

A Guide To Essential Oils

Why use Essential Oils?

These oils are extracted from different plants, and have different benefits to us. Each plant contains a unique scent and allows us to process it in different ways via the senses. It also moistures, which makes the skin feel good after a massage.

Essential Oils also contain medicinal properties, which can treat or cure a wide array of ailments, or simply provide relief. Some of these ailments include migraines, nausea, vertigo, gastrointestinal issues, skin conditions and more. By simply massaging these oils into the skin at certain place on the body, the benefits can be reaped.

Another amazing benefit is that essential oils are generally cheaper than prescribed or even over the counter medicine.

How to use Essential Oils?

Using it as a massaging oil (aromatherapy), bath oil, diffuser in the home or apartment, in a foot spa... The possibilities are endless. Another method is by incorporating oils into a facial or hair mask, or mixing it into aqueous cream before applying it to your skin. Finally, oils can be used externally or outside to ward off pests and insects.

Oils can also be blended to achieve a range of benefits.

The Benefits of Essential Oils

LAVENDER

sleeplessness, helps to relax, helps to focus, antidepressant, supports digestion, stimulates blood circulation

LEMON

strengthens immunity, cures cold, deodorizes, antidepressant, helps to focus, helps to relax

MYRRH

fight colds & flu, aids digestive ailments, boosts immunity

NIAOULI

boosts immunity, pain reliever, helps respiratory system, insect repellent

ALMOND

stimulates blood circulation, reduces inflammation, helps to relax

PATCHOULI

helps to focus, aphrodisiac, boosts immunity, deodorizes

VETIVER

sleeplessness, helps to focus, aphrodisiac

JASMINE

antidepressant, hormonal support, helps to relax, aphrodisiac, helps inflammation

PEPPERMINT

strengthens immunity, relieves allergy, boosts endurance, helps to focus, cures cold, supports digestion, relieves nausea

OREGANO

strengthens immunity, intestinal issues, aids digestive ailments, relieves allergies

WORMWOOD

insect repellent, aids digestion, deodorizes, boosts immunity

MARJORAM

aids in digestion, helps blood circulation, fight colds & flu

CEDARWOOD

insect repellent, helps to relax, fight colds & flu

CLARY SAGE

strengthens immunity, antidepressant, balances hormones

SANDALWOOD

boosts immunity, helps to focus, aids blood circulation, fight colds & flu

GINGER

rejuvenates, stimulates blood circulation, aids with nausea, digestive aid, relieves nausea

CHAMOMILE

stress relief, helps to relax, helps to focus, antidepressant, supports digestion

LEMONGRASS

insect repellent, colds and flu fighter, digestion aid, antidepressant, deodorizes

SAGE

aids digestion, fight colds & flu, boosts immunity

CINNAMON

helps to focus, aids blood circulation, insect repellent, detoxifies the body

ROSEMARY

insect repellent, rejuvenates, helps to focus

ROSE

stress relief, helps to relax, antidepressant, aphrodisiac

BERGAMOT

stress relief, helps to relax, helps to focus, antidepressant, aids anxiety

CITRUS

rejuvenates, antidepressant, deodorizes, strengthens immunity, cures cold

EUCALYPTUS

relieves allergy, helps to focus, helps respiratory system, insect repellent, fights colds & flu

FRANKINCENSE

stress relief, helps to focus, strengthens immunity, antidepressant, helps with aches and pains

TEA TREE

relieves allergy, aids respiratory system, fight colds & flu

CAMPHOR

deodorizes, pain reliever, aids digestion, helps respiratory system

YLANG YLANG

sleeplessness, helps to focus

GRAPEFRUIT

rejuvenates, assists in weight loss, helps blood circulation

BASIL

relieves allergy, helps to focus, supports digestion, aids anxiety, helps with aches and pains

VANILLA

rejuvenates, aphrodisiac, antidepressant, fights anxiety, promotes relaxation