

Household Hints

MENSTRUAL CRAMPS

Four or five drops of straight [Lavender Oil](#) over the lower abdomen stops cramps before they even start and the effects can last for a couple hours. Repeat as needed.

REMOVING SUPER GLUE

"A coworker had used superglue and got some on her fingers, resulting in them being stuck together. I had [Lemon Essential Oil](#) with me, so I applied one drop to the glued area and within two or three seconds, her fingers came apart. Everybody was amazed at this!"

SPIDERS

"I use [Peppermint Essential Oil](#) in a spray bottle to spray around my house, especially in the basement, to keep spiders away. Every couple of weeks is all that is needed."

PANCAKE/CUPCAKE BATTER/FRUIT SALAD

"I use [Citrus Fresh Essential Oil](#) blend in my pancake or cupcake batter, and it makes my pancakes or cupcakes taste wonderful. I also use [Citrus Fresh](#) in my fruit salad with a little honey.

CLEANING REFRIGERATOR

"When washing out the fridge, freezer, or oven, add 1 drop of [Lemon, Lime, Citrus Fresh, Grapefruit, Bergamot, Mandarin, or Orange essential Oil](#) to the final rinse water. Works and smells wonderful!" Thieves Household Cleaner also works and smells great. They all kill the germs.

COOL THE BODY

Six to Eight drops of [Eucalyptus Oil](#) in the bath cools the body in summer and protects it in the winter.

FACIAL GLOW

Add 1 drop Geranium Oil to your facial moisturizer to bring out a radiant glow to your skin.

HAIR GROWTH AND THICKNESS

Place 1 or 2 drops of Rosemary Oil on your hair brush before brushing to promote growth and thickness.

FLU

The first thing I do is take a few Thieves Hard Lozenges and then gargle with Thieves Fresh Essence Mouthwash. After doing this a few times 'the flu has flown'.

When the flu is going around add a few drops of Thyme to your diffuser or simmer in a pan on the stove on low heat.

Also RC Oil is excellent to diffuse and rub on the chest (may want to dilute with V-6 oil) and Exodus 11 is great to rub on chest (dilute with V-6 oil.)

RAW RED NOSE

"You know how your nose can get raw after several days of blowing it constantly? I found that applying a dollop of ART Night Reconstructor Cream to the outside of my nose before going to bed soothed the skin. My nose was no longer raw in the morning when I blew it. Also Animal Scents Ointment works great.

THIEVES HOUSEHOLD CLEANER/RING AROUND THE WASHER

Thieves Household Cleaner does it again! There was a brownish ring at the water level of my washer. I used Thieves Household Cleaner and it easily removed the ring.

CLOGGED PIPES

"I made the mistake of soaking my orchids in the bathroom sink. Over time, the silt settled in the pipes and they were completely clogged. No amount of plunging unclogged the mess of black mucky water. I poured a capful of Thieves Household Cleaner down the drain, and it completely dissolved the mess. Truly amazing!"

FLEAS ON KITTENS

"My father's cat had kittens, and somehow they got fleas. My father did not want to use anything on them since they are less than three weeks old but needed to rid them of the fleas. I had heard that lavender works on fleas. As soon as I put drops of Lavender Essential Oil on them, the fleas literally jumped off the kittens bellies! I

put a drop behind each ear, on the back near the tail, and on the underside of the belly. I checked them about an hour later and the fleas had disappeared."

SKINNED NOSE,&LIP

"My eighteen-month-old granddaughter had fallen down and skinned up her little nose and upper lip. After a few days, the scrape had formed a small blister and was really sore. I dabbed **Lavender Essential Oil** neat on the sore and followed it with a light covering of **Rose Ointment**. My daughter did the same before my granddaughter went to bed that night. The next morning, the sore had dried up and the entire area appeared much less inflamed."

SILK PLANTS/THIEVES HOUSEHOLD CLEANER

I had silk plants that had not been cleaned for a long time. I tried to use the silk plant spray from the store, and the plants still looked like they had a dirty film. So I got out my diluted **Thieves Household Cleaner** and sprayed the leaves like I did with the silk plant spray. The dirt and grime rolled off the silk plant leaves, and they looked beautiful! I will no longer have to buy a separate silk plant cleaner. I just use the **Thieves Cleaner**

SLEEP TALKING AND SNORING

"My husband is a Jeep tour guide. Often after a really busy day, he continues giving his tour guide speech while he is asleep. I've found that two drops of **Lavender Essential Oil** on each of his big toes stop the talking immediately. I've also noticed he isn't snoring as much as he used to."

BRUISES

"**Cypress #3530 Essential oil** used neat is excellent for bruises. I apply one drop of **Cypress** to the bruise once or twice a day, and it usually disappears within days rather than weeks."

POISON IVY

"Last week, I cleared out our woods and lost the battle against poison ivy. Now as the liquid-filled bumps surface, I immediately spray each with a convenient squirt of **Thieves Spray (#4265.)** instead of scratching. New bumps continue to show themselves, yet the Thieves Spray has stifled the itch, which controls spreading. I only give in to scratching in the shower using my Young Living Bath & Shower Gel with an exfoliating cloth to zap the poison with essential oils the moment it is exposed. I also support my immune system daily with my **Immupro capsules #3213** or **ImmuPower essential oil blend (#3363)** applied to my feet and chest and by taking my NingXia Red juice.

SLEEP

"I absolutely love all of the essential oils, but my most favorite is the **Peace & Calming** blend. I have many nights when I cannot fall asleep. On these nights when it is impossible to calm down, I rub my legs from the knees to the bottoms of my feet with a drop or two of **Peace & Calming** and put some on my pillow. I fall asleep within ten minutes." (Some prefer to use **Lavender** instead of **Peace and Calming.**)

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