

Essential Oil Preparations for Inflammatory Conditions^{1 2}

* Note: The doctors at [Life in Motion Chiropractic & Wellness](#) are [dōTERRA Wellness Advocates](#) and all links within this article are to essential oils within their product line. To bypass their website redirect when clicking on the links below, first visit the “wellness advocate” link above, click on “Shop”, then start shopping, which will then allow you direct access to the following oil(s) links below when clicked on while reviewing this article. In doing so **you are under no obligation to purchase anything** this just circumvents their default signup page redirect.

*Enhancing Topical Application: apply warm wet towel over area of application & then cover with a warm dry towel to retain the heat; apply immediately after a warm shower/bath; direct warm air onto site of application.

NOTE: reduce risk of skin sensitivity from topical application by diluting with a [carrier oil](#)

Arthritis (Rheumatoid)

- Topical: Apply a combination of **1-2 drops** each to affected areas as needed
 - [Peppermint](#)
 - [Wintergreen](#)
 - [Frankincense](#)
 - [Eucalyptus](#)
 - [Geranium](#)
 - **1-2 drops** each of [Cypress](#) and [Helichrysum](#) may also be added to increase circulation to affected joint(s)
- Topical: Apply **3-5 drops** each to the bottom of the feet, 2 times daily
 - [Oregano](#)
 - [Clove](#)

Back Pain

- Topical: Apply a combination of **1-3 drops** each to affected area 2-4 times daily
 - [Wintergreen](#)
 - [Balance](#) (*Grounding Blend*)
 - [Geranium](#)
 - [Peppermint](#)
 - [Frankincense](#)
- Topical: For muscular back pain, use a combination of **2-3 drops** each to the affected area instead
 - [Basil](#)
 - [Marjoram](#)

Bronchitis

- Topical: Apply a combination of **3-5 drops** each to the chest as needed
 - [Eucalyptus](#)
 - [Ginger](#)
 - [Cypress](#)
 - [Rosemary](#)

¹ The following suggestions are recommended with explicit permission of your health-care practitioner. They are not meant to be substituted for medical treatment when it is available nor to replace treatment prescribed by your physician or health-care practitioner. Do not attempt to diagnose or prescribe essential oils for conditions that require professional attention. Always consult a physician for any health condition, injury, or illness.

² Johnson, Scott A. "Chapter 3." [Evidence-Based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils](#). Middletown, De.: CreateSpace Independent, 2015. 269-332. Print.

Bronchitis (cont'd)

- Topical: Apply the following combination to the bottoms of the feet 2-4 times daily
 - 3-5 drops of [Oregano](#)
 - 1-2 drops of [Thyme](#)
- Inhalation: Utilization of a diffuser (i.e. [Aroma Lite](#), [dōTERRA Cloud](#), [Lotus](#), [Petal](#)) is optimal, however, this can also be done by placing a ½ cup of **hot water** in a bowl and then add **2-3 drops each** of the following essential oils, cover head and bowl with a towel and inhale 3-6 times daily. To improve outcome, hold your breath for as long as possible during the inhalation then breathe out slowly.
 - [Eucalyptus](#)
 - [Cypress](#)
 - [Rosemary](#)
- Oral: Take 1 [capsule](#) filled with **3 drops of carrier oil** (i.e. avocado oil, olive oil, sesame oil) and **2 drops** of the following:
 - [Clove](#)
 - [Lemon](#)
 - [Oregano](#)
 - [Rosemary](#)

Bursitis

- Topical: Apply a combination of **2-4 drops each** to the affected area 3-5 times daily
 - [Wintergreen](#)
 - [White Fir](#)
 - [Cedarwood](#)
 - [Cypress](#)

Complex Regional Pain Syndrome (Reflex Sympathetic Dystrophy)³

- Topical: Apply a combination of **2 drops each** to the spine 1-2 times daily
 - [Frankincense](#)
 - [Vetiver](#)
 - [Helichrysum](#)
 - [Geranium](#)
- Topical: Apply a combination of **1-2 drops each** to areas of discomfort 2-4 times daily
 - [Lavender](#)
 - [White Fir](#)
 - [Cedarwood](#)
 - [Balance](#) (*Grounding Blend*)
 - [Helichrysum](#)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Peppermint](#)
- Oral: Take 1 [capsule](#), 1-3 times daily filled with the following:
 - 3 drops each of [Frankincense](#) & [Vetiver](#)
 - 2 drops of [Helichrysum](#)

³ Complex regional pain syndrome is an uncommon form of chronic pain that usually affects an arm or a leg. Complex regional pain syndrome typically develops after an injury, surgery, stroke or heart attack, but the pain is out of proportion to the severity of the initial injury.

Dermatitis (Seborrheic)⁴

- Topical: Apply a mixture of 2 tablespoons of olive oil and **1-2 drops each** of the following to the scalp/skin and leave in place for at least 20 minutes to overnight, and then shampoo hair/scalp or clean skin with natural shampoo/soap
 - [Geranium](#)
 - [Lavender](#)
 - [Frankincense](#)
 - [Roman Chamomile](#)
 - [Melaleuca \(tea tree oil\)](#)

Dupuytren's Contracture⁵

- Topical: Massage a combination of **1-2 drop each** into the affected area several times daily
 - [Basil](#)
 - [Marjoram](#)
 - [Vetiver](#)
 - [Frankincense](#)
 - [Geranium](#)

Edema

- Topical: Massage a combination of **2-3 drop each** in a teaspoon of [carrier oil](#) into the affected in strokes toward the heart 1-3 times daily
 - [Lemongrass](#)
 - [Grapefruit](#)
 - [Lemon](#)
 - [Cypress](#)
- Oral: Take a [capsule](#) 1-3 times daily filled with **1-3 drops each** of the following
 - [Grapefruit](#)
 - [Lemon](#)
 - [Lemongrass](#)

Fibromyalgia

- Topical: Apply a combination of **1-2 drops each** to the base of the skull, behind the ears, and top of head 2-4 times daily
 - [Frankincense](#)
 - [Vetiver](#)
 - [Sandalwood](#)
 - [Cedarwood](#)

⁴ Seborrheic (seb-o-REE-ik) dermatitis is a common skin condition that mainly affects your scalp. It causes scaly patches, red skin and stubborn dandruff. Seborrheic dermatitis can also affect oily areas of the body, such as the face, upper chest and back.

⁵ Dupuytren's (du-pwe-TRANZ) contracture is a hand deformity that usually develops over years. The condition affects a layer of tissue that lies under the skin of your palm. Knots of tissue form under the skin — eventually creating a thick cord that can pull one or more fingers into a bent position.

Fibromyalgia (cont'd)

- Topical: Apply a combination of **1-2 drops each** to areas of pain 2-5 times daily
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Wintergreen](#)
 - [White Fir](#)
 - [Cedarwood](#)
 - [Balance](#) (*Grounding Blend*)
- Inhalation: Place **2 drops** of [Peppermint](#) in one (1) palm, rub together with other palm, and cup over nose and mouth to inhale as often as necessary
- Oral: Take a [capsule](#) 2 times daily filled with **2 drops each** of the following
 - [Lemongrass](#)
 - [Frankincense](#)
 - [Myrrh](#)
 - [Roman Chamomile](#)

Headache

- Topical: Apply a combination of **1-2 drops each** to the temples, forehead, and back of neck as often as needed
 - [Peppermint](#)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Lavender](#)
- Inhalation: Apply **1-2 drops each** to your palms, rub together, and cup over nose and mouth to inhale as often as needed
 - [Lavender](#)
 - [Eucalyptus](#)
 - [Peppermint](#)

Inflammation (General)

- Topical: Apply a combination of **2-5 drops each** to affected area(s) 1-4 times daily
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Wintergreen](#)
- Oral: Take a [capsule\(s\)](#) 1-3 times daily filled of the following
 - First Capsule: **5 drops each** [Black Pepper](#), [Ginger](#), [Wild Orange](#)
 - Second Capsule: **2 drops each** [Frankincense](#), [Ylang Ylang](#), [Oregano](#)

Joint Pain

- Topical: Apply a combination of **1-2 drops each** to the affected area(s) 2-4 times daily
 - [Wintergreen](#)
 - [Balance](#) (*Grounding Blend*)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Marjoram](#)

Muscle Cramps

- Topical: Apply a combination of **3 drops each** to the affected area and cover with a warm towel or hot compress
 - [Lavender](#)
 - [Marjoram](#)
 - [Basil](#)

Muscle Pain/Soreness

- Topical: Apply a combination of **3 drops each** to sore muscles 2-3 times daily
 - [Cypress](#)
 - [White Fir](#)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Balance](#) (*Grounding Blend*)
 - [Marjoram](#)

Muscle Spasms

- Topical: Apply a combination of **2 drops each** to muscles 2-3 times daily
 - [Basil](#)
 - [Wintergreen](#)
 - [Lavender](#)
 - [Marjoram](#)

Myositis⁶

- Topical: Apply a combination of **2 drops each** to area of soreness 2-4 times daily
 - [Basil](#)
 - [Marjoram](#)
 - [White Fir](#)
 - [Cedarwood](#)
 - [Balance](#) (*Grounding Blend*)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)

⁶ Referred to as inflammatory myopathies. They cause inflammation within muscle and muscle damage. Muscle inflammation and damage may also be caused by certain medications. These are called toxic myopathies. Perhaps the most common toxic myopathy is caused by statin medications which are frequently prescribed to lower cholesterol levels.

Myositis (cont'd)

- Topical: For skin rashes (dermatomyositis) apply a combination of **1 drop each** to affected area 1-3 times daily
 - [Lavender](#)
 - [Roman Chamomile](#)
 - [Melaleuca \(tea tree oil\)](#)
- Oral: Take a [capsule](#) 1-3 times daily filled with **5 drops each** of the following
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Wild Orange](#)

Neuralgia⁷

- Topical: Apply a combination of **2 drops each** to affected area 3-5 times daily
 - [Helichrysum](#)
 - [Eucalyptus](#)
 - [Rosemary](#)
 - [Balance \(Grounding Blend\)](#)
 - [White Fir](#)
 - [Vetiver](#)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
- Oral: Take a [capsule](#) 1-3 times daily filled with the following
 - **5 drops** of [Helichrysum](#)
 - **2 drops each** of [Black Pepper](#), [Ginger](#), [Frankincense](#), [Vetiver](#), [Lavender](#)

Neuropathy⁸

- Topical: Apply a combination of **1-2 drops each** to affected area 3-5 times daily
 - [Frankincense](#)
 - [Rosemary](#)
 - [Balance \(Grounding Blend\)](#)
 - [White Fir](#)
 - [Vetiver](#)
 - [Helichrysum](#)
 - [Lavender](#)
 - [Eucalyptus](#)

⁷ Neuralgia is a sharp, shocking pain that follows the path of a nerve and is due to irritation or damage to the nerve.

⁸ Peripheral neuropathy, a result of damage to your peripheral nerves, often causes weakness, numbness and pain, usually in your hands and feet. It can also affect other areas of your body.

Osteoarthritis

- Topical: Apply a combination of **2-3 drops each** to affected area 2-3 times daily
 - [White Fir](#)
 - [Cedarwood](#)
 - [Balance](#) (*Grounding Blend*)
 - [Peppermint](#)
 - [Cypress](#)
 - [Wintergreen](#)

Pain

- Topical: Apply a combination of **2-3 drops each** to affected area 2-4 times daily
 - [Wintergreen](#)
 - [White Fir](#)
 - [Cedarwood](#)
 - [Balance](#) (*Grounding Blend*)
 - [Black Pepper](#)
 - [Ginger](#)
 - [Frankincense](#)
 - [Marjoram](#)

Sciatica

- Topical: Apply a combination of **1-3 drops each** to associated side of sacrum and down affected leg 2-3 times daily
 - [Frankincense](#)
 - [Helichrysum](#)
 - [Lemongrass](#)
 - [Geranium](#)
 - [White Fir](#)
 - [Cedarwood](#)
 - [Balance](#) (*Grounding Blend*)

Tendonitis

- Topical: Apply a combination of **1-2 drops each** to affected area 4-5 times daily
 - [Lemongrass](#)
 - [Marjoram](#)
 - [Basil](#)
 - [Wintergreen](#)

TMJ (Temporomandibular Joint Syndrome)

- Topical: Massage a combination of **1 drops each** to affected area 2-4 times daily
 - [Wintergreen](#)
 - [Peppermint](#)
 - [Marjoram](#)
 - [Ylang Ylang](#)
 - [Rosemary](#)
 - [Balance](#) (*Grounding Blend*)
 - [White Fir](#)

Method(s) of essential oil application is dependent on the condition, its severity, and the familiarity of the individual with a certain oil(s) and/or protocol. The effectiveness of essential oil therapy can be exponentially increased by utilizing more than one application method at a time but should always be diluted according to age, current state of health, and body size. Therefore, be prepared, have a supply of pure, authentic oils [not the fragrance-grade kind often sold for use as perfumes or as scents] before finding yourself in a situation where you need them especially if you know you have a specific health condition. Oil purity is paramount, **many** oils sold today (up to 98%) are used for perfumes and are manipulated for consistency of scent rather than use in aromatherapy applications.⁹ Common adulterations of essential oils include synthetic menthol added to peppermint oil, synthetic phenyl ethyl alcohol added to rose otto, adding lavandin to lavender, diluting citronella with lemongrass, or using cinnamon leaf instead of bark.⁹ Synthetic/adulterated essential oils can cause significant harm and while they may elicit results in the short term over time can produce allergies, headaches, chemical sensitivities, and result in body toxicity.⁹ Ensure using pure oil by purchasing from a manufacturer that has expertise in the distillation process, takes [a clinical approach to essential oil development](#), [personally involved in the farming and cultivation process](#), [verifies purity with their own laboratories](#) as well as [third-party testing facilities](#) and [educated scientists](#). In closing keep one fact in mind, there is no autonomous level of quality or excellence that is accepted as the norm or by which actual attainments are judged for “Therapeutic Grade” and while many companies promote [their own therapeutic grade standard](#), one should be aware that there is no universally accepted independent body that certifies essential oils as therapeutic grade. A fair and factually correct statement that nobody (i.e. marketing companies and traditional aromatherapists) can disagree with.¹⁰

⁹ Johnson, Scott A. [Evidence- Based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils](#). Middletown, De.: CreateSpace Independent, 2015. 16-18. Print.

¹⁰ Pappas, Robert. "Essential Oil Myths." *Essential Oil University (EOU)*. Essential Oil University, LLC, n.d. Web. 21 Apr. 2016. <https://essentialoils.org/news/eo_myths>. <https://www.facebook.com/EssentialOilUniversity>