

info@HopewellOils.com HopewellOils.com 254.412.2282

Essential Oil Preparedness Chart

People frequently ask: "What essential oils are the most important to have on hand?" There are so many essential oils and blends available that it can be difficult to know what to try first! I hope this chart will assist you in selecting versatile essential oils to cover a wide variety of health concerns for your family's well-being.

The yellow section covers the most basic essential oils that I personally might choose initially. The next selection of oils helps broaden the range of benefits (added oils are bold). The list of oils in the final section is our ultimate Apothecary collection to complete our Essential Oil First Aid Kit. I encourage you to use the blank chart and customize this list to cover the specific concerns for yourself and family.

Basic EOs

Basil ct. linalool Lavender Lemon Peppermint Breathe Easy Immune Support Ouch! Tummy Soothe

Preparedness Essential Oils

Basil ct. linalool
Eu. radiata
Frankincense
Geranium
Lavender
Lemon
Oregano
Peppermint
Roman Cham.
Tea Tree

Breathe Easy
Cleansing
DeepEase
Immune Support
No Bites!
Ouch!
Dr. Hull's Sleep
Top Gun
Tummy Soothe

The Apothecary Essential Oils

Basil ct. linalool
Cinnamon Bark
Clove
Cypress
Eu. radiata
Frankincense
Geranium
Ginger
Helichrysum
Lavender
Lemon

Lemongrass
Marjoram, sweet
Myrrh
Orange, Wild
Oregano
Peppermint
Roman Cham.
Rosemary
Sandalwood
Tea Tree
Thyme linalool
Ylang Ylang

Balance
Breathe Easy
Cleansing
DeepEase
Immune Support
No Bites!
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Dr. Hull's Sleep
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Tummy Soothe

Essential Notes



Essential Oils

May support, aid, ease, soothe, reduce or help maintain healthy function of:

| <u>Balance</u> | * | * 2+ | Allergy, Calming, Mental Focus, Sleep, Stress, Uplifting |
|---------------------------------------|---|--------------|--|
| Basil ct linalool | * | + | Bacteria, Calming, Digestion, Earache/Infection, Fungal, Headache, Inflammation, Insect Bites/Stings, Mental Focus, Pain, Respiratory, Sinus, Virus |
| Breathe Easy | * | + | Allergy, Bacteria, Bronchitis, Calming, Congestion, Cough, Fungus, Inflammation, Immune support, Insect Bites/Stings, Pain, Respiratory, Skin, Sinus |
| Cinnamon Bark | | \$ 6+ | Antiseptic, Bacteria, Digestion, Fungus, Gallbladder, Heart, Immune support, Infection, Lice, Inflammation, Menstrual, Virus |
| Cleansing | * | \$ 2+ | Acne, Antiseptic, Bacteria, Boils, Canker Sore, Earache, Eczema, Fungus, Infection, Itch, Kidneys, Liver, Rash, Staph, Skin, Wounds |
| Clove | * | \$ 2+ | Bacteria, Digestion, Fungal, Immune support, Inflammation, Joints, Nerve Pain, Oral issues, Pain, Tension, Virus |
| <u>Cypress</u> | * | + | Astringent, Bacteria, Circulation, Congestion, Cough, Diuretic, Hemorrhoids, Inflammation, Joints, Menstrual, Pain, Respiratory, Urinary system, Veins, Wounds |
| <u>DeepEase</u> | | + | Bruise, Burn (minor), Deep Tissue, Eczema, Fracture, Joints, Muscles, Psoriasis, Skin Sprain, Tendon, Skin |
| <u>Frankincense</u> | * | + | Calming, Immune support, Inflammation, Mental Focus, Muscles, Skin issues, Tension, Pain, Respiratory, Skin, Warts |
| Geranium | * | + | Bacteria, Blood Pressure, Cough, Fungal, Hormones, Inflammation, Joints, Lymph, Nerve Pain, Ringworm, Shingles, Skin, Stress, Uplifting |
| Ginger | * | + | Arthritis, Bronchitis, Circulation, Congestion, Cough, Diarrhea, Digestion, Immune support, Inflammation, Joints, Motion Sickness, Nausea, Pain, Respiratory, Swelling |
| <u>Helichrysum</u> | * | + | Bacteria, Bruises, Cough, Ear/Hearing issues, Inflammation, Joints, Muscles, Pain, Scars/Skin, Swelling, Tendons, Uplifting, Veins, Wounds |
| Immune Support | * | + | Bacteria, Common Childhood Illnesses, Earaches, Immune Support, Infection, Inflammation, Pain, Respiratory, Skin, Virus, Wounds |
| Lavender | * | + | Allergy, Bacteria, Bruises, Burns, Calming, Cough, Deodorant, Earache, Fungal, Immune support, Inflammation, Menstrual, Pain, Skin, Sleep, Stress, Swelling, Wounds |
| Lemon | * | + | Astringent, Bacteria, Cough, Diuretic, Immune support, Inflammation, Liver, Pain, Uplifting, Virus |
| Lemongrass | | \$ 2+ | Bacteria, Bladder infection, Calming, Digestion, Fever, Fungus, Immune support, Inflammation, Ligaments, Pain, Uplifting, Veins, Virus |
| Marjoram, sweet | * | + | Allergy, Bacteria, Calming, Digestion, Cough, Fungal, Headache, Immune support, Inflammation, Menstrual, Muscles, Pain, Respiratory, Skin, Stress, Vasodilator |
| <u>Myrrh</u> | | + | Astringent, Calming, Eczema, Fungus, Inflammation, Joint, Pain, Respiratory, Scars/Skin, Wounds |
| No Bites! | * | + | EOs in coconut oil base: Mosquito deterrent, Lemon/Vanilla aroma |
| Orange wild | * | + | Astringent, Bacteria, Calming, Digestion, Diuretic, Fatigue, Immune support, Inflammation, Liver, Pain, Uplifting, Virus |
| <u>Oregano</u> | | \$ 2+ | Bacteria, Congestion, Digestion, Fungal, Immune support, Infection, Joints, Pain, Respiratory, Virus |
| Ouch! | * | + | Acne, Allergy, Antiseptic, Bacteria, Bronchitis, Bruises, Burn (minor), Chicken Pox, Congestion, Cough, Digestion, Fever, Fungus, Headache, Mumps, Nerve, Pain, Respiratory, Sinus, Skin, Sore Throat, Wounds |
| <u>Peppermint</u> | * | * 3+ | Astringent, Bacteria, Blood Pressure, Congestion, Cough, Digestion, Energy, Fever, Headache, Inflammation, Joints, Liver, Mental Focus, Nausea, Pain, Respiratory, Sinus, Virus |
| Roman Chamomile | * | + | Calming, Cough, Digestion, Earache, Inflammation, Menstrual, Pain, PMS, Skin, Stress, Teething, Tension, Wounds |
| Rosalina or (Eucalyptus radiata ◆10+) | * | + | Acne, Astringent, Bacteria, Cough, Fungal, Immune support, Infection, Inflammation, Joints, Measles, Mental Focus, Pain, Respiratory, Viral |
| Rosemary ct 1,8-cineole | * | + | Astringent, Bacteria, Circulation, Congestion, Cough, Diuretic, Fungus, Hair, Inflammation, Joints, Liver, Mental Focus, Pain, Respiratory, Skin, Stress |
| Sandalwood | * | + | Astringent, Bronchitis, Burns, Calming, Cold Sore, Congestion, Coughs (dry/irritating), Fungus, Inflammation, Joints, Pain, Scars/Skin, Sore Throat, Stress, Viral, Wounds |
| Sleep - Dr. Hull's | * | + | Calming, Nightmares, Perfume, Sleep, Stress, Tension |
| Tea Tree, Manuka, Rosalina | * | + | Acne, Bacteria, Cold Sore, Congestion, Cough, Fungus, Immune support, Infection, Joints, MRSA, Oral care, Pain, Respiratory, Skin, Sore Throat, Vasodilator, Warts, Wounds |
| Thyme ct linalool | * | + | Antiseptic, Bacteria, Calming, Cough, Fungal, Immune support, Inflammation, Joints, Pain, Respiratory, Skin, Sleep, Virus, Wounds |
| <u>Top Gun</u> | | \$ 2+ | Acne, Antiseptic, Bacteria, Bronchitis, Congestion, Cough, Digestion, Fungus, Immune support, Inflammation, Insect Bites/Stings/Deterrent, Joints, Lice, Lymph, Nerve, Pain, Respiratory, Sinus, Sore Throat, Strep, UTI, Wounds |
| Tummy Soothe | * | + | Calming, Digestion, Edema, Gallbladder, Immune support, Inflammation, Joints, Liver, Mental Focus, Motion Sickness, Pain, Respiratory |
| Ylang Ylang | * | * 2+ | Blood Pressure, Calming, Heart, Inflammation, Pain, Skin, Sleep, Stress, Tension, Uplifting |



| Basic EOs | Preparedness Essential Oils | The Apothecary Essential Oils |
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| Essential Oils | May support, aid, ease, soc | othe, reduce or help maintain healthy function of: |
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