**Which Essential Oils Are Best for First Aid Treatments?**

There are many essential oils that can play a large part in our day-to-day life. When it comes to first aid treatment, some oils shine especially bright. Here are some of the essential oils to keep on hand in case of an emergency.

**Lavender Oil**

If you could only choose one oil to have on hand at all times, lavender oil would win hands-down. This oil is excellent for burns of any kind, and can be diluted or put directly onto the wound. It is calming, so when there is an emergency it will help everyone keep their cool.

Lavender is antiviral, antibacterial, anti-fungal and relieves pain naturally. It encourages healing, fights inflammation, and there's a huge list of other illnesses and conditions it helps combats naturally.

**Tea Tree Oil**

Tea tree oil is excellent for disinfecting wounds, and is a strong antiseptic. It fights infections of all kinds, and is an excellent respiratory aid. If you have an open cut or wound, first wash the wound thoroughly, and then apply tea tree oil to keep infection from growing.

**Clove Oil**

Clove oil is well-known for dental health. Because dental emergencies can strike us at the wrong time, even on evenings or weekends, it is wise to keep clove oil on hand for whenever it might be necessary to relieve tooth pain while waiting for a dental appointment.

It can be mixed with an edible carrier oil such as coconut oil and applied directly on the tooth where you are experiencing pain.

**Eucalyptus Oil**

This is the oil that should be in your first aid kit in case of sudden symptoms of a cold or flu. It can help relieve sinus problems of many kinds. It is also handy to have available in case of insect bites. It is highly concentrated and can be toxic when exposed to too much of it, so always dilute it and never use it straight from the bottle.

**Frankincense**

Frankincense is known as "king of the oils". It generally has a higher price tag, but it is a valuable addition to any essential oils first aid kit. It has calming effects that can be important in moments of panic.

**Chamomile**

Chamomile is known to be a natural painkiller. For this reason, it is useful as a standard oil in anyone’s first aid kit. It can also help soothe skin, which is helpful in situations such as rashes, insect bites and bee stings. Chamomile oil is also known to have anti-inflammatory properties.

These are some of the best essential oils you can have in your first aid kit. Long before an emergency happens, familiarize yourself with these oils, their uses, and the situations you can use them in.

Essential oils are a highly concentrated substance, so keep a carrier oil on hand for the oils that require dilution. When you are in a moment of panic, or dealing with an emergency, you will be glad you took the time to prepare with some of nature’s best remedies.