

EVERYDAY USES FOR

Please dilute all essential oils with carrier oil or water (1:10) before external use

Essential oils



Lemongrass

- Stimulating fragrance
- Uplifting use for jetlag



Orange

- Relieves anxiety depression
- Disinfects wounds
- Foot callus softener/remover



Tea Tree

- Anti viral/anti fungal
- Can reduce hair loss/dandruff
- Anti-inflammatory relief from skin dryness/eczema



Lemon

- Air freshener, natural disinfectant
- Removes excess oil in skin
- Uplifting smell



Thieves

- Reduces fever
- Anti-inflammatory
- Improves respiratory health
- Strengthens immune system



Cedarwood

- Antiseptic/anti fungal
- Aid in hair/skin health-acne treatment
- Mosquito/insect repellent



Eucalyptus

- Respiratory aid
- Aid in wound healing
- Fresh uplifting fragrance



Peppermint

- Aids in digestion
- Cooling, calming
- Eliminates nausea & headache



Lavender

- Relaxation
- Reduces stress
- Effective insect repellent/bite aid



Frankincense

- Antiseptic & anti-aging properties
- Prevent premature hair loss
- Reduce stress, anxiety & more!