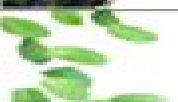
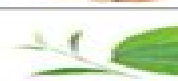
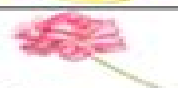


Top Essential Oil & Their Uses

Oil	Uses	How To Use
 Lavender	• Help your anxiety • Help your insomnia • Treat your acne • Relieves itchy bug bites • Combat fungal infections • Help foot treatment • Treat your headaches	• Massage into your skin • Add to your bath • Sprinkle a few drops onto a cloth • Inhale its aroma • Add the oil to a diffuser
 Peppermint	• Relieve your sore muscles • Treat your nausea • Treat your headaches • Freshen your breath • Raises energy levels • Improve your skin • Treat congestion • Promotes hair health	• Fill a bowl with a hot water oil mix and inhale vapor • Massage into your skin • Add 3 drops under your tongue for bad breath
 Lemon	• Use as a deodorizer • To stay focused • Help your skin health • As a cleanser • Help your anxiety • Help your nausea • Soothe your sore throat • Boost your brainpower	• Add to cleansers • Massage into your skin • Add the oil to a diffuser • Mix with water and baking soda to make a degreaser
 Frankincense	• Help gut your health • Ward off gum disease • Improve your skin • Disinfectant • Keep your hair shiny • Balance your skin	• Add to cleaner • Add to your oral hygiene routine • Put in a mask • Rub into your skin • Add a few drops to your hair
 Tea Tree	• Treat you acne • Odor eliminator • Treat your dandruff • Soothe your skin irritation • Fight fungus • Use as mouthwash	• Add oil to a carrier oil, then apply with a cotton swab • Add to your shampoo • Put a few drops in your shoes • Mix with water and peppermint oil to make mouthwash
 Orange	• Improve your mood • Treat your indigestion • Improve your cognitive function • Give your skin a glow • Use as a deodorizer • Treat your acne	• Add to a diffuser to boost your mood • Add oil to a carrier and apply to your skin • Add to cleaning, vinegar for a cleanser
 Geranium	• Treat your breakouts & skin irritation • Ease your nasal symptoms • Reduce your allergic reactions • Fight your bacterial infections • Treat your stress	• Use topically on your skin • Use as an aromatherapy treatment • Mix with sesame oil and use as a nasal spray
 Bergamot	• Use for soothing • Aromatherapy • Spot treatment for your acne • Treat against painful cysts • To scent your hair • To soften and tame your curls	• Add a few drops in your shampoo or body wash • Apply bergamot oil mixed with a carrier oil directly to skin • Add to scent homemade candles
 Grapefruit	• Aromatherapy • Help balance your mood • Cleaning • Lower your blood pressure • Prevent you from getting acne • Support your healthy metabolism • Help with your weight loss • Fight hangovers	• Add the oil to a diffuser • Add to lotions and creams • Apply to your skin • Add to your water or smoothie
 Eucalyptus	• Help your cough • Clear Chest Congestion • Keep the bugs away • Fight your skin inflammation • Help your respiratory conditions • Soothe your cold sores • Freshen your breath	• Inhale vapor from diffuser • Add to your lotions, creams, if cosmetics • Mix water and witch hazel with oil to repel bugs • Apply to your skin • Add to your mouthwash
 Chamomile	• Helps with digestion • Help balance your mood • Ease your skin conditions • Heal your wounds • Help your sleep • Use for anti-inflammation	• Apply to your skin • Add the oil to a diffuser • Mix with water and use as a spray • Add to your bath
 Basil	• Ease minor skin irritations • Aromatherapy • Calming • Help balance your mood • Insect repellent • Brighten your complexion • Use to soften and strengthen your hair • Eliminate odor • Soothe your headaches	• Apply to your skin • Add to your water • Add to a hair treatment • Mix tea oil with boiling water to repel bugs • Mix basil oil, lemon oil, and vodka to make an air freshener
 Ylang Ylang	• Boost your mood • Lower your blood pressure • Repel flying insects • Promote new hair growth • Treat your stomach distress • Treat your headache • Reducing candida albicans • Clear your skin	• Apply to your skin • Inhale vapor from diffuser • Add to your shampoo • Add to your soap • Mix with boiling water to repel bugs
 Rosemary	• Stimulates your hair growth • Reduce your scalp itching • Repels bugs • Eases your stress • Improve your mood • Help your digestive & liver health • Help reduce your joint inflammation	• Inhale vapor from diffuser • Apply topically to skin • Mix with boiling water for a bug repellent • Add to your shampoo • Add to a diffuser
 Melissa/Lemon balm	• Relieve your stress • Balance your mood • Improve your cognitive function • Help insomnia • Treat cold sores • Relieve your indigestion • Help your nausea • Help ease your headache	• Add to a diffuser • Apply to your skin • Add to cloth and inhale • Add to your bath • Add to cleaner

Essential Oils Guide

Connie Higley, Alan Higley



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