

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

Connie Higley



Essential Oil Usage Guide:

The Beginner's Guide to Essential Oils Christina Anthis, 2019-08-20 The essential beginner's guide to healing with essential oils The Beginner's Guide to Essential Oils puts the power of natural healing in your hands This straightforward essential oils book distills the knowledge you need to unlock the potential of commonly found essential oils Start making nourishing all natural and affordable remedies to treat a variety of conditions even make your own skin care and home cleaning products This essential oils book explores the many modern applications of essential oils from herbal medicine to aromatherapy to natural beauty Discover profiles detailing the aromas and therapeutic actions of 30 favorite essential oils Breathe easy with guidelines for safe use during pregnancy and instructions on diluting formulas for babies and children You can begin your journey right away with any of the 100 included recipes for health and home In The Beginner's Guide to Essential Oils you'll find 30 essential oil profiles Find practical applications blending and substitution suggestions and more for 30 common essential oils 10 complementary oils Learn the properties and best uses of 10 popular carrier oils you can use to dilute your essential oils 100 useful recipes Enjoy the benefits of essential oils with recipes for salves sprays roll on perfumes and more Blend the healing power of essential oils into your life with The Beginner's Guide to Essential Oils

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Quick Reference Guide for Using Essential Oils, 2005 **Reference Guide for Essential Oils** Connie Higley, 1998 **Smart Mom's Guide to Essential Oils** Mariza Syder, 2017-02-14

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