

## Potential Benefits & Uses of ESSENTIAL OILS

























3. Digestion

















5. Cleaning













6. Detox

4. Energy



















7. Memory













9. Immunity

8. Meditation













10. Sinuses











11. Hair









12. Skin







13. Nails



















15. Sleep

14. Mood















# **Essential Oils Everything You Need To Know About Essential Oils**

**M Lipman** 

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