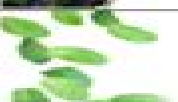
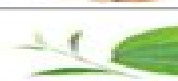
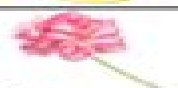


Top Essential Oil & Their Uses

Oil	Uses	How To Use
 Lavender	• Help your anxiety • Help your insomnia • Treat your acne • Relieves itchy bug bites • Combat fungal infections • Help foot treatment • Treat your headaches	• Massage into your skin • Add to your bath • Sprinkle a few drops onto a cloth • Inhale its aroma • Add the oil to a diffuser
 Peppermint	• Relieve your sore muscles • Treat your nausea • Treat your headaches • Freshen your breath • Raises energy levels • Improve your skin • Treat congestion • Promotes hair health	• Fill a bowl with a hot water oil mix and inhale vapor • Massage into your skin • Add 3 drops under your tongue for bad breath
 Lemon	• Use as a deodorizer • To stay focused • Help your skin health • As a cleanser • Help your anxiety • Help your nausea • Soothe your sore throat • Boost your brainpower	• Add to cleansers • Massage into your skin • Add the oil to a diffuser • Mix with water and baking soda to make a degreaser
 Frankincense	• Help gut your health • Ward off gum disease • Improve your skin • Disinfectant • Keep your hair shiny • Balance your skin	• Add to cleaner • Add to your oral hygiene routine • Put in a mask • Rub into your skin • Add a few drops to your hair
 Tea Tree	• Treat you acne • Odor eliminator • Treat your dandruff • Soothe your skin irritation • Fight fungus • Use as mouthwash	• Add oil to a carrier oil, then apply with a cotton swab • Add to your shampoo • Put a few drops in your shoes • Mix with water and peppermint oil to make mouthwash
 Orange	• Improve your mood • Treat your indigestion • Improve your cognitive function • Give your skin a glow • Use as a deodorizer • Treat your acne	• Add to a diffuser to boost your mood • Add oil to a carrier and apply to your skin • Add to cleaning, vinegar for a cleanser
 Geranium	• Treat your breakouts & skin irritation • Ease your nasal symptoms • Reduce your allergic reactions • Fight your bacterial infections • Treat your stress	• Use topically on your skin • Use as an aromatherapy treatment • Mix with sesame oil and use as a nasal spray
 Bergamot	• Use for soothing • Aromatherapy • Spot treatment for your acne • Treat against painful cysts • To scent your hair • To soften and tame your curls	• Add a few drops in your shampoo or body wash • Apply bergamot oil mixed with a carrier oil directly to skin • Add to scent homemade candles
 Grapefruit	• Aromatherapy • Help balance your mood • Cleaning • Lower your blood pressure • Prevent you from getting acne • Support your healthy metabolism • Help with your weight loss • Fight hangovers	• Add the oil to a diffuser • Add to lotions and creams • Apply to your skin • Add to your water or smoothie
 Eucalyptus	• Help your cough • Clear Chest Congestion • Keep the bugs away • Fight your skin inflammation • Help your respiratory conditions • Soothe your cold sores • Freshen your breath	• Inhale vapor from diffuser • Add to your lotions, creams, if cosmetics • Mix water and witch hazel with oil to repel bugs • Apply to your skin • Add to your mouthwash
 Chamomile	• Helps with digestion • Help balance your mood • Ease your skin conditions • Heal your wounds • Help your sleep • Use for anti-inflammation	• Apply to your skin • Add the oil to a diffuser • Mix with water and use as a spray • Add to your bath
 Basil	• Ease minor skin irritations • Aromatherapy • Calming • Help balance your mood • Insect repellent • Brighten your complexion • Use to soften and strengthen your hair • Eliminate odor • Soothe your headaches	• Apply to your skin • Add to your water • Add to a hair treatment • Mix tea oil with boiling water to repel bugs • Mix basil oil, lemon oil, and vodka to make an air freshener
 Ylang Ylang	• Boost your mood • Lower your blood pressure • Repel flying insects • Promote new hair growth • Treat your stomach distress • Treat your headache • Reducing candida albicans • Clear your skin	• Apply to your skin • Inhale vapor from diffuser • Add to your shampoo • Add to your soap • Mix with boiling water to repel bugs
 Rosemary	• Stimulates your hair growth • Reduce your scalp itching • Repels bugs • Eases your stress • Improve your mood • Help your digestive & liver health • Help reduce your joint inflammation	• Inhale vapor from diffuser • Apply topically to skin • Mix with boiling water for a bug repellent • Add to your shampoo • Add to a diffuser
 Melissa/Lemon balm	• Relieve your stress • Balance your mood • Improve your cognitive function • Help insomnia • Treat cold sores • Relieve your indigestion • Help your nausea • Help ease your headache	• Add to a diffuser • Apply to your skin • Add to cloth and inhale • Add to your bath • Add to cleaner

Essential Oils Guide

Dylanna Press



Essential Oils Guide:

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The Essential Oil Guide Book Skriwer Com, 2024-07-28 The Essential Oil Guidebook is a comprehensive resource designed to educate and inspire those new to or already familiar with the use of essential oils This detailed guide explores the definition historical significance and therapeutic benefits of essential oils offering readers the tools to integrate these potent natural remedies into their daily lives Starting with a deep dive into what essential oils are their extraction methods and the basic chemistry that gives them their potency the book sets a solid foundation for safe and effective use It outlines safety guidelines to help avoid side effects and teaches readers how to perform patch tests to prevent allergic reactions Each chapter is rich with detailed profiles on popular oils like lavender peppermint and tea tree explaining their benefits and applications The guide doesn't just list uses but also provides recipes for blending oils for everything from mental well-being to pain relief and immune support It covers various methods of use from aromatic and topical applications to the proper use of carrier oils and the complexities of internal use under guidance Beyond personal use the book offers solutions for household cleaning skincare and even pet care emphasizing the versatility of essential oils in everyday life Advanced chapters discuss the art of creating custom blends tailored to individual needs and integrating essential oils into yoga meditation and even culinary practices As essential oils continue to gain popularity The Essential Oil Guidebook also addresses the importance of sustainability and ethical sourcing encouraging readers to make informed choices about the oils they use The conclusion and appendices provide a recap of key points additional resources and a directory of essential oils making this book an invaluable resource for anyone looking to enhance their health and wellbeing naturally

Essential Oils & Aromatherapy Marlene Houghton, 2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you need to use them effectively After a detailed summary of each major oil recipes of specific oil

blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner s guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject Reference Guide for Essential Oils Connie Higley, Alan Higley, 2013

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Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more holistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life *Best Essential Oils Guide* Mary Muller,2016-03-24 This book will teach you everything you need to know about essential oils If you are interested in learning more about what essential oils are how they can benefit you and how you can even have your own essential oil business Essential oils have become popular because they really do work Find out why and the answers to many of your questions in this book *Reference Guide for Essential Oils* Connie Higley,1998 *Pocket Guide to Essential Oils* Kathi Keville,2020-06-02 A revised and updated accessible and practical guide to using essential oils for physical and emotional healing with more than 50 recipes With traditions dating back more than 6 000 years aromatherapy and essential oils are powerful tools for treating ailments boosting the immune system and helping relieve insomnia anxiety and stress In this easy to use guide you ll find a list of the best essential oils for each particular condition tips on making your own formulas and more than fifty recipes for improving your complexion treating pain and refreshing your home Simple recipes include relief from stress problem skin tummy troubles colds flu diaper rash bug bites and more Also included is a glossary of more than sixty common essential oils All you need to know about aromatherapy is right here *Essential Oils* Amy Joyson,2015-06-03 Transform your health with the definitive beginners guide to Essential Oils Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature s greatest medicines Allow me to introduce you to the world of essential oils and aromatherapy In this book there is absolutely no prior knowledge required and everything is explained in simple easy to understand steps There is simply nothing more important in life than good health Health is either the facilitator or the limiting factor in doing and achieving what you want from our time on this gorgeous planet What if I told you I could teach you a natural treatment that

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