Essential Oils

Beginner's Guide

Lemon natural cleaners and bath products, repels insects, aromatherapy.

Lavender lotions, massage oils, bath products, soothe minor burns. Diffuse for calm, balance, and relaxation.

Peppermint Aches, pains, eases headaches, cooling effect- soothes respiratory infections and itchy skin. Don't use near the face of infants and children.

Orange household cleaners, degreaser, bath products, lotions. Diffuse to help relax and stay focused.

Tea Tree Oil added to lotion or a carrier oil for acne and skin irritations. Add to shampoo for dandruff and lice.

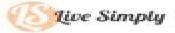
Eucalyptus Relieves cold and congestions. In a warm bath to help arthritis, pain relief, and boost immune system. Don't use near the face of infants and children.

Germ Fighter

Synergy ward of colds and flus. Use as a household germ-fighter cleaner, dilute with carrier oil for massage, and/or diffuse.

Relax Synergy add to lotion, use with carrier oil or in bath. Relax at bedtime with a few drops under pillow or diffuse.

More info: Live Simply and Plant Therapy



Essential Oils Recipes Guide Best Essential Oils For Beginners How To Use Essential Oils For Weight Loss Anti Aging Natual Cleaning Beauty Natural Living Natural Cures And Healthy Lifestyles

Kathleen Armour

Essential Oils Recipes Guide Best Essential Oils For Beginners How To Use Essential Oils For Weight Loss Anti Aging Natural Cleaning Beauty Natural Living Natural Cures And Healthy Lifestyles:

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Unveiling the Power of Verbal Artistry: An Mental Sojourn through Essential Oils Recipes Guide Best Essential Oils For Beginners How To Use Essential Oils For Weight Loss Anti Aging Natural Cleaning Beauty Natural Living Natural Cures And Healthy Lifestyles

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