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Potential Benefits & Uses of ESSENTIAL OILS

1. Alertness



Bergamont



Rosemary



Grapefruit



Peppermint

2. Relaxation



Bergamont



Chamomile



Geranium



Lavender



Rosewood



Ylang Ylang

3. Digestion



Ginger



Peppermint

4. Energy



Cedarwood



Cinnamon



Eucalyptus



Lemon



Orange



Peppermint



Grapefruit

5. Cleaning



Cinnamon



Eucalyptus



Lemon



Orange



Tea Tree



Grapefruit

6. Detox



Lemon



Grapefruit



Orange



Peppermint



Rosemary

7. Memory



Basil



Lemon



Peppermint



Rosemary

8. Meditation



Cedarwood



Frankincense



Lavender



Orange



Rose



Ylang Ylang

9. Immunity



Frankincense



Oregano



Eucalyptus



Ginger



Peppermint



Lemon

10. Sinuses



Frankincense



Eucalyptus



Geranium



Lavender



Peppermint

11. Hair



Lavender



Rosemary



Rosewood



Sandalwood

12. Skin



Sandalwood



Lavender

13. Nails



Frankincense



Myrrh



Lemon

14. Mood



Bergamont



Clary Sage



Jasmine



Lavender



Lemon



Lemon Verbena



Ruby Grapefruit



Vanilla

15. Sleep



Bergamont



Cedarwood



Chamomile



Marjoram



Rosemary



Sage



Mandarin



Valerian



Guide To Natural Oils

Michael Rajnik



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