

Essential Oil Benefits Guide



BENEFIT

ESSENTIAL OIL

ALLEVIATE PAIN: PEPPERMINT, LAVENDER, EUCALYPTUS, ROSEMARY, TURMERIC

BOOST IMMUNITY: CLOVE, FRANKINCENSE, LEMON, MYRRH, GINGER, THYME

BOOST MOOD: YLANG YLANG, LAVENDER, ORANGE, FRANKINCENSE, ROSE, VETIVER

REDUCE INFLAMMATION: CHAMOMILE, FRANKINCENSE, EUCALYPTUS, PEPPERMINT, ROSEMARY, TURMERIC

REDUCE STRESS: LAVENDER, BERGAMOT, CHAMOMILE, FRANKINCENSE, ROSE, YLANG YLANG



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Essential Oils For Healing Guide

F Rizvi



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