

# Top Essential Oil & Their Uses

Oil	Uses	How To Use
 <b>Lavender</b>	<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>• Help foot 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>
 <b>Peppermint</b>	<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>
 <b>Lemon</b>	<ul style="list-style-type: none"> <li>• Use as a deodorizer</li> <li>• To stay focused</li> <li>• Help your skin health</li> <li>• As a cleanser</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 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>
 <b>Frankincense</b>	<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>
 <b>Tea Tree</b>	<ul style="list-style-type: none"> <li>• Treat you acne</li> <li>• Odor 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>
 <b>Orange</b>	<ul style="list-style-type: none"> <li>• Improve your mood</li> <li>• Treat your indigestion</li> <li>• Improve your cognitive function</li> <li>• Give 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 cleanser</li> </ul>
 <b>Geranium</b>	<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>
 <b>Bergamot</b>	<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>
 <b>Grapefruit</b>	<ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Help balance your mood</li> <li>• Cleaning</li> <li>• Lower your blood pressure</li> <li>• Prevent you from getting acne</li> <li>• Support your healthy metabolism</li> <li>• Help 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>
 <b>Eucalyptus</b>	<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, if cosmetics</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>
 <b>Chamomile</b>	<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>
 <b>Basil</b>	<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> <li>• Brighten your complexion</li> <li>• Use to soften 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 tea oil with boiling water to repel bugs</li> <li>• Mix basil oil, lemon oil, and vodka to make an air freshener</li> </ul>
 <b>Ylang Ylang</b>	<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>
 <b>Rosemary</b>	<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 shampoo</li> <li>• Add to a diffuser</li> </ul>
 <b>Melissa/Lemon balm</b>	<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>• Treat 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>

# Essential Oils Guide

**Marlene Houghton**



## Essential Oils Guide:

*Essential Oils Guide Book* Olivia Banks, 2018-09-12 Looking for books on essential oils and aromatherapy You've come to the right place *Essential Oils Guide Book* contains everything a new or seasoned oils enthusiast would want to know You'll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it's all here Here's a quick preview of what's inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils

**The Beginner's Guide to Essential Oils** Dr. Josh Axe, Jordan Rubin, Ty Bollinger, 2019-12-17 The safe natural alternative to the dangers of prescription meds conventional personal care products and common household cleaners In their quest to help people around the world discover healing and a vibrant life health experts and bestselling authors Dr Josh Axe Jordan Rubin and Ty Bollinger have joined forces to share this *The Complete Guide To Clinical Aromatherapy and Essential Oils for The Physical Body* Elizabeth Ashley, 2014 Let me ask you What's the most important thing you are looking for from your book about aromatherapy and essential oils Clear advice from an expert in their field An easy to navigate guide Comprehensive data of many oils and how to use them Value for money It seems to me that you may fit into one of three categories A complete beginner to essential oils who wants to learn how to treat themselves and their family safely A student or professional aromatherapist looking to grow their already ample aromatherapy bookshelf A distributor for an aromatherapy multi level marketing company such as Young Living or Doterra who wants to better understand their product Am I right This book written by a professional aromatherapist with 21 years experience has a little something for each of you Instructions on recommended oils for 60 different ailments Information on 104 essential oils and their safety data referenced from Tisserand Essential Oil Safety Data for Health Professionals 2013 Facts on how to use 16 different carrier oils including coconut oil tamanu and also St Johns Wort Recipe blends by another 13 professional aromatherapists including a blend to use in labour by a midwife using essential oils on an NHS maternity ward and an aphrodisiac blend by a professional sex therapist Details of how the chemistry of essential oils works Reflections on how plant extracts have been used since early neolithic times right up to the present day Plus extra bonus material Free hypnotherapy relaxation download 6 essential oil monographs including the most up to date information into clinical trials into many conditions including breast skin and prostate cancers as well as diabetes on lavender oil tea tree oil geranium rose myrrh and chamomile Past professionally published papers by the author on Agarwood Damiana Tuberose Calendula and myrtle oils Discount vouchers to 15 aromatherapy schools product stores and treatment clinics Over 300 pages and 21 years of professional experience What have you got to lose Scroll up and

buy **Essential Oils & Aromatherapy** Marlene Houghton, 2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you need to use them effectively After a detailed summary of each major oil recipes of specific oil blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject **Essential Oils Guide** J.D. Rockefeller, 2014-09-10 The uses for essential oils are considerable They can be used for medicine for the home for cleaning for pets and much more Some can be consumed orally while others are topical only Some are also poisonous and should never be used in any circumstances This essential oils guide will help you to maximize all of the benefits and ensure that you know when and where to use each of the different essential oils that you buy *Reference Guide for Essential Oils* Connie Higley, Alan Higley, 2013 **A Basic How to Use Essential Oils Reference Guide** Nancy Connor, 2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature's healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How

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P S This is a second edition of the book A Basic How to Use Essential Oils Reference Guide 250 Aromatherapy Oil Diffuser Recipes Healing Solutions for Stress Anxiety Depression Sleep Colds Allergies Headaches Sinus Problems Essential Oils for Beginners Mary Jones, 2017-05-17 Finally The Essential Oils complete guide has arrived and you can start to benefit today Need to lose weight Head throbbing from stress at work Sneezing from an allergy that just won't go away These are common modern day maladies that modern medicine just can't seem to fix while costing a small fortune yet the solution is quite literally just under our noses in the form of essential oils Essential oils have been hitting headlines lately and with good reason these natural oils have been shown to help with health issues of all kinds offering aromatherapeutic benefits to people of all ages Now You can learn which essential oils to use how and when to use them with this complete guide the first on the market You'll discover everything you need to know about thirty premium essential oils including where you can purchase them and how you can then mix them to create a wonderful smelling concoction that helps you finally get rid of what ails you You'll also discover what to avoid and how much you should be paying all while discovering over 50 recipes that tackle common health issues and the best method to apply these essential oils for maximum exposure and benefit Here are just some of the very real benefits readers can derive from this book Which essential oils are safe to use for pregnant or breastfeeding women How you can use essential oils for weight loss Which essential oils relieve stress Which essential oils are toxic and safety instructions for dealing with any essential oils An essential oils complete guide for purchasing and using for issues like hair loss wrinkles acne anxiety etc What are the best brands of essential oils and which is the best smelling essential oil How to store essential oils How to instantly boost your energy with the power of essential oils Which essential oils are best for relieving your seasonal allergies A quick reference guide on essential oil usage for most common ailments and occasions The two biggest mistakes in using essential oils Essential Oils for Beginners is a comprehensive reference book for anyone seeking to learn more about nature's medicine and a Bonus FAQ covers your most common questions Included Essential Oil term glossary will lead you through all the terms related to Essential oils and their usage Discover the healing powers of essential oils with this complete guide Would You Like To Know More Download your Essential Oils for Beginners copy NOW Whether seeking essential oils for weight loss allergies stress relief or more you'll find recipes and more right

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products Products that are created with the use of the essential oils that have been mentioned in this book Types and parts of a plant that will give the best result in producing pure and high quality oil Dangers of exposing your skin after applying some of the essential oils Getting Your FREE BonusRead this book and find BONUS Your FREE Gift chapter right after the introduction or after the conclusion     [A Complete Essential Oils Reference Guide](#) Nancy Connor,2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life     *A Beginner's Guide to Essential Oils* Hayley Hobson,2018-01-15 Discover the power of plant oils with this practical guide to their benefits with recipes included Every time you chop herbs for your salad or sprinkle cinnamon on your oatmeal you get to experience essential oil compounds In this guide internationally known speaker and wellness expert Hayley Hobson gives you the information you need to harness the benefits of essential oils by understanding how they work how to ensure quality and how to use them safely and effectively for specific purposes Hayley s program promotes a holistic path to wellness by incorporating the use of essential oils with a regimen of exercise healthy eating and mental and emotional practices Learn about Hayley s signature recipes created for specific purposesHelpful remediesDaily changesSafe handling and usageUsing oils to create balance as part of a holistic lifestyleWhy we get out of balance in the first placeA 31 Day plan with daily inspiration     *Essential Oils* Amy Joyson,2015-06-03 Transform your health with the definitive beginners guide to Essential Oils Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature s greatest medicines Allow me to introduce you to the world of essential oils and aromatherapy In this book there is absolutely no prior knowledge required and everything is



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Muller,2016-03-24 This book will teach you everything you need to know about essential oils If you are interested in learning more about what essential oils are how they can benefit you and how you can even have your own essential oil business Essential oils have become popular because they really do work Find out why and the answers to many of your questions in this book *Essential Oils for Beginners: The Where to & How to Guide for Essential Oil Beginners* Mary Jones,2017-05-16

Are you worried about the side effects of pharmaceutical medicines Discover natural solutions to safely treat a wide variety of common health issues Are you struggling with health problems like acne anxiety or allergies that just won't go away Have your efforts to cure your ailments with modern medicine made you more sick in the process Author Mary Jones discovered the healing power of essential oils in her youth when searching for alternatives to pharmaceutical medicine Now an essential oil expert Jones shows you how these inexpensive and age old remedies provide the power of self healing Essential Oils for Beginners The Where To How To Guide For Essential Oil Beginners is a comprehensive resource that demonstrates the power of essential oils Inside you'll discover everything you need to know about the top 30 essential oils and the amazing aromatherapy benefits of these natural medicines An in depth guide to the best essential oils for every situation Jones book is your ultimate reference to banishing modern day ailments In Essential Oils for Beginners you'll discover Over 50 unique essential oil recipes to treat common health issues Which essential oils to use for ailments such as obesity stress wrinkles and anxiety How to boost your energy instantly using the power of essential oils A full essential oil glossary and FAQ section covering essential usage questions The best essential oils for seasonal allergy relief and much much more Essential Oils for Beginners is a comprehensive compendium that contains everything you need to know about conquering your everyday

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