

## Essential Oils: Information and Usage Guide

Víctor A. Marcial-Vega, M.D. February 26, 2014 San Juan, Puerto Rico

ESSENTIAL OIL	CONTENTS	COMMON USES	HOW TO USE IT	# of drops	Frequency of use
<b>ALL ESSENTIAL OILS</b>		Antioxidants, analgesic, Antiinflammatory, antiseptic, wound healers, decongestant, relaxing, stimulating	Topical, Inhalation, oral, intracavitary, sprayed in the air, bath	Varies	As needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Nerve regeneration. Use together with Pain Blend and Peppermint for pain control	Topically- Over affected area. It can cause a heat sensation in a few sensitive people. If this occurs, wash with soap and water to remove.	1-2	Twice a day or as needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Blood Pressure, normalizes it if low	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	Three times a day or as needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Circulation, promotes	Topically- Apply over affected area. It can cause a heat sensation in a few sensitive people. If this occurs, wash with soap and water to remove.	1-2	Twice a day or as needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Stimulating (helps stay more alert and wake)	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	Three times a day or as needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Circulation, massage to promote	Topically-Mix 15 drops in one ounce of sesame, almond, grapeseed or hemp oils	15 per ounce	Apply 3 times a day or as needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Knee, regeneration of the	Topically- Over affected area. Use together with the Pain Blend and Peppermint oils	2-4	Twice a day or as needed
<b>Circulation Blend</b>	Birch, rosemary, peppermint, clove and others	Vasodilator (Promotes circulation)	Topically over affected area	1-2	Twice a day or as needed
<b>Anxiety</b>	Marjoram, valerian root	Depression, helps stabilize the emotional part leading to	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	Use as often as needed
<b>Anxiety</b>	Marjoram, valerian root	Sadness, helps stabilize the emotional part leading to	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	Use as often as needed

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<b>Anxiety</b>	Marjoram, valerian root	Crying, uncontrolled	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	As often as needed
<b>Anxiety</b>	Marjoram, valerian root	Stimulating (helps stay more alert and wake)	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	As often as needed
<b>Anxiety</b>	Marjoram, valerian root	Vasodilator	Apply topically over affected area	1-2	As often as needed
<b>Anxiety</b>	Marjoram, valerian root	Anxiety, helps stabilize the emotional part leading to	Inhale deeply and hold your breath for as long as you can. Repeat until there is no more oil smell	1-2	As often as needed
<b>Stress Blend</b>	Y-lang y-lang, patchouli, orange peel	Alertness, for adults and children with ADD to increase the state of	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with lavender oil	1-2 for inhalation 10-20 in 1 oz. water	As often as needed
<b>Stress Blend</b>	Y-lang y-lang, patchouli, orange peel	Relaxation	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with lavender oil	1-2 for inhalation 10-20 in 1 oz. water	As often as needed
<b>Stress Blend</b>	Y-lang y-lang, patchouli, orange peel	Sleep, to promote and/or improve	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with lavender oil	1-2 for inhalation 10-20 in 1 oz. water	Antes de acostarse a dormir
<b>Stress Blend</b>	Y-lang y-lang, patchouli, orange peel	Alert, to stay more. Increases focus and concentration	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with lavender oil	1-2 for inhalation 10-20 in 1 oz. water	As often as needed

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<b>Stress Blend</b>	Y-lang y-lang, patchouli, orange peel	Air Purification. Eliminates bacteria, fungi, viruses and increases ozone	Inhale or diffuse in the air (home, office, clinics and schools). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with lavender oil	1-2 for inhalation 10-20 in 1 oz. water	As often as needed
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Reading glasses, in older people, reduces or eliminates the need for	Topical-One drop on the tip of your pinky. Rub both pinkies. Apply on lower eyelids. Repeat for upper eyelids.	1 for each pair of eyelids	At bedtime and upon awakening
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Dry Eyes	Topical-One drop on the tip of your pinky. Rub both pinkies. Apply on lower eyelids. Repeat for upper eyelids.	1 for each pair of eyelids	At bedtime and upon awakening
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Relaxation	Inhale deeply for as long as you can	1-2	As often as needed
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Fatty deposits, reduces or eliminates in the area around the eyes	Topical-One drop on the tip of your pinky. Rub both pinkies. Apply on lower eyelids. Repeat for upper eyelids.	1 for each pair of eyelids	At bedtime and upon awakening
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Cataracts	Topical-One drop on the tip of your pinky. Rub both pinkies. Apply on lower eyelids. Repeat for upper eyelids.	1 for each pair of eyelids	At bedtime and upon awakening
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Glaucoma	Topical-One drop on the tip of your pinky. Rub both pinkies. Apply on lower eyelids. Repeat for upper eyelids.	1 for each pair of eyelids	At bedtime and upon awakening
<b>Eye Blend</b>	Jasmine, y-lang y-lang, sandalwood, lavender and sage	Conjunctivitis	Topical-One drop on the tip of your pinky. Rub both pinkies. Apply on lower eyelids. Repeat for upper eyelids.	1 for each pair of eyelids	At bedtime and upon awakening
<b>Hair Blend</b>	Cedarwood, lavender and rosemary	Hair growth	Topical- Apply one drop on each tip of one hand. Rub with the tips of the other hand. Rub the scalp with a vigorous massage for several minutes (Up to 5 minutes). You may feel some warmth or tingling	4	At bedtime
<b>Hair Blend</b>	Cedarwood, lavender and rosemary	Hairloss, helps prevent or stop	Topical- Apply one drop on each tip of one hand. Rub with the tips of the other hand. Rub the scalp	4	At bedtime

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			with a vigorous massage for several minutes (Up to 5 minutes). You may feel some warmth or tingling		
<b>Hair Blend</b>	Cedarwood, lavender and rosemary	Relaxation of the mind when there is excessive thinking	Topical- Apply one drop on each tip of one hand. Rub with the tips of the other hand. Rub the scalp with a vigorous massage for several minutes (Up to 5 minutes). You may feel some warmth or tingling	4	As often as needed
<b>Headache Blend</b>	Peppermint, clary sage, lavender	Headaches	Topically-Apply to forehead, temples and inhale	1-2	As often as needed
<b>Headache Blend</b>	Peppermint, clary sage, lavender	Nasal Congestion	Topically-Apply to forehead, temples and inhale	1-3	As often as needed
<b>Headache Blend</b>	Peppermint, clary sage, lavender	Allergies	Inhale- May also add lavender oil	1-3	As often as needed
<b>Headache Blend</b>	Peppermint, clary sage, lavender	Migraine Headaches	Topically-Apply to forehead, temples and inhale as well	1-3	As often as needed
<b>Infection Blend</b>	Lavender, myhrr, oregano, tee-trea	Urinary tract infections	Topically-Apply 1-2 drops on the inside of the underwear. Bath- 20 drops inside a warm bath. Submerge your body for 20 minutes	1-2 or 20	1-3 a day
<b>Infection Blend</b>	Lavender, myhrr, oregano, tee-trea	Infections of any type	Bath- 20 drops inside a warm bath. Submerge your body for 20 minutes	20	1-2 a day
<b>Lavender</b>	Lavender oil	Vasodilator	Topically over affected area	1-2	As often as needed
<b>Lavender</b>	Lavender oil	Alertness and Focus, in adults and children with ADD, to increase	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with stress blend oil	1-2 or 10-20/oz. water	As often as needed
<b>Lavender</b>	Lavender oil	Bronchodilator in asthmatics	Inhale during an asthma attack or difficulty breathing	1-2	As often as needed

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Lavender	Lavender oil	Relaxation	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with stress blend oil	1-2 or 10-20/oz. water	As often as needed
Lavender	Lavender oil	Antiinflammatory	Topically-Over affected area	1-2	As often as needed
Lavender	Lavender oil	Air Purification	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills .	1-2 or 10-20/oz. water	2 or 10
Lavender	Lavender oil	Antiseptic	Topically-Rub one drop inside each nostril. May alternate with sinus cold	1	As often as needed
Lavender	Lavender oil	Allergies	Inhale or diffuse in air. May alternate with sinus cold	1	As often as needed
Lavender	Lavender oil	Allergic Rhinitis	Topically-Rub one drop inside each nostril. May alternate with sinus cold	1-2	As often as needed
Lavender	Lavender oil	Sleep, to help promote and have a better	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills . May combine with stress blend oil	1-2 or 10-20/oz. water	Bedtime
Lavender	Lavender oil	Joint or Muscle Pains	Topically-Apply over affected area	1-2	As often as needed
Lavender	Lavender oil	Colds	Topically-Rub one drop inside each nostril. May alternate with Sinus/Cold Blend	1-2	As often as needed
Lavender	Lavender oil	Antibacterial	Topically as a hand sanitizer. Apply over cuts, open wounds, ulcers, post-surgical scars	1-2	As often as needed
Lavender	Lavender oil	Food Poisoning	In a glass of water and immediately drink	3-5	Every ½ hr.
Lavender	Lavender oil	Bronchodilator	Inhale or diffuse in the air (home, office, clinics and schools). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow	1-2 ó 10-20/oz. water	As needed

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			of air conditioner grills . May combine with stress blend oil		
<b>Lavender</b>	Lavender oil	Cuts, scrapes, wounds, sun-burn, burns, immediately after surgery,	Topically-Apply over the open skin	1-2	1-2 a day
<b>Lavender</b>	Lavender oil	Arthritis	Topically-Apply over affected area	1-2	As often as needed
<b>Meditation Blend</b>	Vetiver, lavender, ylang ylang	Yoga, Meditation and Prayer, use before	Inhale or Diffuse	1-2 or 10-20/oz. water	As often as needed
<b>Meditation Blend</b>	Vetiver, lavender, ylang ylang	Sleep, to help promote or induce	Inhale or diffuse in the air (home, office, clinics and schools). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills	1-2 or 10-20/oz. water	At bedtime
<b>Meditation Blend</b>	Vetiver, lavender, ylang ylang	Relaxation	Inhale or diffuse in the air (home, office, clinics and schools). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills	1-2 or 10-20/oz. water	As often as needed
<b>Pain Blend</b>	Clary sage, lavender, marjoram, sage, and other oils	Itching, reduces it	Topically- directly from bottle or using a spray bottle for larger areas	1-2	As often as needed
<b>Pain Blend</b>	Clary sage, lavender, marjoram, sage, and other oils	Narcotics and Pain Medications, reduces the need for	Apply to painful areas as often as needed. Use together with the Circulation Blend and Peppermint	1-2	As often as needed
<b>Pain Blend</b>	Clary sage, lavender, marjoram, sage, and other oils	Allergies, itching from	Topically- directly from bottle or using a spray bottle for larger areas	1-2	As often as needed
<b>Pain Blend</b>	Clary sage, lavender, marjoram, sage, and other oils	Pain	Apply to painful areas as often as needed. Use together with the Circulation Blend and Peppermint	1-2	As often as needed
<b>Pain Blend</b>	Clary sage, lavender, marjoram, sage, and other oils	Insect Bites, reduces the discomfort from	Topically.	1-2	As often as needed
<b>Peppermint</b>	Peppermint	Arthritis	Apply to painful areas as often as needed. Use	1-2	As often as

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			together with the Circulation Blend and Peppermint		needed
<b>Peppermint</b>	Peppermint	Analgesic	Apply to affected area. Use together with Pain and Circulation Blends	1-2	As needed
<b>Peppermint</b>	Peppermint	Excercise, increasing efficiency in	Topically- Apply over joints before and after excercise (knees, ankles, elbows, shoulders, wrists, ...)	1-2	Before excercise
<b>Peppermint</b>	Peppermint	Headaches	Topically- Gently rub over the temples or wherever it hurts. Inhale- Rub your hands together, put over your nose and inhale as deeply as you can.	1-2	As often as needed
<b>Peppermint</b>	Peppermint	Parasites, to eliminate	Orally-One drop inside the mouth before eah meal and/or one drop in one glass of water to sip during each meal. Use for 2 weeks and repeat cultures.	1	Before each meal
<b>Peppermint</b>	Peppermint	Pain from bruises, accidents, inflammation	Topically over affected area. Use together with Pain and Circulation Blends	1-2	As often as needed
<b>Peppermint</b>	Peppermint	Nerve, regeneration of, (accidents, post-surgeries)	Topically over affected area. Use together with Circulation and Pain Blends	1-2	Twice a day
<b>Peppermint</b>	Peppermint	Stimulating (Helps stay alert and awake)	Inhale as deep and as long as you can	1-2	As often as needed
<b>Peppermint</b>	Peppermint	Vasodilator	Topically over affected area	1-2	As often as needed
<b>Peppermint</b>	Peppermint	Joint bruises, increases repair in	Topically over affected joint	1-2	As often as needed
<b>Fem Balance</b>	Geranium rose, lavender, jasmine, chamomille blue, ylang ylang	Menopause, helps reduce or eliminate symptoms and emotional states associated with	Orally. Start with one drop and wait for ½ hour. If no stomachache, continue increasing the dose until relief is achieved	1-5	As often as symptoms are present
<b>Fem Balance</b>	Geranium rose, lavender, jasmine, chamomille blue, ylang ylang	Hot Flashes, helps reduce symptoms associated with	Orally. Start with one drop and wait for ½ hour. If no stomachache, continue increasing the dose until relief is achieved	1-5	As often as needed
<b>Fem Balance</b>	Geranium rose, lavender, jasmine, chamomille blue, ylang ylang	Relaxation	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow	1-2 ó 10-20	As often as needed

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			of air conditioner grills		
<b>Fem Balance</b>	Geranium rose, lavender, jasmine, chamomille blue, ylang ylang	Menses, helps reduce discomfort associated with	Apply over the lower pelvic area	1-2	As often as needed
<b>Fem Balance</b>	Geranium rose, lavender, jasmine, chamomille blue, ylang ylang	PMS, reducing or eliminating symptoms associated with	Apply over the lower pelvic area. Inhale as deep and as long as possible	1-2	As often as needed
<b>Sinus/Cold Blend</b>	Eucalyptus, pine(fir) needle, peppermint, marjoram	Allergies	Inhale and also apply over nasal passages. You may add lavender and apply it inside the nasal passages	1-2	As often as needed
<b>Sinus/Cold Blend</b>	Eucalyptus, pine(fir) needle, peppermint, marjoram	Colds	Inhale or diffuse in the air (home, office, clinic and school). Add to water and use in a spray bottle. Spray the desired area and both intake and outflow of air conditioner grills.	1-2 or 10-20/oz. water	As often as needed
<b>Energy Blend</b>	Rosemary, eucalyptus, peppermint and other oils	Energy, to feel more	Inhale. May also ingest- Dilute one drop in a glass of water and sip slowly. Add to water and put inside a spray bottle. Spray the desired area and the air conditioner ducts	1-2 or 10-20/oz. water	As often as needed
<b>Energy Blend</b>	Rosemary, eucalyptus, peppermint and other oils	Mental Clarity, to have more	Inhale. May also ingest- Dilute one drop in a glass of water and sip slowly. Add to water and put inside a spray bottle. Spray the desired area and the air conditioner ducts	1-2 or 10-20/oz. water	As often as needed
<b>Ylang ylang</b>	Ylang ylang	Relaxation	Inhale. May also ingest- Dilute one drop in a glass of water and sip slowly. Add to water and put inside a spray bottle. Spray the desired area and the air conditioner ducts	1-2 or 10-20/oz. water	As often as needed
<b>Ylang ylang</b>	Ylang ylang	Blood Pressure, to reduce if it is high	Inhale.	1-2	4-6 times a day
<b>Ylang ylang</b>	Ylang ylang	Perfume	Apply to the neck, wrists and face.	1-2	As needed
<b>Ylang ylang</b>	Ylang ylang	Aphrodisiac	Topically. Apply to affected area. May also inhale	1-2 or 10-	As needed



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			or diffuse inside a room.	20/oz. water	
<b>Nativity Blend</b>	Frankincense, Pine(Fir) needle and myhrr	Internally for cancer	Orally	3-15	3 times a day
<b>Nativity Blend</b>	Frankincense, Pine(Fir) needle and myhrr	Infections	Take orally for 7-10 days or longer if needed	5-10	3-4 times a day
<b>Nativity Blend</b>	Frankincense, Pine(Fir) needle and myhrr	Pain	Apply over area	2-4	As needed
<b>Nativity Blend</b>	Frankincense, Pine(Fir) needle and myhrr	Skin Cancer (Basal or Squamous Cell)	Apply over the lesion	1-3	3 times a day
<b>Nativity Blend</b>	Frankincense, Pine(Fir) needle and myhrr	Wound Healing	Apply over the wound	1-3	As needed
<b>Bug Repel</b>	Citronela	Mosquito or other bug repellent	Put oils in water and use a spray bottle and apply to skin. May also apply directly	10-20/oz. water	As often as needed
<b>Frankincense</b>	Frankincense	Cancer, of skin, elimination of	Apply to basal or squamous cell cancer, up to 4 centimeters in size	2-5	3 times a day
<b>Fir Needle</b>	Pine (Fir) needle oil	Hand Sanitizer, H1N1 and influenza viruses	Apply to hands and surfaces Also great for relaxation	2-4	Every time you touch someone or a surface
<b>Eucalyptus</b>	Eucalyptus oil	Hand Sanitizer, H1N1 and influenza viruses	Apply to hands and surfaces Also great for relaxation	2-4	Every time you touch someone or a surface

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