
















# Top Essential Oil & Their Uses

Oil	Uses	How To Use
 <p>Lavender</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> <li>• Combat fungal infections</li> <li>• Head lice treatment</li> <li>• Treat your headaches</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>Peppermint</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> <li>• Raises energy levels</li> <li>• Improve your skin</li> <li>• Treat congestion</li> <li>• Promotes hair health</li> </ul>	<ul style="list-style-type: none"> <li>• Fill a bowl with a hot water oil mix and inhale vapor</li> <li>• Massage into your skin</li> <li>• Add 3 drops under your tongue for bad breath</li> </ul>
 <p>Lemon</p>	<ul style="list-style-type: none"> <li>• Use as deodorizer</li> <li>• To stay focused</li> <li>• Help your skin health</li> <li>• As a cleaner</li> <li>• Help your anxiety</li> <li>• Help your nausea</li> <li>• Soothe your sore throat</li> <li>• Boost your brainpower</li> </ul>	<ul style="list-style-type: none"> <li>• Add to cleaners</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>Frankincense</p>	<ul style="list-style-type: none"> <li>• Help gut your health</li> <li>• Ward off gum disease</li> <li>• Improve your skin</li> <li>• Disinfectant</li> <li>• Keep your hair shiny</li> <li>• Balance your skin</li> </ul>	<ul style="list-style-type: none"> <li>• Add to cleaner</li> <li>• Add to your oral hygiene routine</li> <li>• Put in a mask</li> <li>• Rub into your skin</li> <li>• Add a few drops to your hair</li> </ul>
 <p>Tea Tree</p>	<ul style="list-style-type: none"> <li>• Treat you acne</li> <li>• Oder eliminator</li> <li>• Treat your dandruff</li> <li>• Soothe your skin irritation</li> <li>• Fight fungus</li> <li>• Use as mouthwash</li> </ul>	<ul style="list-style-type: none"> <li>• Add oil to a carrier oil, then apply with a cotton swab</li> <li>• Add to your shampoo</li> <li>• Put a few drops in your shoes</li> <li>• Mix with water and peppermint oil to make mouthwash</li> </ul>
 <p>Orange</p>	<ul style="list-style-type: none"> <li>• Improve your mood</li> <li>• Treat your indigestion</li> <li>• Improve your cognitive function</li> <li>• Gve your skin a glow</li> <li>• Use as a deodorizer</li> <li>• Treat your acne</li> </ul>	<ul style="list-style-type: none"> <li>• Add to a diffuser to boost your mood</li> <li>• Add oil to a carrier and apply to your skin</li> <li>• Add to cleaning vinegar for a cleaner</li> </ul>
 <p>Geranium</p>	<ul style="list-style-type: none"> <li>• Treat your breakouts, &amp; skin irritation</li> <li>• Ease your nasal symptoms</li> <li>• Reduce your allergic reactions</li> <li>• Fight your bacterial infections</li> <li>• Treat your stress</li> </ul>	<ul style="list-style-type: none"> <li>• Use topically on your skin</li> <li>• Use as an aromatherapy treatment</li> <li>• Mix with sesame oil and use as a nasal spray</li> </ul>
 <p>Bergamot</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> <li>• To scent your hair</li> <li>• To soften and tame your curls</li> </ul>	<ul style="list-style-type: none"> <li>• Add a few drops in your shampoo or body wash</li> <li>• Apply bergamot oil mixed with a carrier oil directly to skin</li> <li>• Add to scent homemade candles</li> </ul>
 <p>Grapefruit</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>• Pevent you from getting acne</li> <li>• Support your healthy metabolism</li> <li>• Help with with your weight loss</li> <li>• Fight hangovers</li> </ul>	<ul style="list-style-type: none"> <li>• Add the oil to a diffuser</li> <li>• Add to lotions and creams</li> <li>• Apply to your skin</li> <li>• Add to your water or smoothie</li> </ul>
 <p>Eucalyptus</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> <li>• Help your respiratory conditions</li> <li>• Soothe your cold sores</li> <li>• Freshen your breath</li> </ul>	<ul style="list-style-type: none"> <li>• Inhale vapor from diffuser</li> <li>• Add to your lotions, creams, &amp; ointments</li> <li>• Mix water and witch hazel with oil to repel bugs</li> <li>• Apply to your skin</li> <li>• Add to your mouthwash</li> </ul>
 <p>Chamomile</p>	<ul style="list-style-type: none"> <li>• Helps with digestion</li> <li>• Help balance your mood</li> <li>• Ease your skin conditions</li> <li>• Heal your wounds</li> <li>• Help your sleep</li> <li>• Use for anti-inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Add the oil to a diffuser</li> <li>• Mix with water and use as a spray</li> <li>• Add to your bath</li> </ul>
 <p>Basil</p>	<ul style="list-style-type: none"> <li>• Ease minor skin irritations</li> <li>• Aomatherapy</li> <li>• Calming</li> <li>• Help balance your mood</li> <li>• Insect repellent</li> <li>• Brighton your complexion</li> <li>• Use to softens and strengthen your hair</li> <li>• Eliminate odor</li> <li>• Soothe your headaches</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Add to your water</li> <li>• Add to a hair treatment</li> <li>• Mix basil oil with boiling water to repel bugs</li> <li>• Mix basil oil, lemon oil, and vodka to make an air freshener</li> </ul>
 <p>.Ylang Ylang</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> <li>• Treat your stomach distress</li> <li>• Treat your headache</li> <li>• Reducing Candida albicans</li> <li>• Clear your skin</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Inhale vapor from diffuser</li> <li>• Add to your shampoo</li> <li>• Add to your soap</li> <li>• Mix with boiling water to repel bugs</li> </ul>
 <p>Rosemary</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> <li>• Improve your mood</li> <li>• Help your digestive &amp; liver health</li> <li>• Help reduce your joint inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Inhale vapor from diffuser</li> <li>• Apply topically to skin</li> <li>• Mix with boiling water for a bug repellent</li> <li>• Add to your shamppo</li> <li>• Add to a diffuser</li> </ul>
 <p>Melissa/lemon balm</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> <li>• Teat cold sores</li> <li>• Relieve your indigestion</li> <li>• Help your nausea</li> <li>• Help ease your headache</li> </ul>	<ul style="list-style-type: none"> <li>• Add to a diffuser</li> <li>• Apply to your skin</li> <li>• Add to cloth and inhale</li> <li>• Add to your bath</li> <li>• Add to cleaner</li> </ul>