

# Top Essential Oil & Their Uses

Oil	Uses	How To Use
 <p><b>Lavender</b></p>	<ul style="list-style-type: none"> <li>• Help your anxiety</li> <li>• Help your insomnia</li> <li>• Treat your acne</li> <li>• Relieves itchy bug bites</li> </ul>	<ul style="list-style-type: none"> <li>• Massage into your skin</li> <li>• Add to your bath</li> <li>• Sprinkle a few drops onto a cloth</li> <li>• Inhale its aroma</li> <li>• Add the oil to a diffuser</li> </ul>
 <p><b>Peppermint</b></p>	<ul style="list-style-type: none"> <li>• Relieve your sore muscles</li> <li>• Treat your nausea</li> <li>• Treat your headaches</li> <li>• Freshen your breath</li> </ul>	<ul style="list-style-type: none"> <li>• Fill a bowl with a hot water of mix and inhale vapor</li> <li>• Massage into your skin</li> <li>• Add 3 drops under your tongue for bad breath</li> </ul>
 <p><b>Lemon</b></p>	<ul style="list-style-type: none"> <li>• Use as a deodorizer</li> <li>• To stay focused</li> <li>• Help your skin heal</li> <li>• As a cleaner</li> <li>• Help your anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Add to cleansers</li> <li>• Massage into your skin</li> <li>• Add the oil to a diffuser</li> <li>• Mix with water and baking soda to make a degreaser</li> </ul>
 <p><b>Frankincense</b></p>	<ul style="list-style-type: none"> <li>• Help gut your health</li> <li>• Ward off gum disease</li> <li>• Improve your skin</li> </ul>	<ul style="list-style-type: none"> <li>• Disinfectant</li> <li>• Keep your hair shiny</li> <li>• Balance your skin</li> </ul>
 <p><b>Tea Tree</b></p>	<ul style="list-style-type: none"> <li>• Treat you acne</li> <li>• Odor eliminator</li> <li>• Treat your dandruff</li> </ul>	<ul style="list-style-type: none"> <li>• Soothe your skin irritation</li> <li>• Fight Fungus</li> <li>• Use as mouthwash</li> </ul>
 <p><b>Orange</b></p>	<ul style="list-style-type: none"> <li>• Improve your mood</li> <li>• Boost your indigestion</li> <li>• Improve your cognitive function</li> <li>• Give your skin a glow</li> </ul>	<ul style="list-style-type: none"> <li>• Use as a deodorizer</li> <li>• Treat your acne</li> </ul>
 <p><b>Geranium</b></p>	<ul style="list-style-type: none"> <li>• Treat your breakouts &amp; skin irritation</li> <li>• Ease your nasal symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce your allergic reactions</li> <li>• Fight your bacterial infections</li> <li>• Treat your stress</li> </ul>
 <p><b>Bergamot</b></p>	<ul style="list-style-type: none"> <li>• Use for soothing</li> <li>• Aromatherapy</li> <li>• Spot treatment for your acne</li> <li>• Treat against painful cysts</li> </ul>	<ul style="list-style-type: none"> <li>• To scent your hair</li> <li>• To soften and tame your curls</li> </ul>
 <p><b>Grapefruit</b></p>	<ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Help balance your mood</li> <li>• Calming</li> <li>• Lower your blood pressure</li> <li>• Prevent you from getting sick</li> </ul>	<ul style="list-style-type: none"> <li>• Support your healthy metabolism</li> <li>• Help with your weight loss</li> <li>• Fight hangovers</li> </ul>
 <p><b>Eucalyptus</b></p>	<ul style="list-style-type: none"> <li>• Help your cough</li> <li>• Clear Chest Congestion</li> <li>• Keep the bugs away</li> <li>• Fight your skin inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Help your respiratory conditions</li> <li>• Soothe your cold sores</li> <li>• Freshen your breath</li> </ul>
 <p><b>Chamomile</b></p>	<ul style="list-style-type: none"> <li>• Helps with digestion</li> <li>• Help balance your mood</li> <li>• Ease your skin conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Heal your wounds</li> <li>• Help your sleep</li> <li>• Use for anti-inflammation</li> </ul>
 <p><b>Basil</b></p>	<ul style="list-style-type: none"> <li>• Ease minor skin irritations</li> <li>• Aromatherapy</li> <li>• Calming</li> <li>• Help balance your mood</li> <li>• Insect repellent</li> </ul>	<ul style="list-style-type: none"> <li>• Brighten your complexion</li> <li>• Use to soften and strengthen your hair</li> <li>• Eliminate odor</li> <li>• Soothe your headaches</li> </ul>
 <p><b>Ylang Ylang</b></p>	<ul style="list-style-type: none"> <li>• Boost your mood</li> <li>• Lower your blood pressure</li> <li>• Repel flying insects</li> <li>• Promote new hair growth</li> </ul>	<ul style="list-style-type: none"> <li>• Treat your stomach distress</li> <li>• Treat your headache</li> <li>• Reducing candida infections</li> <li>• Clear your skin</li> </ul>
 <p><b>Rosemary</b></p>	<ul style="list-style-type: none"> <li>• Stimulates your hair growth</li> <li>• Reduce your scalp itching</li> <li>• Repels bugs</li> <li>• Eases your stress</li> </ul>	<ul style="list-style-type: none"> <li>• Improve your mood</li> <li>• Help your digestive &amp; liver health</li> <li>• Help reduce your joint inflammation</li> </ul>
 <p><b>Melissa/Lemon balm</b></p>	<ul style="list-style-type: none"> <li>• Relieve your stress</li> <li>• Balance your mood</li> <li>• Improve your cognitive function</li> <li>• Help insomnia</li> </ul>	<ul style="list-style-type: none"> <li>• Treat cold sores</li> <li>• Relieve your indigestion</li> <li>• Help your nausea</li> <li>• Help ease your headache</li> </ul>

# Essential Guide

**M Lipman**



## **Essential Guide:**

## Adopting the Song of Term: An Emotional Symphony within **Essential Guide**

In a world eaten by displays and the ceaseless chatter of instantaneous connection, the melodic splendor and emotional symphony developed by the published term frequently fade in to the backdrop, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, located within the pages of **Essential Guide** a charming fictional value full of raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that fascinating masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound impact resonating within each cautiously crafted phrase. Within the depths of the emotional review, we shall investigate the book is key harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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