

GUIDE TO Using Essential Oils Topically

Temples

APPLY:



Peppermint



Lavender



Basil

HELPS: Stress, nausea, motion sickness, insomnia, headaches

Outside of Ears

APPLY:



Juniper



Lavender



Basil

HELPS: Earache and swimmer's ear

Chest

APPLY:



Eucalyptus



Peppermint



Lemon

HELPS: Chest congestion, coughs, asthma, bronchitis

Abdomen

APPLY:



Ylang ylang



Bergamot

HELPS: Depression, high blood pressure, stress

Heels

APPLY:



Clary sage



Myrtle

HELPS: Ovaries and reproductive system

Shoulders

APPLY:



Ylang ylang



Clove



Wintergreen

HELPS: Shoulder and joint pain

Over Heart

APPLY:



Ylang ylang



Bergamot

HELPS: Depression, high blood pressure, stress

Wrists

APPLY:



Vetiver



Basil



Lemongrass



Myrrh

HELPS: Carpal tunnel syndrome

Base of Big Toe

APPLY:



Myrtle

HELPS: Metabolism, thyroid and pituitary gland



Essential Oil Usage Guide

Minjie Lin



Essential Oil Usage Guide:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Essential Oil Usage Guide**

In a global inundated with monitors and the cacophony of instantaneous transmission, the profound power and emotional resonance of verbal artistry often disappear in to obscurity, eclipsed by the regular assault of sound and distractions. Yet, located within the lyrical pages of **Essential Oil Usage Guide**, a captivating function of fictional brilliance that impulses with natural thoughts, lies an unforgettable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus manuals viewers on a psychological odyssey, softly exposing the latent possible and profound affect embedded within the complex web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect its charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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