

# Essential Oil Uses

**Mint-** used for cold, flu, bronchitis, nose blocking, throat infections, laryngitis, anti nausea and clears mental focus. Clears respiratory tract and boost energy

Can also help with pain

**Eucalyptus-** used for allergies, cough, asthma, headaches, migraines

**Lavender-** used for relaxing, insomnia, calming, vertigo, repels bugs

**Bergamot-** used for antiseptic for skin problems (acne, eczema, burns, stretch marks, dermatitis, insect bites

**Royal Amber**—used for stress, depression, concentration, clear mind

**Frankincense**—used to focus concentration, calm and center the mind, agitation, strengthen your awareness of our own inner light

**Myrrh-** used to raise consciousness and give a lift to feelings of weakness, apathy

**Rose-** used to balance hormones, relieve anxiety and stress, improve depression, improve menstrual discomfort, eases pain

**Lemon-** used to ease depression and anxiety, fights exhaustion, reduces inflammation and pain

**Jasmine-** Improves sleep, supports menopause, boost concentration, improves PMS symptoms, relieves anxiety, lifts mood

**Lotus Flower-** used to relieve stress, lowers blood pressure, aids deep breathing

**Lemongrass-** used to relieve stress and anxiety, relieves inflammation and pain, relieves headaches and migraines

**Orange-** used to lift mood and reduce stress, reduces pain and inflammation