

Top Essential Oil & Their Uses

Oil	Uses	How To Use
 <p>Lavender</p>	<ul style="list-style-type: none"> • Help your anxiety • Help your insomnia • Treat your acne • Relieves itchy bug bites 	<ul style="list-style-type: none"> • Massage into your skin • Add to your bath • Sprinkle a few drops onto a cloth • Inhale its aroma • Add the oil to a diffuser
 <p>Peppermint</p>	<ul style="list-style-type: none"> • Relieve your sore muscles • Treat your nausea • Treat your headaches • Freshen your breath 	<ul style="list-style-type: none"> • Fill a bowl with a hot water of mix and inhale vapor • Massage into your skin • Add 3 drops under your tongue for bad breath
 <p>Lemon</p>	<ul style="list-style-type: none"> • Use as a deodorizer • To stay focused • Help your skin health • As a cleaner • Help your anxiety 	<ul style="list-style-type: none"> • Add to cleansers • Massage into your skin • Add the oil to a diffuser • Mix with water and baking soda to make a degreaser
 <p>Frankincense</p>	<ul style="list-style-type: none"> • Help gut your health • Ward off gum disease • Improve your skin 	<ul style="list-style-type: none"> • Disinfectant • Keep your hair shiny • Balance your skin
 <p>Tea Tree</p>	<ul style="list-style-type: none"> • Treat you acne • Odor eliminator • Treat your dandruff 	<ul style="list-style-type: none"> • Soothe your skin irritation • Fight Fungus • Use as mouthwash
 <p>Orange</p>	<ul style="list-style-type: none"> • Improve your mood • Boost your indigestion • Improve your cognitive function • Give your skin a glow 	<ul style="list-style-type: none"> • Use as a deodorizer • Treat your acne
 <p>Geranium</p>	<ul style="list-style-type: none"> • Treat your breakouts & skin irritation • Ease your nasal symptoms 	<ul style="list-style-type: none"> • Reduce your allergic reactions • Fight your bacterial infections • Treat your stress
 <p>Bergamot</p>	<ul style="list-style-type: none"> • Use for soothing • Aromatherapy • Spot treatment for your acne • Treat against painful cysts 	<ul style="list-style-type: none"> • To scent your hair • To soften and tame your curls
 <p>Grapefruit</p>	<ul style="list-style-type: none"> • Aromatherapy • Help balance your mood • Calming • Lower your blood pressure • Prevent you from getting sick 	<ul style="list-style-type: none"> • Support your healthy metabolism • Help with your weight loss • Fight hangovers
 <p>Eucalyptus</p>	<ul style="list-style-type: none"> • Help your cough • Clear Chest Congestion • Keep the bugs away • Fight your skin inflammation 	<ul style="list-style-type: none"> • Help your respiratory conditions • Soothe your cold sores • Freshen your breath
 <p>Chamomile</p>	<ul style="list-style-type: none"> • Helps with digestion • Help balance your mood • Ease your skin conditions 	<ul style="list-style-type: none"> • Heal your wounds • Help your sleep • Use for anti-inflammation
 <p>Basil</p>	<ul style="list-style-type: none"> • Ease minor skin irritations • Aromatherapy • Calming • Help balance your mood • Insect repellent 	<ul style="list-style-type: none"> • Brighten your complexion • Use to soften and strengthen your hair • Eliminate odor • Soothe your headaches
 <p>Ylang Ylang</p>	<ul style="list-style-type: none"> • Boost your mood • Lower your blood pressure • Repel flying insects • Promote new hair growth 	<ul style="list-style-type: none"> • Treat your stomach distress • Treat your headache • Reducing candida infections • Clear your skin
 <p>Rosemary</p>	<ul style="list-style-type: none"> • Stimulates your hair growth • Reduce your scalp itching • Repels bugs • Eases your stress 	<ul style="list-style-type: none"> • Improve your mood • Help your digestive & liver health • Help reduce your joint inflammation
 <p>Melissa/Lemon balm</p>	<ul style="list-style-type: none"> • Relieve your stress • Balance your mood • Improve your cognitive function • Help insomnia 	<ul style="list-style-type: none"> • Treat cold sores • Relieve your indigestion • Help your nausea • Help ease your headache

Essential Guide

A Gutmann



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