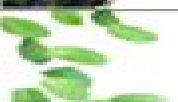
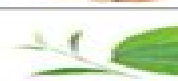
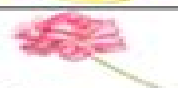
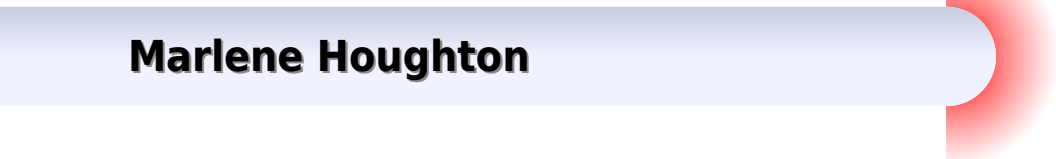


# Top Essential Oil & Their Uses

| Oil                                                                                                          | Uses                                                                                                                                                                                                                                                                                                                                      | How To Use                                                                                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Lavender</b>              | <ul style="list-style-type: none"> <li>• Help your anxiety</li> <li>• Help your insomnia</li> <li>• Treat your acne</li> <li>• Relieves itchy bug bites</li> <li>• Combat fungal infections</li> <li>• Help foot treatment</li> <li>• Treat your headaches</li> </ul>                                                                     | <ul style="list-style-type: none"> <li>• Massage into your skin</li> <li>• Add to your bath</li> <li>• Sprinkle a few drops onto a cloth</li> <li>• Inhale its aroma</li> <li>• Add the oil to a diffuser</li> </ul>                                                   |
|  <b>Peppermint</b>           | <ul style="list-style-type: none"> <li>• Relieve your sore muscles</li> <li>• Treat your nausea</li> <li>• Treat your headaches</li> <li>• Freshen your breath</li> <li>• Raises energy levels</li> <li>• Improve your skin</li> <li>• Treat congestion</li> <li>• Promotes hair health</li> </ul>                                        | <ul style="list-style-type: none"> <li>• Fill a bowl with a hot water oil mix and inhale vapor</li> <li>• Massage into your skin</li> <li>• Add 3 drops under your tongue for bad breath</li> </ul>                                                                    |
|  <b>Lemon</b>                | <ul style="list-style-type: none"> <li>• Use as a deodorizer</li> <li>• To stay focused</li> <li>• Help your skin health</li> <li>• As a cleanser</li> <li>• Help your anxiety</li> <li>• Help your nausea</li> <li>• Soothe your sore throat</li> <li>• Boost your brainpower</li> </ul>                                                 | <ul style="list-style-type: none"> <li>• Add to cleansers</li> <li>• Massage into your skin</li> <li>• Add the oil to a diffuser</li> <li>• Mix with water and baking soda to make a degreaser</li> </ul>                                                              |
|  <b>Frankincense</b>         | <ul style="list-style-type: none"> <li>• Help gut your health</li> <li>• Ward off gum disease</li> <li>• Improve your skin</li> <li>• Disinfectant</li> <li>• Keep your hair shiny</li> <li>• Balance your skin</li> </ul>                                                                                                                | <ul style="list-style-type: none"> <li>• Add to cleaner</li> <li>• Add to your oral hygiene routine</li> <li>• Put in a mask</li> <li>• Rub into your skin</li> <li>• Add a few drops to your hair</li> </ul>                                                          |
|  <b>Tea Tree</b>             | <ul style="list-style-type: none"> <li>• Treat you acne</li> <li>• Odor eliminator</li> <li>• Treat your dandruff</li> <li>• Soothe your skin irritation</li> <li>• Fight fungus</li> <li>• Use as mouthwash</li> </ul>                                                                                                                   | <ul style="list-style-type: none"> <li>• Add oil to a carrier oil, then apply with a cotton swab</li> <li>• Add to your shampoo</li> <li>• Put a few drops in your shoes</li> <li>• Mix with water and peppermint oil to make mouthwash</li> </ul>                     |
|  <b>Orange</b>               | <ul style="list-style-type: none"> <li>• Improve your mood</li> <li>• Treat your indigestion</li> <li>• Improve your cognitive function</li> <li>• Give your skin a glow</li> <li>• Use as a deodorizer</li> <li>• Treat your acne</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li>• Add to a diffuser to boost your mood</li> <li>• Add oil to a carrier and apply to your skin</li> <li>• Add to cleaning, vinegar for a cleanser</li> </ul>                                                                     |
|  <b>Geranium</b>             | <ul style="list-style-type: none"> <li>• Treat your breakouts &amp; skin irritation</li> <li>• Ease your nasal symptoms</li> <li>• Reduce your allergic reactions</li> <li>• Fight your bacterial infections</li> <li>• Treat your stress</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>• Use topically on your skin</li> <li>• Use as an aromatherapy treatment</li> <li>• Mix with sesame oil and use as a nasal spray</li> </ul>                                                                                     |
|  <b>Bergamot</b>             | <ul style="list-style-type: none"> <li>• Use for soothing</li> <li>• Aromatherapy</li> <li>• Spot treatment for your acne</li> <li>• Treat against painful cysts</li> <li>• To scent your hair</li> <li>• To soften and tame your curls</li> </ul>                                                                                        | <ul style="list-style-type: none"> <li>• Add a few drops in your shampoo or body wash</li> <li>• Apply bergamot oil mixed with a carrier oil directly to skin</li> <li>• Add to scent homemade candles</li> </ul>                                                      |
|  <b>Grapefruit</b>           | <ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Help balance your mood</li> <li>• Cleaning</li> <li>• Lower your blood pressure</li> <li>• Prevent you from getting acne</li> <li>• Support your healthy metabolism</li> <li>• Help with your weight loss</li> <li>• Fight hangovers</li> </ul>                          | <ul style="list-style-type: none"> <li>• Add the oil to a diffuser</li> <li>• Add to lotions and creams</li> <li>• Apply to your skin</li> <li>• Add to your water or smoothie</li> </ul>                                                                              |
|  <b>Eucalyptus</b>           | <ul style="list-style-type: none"> <li>• Help your cough</li> <li>• Clear Chest Congestion</li> <li>• Keep the bugs away</li> <li>• Fight your skin inflammation</li> <li>• Help your respiratory conditions</li> <li>• Soothe your cold sores</li> <li>• Freshen your breath</li> </ul>                                                  | <ul style="list-style-type: none"> <li>• Inhale vapor from diffuser</li> <li>• Add to your lotions, creams, if cosmetics</li> <li>• Mix water and witch hazel with oil to repel bugs</li> <li>• Apply to your skin</li> <li>• Add to your mouthwash</li> </ul>         |
|  <b>Chamomile</b>           | <ul style="list-style-type: none"> <li>• Helps with digestion</li> <li>• Help balance your mood</li> <li>• Ease your skin conditions</li> <li>• Heal your wounds</li> <li>• Help your sleep</li> <li>• Use for anti-inflammation</li> </ul>                                                                                               | <ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Add the oil to a diffuser</li> <li>• Mix with water and use as a spray</li> <li>• Add to your bath</li> </ul>                                                                                   |
|  <b>Basil</b>              | <ul style="list-style-type: none"> <li>• Ease minor skin irritations</li> <li>• Aromatherapy</li> <li>• Calming</li> <li>• Help balance your mood</li> <li>• Insect repellent</li> <li>• Brighten your complexion</li> <li>• Use to soften and strengthen your hair</li> <li>• Eliminate odor</li> <li>• Soothe your headaches</li> </ul> | <ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Add to your water</li> <li>• Add to a hair treatment</li> <li>• Mix tea oil with boiling water to repel bugs</li> <li>• Mix basil oil, lemon oil, and vodka to make an air freshener</li> </ul> |
|  <b>Ylang Ylang</b>        | <ul style="list-style-type: none"> <li>• Boost your mood</li> <li>• Lower your blood pressure</li> <li>• Repel flying insects</li> <li>• Promote new hair growth</li> <li>• Treat your stomach distress</li> <li>• Treat your headache</li> <li>• Reducing candida albicans</li> <li>• Clear your skin</li> </ul>                         | <ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Inhale vapor from diffuser</li> <li>• Add to your shampoo</li> <li>• Add to your soap</li> <li>• Mix with boiling water to repel bugs</li> </ul>                                                |
|  <b>Rosemary</b>           | <ul style="list-style-type: none"> <li>• Stimulates your hair growth</li> <li>• Reduce your scalp itching</li> <li>• Repels bugs</li> <li>• Eases your stress</li> <li>• Improve your mood</li> <li>• Help your digestive &amp; liver health</li> <li>• Help reduce your joint inflammation</li> </ul>                                    | <ul style="list-style-type: none"> <li>• Inhale vapor from diffuser</li> <li>• Apply topically to skin</li> <li>• Mix with boiling water for a bug repellent</li> <li>• Add to your shampoo</li> <li>• Add to a diffuser</li> </ul>                                    |
|  <b>Melissa/Lemon balm</b> | <ul style="list-style-type: none"> <li>• Relieve your stress</li> <li>• Balance your mood</li> <li>• Improve your cognitive function</li> <li>• Help insomnia</li> <li>• Treat cold sores</li> <li>• Relieve your indigestion</li> <li>• Help your nausea</li> <li>• Help ease your headache</li> </ul>                                   | <ul style="list-style-type: none"> <li>• Add to a diffuser</li> <li>• Apply to your skin</li> <li>• Add to cloth and inhale</li> <li>• Add to your bath</li> <li>• Add to cleaner</li> </ul>                                                                           |

# Essential Oils Guide

**Marlene Houghton**



## Essential Oils Guide:

## Unveiling the Magic of Words: A Overview of "**Essential Oils Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Essential Oils Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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