# Essential Oil Benefits Guide

BENEFIT ESSENTIAL OIL

ALLEVIATE PAIN: PEPPERMINT, LAVENDER, EUCALYPTUS, ROSEMARY, TURMERIC

BOOST IMMUNITY: CLOVE, FRANKINCENSE, LEMON, MYRRH, GINGER, THYME

BOOST MOOD: YLANG YLANG, LAVENDER, ORANGE, FRANKINCENSE, ROSE, VETIVER

REDUCE INFLAMMATION:

CHAMOMILE, FRANKINCENSE, EUCALYPTUS, PEPPERMINT, ROSEMARY, TURMERIC

REDUCE STRESS: LAVENDER, BERGAMOT, CHAMOMILE, FRANKINCENSE, ROSE, YLANG YLANG



# **Essential Oils For Healing Guide**

**N Noddings** 

**Essential Oils For Healing Guide:** 

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Essential Oils For Healing Guide**. This ebook, available for download in a PDF format (\*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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