

## Essential Oil Recipe known as 'Thieves' Blend' and Ideas for Its Use to Keep You and Your Loved Ones Healthy

Thieves' Blend was created from research pertaining to a group of 15th century thieves and grave robbers. Their intriguing story divulges the secret of these very crafty thieves that rubbed oils on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended by the police, the thieves disclosed the formula of the herbs, spices and oils that they used to protect themselves, in exchange for a more lenient punishment. (Or so the story goes. Is it just folk lore? Judge for yourself.....)

This blend of therapeutic-grade essential oils was tested at Weber State University for its potent antimicrobial properties. Thieves' oil was found to have a 99.96% percent kill rate against airborne bacteria. The oils are highly antiviral, antiseptic, antibacterial, anti-infectious and help to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, etc.

Warning ~ quality Essential Oils (EOs) are expensive, but they are well worth the price and will last for several years if stored properly. Think of the EOs as an investment in the vital health of yourself and your family.

Mountain Rose Herbs and Rocky Mountain Oils have quality EOs. These three companies have internet websites making it easy to place an order and have it delivered to your doorstep. Purchase EOs in bulk if you can afford it.

I do NOT recommend purchasing EOs from the local health food store, the quality of these oils is so-so. Young Living Company EOs, in my humble opinion, also lacks quality. DoTerra Company produces high quality EOs, however, they are more expensive than the average, thus, my recommendation of Mountain Rose Herbs and the others; they all offer excellent quality EOs at a fair price. Remember, many of the raw materials for these oils are wild-harvested in faraway off-the-beaten-path places.

Blend the Essential Oils in a 1 oz. or 2 oz. dark glass bottle with a dropper top; it will also help to have a small funnel to fit into the mouth of the bottle to facilitate the pouring of the EOs into the bottle (both of these are available at all health food stores or the Mountain Rose Herbs or other essential oil websites).

While shopping for your EOs and supplies, it may be beneficial to purchase an extra dropper and bottle, as well as a bottle with a spray nozzle; that is, if you don't already have these items readily available at home. These extra bottles will come in handy for several of the therapeutic applications listed below or to share your blend with friends and family.

**Mix the Essential Oils in the amounts listed below; this recipe is flexible and forgiving:**

- 200 drops Clove bud oil (*Syzygium Aromaticum*) (approximately 2 Teaspoons)
- 175 drops Lemon oil (*Citrus limon*) (approximately 1 and ½ Teaspoons)
- 100 Cinnamon Bark oil (*Cinnamomum Zeylanicum*) (approximately 1 Teaspoon)
- 75 Eucalyptus oil (*Eucalyptus globulus*) (shy of 1 full Teaspoon)
- 50 drops Rosemary oil (*Rosmarinus officinalis*) (approximately ½ Teaspoon)

Total of 600 drops (6 Teaspoons). Value of about \$70 in Essential Oils.

**Smaller amount of blend if you don't want to make a large batch:**

- *20 drops clove essential oil*
- *18 drops lemon essential oil*
- *10 drops cinnamon bark essential oil*
- *8 drops eucalyptus essential oil*
- *5 drops rosemary essential oil*

You may double or triple this recipe if desired, it will store for a long time in a cool dark place. Once you have measured all the EOs into the bottle, put the screw cap back on and gently roll the bottle between your hands to mix. Store the bottle away from heat and sunlight; preferably in a cool location (**it does not need to be refrigerated**).

This blend has an unlimited number of potential uses. I keep several bottles on hand throughout the year.

**Standard Application of Thieves' Blend Oil:**

This blend can be applied 'neat' (meaning undiluted) topically to the bottom of the feet, the throat, the stomach, the underarms, the nape of the neck or the abdomen. \*\*See Note below.

Massage 1-2 drops of Thieves' onto your thymus (located in the middle upper chest 4" below the collar bones) for protection from airborne germs ~ excellent for airplane travel. \*\*See Note below.

\*\*Please Note ~ Start with a SMALL amount on the skin and ascertain how the skin reacts. Due to the cinnamon and clove contained in the formula, one must be cautious ~ it may cause irritation to the skin if improperly used.

Fair skinned, blue-eyed individuals, redheads and those who tend to sunburn easily, need to take heed and dilute Thieve' Blend in a carrier oil (such as almond, jojoba, coconut oil or olive oil) before applying to the skin.

Experiment ~ see what works best for you. Start with 2 teaspoons of a carrier oil of your choice and add 3-5 drops of Thieves' blend. Adjust as needed for your tolerance.

I would also highly recommend diluting Thieves' Blend before applying it to children's skin.

### A few suggested applications:

- \* Put 4-8 drops on a cotton ball and place near vents.
- \* Add a few drops to a damp cloth and insert in the clothes dryer.
- \* Put a drop or two on an emergency mask to further your protection from outside germs and pollutants.
- \* Excellent for soothing toothaches, as well as fighting tooth/mouth infections.
- \* This is the blend I take with me any time I go to a hospital to visit a loved one: Dilute the Thieves' as directed below (yellow high-lighted section). This will kill MRSA or other staph infections lingering in the hospital.

Lately my favorite application is adding two (2) teaspoons of the EO blend to a 4 oz. spray bottle filled with witch hazel, water or even vodka as a base (use what you have at home in the cupboard, if possible) and spray on the soles of the feet every morning (good and easy application for small children too) to give added protection throughout the day. This can also be sprayed on the chest or rubbed on hands and wrists.

For 'on the go' protection ~ add a few drops to a container of baby or hand wipes to carry in the car to wipe everyone's hands when going in/out of stores, preschools, daycare centers, hospitals and other typically germmy environments.

If I feel any kind of viral or bacterial symptoms, I instantly rub a few drops into my thymus gland (located in the middle upper chest about 4" under the collar bones) and neck lymph nodes located along jaw bone and under and behind ears down to shoulders) to soothe sore throats. I will also add 1-2 drops to 2 Tablespoons of water, gargle for 30 seconds and swallow.

At the onset of winter, I typically add about 10-15 drops of Thieves' to my room diffuser and burn for 15-30 minutes every day to help sanitize the indoor air. The cinnamon and clove scents are always warm and welcoming. The undertones of antiseptic eucalyptus and lemon are noticeable as well. **Diffuse for only short periods of time, i.e., 20/25 minutes or less at work or at home.\*\***

## Thieves' Oil for Common Ailments

1. **Flu:** Dilute 15 drops with 15 drops of carrier oil (such as almond, jojoba, coconut oil or olive oil). Apply to lower back (where viruses and bacteria tend to hibernate), to the upper back of thighs and back of neck to help with symptoms.

**Note:** When I get the flu and have body aches, I massage Thieves' undiluted or 'neat' to my lower back and on the top back of my thighs with "excellent" results. The relief is amazing.

Remember, some family members may have sensitive skin and Thieves' may be too "hot" if not diluted before applying to the skin. So always test first for sensitivity and have carrier oil or a vegetable oil nearby to wipe off the EO blend if necessary.

2. **Immune support:** Dilute 1 drop of thieves to 4 drops carrier oil and apply to feet. Apply twice daily, morning and night, for extra support during cold and flu season. (Especially before leaving for school, work, or going out in public.)

3. **Bronchitis:** Apply to lower back, sternum, chest and throat, sinus and bronchial vita-flex points.

4. **Insect bites:** Mosquito, Bee & Wasp stings - Apply to bite or sting to reduce inflammation, relieve pain and counteract toxins.

5. **Sore throat:** Add 2-3 drops to 2 tbsp. of water and gargle, or add 1 drop of Thieves' and 1 drop lemon essential oil in warm water, drink as tea. **Note:** You can lick 1 drop off the back of your hand and swallow or you can drop 1-2 drops directly on your tongue, swish around in mouth to mix with saliva, and swallow slowly.
6. **Cuts and scrapes:** Dilute 1 drop of Thieves' oil to 4 drops of vegetable or carrier oil and apply to wound to help prevent infection and speed healing and you can apply diluted Thieves' on gauze or band-aid and cover wound or scrape
7. **Headache:** Place a drop on your thumb and place your thumb on the roof of your mouth. May require repeated applications. Be careful not to lick your lips as this can burn. Use vegetable or carrier oil to wipe off if you do get it on your lips.
8. **Head and lung congestion:** Place a few drops in a steaming bowl of hot water, cover head with towel and inhale vapors.
9. **Poison Ivy:** 2 drops of Thieves' mixed with 2 drops of vegetable or carrier oil, if there is swelling add 2 drops of lavender.
10. **Acne:** Apply undiluted to pimple. This works great and dries the pimple out quickly. If skin is too sensitive dilute with water.
11. **Freshen Breath:** Drop directly on the tongue, or add to a spoonful of honey or Agave, or even on a piece of bread and swallow for unpleasant breath.

## Thieves' Blend Recipe for Health and Wellness

1. Put a drop of thieves on your toothbrush before brushing to kill cavity producing germs and to sanitize your toothbrush.
2. **Mouthwash:** Add 1 drop per ounce of water, shake well before use.
3. **Toothpaste:** Add 2 drops to 4 tbsp. of baking soda, place in small container (not plastic) and shake well. Dip toothbrush in mixture and brush.
4. For protection against colds, flu, and other infectious disease apply to the bottom of feet.

5. Add 1 drop to a bottle of water and drink during the day to **boost immune system, break up internal mucous, and help clean digestive tract.** Note: Only do this short term, only a week to 10 days, and then stop. Essential Oils are not to be ingested on a long-term basis.

6. Add 1 drop Thieves' to a cup of warm water and drink as a tea, wait 15 minutes before eating, excellent for **cleaning digestive system.** Note: again, only do this for a few days; not long-term.

7. Add 1 drop to orange juice, milk, apple juice, etc. to **boost immune system, break up phlegm and congestion.** Note: again, only do this for a few days, not long-term.

8. **Thieves' Blend Recipe for Sore throat:** Thieves' spray formula - 1 drop of Thieves Oil to 1 ounce of water and gargle.

## Thieves' Blend Recipes for Household Use

1. **Stuffed Animals** - To disinfect and clean, place toy inside pillowcase and tie shut. Fill washer with water and add detergent as you normally would. Add 5-10 drops of Thieves' Essential Oil, (for small load) to washing machine. Wash on gentle cycle.

2. **Hair spray buildup, gum, gummy adhesive** - Dilute 8 drops in 4 ounces of water, spray, let set for a few minutes before wiping.

3. **Cell phones** - Spray Thieves' cleaning solution (see #9 below) very lightly on a cloth and gently wipe phone.

4. **Dishwasher** - Add 4-5 drops to thoroughly clean dishes, eliminate bacteria and odors.

5. **Laundry** - Add 5-6 drops per load to freshen and disinfect.

6. **Pet Bedding** - Spray down cat boxes, dog houses, and pet cages to clean and disinfect.

7. **Pet Dishes** - Add 1-2 drops to soapy water and wash dishes. Rinse well.

8. **Floors** - Add 10-15 drops to ½ bucket of clean water.

9. **Surface Disinfectant** - To clean and sanitize surfaces ~ add 8 drops to 8 oz. of water in spray bottle.

10. **Fragrance** - Add a few drops to potpourri or cinnamon sticks to fragrance your home.

11. Add several drops of oil onto a cotton ball and place in home, office, car, or hotel air vents to mask odor and **purify the air**.

12. Drop 4-5 drops onto a cloth and place in **clothes dryer** to freshen laundry.

13. **Bed Bugs** - Spray mattresses to help dispel bed bugs.

14. Add 4-5 drops to sink water and wash **children's toys** to clean and disinfect.