Checklist

## ESSENTIAL OILS FOR HOUSEHOLD CLEANING

I don't know if you've noticed but some of the natural cleaners on the market don't really mention whether or not they kill harmful bacteria. As far as I'm concerned, if the product doesn't mention it, then it must not have that benefit and that's a no-go for me.

As an alternative to using cleaning products with toxic chemicals or "natural" cleaning products that may or may not really clean, opt for creating your own simple cleaning products with essential oils that have antibacterial, anti-microbial, and antiseptic properties.

- Cinnamon (*cinnamomum zeylanicum*) antibacterial
- Essential Oil Blends like Nature's Shield
- Lavender (anti-microbial)
- Lemon (anti-bacterial/anti-viral)
- Oregano (antibacterial/anti-infection)**
- Peppermint (anti-microbial & anti-viral)
- Rosemary (anti-bacterial & anti-septic)
- Tea tree (anti-bacterial/anti-microbial)
- Thyme (antimicrobial)

*Notes:*

# Essential Oils For Beginners Checklist

## ESSENTIAL OILS FOR BEAUTY

Have you ever thought about the ingredients in your beauty products? Sometimes, I try not to think about it but when I get my head out of the sand, I realize that there are some scary sounding ingredients in some of them.

Some of them actually are harmful not just to our skin but also to our other organs, as well. I know that my health has been better since using more natural ingredients like essential oils. So to protect you and your family, try stocking up on these essential oils to use in your DIY beauty products and toiletries.

- Cedarwood ( hair growth)
- Clary Sage (stretch marks, hair growth)
- Cinnamon (hair growth)
- Geranium (skin cell regeneration)
- Frankincense (acne, stretch marks, wrinkles, sunspots, I've seen a decrease in my stretch marks since using it, mixed w/castor oil)
- Helichrysum (stretch marks!!!, scars, ageing)
- Lavender (skin care, stretch marks, scars, dandruff)
- Myrrh (skin firmness, elasticity)
- Rosemary (hair root stimulation, hair growth)
- Ylang Ylang (oily skin)

Notes:

# Essential Oils For Beginners Checklist

## ESSENTIAL OILS FOR YOUR MEDICINE CABINET

These checklists are divided by the condition that they treat. I have a checklist for anxiety, first aid, PMS symptoms, blood sugar, and immunity issues.

### *EOs for Anxiety*

- Lavender
- Rose
- Vetiver
- Ylang ylang
- Bergamot
- Chamomile
- Frankincense
- Cedarwood
- Grapefruit

*Notes:*

# Essential Oils For Beginners Checklist

## ESSENTIAL OILS FOR YOUR MEDICINE CABINET

### *Immunity Boosting/Cold Relief*

- Peppermint- headaches, immune boosting, congestion
- Tea tree oil: antiviral
- Frankincense- congestion, headaches
- Eucalyptus: fevers, congestion, viruses
- Rosemary- antiseptic, antimicrobial, congestion
- Nature's Shield
- Oregano: fevers, respiratory issues, flu
- Olbas Blended Oil: My favorite! antiviral, decongestant, antiseptic, antibacterial, awesome!

*Notes:*

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## ESSENTIAL OILS FOR YOUR MEDICINE CABINET

### *First Aid*

- Lavender (anti-bacterial/viral/fungal, pain reliever, anti-itch, healing, insect bites, boils)
- Tea Tree (anti-bacterial/viral/fungal, cold sores, rashes, burns, cuts, boils)
- Helichrysum- (bruising, swelling, I personally use it for all kinds of skin issues)
- Chamomile (pain reliever, anti-bacterial, anti-fungal)
- Rosemary (muscle spasms, arthritis, sprains)
- Clove (toothaches, headaches, I've used it for toothaches and it works!)
- Eucalyptus (cuts, burns, insect bites)

*Notes:*

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### *Blood Sugar Regulation*

- Cinnamon
- Lavender
- Coriander Seed
- Clove Bud
- Black Seed
- Black Pepper
- Grapefruit
- Lavender

*Notes:*

# Essential Oils For Beginners Checklist



## ESSENTIAL OILS ALL-STARS



These essential oils keep popping up on these lists over and over because they are basically the rock stars of the essential oil world. If can't afford to buy all of the oils then just focus on these all-stars because they help with so many issues:

- A Citrus EO (lemon, orange, grapefruit)**
- Clary Sage**
- Eucalyptus**
- Frankincense**
- Lavender**
- Oregano**
- Peppermint**
- Rosemary**
- Tea Tree**
- Olbas Blended Oil**

*Notes:*

# Essential Oils For Beginners Checklist

## CARRIER OILS FOR ESSENTIAL OILS

You should never (rarely) use essential oils on your skin undiluted. When using them on your skin, pair them with a carrier oil.

- Castor Oil
- Coconut Oil
- Jojoba Oil
- Sweet Almond Oil
- Olive Oil
- Shea Butter (this is the smoothest shea butter I've ever used!)

Thanks Guys and please visit my blog:  
**Healthy As You Can.**

*Notes:*