

# MY TOP 10 ESSENTIAL OILS FOR YOUR NATURAL HOME PHARMACY

(Accompanying Podcast + Box of Recommended  
Essential Oils Available)



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Author of “Essential Oils Have Super Powers: From Solving Everyday Wellness Problems to  
Taking on Superbugs”  
Podcast: Essential Oil Zen



## 1) EUCALYPTUS – Latin name: Eucalyptus Globulus Production: Steam Distillation (leaves)

It's fresh and invigorating, superior for respiratory issues, clearing sinuses and congestion, and it is anti-inflammatory! Eucalyptus should be in every medicine cabinet! It is amazing for congestion, sinuses and respiratory health. It's a powerful antibacterial and antifungal, and excellent for wellness support. Tests show it works against Anti-biotic

resistant superbugs as well.

### CAUTIONS with you children under 5 and asthmatics

**HOW TO USE:** DIFFUSE IT IN THE HOME, INHALE IT FROM THE BOTTLE OR INHALER, USE IT AS A HAND CLEANER FOR GREASE & GRIME (put some drops with Epsom salts and rub around your hands), AND HAND SANITIZER (mix a drop with your favorite gel, or water & witch hazel); put a drop in the washer or dryer for sheets & towels especially if someone has been sick at home. Mix in an organic oil or cream and rub on the chest and sinuses against congestion.

## 2) CEDARWOOD – Latin Name: Cupressus Funebis Distillation: The Wood is Steam Distilled



It's grounding comforting, reminds me of dry saunas. Soothing for use in the home.

It's great for coughs, helps with lung conditions and bronchitis, as French doctors found in clinical tests as early as 1925.

Anti-inflammatory (use in a compress) and of course it is anti-bacterial! Diffuse to purify the air. Use it for skin conditions like eczema, mixed in an organic jojoba or cream.

It repels insects, bugs and critters! Since it is not photo-toxic, use it in a cream to repel bugs as well as in the home. The wood was of course used for storage chests for years. In France, it is used for and known for hair growth – put some drops in your shampoo and hair lotions.

**IT IS ANTISEPTIC FOR WOUNDS AND HELPS DEFEND AGAINST TOXINS. FINALLY, IT STIMULATES THE METABOLISM!**

**HOW TO USE:** Depending on the application and need, it can be diffused, used on a compress for inflammation, used on wounds (after a patch test), put into shampoo or cream, or applied to skin mixed in a favorite cream or oil (bug repellent)

## 3) LAVENDER. Latin name: Lavandula Augustifolia Production: Steam Distilled



Lavender is an excellent ANALGESIC (pain reliever) thanks to its main component, Linalol. It's also known for disinfecting cuts and burns and for helping the healing process.

Use on rashes or irritations as well – but do your patch test first.

**Lavender is equally famous for helping with sleep, insomnia and anxiety!**

Diffuse in the bedroom at night, apply topically mixed in a cream or use an inhaler under your pillow.

Special anti-inflammatory – used with Frankincense - it helps reduce inflammation as well as arthritis pain. Use after a workout, in a compress or body massage.

Nice to put a drop in the dryer to refresh, or in the dishwasher.

SCORPIONS HATE LAVENDER – if you live in the southwest or where scorpions live, use it!

Like most essential oils, Lavender is an excellent anti-bacterial. Diffuse and kill airborne bacteria and microbes. It can kill certain antibiotic-resistant bacteria as well.



#### **4) STAR ANISE –Latin Name: IlliciumVerumProduction: Steam Distillation**



Star anise has been used in the East for more than 3000 years medicinally. It is warming, uplifting and helps those who are regaining strength.

It is a primary world source of SHIKIMIC ACID, AN ANTI-VIRAL PLANT COMPOUND USED IN the medicine TAMIFLU.

Star Anise is a good antioxidant, helps to bolster the immune system and fight off viral infections.

In a 2010 study, it was found to be effective against 67 different strains of antibiotic-resistant bacteria. It can help also with rheumatism and indigestion.

USE IN A DIFFUSER OR INHALER. Mix in a cream for application to the body.

#### **5) PEPPERMINT – Latin name: Menthapiperita Production: Steam Distilled (leaves)**



Peppermint is incredibly diverse, refreshing and very familiar. It's great for the home pharmacy, for many conditions - from nausea, IBS, gas and motion sickness to headaches, phlem build up, allergies, mosquito or fire ant bites, fungal issues, tired feet, hot flashes and muscle tightness – and of course it is anti-microbial!

**HOW TO USE:** Depending on the issue, diffuse or inhale, blend in an oil or cream for topical use (for instance, to rub on your tummy or apply to a bite), or for a compress (muscle tightness). It is good is a cool foot bath or tired or inflamed feet or ankles.

**CAUTIONS:** Don't use peppermint on infants or very young children; if you are diabetic, one clinical test reported that peppermint might increase the risk of low blood sugar. Don't apply to skin directly – always use in a diffuser, or blended in an oil, gel or cream. Finally, you should avoid excessive daily use of peppermint over a period of time as it can interfere with sleep patterns (especially nightly use.)

## 6) FRANKINCENSE– Latin Name: Boswelliacarterii Production: Steam Distilled (the oil comes from the resin of a tree)



I have several podcasts and audios on Frankincense, one of my favorite essential oils. It has been used for centuries for its powers against inflammation, pain, respiratory conditions, for cell regeneration but also for tranquility and reflection, and for antibacterial effects.

Can be used on skin after a patch test for cuts, scratches, boils, insect bites to disinfect and start the healing process.

**Use often in a diffuser and in topical mixes** if you are suffering from respiratory issues, or to simply purify the air. It brings tranquility.

Frankincense is good for inflammation in a compress, topical blend or even “neat” (direct on the skin) for some arthritis pain – but again, do a patch test first.

Because of it's cell regeneration qualities, put a few drops in your face cream.

Diffuse it during meditation or yoga in the morning, or to calm the household in the evening.

## 7) LEMON– Lemon (citrus limon) Plant Part Used: Fresh Fruit Rind Extraction Method: Cold Pressed

Lemon is simply fantastic for every home pharmacy and home use! Great for body and mind, home cleaning and it's a familiar scent is one everybody likes.



**CAUTION** – All of the citrus oils are photo-toxic. Do not use on your skin and then go directly in the sun, as you will burn. Further, do not overuse if you have very low blood pressure.

Lemon can help bring down fever, relieves symptoms of flu, can bring down blood pressure. Diffuse or use on body inside a cream or oil.

Lemon is great to purify the air pleasantly. Also use after you have cooked or baked fish or something that might have a strong scent.

An excellent antibacterial to use when you have sick people in the home.

For home cleaning, use in a large glass spray bottle with vinegar and some olive oil and/or water. Shake before use.

Use a drop or two of lemon essential oil in water to rinse fruits and vegetables, to help cleanse and protect against pathogens.

For wood polish, add lemon to olive oil. Use lemon essential oil on a cloth to help remove early stage tarnish on silver.

It's a perfect laundry freshener!

Overheated in summer? Use lemon on a cold compress to bring down heat, or even in a cool foot bath.



## 8) CLARY SAGE – Latin Name: Salvia Sclarea Production: Steam Distillation

Clary Sage is light, sweet and warming! Benefits range from estrogen-related wellness to fighting serious disease. It's actually considered to be a top essential oil for female hormone support. It can help with cramps, hot flashes and hormonal imbalances (and is recommended for this in France.) But it's also fantastic for other uses as well including the ability to increase circulation, reduce anxiety (it works well in tandem with Lavender), support of the digestive system, and even help in fighting leukemia according to scientific studies (Hellenic Anticancer Institute in Athens).

Clinical tests show it to be Cardio-Protective and helped lower cholesterol while improving circulation. Another medical study showed Clary Sage excellent for wound healing from staph infections.

### CAUTIONS:

- 1) Although hugely beneficial in many areas of life, Clary Sage is widely reported to increase the narcotic effects of alcohol and should therefore be avoided if drinking and/or driving.
- 2) Use Clary Sage oil with caution during pregnancy (I think you should avoid it), especially during the first trimester or when using it on the abdomen; clary sage can cause uterine contractions that may be dangerous.
- 3) Due to its estrogenic nature, Clary Sage essential oil could have a negative impact on people who need to regulate their estrogen levels. It is important for people with estrogen-induced conditions to avoid using it, and seek the advice of your healthcare advisor first.

## 9) CINNAMON LEAF – Latin name: Cinnamomum verum or zeylanicum Production: Steam Distilled (Leaves)



Cinnamon is native to Sri Lanka and southeast Asia. For centuries (including in Ayurveda), it has been a favorite for medicinal uses such as help with circulation, digestion and the immune system. It is one of the oldest spices! All commercial Cinnamon derives from plantations, so there is no pressure on wild populations of the tree.

**NOTE:** Cassia (originating from China) is often marketed in the US as cinnamon.

**ALSO NOTE:** Cinnamon Bark is very strong and harsh, while Cinnamon Leaf is milder but do not use directly on the skin!

### Cinnamon is known:

to transform low energy or vitality, low motivation and the “blahs” into a zest for life!

to help stimulate new ideas and creativity.

to help warm you (good for the winter ahead) and stimulate circulation.

to support the body against infections like the flu and colds.

to ease stress.

to help ease indigestion, or help get an appetite back.

It is a strong anti-bacterial, anti-fungal and well-tested by scientists, performing among the top bacteria and microbe killers.

There is vast research on cinnamon leaf on blood-related diseases, kidney diseases, controlling diabetes, weight loss, arthritis and circulation issues. Cinnamon can help with colitis, sluggish digestion, anorexia, stress and mental exhaustion.

Insects hate the scent – use it in the back of your cabinets and on your skin (it is not phototoxic)

Cinnamon is also known as an aphrodisiac!



## 10) IMMUNE BOOST BLEND. Very pleasant blend, mixed in jojoba and sunflower for topical use daily.

To stay well, support your immune system. The formula is close to one from ancient France that helped a group of thieves fight off the plaque.

**Eucalyptus**, which purifies, helps with respiratory and is antiseptic;  
**Oregano** which stimulates white blood cells and is a very strong

antibacterial; **Rosemary** which decreases cortisol and supports the immune system; **Lemon** to fight colds, flu and fatigue and is a cleansing tonic for body and mind; **Peppermint** and **Frankincense** for their strong powers of wellness.

**HELPFUL LINKS:**

[The corresponding podcast on ESSENTIAL OIL ZEN](#)

[Refer to the Safety Tips on our Site](#)

[“Essential Oils Have Super Powers” is my book on Amazon](#)

[Buy these essential oils together at a discount at Sublime Naturals](#)

[ZEN BOX is our subscription box of essential oils.](#)

Thank you, reach out with any questions and enjoy!

Kathy Heshelow, founder  
Sublime Naturals & ZEN BOX



**The official FDA disclaimer:** “These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”

Please refer to our Safety Tips before use, and reach out with any questions. Refer to a certified aromatherapist, your doctor or holistic doctor as well.

Keep your essential oils tightly sealed against oxidation, and out of direct heat & light for a longer life.

