

# ESSENTIAL FAMILIES

## Quick Reference Guide for your Everyday Oils



### LEMON

- May help support the immune system
- May help energize/stimulate the mind and body
- Can be used in your skin care recipes
- Helps clean, degrease and disinfect surfaces
- May act as an appetite suppressant



### FRANKINCENSE

- Can be used in your skin care recipes
- May help reduce the appearance of aging
- Helps alleviate occasional nervous irritability
- May help support the immune system
- Diffuse to enjoy a comforting aroma



### RC

- Apply to the chest, back &/or throat area to support a healthy respiratory system during times of irritation
- Add to a hot compress and place on chest for added support
- Diffuse overnight to combat snoring and promote a restful sleep



### PANAWAY

- May help with muscle pain after exercise
- May help alleviate minor aches and pains
- May soothe sore joints
- May soothe tension related neck and head pain



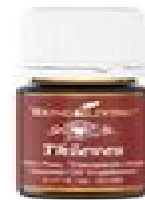
### LAVENDER

- May give you a more peaceful night's sleep
- Use in your favorite skin care recipes
- May soothe minor skin irritations
- Enhances relaxation
- May minimize seasonal discomforts
- Deodorize closets and drawers
- May help in minimizing scar tissue or wrinkles



### PURIFICATION

- May be used to cleanse and soothe skin
- Helps purify the air from odors
- May help relieve bug bites
- May be used as insect repellent
- May help minimize seasonal discomforts
- Deodorize closets and drawers
- May minimize ear pain



### THIEVES

- Best choice for fighting germs
- Helps clean and disinfect surfaces
- May support healthy immune function
- Diffuse to help purify the air
- May help minimize teeth or gum pain



### COPAIBA

- Promotes wellness
- Apply topically as part of a daily health regimen
- Mix with honey and warm water to create a post workout tea
- Helps support the muscular and nervous systems



### PEPPERMINT

- May help with alertness
- May help soothe tummy troubles
- May help open up a stuffy nose
- May help relieve tension related aches and pains
- May help support healthy lung function
- Also used to flavor teas and recipes



### DIGIZE

- Take this one with you when traveling, especially abroad, to support a healthy digestive system
- Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vital points of the feet

# Essential Oil Guide

**Olivia Banks**



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## **Table of Contents Essential Oil Guide**

1. Understanding the eBook Essential Oil Guide
  - The Rise of Digital Reading Essential Oil Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Essential Oil Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Essential Oil Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Oil Guide
  - Personalized Recommendations
  - Essential Oil Guide User Reviews and Ratings
  - Essential Oil Guide and Bestseller Lists
5. Accessing Essential Oil Guide Free and Paid eBooks

- Essential Oil Guide Public Domain eBooks
- Essential Oil Guide eBook Subscription Services
- Essential Oil Guide Budget-Friendly Options
- 6. Navigating Essential Oil Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Essential Oil Guide Compatibility with Devices
  - Essential Oil Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Essential Oil Guide
  - Highlighting and Note-Taking Essential Oil Guide
  - Interactive Elements Essential Oil Guide
- 8. Staying Engaged with Essential Oil Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Essential Oil Guide
- 9. Balancing eBooks and Physical Books Essential Oil Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Essential Oil Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Essential Oil Guide
  - Setting Reading Goals Essential Oil Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Essential Oil Guide
  - Fact-Checking eBook Content of Essential Oil Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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