

Top 5 Essential Oils for your home...

There are differing opinions on what the top 5 oils are for your home - here are our top 5: Lemon, Lavender, Frankincense, Melaleuca (tea tree) and Oregano.

Keep reading to find out how these amazing oils can help you in your daily life.



Lemon is a natural mood enhancer. Diffuse some Lemon & Lavender to brighten the mood and energy of your home. Additionally, Lemon is GREAT for cleaning grease & goo off of about everything. Lemon oil may actually be the most powerful anti-microbial agent of all the essential oils. Lemon essential oil comes from the cold-pressing the lemon peel and not the inner fruit. The peel is the most nutrient dense portion of the lemon in terms of fat soluble phytonutrients.



Lavender is not only an amazing oil for its calming properties, but is also a natural antihistamine! Next time someone gets a bug bite, dilute it with a bit of fractionated coconut oil and dab some on the bite - the sting & itch will soon be gone! Add to some water & a small spray bottle and spray your pillow at night to help with restful sleep.



Frankincense essential oil is a powerful astringent, meaning it helps protect skin cells. It can be used to help reduce acne blemishes. Dilute a few drops in an unscented oil such as Jojoba and apply to the skin after washing. Diffuse Frankincense to help relieve stress and uplift mood. You can also rub a few drops into aching muscles with an unscented lotion or carrier oil.



Tea tree, also known as melaleuca, is well-known for its powerful antiseptic properties and ability to treat wounds. Its uses are numerous: making homemade cleaning products, diffusing it in the air to kill mold, and diluting and applying it topically to heal skin issues. It's becoming an increasingly popular active ingredient in a variety of household and cosmetic products, including face wash, shampoos, massage oils, skin creams and more. Tea tree's natural antiseptic and anti-inflammatory actions make it an essential oil that should truly be part of everyone's natural medicine cabinet.



Oregano essential oil blends well with the following essential oils: lavender, rosemary, bergamot, chamomile, cypress, tea tree and eucalyptus. These combinations are often made and widely used by aromatherapists and herbalists. Oregano is a VERY HOT OIL - do not get it around your eyes! Oregano contains two powerful compounds of carvacrol and thymol that have powerful anti-bacterial and anti-fungal properties.

CBD - Cannabidiol

Cannabidiol - without THC - is helping thousands of people each and every day with all kinds of health issues. Read on to find how CBD may be right for you!

CBD-rich cannabis is non-psychoactive which makes it an appealing option for patients looking for help with many physical issues, which include but are not limited to:

Sleep, inflammation, pain, anxiety, psychosis, seizures, spasms, ADD/ADHD/Tourette's, anti-nausea, headaches, powerful anti-oxidant, anti-convulsant, neuro-protectant.

AM-CBD is a CO2 extracted product from Hemp, legal in all 50 states, non-habit forming, and works best when taken as a daily supplement. There are two tasty flavors, Cinnamon & Peppermint/Vanilla - both made from CO2 Extract. We also offer Unflavored, which is great for use in lotions, salves, and even for our furry friends!

Email us at CBD@AromaMatrix.com for more information.

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