

Essential Oils

Beginner's Guide

Lemon natural cleaners and bath products, repels insects, aromatherapy.

Lavender lotions, massage oils, bath products, soothe minor burns. Diffuse for calm, balance, and relaxation.

Peppermint Aches, pains, headaches, cooling effect- soothes respiratory infections and itchy skin. Don't use near the face of infants and children.

Orange household cleaners, degreaser, bath products, lotions. Diffuse to help relax and stay focused.

Tea Tree Oil added to lotion or a carrier oil for acne and skin irritations. Add to shampoo for dandruff and lice.

Eucalyptus Relieves cold and congestions. In a warm bath to help arthritis, pain relief, and boost immune system. Don't use near the face of infants and children.

Germ Fighter Synergy ward off colds and flus. Use as a household germ-fighting cleaner, dilute with carrier oil for massage, and/or diffuse.

Relax Synergy add to lotion, use with carrier oil or in bath. Relax at bedtime with a few drops under pillow or diffuse.

More info:
Live Simply and Plant Therapy



Essential Oils Guides

KG Stiles



Essential Oils Guides:

Essential Oils Guides Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Essential Oils Guides**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect on readers.

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