

Nourished
ESSENTIALS

Essential Oils for Beginners The Complete Guide



Why Wellness Makers Should Be Using Essential Oils

The path of a wellness maker involves everyday steps that bring you closer to your wellbeing and health goals. Although wellness is a personal journey, you and all our wellness makers can benefit from the use of essential oils.

Each and every essential oil has healing and therapeutic properties with balancing effects and the ability to improve your general health and wellbeing. Choosing to use essential oils regularly means taking care of yourself, not only physically but also emotionally and spiritually.

Unlike other wellness products that are filled with harmful chemicals, essential oils are natural and can help treat a wide range of emotional and physical health problems without burdening your body or causing unwanted side effects.

Essential oils can be used as a complementary therapy for a number of health issues including pain, aches, tension, anxiety, depression, and stress. Moreover, essential oils can be used as a preventative method – a way to ensure that your body and mind stay healthy. Lastly, essential oils can be incorporated into your beauty regime for skin care purposes as well as used around your home as an alternative to hazardous chemicals that can have harmful side effects.

As a wellness maker, you know how important it is to make healthier choices in all aspects of your life and essential oils are an excellent tool you can use to transition towards a healthier and happier life.



Part 1

How To Use Essential Oils For Your Wellness

Essential oils stimulate the limbic system, the part of the brain that's responsible for our mood and memories. When our nose detects a smell, it sends a signal to our brain through the olfactory nerve. By triggering the brain, essential oils have the power to change our emotions, experiences, and reactions.

It's also important to note that essential oils are adaptogenic substances and you have to use them regularly to notice their positive effects on the mind and the body. That being said, it's also important to experiment with different aromatherapy methods until you find the right one for you and your needs.

Inhalation and diffusion are the most common ways to use essential oils. Both methods are simple, easy, and very efficient. However, massages and topical application can work far better for specific or localized problems.

Before using a new scent of essential oil, it is important to do a skin test. Like any other substances, essential oils can cause allergic reactions and it is important to stop using them immediately if you notice redness, skin irritation or you experience a burning or itching sensation.



Lesson 1 – Inhalation

Inhalation of essential oils is a fast and effective way to use essential oils. Scents trigger almost instant reactions from our brain, thus the profound physiological and psychological effects of essential oils can be noticed almost instantly when using this method.

Inhalation can be done in two different ways – direct and indirect.

Direct Inhalation

Direct inhalation is one of the easiest ways to use essential oils. You can either inhale oil straight from the bottle or soak a cotton pad with the oil of your choice and inhale the oil from the cotton pad.

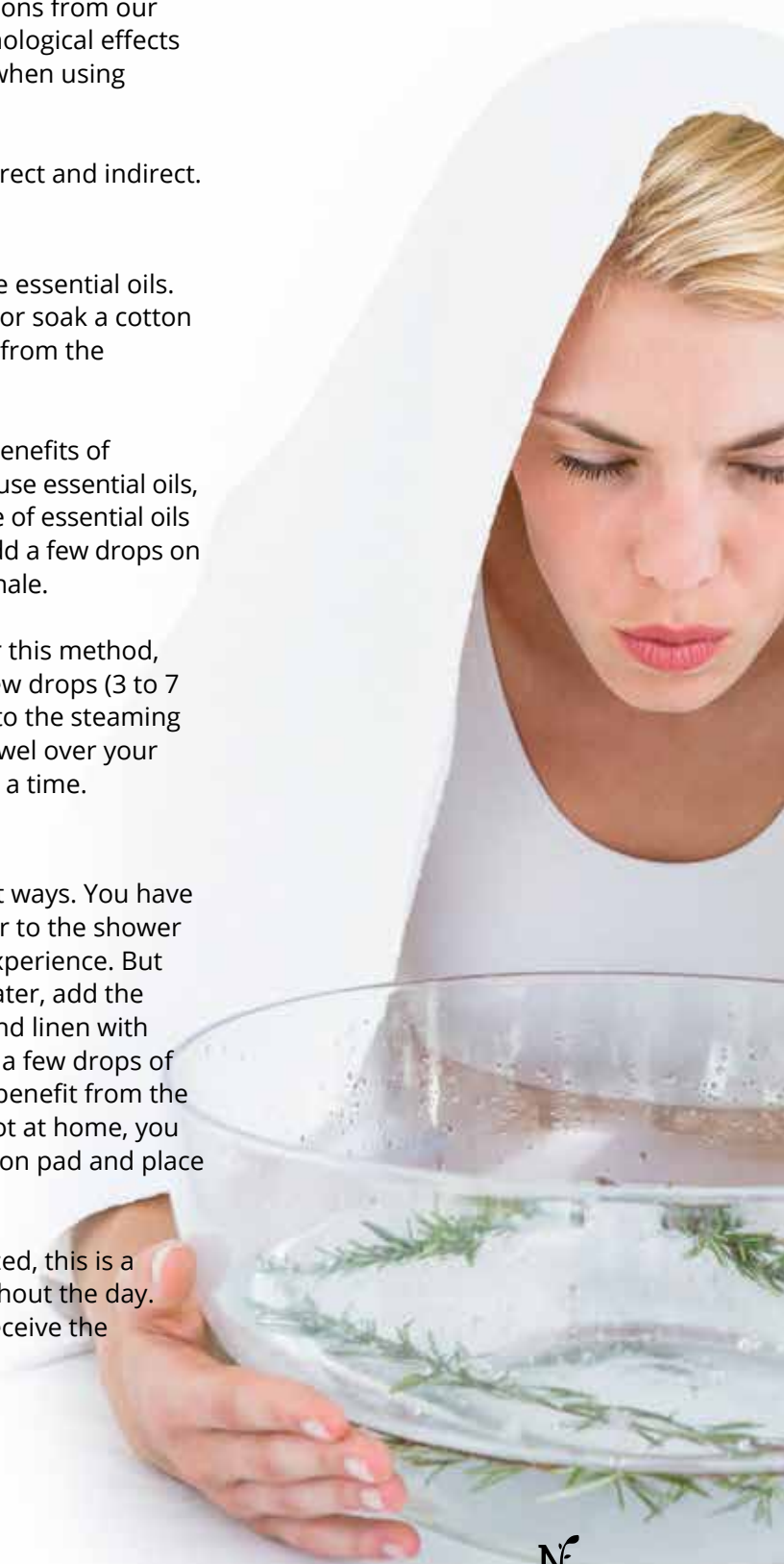
Direct inhalation is also a great way to enjoy the benefits of essential oils while you are at work, unable to diffuse essential oils, or during traveling. You can either open the bottle of essential oils and inhale the scent straight from the bottle or add a few drops on a tissue, hold the tissues under your nose, and inhale.

Another option you have is steam inhalation. For this method, you have to boil the water first and then add a few drops (3 to 7 drops is typically recommended) of essential oil to the steaming water. Stand over the steaming water, place a towel over your head, and breathe in the vapors for 2 minutes at a time.

Indirect Inhalation

Indirect inhalation can be done in many different ways. You have the option of adding essential oils to your bath or to the shower basin for a relaxing and healing aromatic bath experience. But you can also dilute the essential oil in distilled water, add the liquid to a spray bottle, and spray your clothes and linen with it. If you have trouble falling asleep, you can add a few drops of essential oils on your pillow. And, if you want to benefit from the wonderful effects of essential oils while you're not at home, you can add a few drops of your favorite oil on a cotton pad and place it in your purse or bag.

Similar to diffusing essential oils but more localized, this is a great and gentle way to use essential oils throughout the day. Furthermore, this method allows you to safely receive the benefits of potent essential oils.



Lesson 2 – Wellness Aromatherapy – Learn How To Diffuse Essential Oils

Similar to inhalation, diffusion is another popular method of using essential oils. Diffusion is oftentimes preferred by wellness makers because it is gentler than inhalation. Nonetheless, it's a very effective technique aimed at improving a person's physical and mental state. Diffusing essential oils help you to stay healthy or provide relief for health problems. At the same time, your home or office is filled with a wonderful aroma that is 100% natural.

Natural Evaporation

Natural evaporation is actually very similar to direct inhalation. For this method, you won't inhale essential oil straight from the bottle but you will place a few drops of oil in a bowl of hot water salted with sea salt or Epson salt. You can also use terra cotta bowls that are designed specifically for diffusing essential oils. Both options help diffuse the oils in a gentle way.

If you opt for natural evaporation, you can place the bowl of water and essential oil on your nightstand to diffuse oils throughout the night.

Electronic And Non-electronic Devices

Electronic and non-electronic devices are another great option for diffusing essential oils. There are a number of devices available on the market these days. From ultrasonic diffusers to nebulizers and car or office devices that work with USB ports, you can surely find a diffuser for every home and every need.

The main difference between nebulizers and diffusers is that the latter double as a humidifier as it uses water to dispense essential oils.

Nebulizers process essential oils without the use of water or heat, thus not altering the chemical structure of the essential oil. They also diffuse a stronger concentration of essential oils and, consequently, they can cover a wider space, making it possible for the entire household to benefit from just a few drops of essential oil. Furthermore, if you have humidity issues or mold problems, nebulizers are the better option because they don't rely on water to operate.

On the other hand, most diffusers use water to vaporize essential oils. Using electric or non-electric diffusers is still a truly effective way to diffuse oils but they work better for small spaces, such as your bedroom or living room. If you live in a dry area and you have to use a humidifier on a regular basis, it is best to invest in a diffuser because it adds moisture to the air while vaporizing essential oils at the same time.



Lesson 3 - Topical Application

Another great way wellness makers can make use of essential oils is by applying them topically or by using them for aromatic massages.

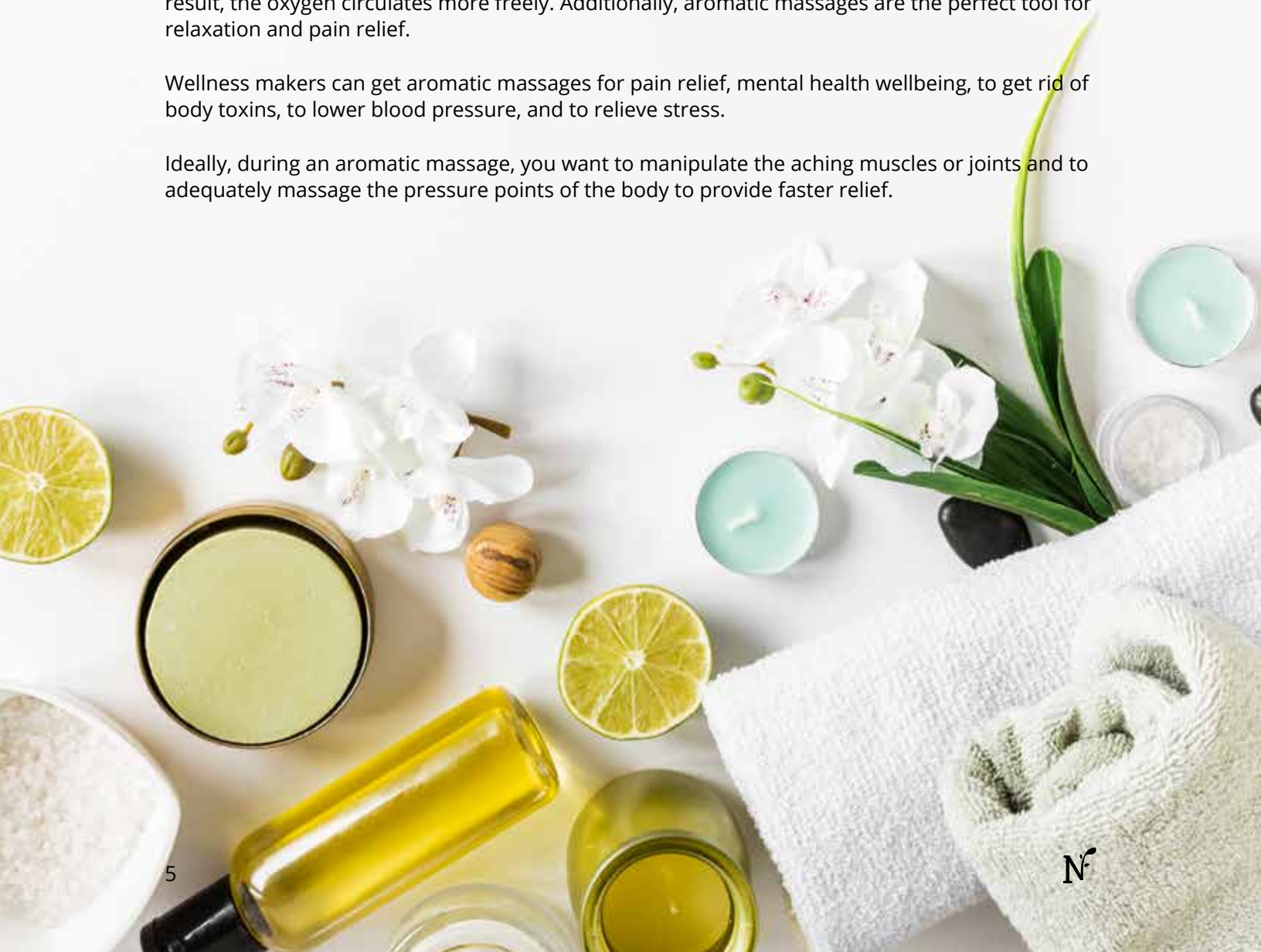
When they are applied to the skin, essential oils are quickly absorbed in the bloodstream and then disperse to relieve pains, aches, and similar problems. Topical application is the fastest way to activate the pain-relieving properties of essential oils. However, it is important to know that not all essential oils are safe for topical application and some can cause phototoxicity if used before sun exposure. For safety, read the label for each and every essential oil before applying it to the skin and always use a carrier oil. Diluting essential oils with carrier oils reduce the chances of skin irritation, burns, and other adverse side effects.

Aromatic Wellness Massage

Aromatic wellness massages are highly effective because they not only stimulate the body, helping it to relax, but they also create a calm environment that is beneficial for the mind and the spirit. During an aromatic massage, the blood circulation in the body increases and, as a result, the oxygen circulates more freely. Additionally, aromatic massages are the perfect tool for relaxation and pain relief.

Wellness makers can get aromatic massages for pain relief, mental health wellbeing, to get rid of body toxins, to lower blood pressure, and to relieve stress.

Ideally, during an aromatic massage, you want to manipulate the aching muscles or joints and to adequately massage the pressure points of the body to provide faster relief.

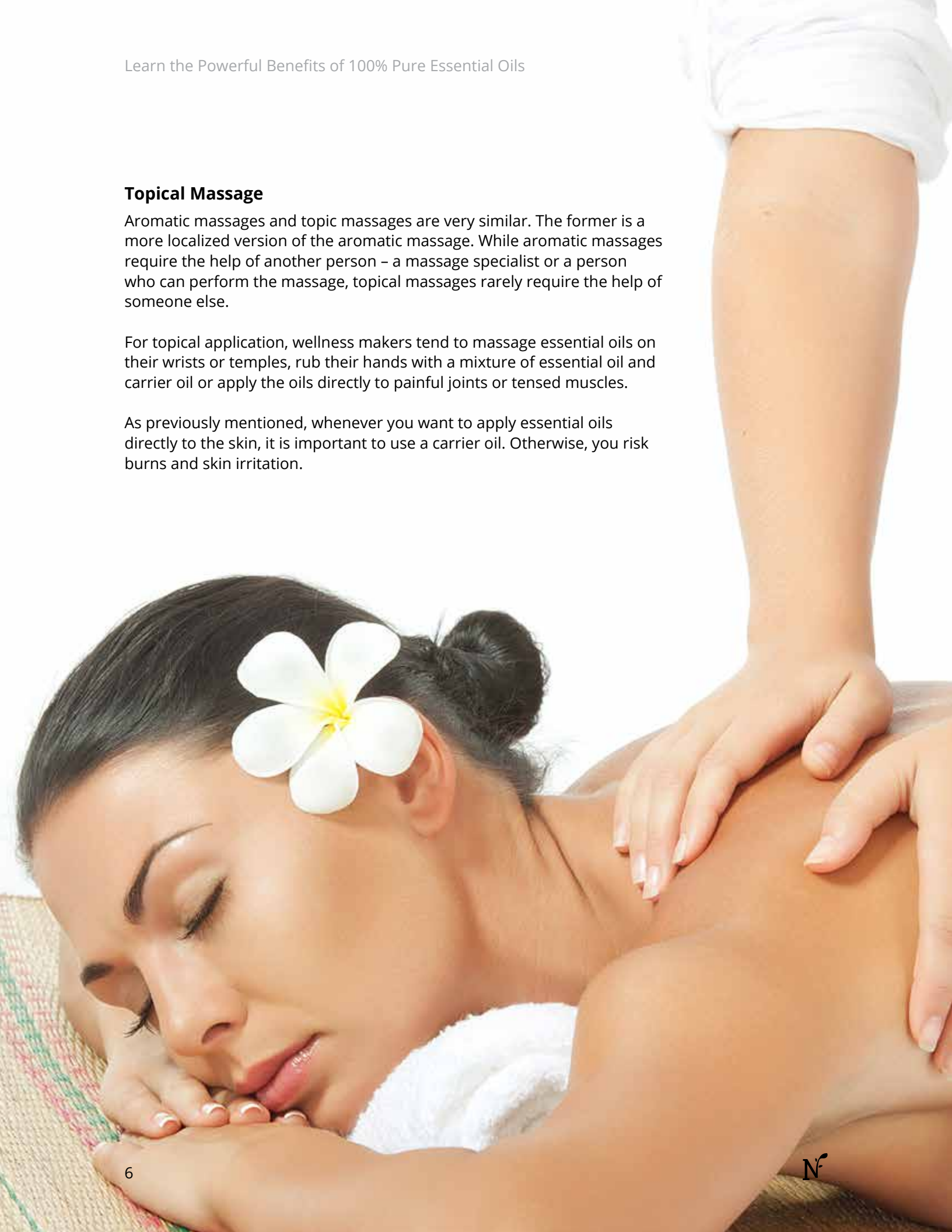


Topical Massage

Aromatic massages and topical massages are very similar. The former is a more localized version of the aromatic massage. While aromatic massages require the help of another person – a massage specialist or a person who can perform the massage, topical massages rarely require the help of someone else.

For topical application, wellness makers tend to massage essential oils on their wrists or temples, rub their hands with a mixture of essential oil and carrier oil or apply the oils directly to painful joints or tensed muscles.

As previously mentioned, whenever you want to apply essential oils directly to the skin, it is important to use a carrier oil. Otherwise, you risk burns and skin irritation.



Part 2

Types Of Essential Oils Any Wellness Maker Needs

Each essential oil contains compounds with unique properties that can offer different therapeutic benefits. Every essential oil provokes a particular reaction and they can have an impact on physical conditions or the ability to generate emotional responses. With over 90 different scents available, essential oils can be used to help with a wide range of physical problems but also offer support for the entire spectrum of mental and emotional states.

When choosing essential oils, it is important to opt for high-quality pure essential oils or for blends that use pure oils. Pure essential oils are obtained through cold pressing or distillation. These are mechanical processes that extract potent oils from the plants. Any essential oils obtained through chemical processes is not considered a true essential oil and wellness makers should avoid these because they can contain fragrance or other hazardous chemicals.



Lesson 1 - Pure Essential Oils For Health & Wellness

Pure essential oils are 100% organic and they are directly extracted from the plant source. These oils capture the scent and the flavor of one plant and they don't contain additives or harmful chemicals.

When selecting an essential oil, wellness makers should pay attention to the label. You want to use only essential oils that are 100% natural and stay away from oils that have been diluted with other chemicals or synthetic fragrance.

Our line of essential oils is obtained directly from the plant source and no additives are added to enhance scent and aroma. The 100% organic essential oils are also obtained through ethical and sustainable practices and every batch goes through quality-control testing.

There are eight essential oils aroma families: Citrus, Floral, Camphoraceous/Minty, Resinous, Earthy, Woody, Spicy, and Herbaceous.

Citrus

The citrus family includes essential oils extracted from different citrus fruits. Typically, citrus oils have energizing and uplifting properties and a bright and clean aroma. The scent is mild to moderate and fades quickly. That's why citrus oils are oftentimes found in blends but they can also be used on their own.

Most common citrus scents: lemon, orange, mandarin, bergamot, grapefruit, lime, and lemongrass.



Floral

The floral family includes all essential oils extracted from flowering plants. The oils are obtained from the flowers directly. The properties and scent intensity differ from floral oil to floral oil. Some scents are mild while others are very strong. These oils mix well with citrus, woody, and spicy oils.

Most common floral scents: lavender, rose, Ylang Ylang, geranium, jasmine, and neroli.

Earthy

While the citrus and floral families are pretty straightforward when it comes to the essential oils they include, the earthy category is a little bit more complex. Also, earthy oils are quite powerful and you have to get used to them. Some people absolutely adore them whereas others hate them completely. It's all a matter of personal preference. These oils combine well with oils in the camphoraceous and woody families.

Most common earthy scents: patchouli, vetiver, and carrot seed.

Resinous

Resinous essential oils are usually found in blends aimed to provide relief for stress and anxiety. They are also great for meditation and relaxation purposes. These oils are best combined with citrus and floral oils.

Most common resinous oils: frankincense, myrrh, and benzoin.



Woody

Woody aromas are typically extracted from trees and they are mild-moderate to moderate in intensity. They blend well with all aroma families but they go particularly well with citrus, floral, spicy, and camphoraceous essential oils.

Most common woody oils: sandalwood, cedarwood, fir, cypress, and juniper.

Camphoraceous

Camphoraceous is also known as the minty family and, as you can imagine, it includes everything minty. These essential oils have a very sharp menthol aroma and are great for treating respiratory system problems. They work well on their own but they also mix fine with herbaceous, earthy, citrus, and essential oils.

Most common camphoraceous oils: peppermint, tea tree, eucalyptus, mint.

Herbaceous

The herbaceous family includes essential oils extracted from herbs. These are used for both their aroma and healing properties. Like all essential oils, they can be used on their own but also in blends. For blends, we recommend mixing them with camphoraceous and woody essential oils.

Most common herbaceous essential oils: oregano, sage, clary sage, rosemary, basil, and marjoram.

Spicy

Similar to the herbaceous family only this time, instead of essential oils extracted from herbs, we have essential oils extracted from spices. Spicy essential oils are very popular in fall and winter blends. They pair well with woody, floral, and citrus scents.

Most common spicy essential oils: nutmeg, cinnamon, ginger, and cardamom.



Lesson 2 - Blends For Health & Wellness

Synergistic oil blends are developed with a purpose in mind. Whether they are created to promote healing properties, provide emotional relief or support the immune system, oil blends are very potent and they can help you achieve your health and wellness goals faster.

As a wellness maker, it is important to take control of your health and wellbeing and take steps that allow you to get closer to your wellness goals. Essential oil blends are powerful tools that can help you achieve your goals faster. Depending on your needs, you can opt for blends that boost your immunity system, help restore radiance, promote calmness, offer you a mental reboot, lift your mood or ground your presence.

You can also make your own blends by mixing together different essential oils.



Part 3

Carrier Oils – What Are They And How To Use Them

Carrier oils are very important for wellness aromatherapy. Since pure essential oils and blends made with pure oils are very potent, they can cause skin irritation and burns when applied topically. Carrier oils are either not scented or lightly scented and great for diluting essential oils. These oils do not interfere with the therapeutic properties of essential oils. Besides, they have nourishing properties that benefit your skin.

Like any other high-fat substance, carrier oils can go bad and have a limited shelf life. Most carrier oils can last for up to a year in proper storing conditions but it is best to use them within 6 months after opening the bottle or jar.

Proper storage is important. Carrier oils should be kept in their original packaging, in a cool and dry place, such as the pantry.



Lesson 1 - Different Types Of Carrier Oils & Their Benefits

When deciding on a carrier oil it is important to choose one that doesn't alter essential oils aroma and is suitable for your skin type. You can also look at the benefits of carrier oils and pick one accordingly.

Almond Oil

- Restores skin elasticity;
- Improves skin circulation;
- Offers protection against UV rays;
- Promotes cell regeneration;
- Is rich in vitamin E and vitamin K;
- Is odorless;
- Absorbs quickly into the skin.



Olive Oil

- Provides intense hydration;
- Is moisturizing;
- Is rich in antioxidants;
- Is rich in vitamin E and vitamin A.



Coconut Oil

- Has antibacterial and antifungal properties;
- Provides hydration;
- Is moisturizing;
- Is great for cleansing.



Argan Oil

- Offers intense hydration;
- Is great for skin elasticity;
- Has anti-aging properties;
- Reduces wrinkles and fine lines;
- Is effective in treating acne;
- Protects the skin against free radicals.



Jojoba Oil

- Is great for sensitive skin because it mimics the oils produced naturally by the body;
- Offers intense hydration;
- Is moisturizing;
- Is great for face, body, lips, and hair;
- Is great for aromatic wellness massages.



Avocado Oil

- Provides intense hydration;
- Boosts collagen production;
- Improves skin elasticity;
- Rejuvenates skin;
- Has anti-aging properties;
- Is rich in vitamin A and vitamin E.



Other Carrier Oils You can use:

- Grape Seed Oil;
- Macadamia Nut Oil;
- Peanut Oil;
- Pecan Oil;
- Walnut Oil;
- Sesame Oil;
- Sunflower Oil;
- Apricot Kernel Oil;
- Rose Hip Oil.



Lesson 2 - How To Use Carrier Oils

Carrier oils do not have a strong aroma and they do not evaporate so they can be used for diffusion, topical application, and aromatic massages without fearing that they will alter the therapeutic properties of essential oils or interfere with their scent. All carrier oils do is reduce the concentration of essential oils, making it safe to apply essential oils directly to the skin.

When To Use Carrier Oils

Any time you're thinking about applying essential oils to your skin, you should dilute them with a carrier oil first. In fact, this extra step contributes greatly to the efficiency of essential oils, especially when you choose carrier oils that provide skincare benefits.

You can start with the most basic carrier oils that you probably already have in your pantry. Olive oil and sunflower oil are great carrier oils and they are efficient in preventing skin irritation. Once you get a hang of the dilution process, you can experiment with other carrier oils and create your own mixtures.

How To Use Carrier Oils - Dilution Guide

For simple dilution purposes, it is important to start with a small amount of carrier oil and essential oil. The blends need to be stored into heat-sanitized containers. If you don't have a sanitary way to store the blends, it is best to mix only enough to use in one sitting.

As for amounts, you have different options for different purposes:

- 1% dilution - for sensitive skin and face application – mix 1 ounce of carrier oil with 6 drops of essential oil.
- 2-3% dilution – standard concentration for adults who use essential oils for therapeutic massages and DIY skincare recipes – mix 1 ounce of carrier oil with 18 drops of essential oil.
- 5% – 10% dilution – for serious conditions, such as infections (don't use 5-10% diluted oils for more than a week) – mix 1 ounce of carrier oil with 30-60 drops of essential oil.
- 25% dilution – for one-time topical application – mix 1 ounce of carrier oil with 150 drops of essential oil.

To make the oil blend, mix the essential oil with the carrier oil and apply it by massaging the blend into the skin.



Part 3

Different Ways A Wellness Maker Can Use Essential Oils

Wellness makers can incorporate essential oils into their daily lives in many different ways. Aromatherapy is an excellent tool for health and wellness but essential oils can be included in skincare and beauty routines as well. Essential oils are also a great instrument to make your home healthier.

In this part of our Wellness Makers Guide To Essential Oils, we will be discuss all the different uses of essential oils and how they can improve your health, wellbeing, and overall life.



Lesson 1 - How To Use Essential Oils For Health & Wellnes

From reducing anxiety to boosting the immune system and from beating insomnia to alleviating pain, essential oils can be used by wellness makers for many health and wellness purposes. There are numerous studies that confirm the health benefits of essential oils but it is important to choose the right oil and the right method of using the oil to maximize the benefits.

Stress & Anxiety Relief

Essential oils provide stress and tension relief, reduce anxiety, help control fear, and increase confidence.

Lavender and chamomile are frequently used as essential oils for stress and anxiety relief. Inhalation or diffusion of these oils can alleviate stress, reduce tension and body aches associated with stress and anxiety. Lavender and chamomile oils can also be used in aromatic baths.

People who struggle with self-doubt or have confidence issues can use grapefruit and rosemary essential oils. Diffusing these oils help boost confidence because they stimulate the brain. Ss a result they help people to get unstuck and change their mindset.

Sandalwood and frankincense essential oils help reduce feelings of fear.

Mood Improvement

Essential oils contribute to mood improvement by triggering positive mood swings that contribute to the way you feel and the way you engage with others. The mood-altering chemicals in essential oils promote calmness, act as antidepressants, relieve tension, help battle fatigue, increase productivity, and offer energy boosts.

The best essential oils for mood improvement are lavender essential oil, marjoram essential oil, citrus essential oils (lemon, orange, bergamot), jasmine essential oil, and rosemary essential oil. Aromatic baths, diffusion, and inhalation are all great ways of using essential oils for mood improvement.

For depression symptoms, wellness makers can use rose essential oil – on its own or mixed with other oils in baths, diffusers or inhalations.

To lighten the mood and improve energy levels, aside from lavender and citrus scents, you can diffuse rose, chamomile, and Ylang Ylang essential oils.



Immune System Booster

Aromatherapy can boost immunity and help the immune system to fight viruses, bacteria, and fungi.

The best essential oils to use as immune system booster are lavender, tea tree, peppermint, lemon, and thyme.

Relaxation

Essential oils can help relax your mind but also your body. A few drops of essential oils added to your massage lotion or mixed with a carrier oil can do wonders during a relaxing massage.

To relax tired muscles, you can either massage diluted essential oils directly into the skin or add a few drops in your bath. The best oils to use are basil, eucalyptus, and sage.

For mind relaxation and anger control, diffuse or inhale jasmine, rose, patchouli or bergamot essential oils.

Detox

Essential oils have a detoxifying effect on the body. They can cleanse and rejuvenate the body while having a positive effect on the mind at the same time.

The best way to use essential oils for detox purposes is to add Epsom salts or sea salt to a bath, followed by a few drops of lavender essential oil.

Memory & Concentration

Diffusing essential oils while working or studying is a great tactic wellness makers can use to improve concentration, stay alert, and increase memory.

For staying alert, you can inhale lavender, peppermint, sage, lemongrass, lemon, basil or frankincense essential oils.

To help improve concentration and aid memory, diffuse peppermint, black pepper or hyssop essential oil.



Cold & Flu

Essential oils are great for alleviating cold and flu symptoms, especially nasal congestion, sore throat, and cough. The healing and therapeutic properties of some essential oils can reduce and even completely relieve these symptoms by reducing mucus secretion and regenerating energy levels.

The best oils to use for nasal congestion are peppermint, eucalyptus, and rosemary essential oil with inhalation and diffusion being the best methods to get the benefits.

For the common cold, in addition to the oils listed above, wellness makers can also use tea tree and cinnamon leaf essential oils.

Pain Relief

Arguably the most significant benefit of essential oils is their ability to reduce inflammation. The anti-inflammatory properties of some essential oils make them just as effective as ibuprofen and aspirin. Aside from swelling relief, the anti-inflammatory components can also reduce or alleviate headaches, and heal muscle pain.

For swelling and anti-inflammatory relief, use chamomile or eucalyptus essential oils whereas for headaches and migraines, you can count on lavender and peppermint essential oils.

Sore muscles can be treated with eucalyptus, peppermint, basil, chamomile, cypress, and ginger essential oils.

If you struggle with neck pain caused by prolonged sitting, essential oils can increase circulation, provide a cooling effect, improve range of motion, and alleviate pain. Topical application is recommended in this case and the best essential oils to use are marjoram, peppermint, and lavender.

Sleep Aid

Essential oils can enhance your sleep experience by triggering the release of natural sleep hormones, decreasing anxiety, reducing stress, dropping blood pressure, and lowering body temperature.

If you struggle to fall asleep or you experience sleep disruptions, natural evaporation, diffusion or aromatic baths with lavender, chamomile, Ylang Ylang, cedarwood or neroli essential oils can help alleviate insomnia and allow you to sleep better throughout the night.

Fatigue

When you're experiencing fatigue, you can rely on essential oils for an energy boost but also for help with some of the symptoms associated with fatigue, such as poor appetite, body aches, tension, and irritability.

The best essential oils that can fight fatigue are eucalyptus, geranium, basil, rosemary, pine, and most citrus scents, particularly orange and lemon.



Lesson 2 - How to Use Essential Oils for Beauty & Skincare

Aside from their numerous health and wellness benefits, essential oils are also highly effective in treating skin problems, stimulating hair growth, exfoliating skin, healing scars, and nourishing the skin overall. Thus, wellness makers can make use of essential oils on a daily basis for said purposes and many others by mixing essential oils into face and body lotions and by diluting essential oils with carrier oils and applying the mixture on skins areas that are in need of nourishing,

Skincare Treatments

Essential oils can be used as moisturizers, lip balms, and body lotions but they are also very efficient in treating acne and healing acne scars.

Aside from hydrating the skin, essential oils get rid of bacteria and blackheads, unclog pores, reduce blemishes and skin irritation, minimize pimples, and help restore the balance of hormone levels. Since they are so effective, wellness makers can notice skin improvements in just a couple of weeks of daily use.

The best oils for treating acne are tea tree, clary sage, peppermint, lavender, and eucalyptus essential oils.

Anti-aging

Aging causes many unwanted skin issues including fine lines, wrinkles, age spots, discoloration, and depigmentation. Thankfully, the anti-aging benefits of essential oils can limit the appearance of wrinkles and reduce aging signs. Subsequently, the skin starts to look youthful again.

The best essential oils with anti-aging properties are frankincense, pomegranate, sandalwood, rose, lavender, and myrrh essential oils.



Hair Care

Incorporating essential oils into your hair care routine is another great idea. Essential oils are not only a natural and effective way to take care of your hair but they can also help with a wide range of hair related issues.

Essential oils stimulate hair growth, prevent hair loss, thicken hair, help detangling thin hair, relieve dry scalp, and treat dandruff. You can use essential oils mixed with a carrier oil instead of your regular hair conditioner or use the mixture for deep conditioning. You also have the option of placing a couple of drops of essential oil on your hairbrush before brushing your hair.

The best oils for nourishing hair are lavender, tea tree, Ylang Ylang, and lemongrass essential oils.

For hair growth carrot essential oil is the most effective while for hair loss prevention, you choose between lavender, ginger, thyme, and rosemary essential oils. Rosemary essential oil is also great if you have thin hair because it can thicken it.

Lastly, the best oils for dry scalp and dandruff relief are lavender and cedarwood essential oils.

Bath & Shower

Adding essential oils to your bath is not only a great way to relieve stress and tension but also to nourish the skin. Water acts as a carrier oil in this case so you don't have to dilute the essential oils first but you can add Epsom salt and sea salt for a more beneficial experience.



Lesson 3 - How To Use Essential Oils For A Healthier Home

Essential oils are useful around the home as well. They make an excellent natural alternative to regular cleaners and home products that are typically filled with toxic and harmful chemicals.

Below you can find a list of essential oils you can use around the house. We also listed the numerous ways you can use each oil so you can easily make your home healthier. To create a natural cleaner, you can mix a few drops of essential oil with warm water, vinegar, and baking soda.

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To lighten the mood and improve energy levels, aside from lavender and citrus scents, you can diffuse rose, chamomile, and Ylang Ylang essential oils.



Lemon Essential Oil

- Degreaser;
- Antibacterial cleaner;
- Natural air freshener;
- Fridge deodorizer.

Rosemary Essential Oil

- Antibacterial cleaner;
- Deodorizer.

Bergamot Essential Oil

- Air freshener;
- Insect repellent.

Cinnamon Essential Oil

- Home sanitizer;
- Seasonal scent.

Eucalyptus Essential Oil

- Insect and bug repellent;
- Disinfectant;
- Air freshener;
- Mold cleaner.

Frankincense Essential Oils

- Cleaning surfaces.
- Tea Tree Essential Oil
- Laundry detergent;
- Dishwashing detergent;
- Degreaser;
- Disinfectant.

Pine Essential Oil

- Cleaning kitchen and bathroom surfaces;
- Air purification;
- Antibacterial;
- Air freshener;
- Mildew removal.





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