

First Aid Kit Checklist

KEEP THIS LIST IN YOUR FIRST AID KIT FOR REPLENISHING PURPOSES. AS YOU USE & SHARE YOUR OILS WITH FRIENDS & FAMILY, YOU'LL SEE WHAT YOU HAVE TO ADD BACK IN

- | | |
|---|--|
| <input type="checkbox"/> ZenGest - for all things digestion tummy upset, motion sickness etc. | <input type="checkbox"/> On Guard Throat Lozenges & Breathe Drops (US) for sore throats & congestion |
| <input type="checkbox"/> Peppermint - for head & neck tension increase energy & helps open airways | <input type="checkbox"/> On Guard Oil - to support immunity and for its protection from threats |
| <input type="checkbox"/> Tea Tree - for all it's anti's... antibacterial anti-fungal, antiseptic, anti-viral | <input type="checkbox"/> On Guard Hand Sanitizing Mist & Wipes - for clean hands & surfaces |
| <input type="checkbox"/> Lavender - for all it's calming & soothing abilities & many other superpowers | <input type="checkbox"/> Purify - for skin irritations & bug bites, bad smells in hotel rooms etc. |
| <input type="checkbox"/> Helichrysum - stops bleeding & helps all other impact traumas and more. | <input type="checkbox"/> Oregano - for Immunity support, to use for FLOOT rollers or veggie caps. |
| <input type="checkbox"/> Easy Air (also known as Breathe) - for it's respiratory support | <input type="checkbox"/> Correct-X Ointment - a must have for all minor cuts, scrapes, chapped lips etc. |
| <input type="checkbox"/> Frankincense - when in doubt, get frank out! one of the most versatile oils! | <input type="checkbox"/> Detoxifying Mud Mask - to calm & help remove toxins, for bug bites of all kinds. |
| <input type="checkbox"/> Copaiba - one of the most anti-inflammatory substances on the planet | <input type="checkbox"/> FCO - a small bottle for topical use, when you don't have a roller to use. |
| <input type="checkbox"/> Deep Blue Rub Packets - great to use proactively & as discomfort appears. | <input type="checkbox"/> Veggie Caps - a small baggie in case you need to create an internal concoction. |
| <input type="checkbox"/> Lemon or Tangerine - use to create FLOOT Capsule if feeling under the weather. | <input type="checkbox"/> Witch Hazel - 2 tsp in a spray bottle to make up a linen spray if needed. |

Other Items & Resources:

Beyond the Oils:

- BANDAIDS
- SCISSORS
- GAUZE
- TAPE
- BANDAGES
- Q-TIPS
- TWEEZERS
- ALCOHOL SWABS
- ELASTIC BANDAGE
- NON-LATEX GLOVES
- THERMOMETER
- SAFETY PINS
- HAND TOWEL
- STERILE EYE WASH
- SUNSCREEN
- HOT & COLD PACKS

DIY Suppliers & Containers

- ESSENTIAL OIL MAGIC.CA
- OIL LIFE CANADA
- AROMATOOLS CANADA (SHIPS FROM US)
- NEW DIRECTIONS
- MY ESSENTIAL BUSINESS
- DEBORAH ALSO HAS VARIOUS SUPPLIES AT HER SHOP

FLOOT Capsule: 1-2 drops each of the following oils in an empty Veggie Cap...

Frankincense, Lemon, On Guard, Oregano, Tea Tree. (don't have lemon, sub Tangerine or Wild Orange) Take as soon as symptoms present themselves. Every two hours until you feel better.

Note: The amount of oils may exceed what we normally recommend taking internally in 24 hrs, but its been my experience that my body needs additional support in times of threat. Listen to your body & do what you are comfortable with.