



# YOUR BODY NEEDS

## ESSENTIAL OILS

### ACHES & PAINS

**Sinus Relief** Eucalyptus radiata, Frankincense, Peppermint, Pine, Sandalwood (All-Clear)

**Decongestion** Basil, Cedarwood, Frankincense, Geranium, Peppermint, Rosemary, Sandalwood

**Sore Throat** Gargle three-four drops of choice of these oils (do not ingest): Tea Tree, Lemon, Sandalwood

**Muscle Pain & Fatigue** Basil, Black Pepper, Chamomile Roman, Clarysage, Frankincense, Marjoram, Peppermint, Rosemary, Wintergreen

**Toothache** Gargle three-four drops of choice of these oils (do not ingest): Clove, Chamomile Roman, Peppermint

### FACIAL CARE

**All Skin** Clarysage, Frankincense, Geranium, Jasmine, Lavender, Patchouli, Rose, Sandalwood

**Dry Skin** Cedarwood, Chamomile Roman, Cypress, Patchouli, Rose, Sandalwood, Ylang Ylang

**Oily Skin** Citruses: Lemon, Grapefruit. Cypress, Eucalyptus, Geranium, Rose, Rosemary, Tea Tree, Thyme

**Broken Capillaries or Rosacea** Carrot Seed, Chamomile Roman, Frankincense, Rose

**Sensitive Skin** Chamomile Roman, Jasmine, Lavender, Rose

**Mature Skin** Carrot Seed, Clarysage, Frankincense, Geranium, Patchouli, Rose, Sandalwood

### BODY BOOSTS

**Immunity Boost** Frankincense, Lavender, Oregano, Thyme

**Winter Protection** Diffuse these oils during winter. It will provide your body with an extra boost of super hero power, and the aroma envelopes you. Thyme, Eucalyptus, Rosemary, Cedarwood. Combine any three of these oils with any citrus of your choice (Lemon, Grapefruit, Bergamot, Tangerine)

**Energy Boosters** Basil, Citruses, Rosemary, Peppermint

### NATURAL HOME CARE

**Natural House Cleaning** Bergamot, Eucalyptus, Lemon, Lemon Myrtle, Oregano, Pine, Tea Tree, Thyme

**Antiseptic** Basil, Bergamot, Black pepper, Cedarwood, Cinnamon, Clove, Frankincense, Lavender, Lemon, Pine, Sandalwood

**Anti-viral** Eucalyptus, Lavender, Lemon Myrtle, Tea Tree

### EMOTIONAL SUPPORT

**Anxiety Control** Chamomile Roman, Clarysage, Jasmine, Lavender, Marjoram, Rose, Sandalwood

**Sleep Solutions** Chamomile Roman, Clarysage, Lavender, Marjoram, Pettigrain, Sandalwood, Vetiver

**Relaxing** Clarysage, Frankincense, Geranium, Jasmine, Lavender, Marjoram, Rose, Vetiver Ylang Ylang

**A Need to Focus** Basil, Grapefruit, Rosemary, Sandalwood