



USING ORGANIC ESSENTIAL OILS

Sleep and Relaxation	Lavender, Ylang Ylang, Vetiver, Bergamot
Improve brain function/focus (recommended for those who tend towards ADD/ADHD)	Vetiver, Lavender, Frankincense
Anti-Inflammatory	Grapefruit, Peppermint, Marjoram, Frankincense, Vetiver, Ylang Ylang, Rosemary
Fight Colds/Flus Disinfectant	Oregano, Peppermint, Eucalyptus, Lemon, Rosemary, Marjoram, Lime, Bergamot
Pain/Headache Relief and Muscle Relaxation	Peppermint, Lavender, Rosemary, Grapefruit, Ylang Ylang, Marjoram
Cell repair/anti-cancer	Frankincense, Vetiver, Grapefruit, Sweet Orange
Decrease Depression and Boost Energy	Ylang Ylang, Patchouli, Lemon, Lime, Bergamot, Lemongrass
Anti-aging	Rosemary, Ylang Ylang, Lavender, Frankincense, Lemon, Vetiver, Patchouli, Lemongrass
Digestive Aids	Peppermint, Marjoram, Oregano, Lemon, Lime
Cleansers/Air fresheners	Eucalyptus, Lemon, Lavender, Grapefruit, Oregano, Tea Tree, Lime, Bergamot, Lemongrass
Insect/Tick Repellant	Eucalyptus, Lemongrass, Peppermint, Lavender, Rosemary, Geranium, Tea Tree
Head-lice	Tea Tree, Oregano, Eucalyptus (add to shampoo)
Wart removal	Frankincense, Lemon, Oregano (in apple cider vinegar)