

YOUR GUIDE TO ESSENTIAL OILS



Here are 8 oils to keep in your rotation. Each of these scents fosters happiness and health, internally and externally.



1 LEMON

Want to cleanse your body from the inside out? Lemon oil is the way to go. It improves lymph drainage, thus strengthening your overall health.

2 EUCALYPTUS

Eucalyptus isn't just for koalas. This essential oil helps with respiratory issues. It's been proven to dilate blood vessels to better the flow of oxygen to your lungs.



3 PEPPERMINT

In addition to smelling like Christmas, peppermint oil relieves headaches and muscle pain. It can also improve your focus and boost your energy.



4 LAVENDER

Stressed? Turn to lavender oil! This soothing scent fosters relaxation, even on the toughest of days. We like spritzing our pillowcases with it before we go to sleep.



5 SANDALWOOD

Just like your morning coffee, sandalwood oil gives you the boost of energy you need to start your day off right. It's also perfect for eliminating dandruff and promoting hair growth.



6 ROSEMARY

Rosemary is the essential oil to turn to if you've got thin hair. It can naturally thicken your hair, taking your scalp to the next level.

7 GINGER

As an anti-inflammatory, ginger helps reduce discomfort both internally and externally. Its medicinal qualities help with nausea, menstrual disorders, and respiratory conditions.



8 CLOVE

Antioxidant? Check! Anti-inflammatory? Check! Because of these properties, clove is perfect for addressing skin concerns such as acne and signs of aging.



Essential Oils Guide And Uses

Padhraic Smyth



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