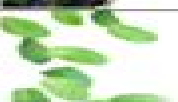
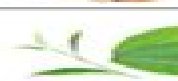
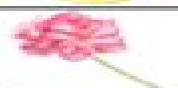


Top Essential Oil & Their Uses

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

Michael Hoelscher



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Essential Oils & Aromatherapy Marlene Houghton, 2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you need to use them effectively After a detailed summary of each major oil recipes of specific oil

blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner s guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject *Reference Guide for Essential Oils* Connie Higley, Alan Higley, 2013

Essential Oils Guide J.D. Rockefeller, 2014-09-10 The uses for essential oils are considerable They can be used for medicine for the home for cleaning for pets and much more Some can be consumed orally while others are topical only Some are also poisonous and should never be used in any circumstances This essential oils guide will help you to maximize all of the benefits and ensure that you know when and where to use each of the different essential oils that you buy **A Basic How to Use Essential Oils Reference Guide** Nancy Connor, 2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related

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