



the Warrior Guide to

Essential OILS





THE MANY WAYS TO USE ESSENTIAL OILS

1. MORNING ROUTINE – I use them in my mouthwash, toothpaste, DIY face wash (recipe under Body Care), Skin Serum for wrinkles, eye de-puff, acne scars, rashes, acne, and more.
2. DIFFUSING to kill toxic airborne allergens – First thing I do when I walk into the kitchen to drink my Chinese Herbs is pick an oil I feel called to, drop some into the diffuser and hit 4 hours (I'm off and running for the day stimulated and happy with clean air)
3. INTERNAL CAPSULES – I buy the gel capsules (see my [AMAZON STORE](#) essential oil tools category) and place a few drops of whatever is calling me at the moment that is ALSO meant to be taken internally. Look at the container and it should say 'Supplement Facts'. These are fit for ingestion. Typically, I'll add 1-2 drops Frankincense, Peppermint, DigestZen AND for those who have ordered BEYOND THE HOME ESSENTIALS KIT - Zendocrine, Ginger
4. ON MY DOG – she gets skin tags (Frankincense), eats lizards and has bad breath (1 drop Peppermint in her water), and when she smells doggie like I spray Citrus (Wild Orange) or Lavender on her
5. ON MY NIECES AND NEPHEWS – I have them all equipped with the Basic Trio at my brothers house – doTERRA has a nice 3 kit for starters which you can check out [HERE](#) - lemon, peppermint, lavender. The kids LOVE the lemon in their water (1 drop per 8-16 oz, GREAT for the liver and to help kids with LIVER (irritable) symptoms), PEPPERMINT they can use to DIY toothpaste recipe (recipe in this ebook under PERSONAL CARE) instead of Flouride toxic alternatives, or cookies they help mom make (in recipes), and LAVENDER on their feet before bed or during the day when they're being hyperactive OR if they get skin rashes (keep reading)
6. TRAVEL – I carry a little zip pouch on my key-ring that I give to new warriors who want me to teach them how to integrate the oils into



their life. It has 8 mini vials so we always have them with us for our most popular uses.

If you'd like to order one, I sell them in [MY STORE](#), complete with the 'BEST OF' Oils for Women's Hormones, beauty, fat loss, cellulite reducing, detox and mood:

relaxation and skin love – Lavender
teeth whitener and liver cleansing – Lemon
skin smoothing/cellulite – Grapefruit
hunger cravings – Peppermint
fat loss and metabolism – Slim N Sassy
hormone balance – Clary Calm
fitness & sinus – Breathe
detox – Zendocrine

This is my HOTTEST item. If you've ever wanted to try getting into essential oils, wondering what the buzz is all about, this is a GREAT way to sample the 'best of' AND enjoy the convenience of having them with you wherever you go.



This packet has come in handy more times than anything I've ever owned.

Once you experience it, you'll never go back to 'store bought' oils or toxic products ever again!



HOME ESSENTIAL KIT OILS EASY Daily USES

Listed below are 3 easy tips to immediately use each oil that comes in the Home Essentials Kit:

Frankincense

- Stress Relieving Bath-Soak: Add 4 to 6 drops to a hot bath for stress relief
- Reduce Acne and Slow Signs of Aging: Simply add a couple drops to your current face cream or better yet add it to a couple drops of coconut oil and apply around eyes, throat and face. LOVE THIS! DO THIS! EVERYDAY!!!!
- Back and Joint discomfort: Add 1 to 2 drops to aches joints and lower back for relief.

Lavender

- Bee Stings or insect bites: Apply 1 - 2 drops directly to bite to soothe affected area
- Burns: Apply 1 to 2 drops with a little coconut oil to burn to help soothe and heal
- Calm & Sleep: Diffuse a couple of drops or simply place a couple of drops in your hands and breathe in deeply. Then apply the rest to the bottoms of your feet to calm and relax.

Lemon

- For Easy Digestive Detox: Add 2 to 3 drops to a bottle or glass of water several times a day.
- Add a couple of drops to a cotton ball and place in your car overnight or in your gym bag.
- Amazing Stainless Steel Cleaner: Add 6 to 8 drops in a 8 oz spray bottle and spray your Stainless Steel and just wipe. It is AMAZING!



Melaleuca (tea tree)

- Coldsore: Place a drop on your finger tip and rub over your lips. This works incredible for coldsores, fever blisters & canker sores.
- Treat Acne: Rub 1 drop into the active area to help treat acne
- Prevent Lice Naturally: Apply 4 to 6 drops to your shampoo

Oregano

- Warts and skin tags: Apply 1 drop morning and night using a Q-Tip and apply directly to affected area. You can add a little fractionated coconut oil if you have sensitive skin.
- Sore Throat: To ease pain of a sore throat, simply add 1 to 2 drops of Oregano Essential Oil to a glass of water or juice and drink it.
- Eczema: Help control eczema by blending Oregano Essential Oil with carrier oil or sale and apply topically.

Peppermint

- Headaches: Apply a couple of drops to neck, temples and forehead to relieve headache pain. Dilute with carrier oil for children and for those with sensitive skin.
- Reduce Fever: Dilute with a carrier oil, rub on bottoms of feet to reduce fever, or put 1 to 2 drops in a capsule and take internally. (do not give internally to children under 6)
- To Improve Alertness, Concentration, and memory recall: Place a drop under the nose or diffuse in a room to increase alertness and improve memory. Or just open the bottle and inhale! This is really useful on a long car trip to help you stay awake, or while studying and test taking to improve recall.

Breathe

- Allergies: Place a drop onto palm of hand and cup with other hand and breathe in to help clear airways.



- Bronchitis: Add 2 drops in a carrier oil and rub on chest to help ease breathing.
- Cough: Apply 1 to 2 drops to bottoms of feet and chest to help with control coughing.

DigestZen

- Constipation or Diarrhea: Rub 2 to 3 drops directly on stomach to help with either constipation or diarrhea.
- Indigestion: Take 1 to 2 drops orally to help with indigestion and heartburn
- Digestive Issues for children: Apply 2 drops to bottoms of feet to help ease digestive problems for children

On Guard

- Sore Throat: Mix 2 drops with a tablespoon of water, gargle for 1 minute than swallow
- Support Immune System: Place 2 drops on feet to help support a healthy immune system during cold and flu season.
- Air Filters: Place 2 drops in air filters at home when changing them out to help kill pathogens in the air ducts of your home or office

Deep Blue

- Joint Pain: Apply 1 to 2 drops directly to tired aching joints
- Inflammation: Apply a couple of drops and rub into muscles before and after exercise to reduce discomfort and inflammation
- Migraine Headaches: Apply 1 drop to back of neck and temples for migraine



[SEXY BODY Essential Oil SOLUTIONS](#)

CELLULITE ZAPPER WRAP

Full article on Dianekazer.com – [CLICK HERE](#)

There's actually 2 recipes in this 1!

I've been at this a long time so I like to experiment...see if I can kill 2 birds with 1 stone.

THE CONCOCTION:

- 2 oz [Castor Oil](#) (click here to see the one I use \$10 for 16 oz on Amazon)
- 40 drops Slim N Sassy (or Grapefruit)

OPTIONAL TO ALSO ADD:

- 15 drops Peppermint
- 15 drops Grapefruit
- 15 drops Lavender
- 15 drops Cypress. You can also do this without any **ESSENTIAL OILS** but I like to add the drops to add extra detox and anti inflammatory power to my wraps. AND damn, to make them smell sooooo beautiful! Among the top 10 anti inflammatory herbs of all time are ginger, grapefruit, cinnamon, lemon and peppermint. Imagine the cooling, warming and spicing effect of all of those on your body at one time. Mmmmm, now you know why I LOVE doing these! The benefits of each herb are:

Grapefruit

- Helps reduce appetite
- Burns fat by inducing lipolysis
- Dissolves toxins in your body



Lemon

- Uplifting aroma, increases mood
- Helps reduce appetite
- Cleanses body of petrochemicals

Peppermint

- Enhances sense of fullness
- Reduces cravings
- Energizes body and mind

Cinnamon

- Inhibits new fat cells from forming
- Improves liver functions
- Helps with serum lipid balance
- Reduces diabetic risk

Ginger

- Stimulates weight loss by inducing lipolysis
- Calms stomach

Directions:

1. Blend the ORGANIC Castor Oil and Essential Oils
2. Rub it all over your belly paying extra love and rub to the lower right quadrant where your liver and GB live... Don't forget your lower back (this is where I store more fat which normally means = carbohydrate intolerant. ie I don't digest carbs well, so should eat LESS of them)

THESE NEXT STEPS HELP GO DEEPER TO EXTRACT TOXINS FROM THE LYMPH LAYER THAT CAUSES CELLULITE, BUT ARE OPTIONAL.

3. Apply the flannel piece across your belly and lower back (I use 2 separate pieces for this). Cut up an old wool flannel I didn't wear anymore. DO NOT apply the seran wrap over your body first. Your skin will absorb that crap.
4. Wrap your abdomen 3 times with the wrap. I use BPA free wrap, but it's best if you have the least amount of skin contact as possible.



5. Place a heat pad over your belly (and back if you have 2) and chill for an hour. You can also do this overnight as well, minus the heat pack*
6. Remove and save the cloth for future uses. It will smell so good
7. Up to you but bonus if you DRY BRUSH and shower after.

ESSENTIAL OIL SOFT SCRUB

3/4 cup (rounded) baking soda

1 cup liquid castile soap

1 Tablespoon distilled water

8 drops Lemon Essential Oil

5 drops Lime Essential Oil

In a bowl, combine baking soda and castile soap with a wire whisk. Stir in water. add Essential Oils and whisk until smooth. Consistency should be a soft paste. Store in an air tight container out of the sun.

HOMEMADE FACE WASH

1 cup coconut oil

1 tbsp baking soda

5 drops lavender essential oil

5 drops frankincense essential oil

5 drops lemon essential oil

(if acne prone, replace frankincense and lemon oils with 10 drops of tea tree essential oil)

DIRECTIONS:

1. Melt the coconut oil in a pan over low heat (Or order Fractionated Coconut Oil from Doterra which is already in liquid form)



2. Once melted, remove from heat and add in the remaining ingredients.
3. Store in wash dispenser or air tight jar and keep it in a cool place

Leave on for 20-30 minutes and rinse with water.

BEAUTIFUL GLOW - SUGAR SCRUB

3/4 cup brown sugar

1/2 cup Fractionated Coconut Oil

4 drops Cassia Essential Oil

4 drops Clove Essential Oil

4 drops Ginger Essential Oil

4 drops Lime Essential Oil

Mix the ingredients in a 8 oz glass jar. Enjoy!

BROWN SUGAR BODY SCRUB

1/4 cup brown sugar

1/4 cup turbinado sugar

1/2 cup Fractionated Coconut oil

10 drops Lime Essential Oil

5 drops Ginger Essential Oil

Mix ingredients in bowl, stir until well blended. Store in 8 oz glass jar.

To use apply small amount in the palm of hands and rub into skin for 30 seconds then rinse and pat dry.

SKIN TO DIE FOR BODY LOTION

1 cup Pure Coconut Oil

1 teaspoon vitamin E oil (optional)

6 drops Ginger Essential Oil

6 drops Lemongrass Essential Oil



Whip Pure Coconut Oil in with mixer until light and fluffy, add vitamin E and Essential oils. Store in 8 oz glass jar and enjoy!

SKIN GLOW SERUM



For just about any skin issues, rashes, break-outs, acne, wrinkles, dry skin, and more....this is the formula I use and teach clients to use, which they love. I (humorously) remember it with the popular acronym FML (you may have heard teenagers state 'F*ck My Life' LOL). To us in EO land it stands for frankincense, melaleuca and lavender. You cannot go wrong with this recipe.



HAIR LOVE SERUM



I wrote an article called '[15 Solutions for Hair Loss or Thinning](#)' and how to maintain luscious locks, starring this recipe. You can opt for any carrier oil, instead of grapeseed such as coconut or Vitamin E oil, then add to it rosemary and cedarwood essential oils.

Rosemary is one of the best oils for enhancing hair growth, which thickens the hair. It is believed to increase cellular metabolism that stimulates hair growth. Cedarwood essential oil can help stimulate the hair follicles by increasing circulation to the scalp, contributing to hair growth and slowing hair loss! Cedarwood is a great remedy for thinning hair and various types of alopecia, too. One fun trick is to add the contents of one probiotic capsule to the formula too. Add all of the ingredients to a small 2 oz glass pump bottle (amber or blue to preserve ingredients), shake, then apply.



PERSONAL CARE PRODUCTS

EASY TOOTHPASTE

3 Tbsp Baking Soda

2-3 Tbsp Xylitol Granules – Not TOTALLY necessary but keeps it from tasting bitter

AND is healthy for teeth. CAN use Stevia instead to sweeten if desired.

3 Tbsp coconut oil to desired texture

25-35 drops essential oil of choice (peppermint, wintergreen, cinnamon are all awesome). Optional to add: Myrrh or Clove (if tooth infection)

Combine all ingredients in small jar and stir. Store in medicine cabinet for daily use. This one is difficult to travel with (because the container is glass) so you can store it in BPA free plastic container instead. I like to make 2 at once – for travel & home.

EASY DEODORANT

1/4 cup baking soda

1/4 cup arrow root powder or corn starch

1/3 cup coconut oil

10-15 drops of your favorite scent (I like lavender for a nice scent or citrus for intense smell busting)

Combine baking soda and arrow root powder (or corn starch if not vegan) in a bowl and mix with a fork. Add coconut oil and add it to the baking soda mixture, working it into a paste. Finish by adding 10-15 drops of your essential oil of preference OR 5 drops of 3 you like combined if you're like



me and can't decide! You can store the deodorant in a small, air-tight container or put it into an empty deodorant stick dispenser. I use these in the 'essential oil tools' category of my [Amazon Store](#).

NOTE: I do not sell these tools, they're just products I like and use, that I categorized so you can easily find them J I just distribute the oils.

MOUTHWASH

Peppermint Mouthwash

10 drops Peppermint Essential Oil

10 drops Myrrh Essential Oil

4 oz Vodka (optional)

2 cups distilled water

Mix in 16 oz dark glass bottle, and shake before each use. I make this with the vodka for personal use and without for the kids. Best mouthwash EVER! Enjoy!



AROMATICS & AIR FRESHENERS

STEAM DIFFUSERS

By far, the most effective and most popular way to utilize aromatherapy is through steam diffusion. If you have the Home Essentials Kit, or are thinking about getting started with this Kit, it's THE best value and COMES WITH the diffuser.

All you have to do is:

Fill your diffuser with tap water up to the “fill line” or fill marker.
Add 4-10 drops of your favorite oil or blends.
And enjoy. Voila!

REED DIFFUSERS

Reed diffusers are more “old school” and are the more traditional way to utilize aromatherapy. What did people do before electricity, right? Not as simple as steam diffusers, but still very easy to do. Once you get a small glass container with a narrow opening (you can usually find some good one at thrift stores). Simply add in:

Several reed diffuser sticks (the ones I bought are in my Essential Oil Tools Segment of my [AMAZON STORE](#)) OR bamboo skewers (4-6 should do)

1/8 cup – 1/4 cup carrier oil (depending on the size of your bottle)
15-25 drops of essential oils (as low as 15 drops for 1/8 cup carrier oil and as much as 25 drops for 1/4 cup)



The best carrier oils I have found are: fractionated coconut oil, jojoba oil, sweet almond oil, and safflower oil.

SPRING CLEANING ALL PURPOSE SPRAY

- 16oz glass spray bottle
- 1/4 cup white vinegar
- 1 3/4 cups water
- 30 drops essential oils

SOME RECOMMENDED COMBINATIONS INCLUDE:

15 drops each of Lavender and Lemon

10 drops each of Eucalyptus, Peppermint, and Wild Orange

30 drops On Guard Blend

15 drops each of Grapefruit and On Guard (my personal favorite)

FRESH ROOM BLEND

- 4 drops White Fir Essential Oil
- 4 drops Cassia Essential Oil
- 2 drops Sandalwood Essential Oil
- 4 drops Lemon Essential Oil

Use in a diffuser or in a 4 oz sprayer bottle around your home. Fill a sprayer bottle with water then dilute a few drops of each essential oil in the water for the desired intensity of fragrance.

SEXY SHEETS BLEND

10 drops Sandalwood Essential Oil

10 drops Bergamot Essential Oil

3 drops Ginger Essential Oil

3 drops Lime Essential Oil

4 drops Whisper Essential Oil



Add Essential Oils to a 4 oz spray bottle and fill with water. Spray on bed sheets when you make it in the morning. Enjoy!

SNUGGLE BLEND

- 1/4 cup Fractionated Coconut Oil
- 2 drops Geranium Essential Oil
- 3 drops Sandalwood Essential Oil
- 4 drops Whisper Essential Oil

Mix oils in a 4 oz glass bottle and massage into the skin before bed. Then snuggle up with your best friend.

HEALTHY IMMUNE SUPPORT

- 10 drops Eucalyptus Essential Oil
- 10 drops Wild Orange Essential Oil
- 10 drops Clove Essential Oil
- 10 drops Frankincense Essential Oil
- 5 drops Cinnamon Essential Oil
- 5 drops Rosemary Essential Oil

Fill remainder of 10 ml roller ball with Fractionated Coconut Oil. Use topically on bottoms of feet as needed.

LIQUID SUNSHINE - UPLIFTING BLEND

- 15 drops Frankincense Essential Oil
- 15 drops Peppermint Essential Oil
- 5 drops Wild Orange Essential Oil
- 5 drops Lemon Essential Oil
- 5 drops Grapefruit Essential Oil



Fill remainder of 10 ml roller ball with Fractionated Coconut Oil. Use topically on back of neck, forehead, pressure points or simply breathe in as needed.



HOME CLEANING RECIPES

WINDOW CLEANER

1 cup water

1 cup white vinegar

15 drops Lemon Essential Oil

Mix water and vinegar in a spray bottle then add the essential oil to the bottle.

MAKE UP BRUSH CLEANER

2 Tbls Fractionated Coconut Oil

5 drops Melaleuca Essential Oil

5 drops Grapefruit Essential Oil

Add all ingredients in small bowl, gently swirl brush around for about 30 seconds. Rub brush in circular motion on palm of hand to help remove make up. Then rinse brush under warm water. Gently squeeze bristles until water runs clear.

Make sure the bristles are pointed down when rinsing.

DETERGENT

This is hard to replicate, so I just use the DoTERRA OnGuard detergent

DRYER BALLS (vs Dryer Sheets)

I learned how by watching [THIS VIDEO](#).

Then I drop about 5 drops of my FAVORITE blend, Serenity from DoTERRA onto each ball. Saves you \$ on Dryer sheets as well as allergy



attacks, skin rashes and auto-immune flare up's among other things Dryer Sheets cause.



[The Best Way to Get Started with Oils](#)

Once upon a time, before I knew better, I bought oils online from untrustworthy sources, I got brands I was unfamiliar with and diffused oils from the Body Shop. Whew I wish I knew then what I know now. Little did I know I was rubbing synthetic oils, blended with petroleum, fragrance, pthalates, parabens and many other preservatives with estrogen mimicking properties on my skin, that were doing the opposite of what I was intending. When it comes to oils, there IS a huge difference. Like supplements, brand, quality, handling, distillation and harvesting DOES make a HUGE difference.

There are many blends out there I like: Mountain Rose, Young Living and doTERRA are my favorite. I chose to be a distributor and wellness advocate for doTERRA after many months of research and honest exploration from friends who used them. I attended seminars, asked many questions, and felt it out. doTERRA resonated with me most, and unlike the 2016 election, I will NOT judge you for the oils you use. ;)

I will say this. I work 'HEART' to educate our warrior community on how to use the oils most effectively, and part of the reward is seeing you THRIVE in applying those strategies and protocols. The second part of that reward is financial, as I am an affiliate with doTERRA.

I would appreciate it, if and when you wish to explore introducing essential oils into your day to day regimen, your family and your friends that you reach out to me so I can share doTERRA with you, and how the line can help. It's more than just oils, it's a way of living, and a means to THRIVING.

In this way, I am familiar with the products, the blends and the protocols, so I can better help you fulfill your goals.



Personally, I started my Oil journey with the '[Home Essentials Kit](#)' by doTERRA, and my only regret is not going 'bigger' and getting a larger package, because you get the best deal when you first sign up.

I share all of that on [THIS PAGE](#). But if you would like to talk with me 1 on 1 about your goals, ask any questions and get advice on the best way to Detox chemicals from your life, by upgrading to essential oils, [CLICK HERE](#) to set up a time for us to talk, for FREE.

Also, I am a consultant to many companies who wish to integrate wellness into their workforce, as well as advise health practitioners, nurses and wellness institutions how to educate and earn money doing it, so I would also be ECSTATIC to help you help others. [Email me](#) or [BOOK A TIME](#) here for us to connect, and discuss spreading joy, oils, love and the purest way of living I know today!

Essential oils are the fastest growing segment in DIY beauty and wellness today, and I would be honored to be the person who teaches you how to live this for you and everyone you care about!

Remember: There may be many people doing what you're doing, but YOU are the only one who can do it like you do. We need you, warrior! :)

Namaste Oil Warrior!