



By Cynthia Foster, MD • DrFostersEssentials.com

**Please Read the Basics First
Then Scroll Down to See Recommendations
For Each Dr. Foster's Essentials Essential Oil.**

- **Inhale:** use an essential oil diffuser, place around 3 to 8 drops in a diffuser and diffuse for 15 minutes at a time, one to two times daily. Or, put a few drops in a spray mist bottle with water, and mist the air to purify the air and dispel odors. Or add a drop or two to a facial tissue, bring tissue up to nose and inhale deeply for a few minutes. Or place 1 to 2 drops in the palm of your hand, rub hands together, cup over face, close your eyes and inhale deeply.



- **Do a patch test to determine any possible sensitivity:** Before using any essential oil, it is advised to do a patch test to determine if you have a possible allergy to it. You can do this with any oils except for oregano and cinnamon which must be diluted further down. Allergic reactions are rare, but can occur. To the inside of the forearm, apply one drop of the essential oil mixed with two drops of cold-pressed vegetable oil or jojoba oil. Cover with a piece of gauze or elastic bandage, and leave on for 24 hours. If there is no irritation, rash, redness or burning sensation then it is likely you are not allergic to the essential oil & can use it safely.
- **Skin reactions and other reactions:** some people get skin reactions from essential oils because they take too many of them or take them internally in large doses. They are impatient to get well too soon and rush the process of getting well. With large doses of any herb or essential oil, a healing reaction can occur. Toxins that have accumulated inside the body for years are now being released, and when the digestive organs cannot eliminate

these toxins, they can erupt out through the skin. These reactions are not the result of poisoning, but the result of too vigorous an attempt to heal. This is why I always stress the importance of cleansing the digestive organs *first* before diving into any remedies that detoxify the body. To succeed with any natural remedy, *slow down*, start slowly, use less and give the body time to heal and replace damaged cells and tissues. Take fewer drops, take less often, and/or dilute with more vegetable oil before applying to skin. One can take a dose every other day instead of every day. Remember, essential oils are highly concentrated.

- **Start slowly** with 1 essential oil or blend and see how you feel. Add any further essential oils to your routine gradually one at a time. Some people will be able to apply an essential oil “neat” without diluting with a carrier oil first, but if you have sensitive skin or have any doubts, it’s best to dilute.

How to Dilute Essential Oils:

<u>Base Oil Amount</u>	<u>Essential Oil Amount</u>
1 teaspoon / 5ml	2 to 3 drops
1 Tablespoon / 15ml	6 to 7 drops
1 fluid ounce / 25ml	12 to 13 drops
2 fluid ounces / 50ml	25 drops
3.5 fluid ounces /100ml	50 drops

- **Apply to affected area or to pulse points (neck, wrists, back of knees):** Essential oils are *highly* concentrated. Most of the time, only one drop at a time is needed. Use one drop twice a day to start and increase only if needed. With children, *always* dilute essential oils before applying them to the skin. A child's skin is very sensitive - much more so than adult skin. Some oils are very "hot" such as lemongrass, cinnamon, black, pepper, cardamom, ginger, clove, oregano, thyme and savories. They should always be diluted before applying. Even eucalyptus can be uncomfortable for a child unless diluted. When in doubt, dilute. Diluting the oil prevents the drying effect of the oils. Dilute with a carrier oil (olive oil, jojoba oil, almond oil, etc.) according to the proportions in the above chart.



- **Use as full body massage:** using the dilution formula above
- **Use as a compress:** (rub one to three drops on location, cover with a hot, damp towel. Cover the moist towel with a dry towel for ten to sixty minutes.) This intensifies the effect. Or, a cold wet towel can be used on inflamed areas



- **Add to bath water** (add a few drops to bath salts or unscented bath gel to emulsify the oil in bath water. Don't add straight oil to the water – mix it in a base first)
- **Apply to energetic meridians**, or acupressure points and massage into the area.
- **Apply to bottoms of feet:** see chart below



Foot Reflexology Chart



- **Take intestinal herbs first if very ill:** (Vibrant Colon Formula and Colon Detox Caps). Essential oils are very powerful substances. They can create too much healing at once if the intestines are not first cleansed. The more ill a person is, usually the more toxic they are. The more toxic they are, the more likely they are to experience healing reactions from using essential oils if they haven't first cleansed the intestines.

• **Use in a rectal implant** – used in cases of serious diseases such as cancer and severe lung conditions. ALWAYS use diluted (1 to 5 drops per teaspoon of pure cold-pressed olive, sunflower, or sesame oil.) Use a baby “soft tip medicine dispenser.”



Baby Feeding Syringe

- **Internal use:** In Europe, some people use essential oils internally: They mix them with an oil-soluble liquid such as honey, olive oil, or soy milk. *Only* use 100% pure essential oils that have been approved for internal use (such as lemon, orange, peppermint, grapefruit, etc. - consult the GRAS list), and only one drop at a time unless you are used to taking more. Taking too many essential oils internally can cause intense healing reactions and can be VERY uncomfortable. However, one drop of peppermint, orange, lemon or grapefruit added to a glass of water can be very refreshing and healing. It is rarely necessary to use more than this.

- **Storage of essential oils:** Store essential oils in an amber or dark-colored glass bottle in a dark, cool place. Keep the lids on tight and keep away from heat such as next to your stove.

How To Use Dr. Foster's Essentials Essential Oils and Blends

1. **Allergy Relief Oil Blend (ALRG)** – Apply to bottoms of feet & toes 1 to 3 times daily during allergy season. Apply 1 to 2 drops to chest for wheezing. Can also massage lung acupressure points on either side of sternum for additional help with an asthma attack. Can also apply directly over sinuses, at pulse points at the front of neck and at the back of the neck if feet are not accessible. Try to apply 15 minutes before exposure to an allergen.
2. **Funga-Gone (AntiFungal Oil Blend)** – Apply to skin diluted with cold-pressed oil to help with psoriasis. Can help with Candida. Apply directly to infected toenails/fingernails. Continue until all traces of infection are gone.
3. **AV Blend (AntiViral Oil Blend)** – Diffuse during cold and flu season in order to ward off viruses. Pleasing fragrance. Can also be worn on pulse points, over heart, on bottoms of feet in order to protect self from viruses. Anoint self with 1 to 2 drops before getting onto airplanes, buses, trains, public transportation and while traveling with large groups. Put a few drops on a cotton ball and leave on bathroom counter to purify bathroom air.
4. **Appetite Calmer** – Inhale ½ hour before meals. Suppresses appetite through the sense of smell. Put a few drops on a facial tissue, bring up to nose & inhale deeply or diffuse oil in a diffuser for about 10 to 15 minutes.
5. **Celebration** – Diffuse or wear 1 drop on pulse points as perfume. Apply 1 drop to bottoms of feet to help with infection. Apply 1 drop in the hollow of ears OUTSIDE of the ears to help with ear infection (Can also swab inside of ear very gently with Germ Shield being VERY careful to go just inside the ear and not to go in further) Very antibacterial oils. Do not ever pour or drip essential oils in the ear – this will cause excruciating pain! Can also add a few drops to a natural bath gel base and used in bath water.
6. **Clove oil** – Apply to any area as a topical anesthetic. Do not ever use in or around eyes. Helpful for toothache: apply directly to tooth or soak cotton ball in clove oil and keep in mouth, or put 1 drop on toothbrush and brush teeth to kill germs, numb pain. Apply directly to warts and other growths (can combine with lemon oil). Can put 1 drop in glass of water 1-3 times daily to use against parasites/Candida.
7. **Frankincense** – For beauty, use 1 to 2 drops diluted in a small dime-sized bit of jojoba oil, mix together and apply to face after cleansing and moisturizing. Can mix with 1 drop of myrrh and use in the same way. The face is very sensitive skin, so make sure to dilute frankincense first before applying to face. Also can be used directly or diluted with olive oil on tumors combined with clove and lavender oils. For scars, apply diluted with sesame oil to help fade them. Frankincense is too thick to use in a diffuser.



8. **Geranium** – Apply to heart, wrists, throat as fragrance. Or apply to bottoms of feet and/or entire spine to help entire nervous system. Apply anywhere there is nerve dysfunction or damage. Diffuse for a nice fragrance.
9. **Germ Shield** – use 1 to 2 drops as hand sanitizer. Apply just under nose or on neck pulse points during travel to protect against contagious respiratory infections. Intensive use: apply 1 drop inside the nostril just before boarding airplane, or at first sign of cold, flu or for headache. (Do not use this oil in the nostrils of young children – it can be very intense). Germ Shield contains jojoba oil, so do not use in a diffuser, or it can cause clogging.



Germ Shield can be used in a steam inhaler for headache or for sinus infection – use around 5 drops in a personal steam inhaler or 5 to 10 drops in a shallow bowl of hot water that just came off the stove. Add 1 drop AV Blend to the 5 drops Germ shield in the personal steam inhaler as an additional aid to fight respiratory infection.



Personal Steam Inhaler

- **Ginger** – rub 1 drop on belly to calm nausea/ ease motion sickness. Can also use 1 to 2 drops in a glass of water. Add 1 to 2 drops to water or a capsule to aid digestion, ease occasional nausea, and reduce bloating and gas. Inhale directly from the bottle or from a tissue to help relieve motion sickness, nausea, or to enhance concentration. You can also diffuse to help ease occasional nausea and motion sickness. Cooking: Ginger oil can be used in place of ginger in recipes, starting with a small dose (1 to 2 drops) and adding more to taste. **Belly Drainage Massage:** Combine with peppermint oil and a carrier oil and massage in circular motions around the abdomen to aid digestion and relieve bloating. **Muscle & Joint Pain:** Apply 2 to 3 drops of diluted oil on affected areas twice daily for relief. **Muscle Soak:** Add 2 to 3 drops to a warm bath to soothe sore muscles, headaches, backaches, and menstrual cramps. (The essential oils of lavender, rose and/or peppermint can also be added to ginger oil to help relieve menstrual cramps) **Diffusion:** Add 3 to 5 drops of ginger oil to a diffuser to create a warming and uplifting atmosphere, to uplift mood, reduce stress, and promote feelings of confidence. **Steam Inhalation:** Add 1 to 2 drops to a bowl of steaming water, drape a towel over your head, and inhale for respiratory relief and relaxation.

10. **Grounding**– use 1 to 2 drops on pulse points on sides of neck right where you feel your pulse. Apply one side at a time. To help brain function, apply one drop to crown of head, back of neck, brow center and/or the big toes. Grounding contains jojoba oil, so do not use in an old-style glass diffuser, or it can cause clogging.

11. **Helichrysum** – Dilute with carrier oil and apply to blemishes, bruises, scrapes, promote skin regeneration, or soothe razor bumps. Apply diluted around ears to promote better circulation and hearing. Apply diluted to varicose veins and to help reduce appearance of surgical scars, acne scars, and stretch marks. Add a few drops to a massage oil to help with various skin issues such as psoriasis, dermatitis and eczema. Add a drop or two of the diluted oil to your existing facial essence, serum, or moisturizer to target fine lines, wrinkles, and promote a youthful complexion. Inhale helichrysum oil directly from the bottle or use it in a steam inhalation by adding a few drops to hot water. This can be helpful for respiratory support, such as during colds and coughs.



12. Herp-Ez – apply sparingly to affected area at first sign of infection 2 to 3 times daily. Make sure to put 1 drop on spine at the level of the infection (neck for cold sores, lower back for genital outbreak, mid-back for shingles outbreak around ribs). This blend is already diluted. It contains jojoba oil, so that it can be applied to sensitive mucus membranes, but it can be diluted further down if needed. Because it contains jojoba oil, do not use this blend in a diffuser.

13. Lavender – Especially lovely when applied over the heart area to calm the heart (1 to 2 drops). It can also be diffused to produce a relaxing atmosphere. Apply to back of neck during headache to help pain. Apply 1 drop over any area of nerve dysfunction. Apply 1 to 2 drops to a facial tissue, lay it on pillow at bedtime to help relax and get to sleep.

14. Lemon/Sweet Orange – Citrus oils purify the air as well as surfaces. Diffuse to help remove pet odors, mold, tobacco or other stale odors. Diffuse for an emotionally uplifting fragrance. Either lemon or orange oil can be added to a glass of water for flavoring and cleansing: lemon and orange oils help cleanse liver and kidneys. They also help gradually dissolve stones of all kinds. They are high in bioflavonoids and good for circulation. Massage into swollen areas, cellulite and areas of poor circulation in order to stimulate circulation and build healthy blood vessels. Lemon can be applied to bottoms of feet in order to stimulate the immune system. Extra cleansing to the liver/ gallbladder when applied over liver area (1 drop on the right side of the rib cage under the nipple and around the right side of the rib cage. When applied diluted to skin, helps dry excess oil on oily skin types. (Do not apply citrus essential oils to face within 24 hours of exposing face to sun; they can make skin more sensitive to the sun.)



15. Open Heart (previously called Migra-Stop) – To ease a headache, place 1 drop in palm of hand. Use pinkie finger to dip into that drop and gently apply to inside of nostrils. Do not sniff hard or push oil deep up into the nose - just line the inside of the nose with the oil. Can also apply 1 to 2 drops to back of neck or to pulse points in front of neck to help headache. For heart health: Apply 1 to 2 drops over heart area during episodes of chest discomfort or during a panic or anxiety attack. Contains jojoba oil, so do not use this blend in an old-style glass diffuser or it could clog your unit.

16. Myrrh oil – For beauty, apply 1 drop mixed with a dime-size amount of jojoba oil and apply to face and neck after cleansing and toning face. Some people can apply around eyes if mixed in with eye crème. If not diluted, can burn a bit, but is not harmful. Brings so much circulation to the skin and creates a soft warm glow! Can apply directly to large pimples to help shrink them 2 to 5 times faster. Myrrh is too thick of an oil to use in a diffuser unless blended with thinner oils. Apply to bottoms of feet to help strengthen immune system.

17. Oregano – Highly antimicrobial. Especially helpful for infections such as bacterial, viral, parasitic, and Candida. Start with only 1 drop at first. Oregano is a very “hot” oil that can produce burning sensations on the skin if not first diluted with cold-pressed oil. So, always dilute oregano oil with carrier oil such as coconut oil or olive oil before applying to the skin, a little peppermint oil mixed in can also help make the application more comfortable and adds a nice cooling sensation. Always dilute oregano essential oil with an edible organic cold-pressed oil (sesame oil, walnut oil, olive oil, sesame oil, sunflower oil, coconut oil) before taking internally and only use 1 or 2 drops.



18. **Peppermint** – Especially helpful when feeling nauseated or suffering from indigestion due to overeating or eating wrong food combinations. Also good when 1 to 2 drops rubbed on belly during travel to help avoid motion sickness. Used on head: Helps cool fevers and internal heat. Apply to scalp during headache to ease pain. Add 1 to 2 drops to glass of water + natural sweetener (such as liquid stevia drops) for a refreshing, cooling beverage. When applied to skin immediately after an injury, the damage can be significantly less, and the pain often goes away within just a few seconds – it can save you days of pain after injuring yourself and using it right away. Repels ants – mix peppermint oil with water and mix in a spray bottle. Spray around areas where ants enter. Place 1 drop on tongue to freshen breath.



19. **Sweet Essence** – Blood sugar balancing. Apply 1 to 2 drops over stomach/pancreas area at mealtimes and just before bed. Apply to bottoms of feet/pancreas area during episodes of high or low blood sugar. For low thyroid, apply 1 drop over thyroid area once daily, massaging the oil into the area in a circular motion. Dilute with carrier oil if skin is sensitive.

20. **Tea Tree/Jojoba Oil Blend** – Gentle and soothing. A few drops can be applied directly to baby's bottom to help diaper rash. Can be applied directly to most any rash to help itching and burning (athlete's foot, skin infections, etc.) Use topically to heal and protect against infections. Can be applied to vaginal area to help cool itching and burning of yeast infection. Do not use in a diffuser. This oil is diluted down to around 9% to avoid the burning sensation caused by using 100% tea tree oil (A common mistake among essential oil rookies is to apply tea tree oil undiluted directly onto a rash).

21. **Tissue Repair Oil** – apply a few drops to painful area 2 to 3 times daily. Contains cayenne: wash hands thoroughly after use, up to 6 times if you are going to use contact lenses or touch your eyes! Apply several times daily directly to warts – after several days to a week, warts typically peel off painlessly.

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