

# 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

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