

# 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

**SJ Ball**



## Essential Oil Usage Guide:

## Reviewing **Essential Oil Usage Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Essential Oil Usage Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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