

## **THE BENEFITS OF SPECIFIC ESSENTIAL OILS**

The benefits of essential oils are varied and far-reaching. Some of the most popular benefits of these essential oils are as follows:

- Headache Relief - (eucalyptus, peppermint, lavender, rosemary, camphor)
- Reduce Nausea - (peppermint, ginger, lemon, spearmint)
- Treat Acne - (tea tree, oregano, frankincense, lavender)
- Relieve Bloating - (fennel, oregano, ginger, peppermint)
- Promote Wound Healing - (helichrysum, lemon, tea tree, carrot seed, myrrh)
- Reduce Pain - (wintergreen, frankincense, chamomile, ginger, rosemary)
- Antidepressant Activity - (rose, vanilla, nutmeg, frankincense, lavender)
- Reduce Anxiety - (bergamot, lavender, neroli, patchouli, ylang ylang)
- Repel Insects - (cedarwood, vetiver, peppermint, orange, rosemary)
- Antimicrobial – (cinnamon, lemon, eucalyptus, tea tree, myrrh)
- Cognitive Support - (basil, patchouli, rosemary, sage)
- Dandruff Relief - (tea tree, eucalyptus).

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - **WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com).**

Thanks, Sami