

# Essential Oils



# Essential Oils for Headaches/Migraines

- Roman Chamomile
- Lavender
- Lemon
- Sweet Marjoram
- Neroli
- Peppermint
- Rosemary

# Essential Oils for Stress

- Bergamont
- Cedarwood
- Roman Chamomile
- Frankincense
- Geranium
- Lavender
- Lemon
- Mandarin
- Sweet Orange
- Patchouli
- Vetiver

# Essential Oils for Depression

- Basil
- Bergamont
- Frankincense
- Geranium
- Grapefruit
- Lavender
- Mandarin
- Rose
- Ylang Ylang

# Essential oils for Anxiety

- Basil
- Roman Chamomile
- Cypress
- Frankincense
- Geranium
- Jasmine
- Lavender
- Neroli
- Rose
- Ylang Ylang

# Essential Oils for Colds

- Cajeput
- Eucalyptus
- Lavender
- Lemon
- Peppermint
- Pine
- Rosemary
- Tea Tree

# Essential Oils for Scars and Stretch Marks

- Frankincense
- Lavender
- Mandarin
- Neroli
- Palmarosa
- Tangerine

# Essential oils for Menopause

- Bergamont
- Clary Sage
- Cypress
- Geranium
- Jasmine
- Juniperberry
- Lavender
- Neroli
- Rose
- Ylang Ylang



# Essential Oils for Pre-menstrual tension

- Bergamont
- Clary Sage
- Sweet Fennel
- Geranium
- Juniper berry
- Lavender
- Neroli
- Rose
- Rosemary

# Essential oils for Palpatations

- Lavender
- May Chang
- Melissa
- Neroli
- Rose Otto
- Ylang Ylang

# Essential oils for Dry Skin

- Roman Chamomile
- Carrot Infused oil
- Jasmine
- Neroli
- Rose
- Ylang ylang
- lavender

# Essential Oils for Mature Skin

- Fennel
- Frankincense
- Jasmine
- Myrrh
- Neroli
- Palmarosa
- Patchouli

# Essential Oil for Oily Skin

- Bergamont
- Clary Sage
- Cypress
- Lavender
- Lemon
- Juniper berry
- Tea Tree
- Ylang Ylang

# Essential Oils for Sensitive Skin

- Apricot Kernel
- Roman Chamomile
- Evening Primrose Oil
- Jojoba
- Lavender
- Neroli

# Carrier Oils



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Carrier Oils that can be mixed with essential oils

- Grapeseed Oil
- Evening Primrose Oil
- Sweet Almond Oil
- Sunflower Oil
- Peach Kernel Oil
- Apricot Kernel Oil
- Jojoba Oil
- Vitamin E



# Please Note.....

Essential oils can be used in the bath, as a compress, massage, inhalation.

Never use essential oils neat directly on the skin, never use them internally. Caution with some essential oils during pregnancy, certain medical conditions, children and infants and elderly. Always check in case of allergies, or contraindications with certain medical conditions