

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

Patrick Vollmar



Essential Oil Usage Guide:

The book delves into Essential Oil Usage Guide. Essential Oil Usage Guide is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Essential Oil Usage Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Essential Oil Usage Guide
 - Chapter 2: Essential Elements of Essential Oil Usage Guide
 - Chapter 3: Essential Oil Usage Guide in Everyday Life
 - Chapter 4: Essential Oil Usage Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Essential Oil Usage Guide. This chapter will explore what Essential Oil Usage Guide is, why Essential Oil Usage Guide is vital, and how to effectively learn about Essential Oil Usage Guide.
3. In chapter 2, the author will delve into the foundational concepts of Essential Oil Usage Guide. This chapter will elucidate the essential principles that must be understood to grasp Essential Oil Usage Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Essential Oil Usage Guide in daily life. This chapter will showcase real-world examples of how Essential Oil Usage Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Essential Oil Usage Guide in specific contexts. The fourth chapter will explore how Essential Oil Usage Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Essential Oil Usage Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Essential Oil Usage Guide.

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