

That Will Change Your Life

JUNIPER

11

Juniper is fresh, woody and a bit fruity. revives mind and fighting mental exhaustion. Helps relieve water tension when massaged onto the abdomen.



LAVENDER

12

Lavender has a woody, floral aroma. Promotes relaxation, reduce stress, depression, anxiety, aids sleep and natural anti-inflammatory



LEMON

13

It has lemony citrus scent. Ideal for cleaning, keeping bugs away and is uplifting. Improves mental clarity and blends well with most other scents.



LEMON GRASS

14

Lemongrass has a distinct lemony tea-like aroma. It relieves pain, calms the mind, improves circulation, and is used in skincare and hair care products.



PATCHOULI

15

Patchouli has an earthy, spicy, exotic scent. It's a natural aphrodisiac, anti-depressant, deodorant and insecticide. It is very effective at inhibiting infections and fungal growth.



PEPPERMINT

16

Peppermint has a minty scent. It aids in digestion and can relieve nausea along with morning sickness. It is a warming oil and an anti-inflammatory.



ROSEWOOD

17

Rosewood has a slightly sweet, woody aroma. It has calming and grounding properties. Relieves stress, anxiety and depression. For use in skincare regimes.



ROSEMARY

18

Rosemary essential oil has an earthy menthol scent. It has warming and anti-inflammatory properties, relieves tired, stressed, strained, sore and achy muscles.



SWEET ORANGE

19

Sweet orange has a light, sweet, citrusy aroma. It is both calming and uplifting and reduce stress, anxiety, tension and boosts immunity.



TEA TREE

20

Tea tree essential oil has a camphoraceous scent. It is anti-fungal, antibacterial, antiviral, antiseptic and antibiotic.



ESSENTIAL OILS GUIDE



Essential Oils Guide Aromatherapy Recipes For Beginners Aromatherapy Series 1

AW Rasmussen



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