

What can Essential Oils do for You?

What can essential oils do for you? This is what I like to call the different modes of actions they can provide.

Here is a list of **just a few** of the major ways essential oils can enhance our lives. They are useful for our health and beauty. They can help us mentally and physically in many ways. A sampling of essential oils follows each mode, but realize there are many other oils that are useful for each mode, individuals will respond differently to some oils versus others. This is what makes the use of essential oils fun, as you can choose what works for you in such a pleasant way.

- They kill bacteria, viruses and fungal infections – almost all will to varying degrees – some are better than others for specific types of germs and situations.
- Help wounds to heal quickly – Lavender, Helichrysum, Frankincense, Rose, Carrotseed
- Pain relief – Eucalyptus, Peppermint, Rosemary, Helichrysum, and others
- Reduce inflammation – Roman and German Chamomile, Helichrysum, Geranium, Juniper, Lavender
- Stimulate our immune systems –Eucalyptus, Frankincense, Oregano, Chamomiles, Lavender, Tea tree, Thyme
- Improve blood circulation – any of the heating oils, peppermint, eucalyptus, ginger, black pepper, juniper berry
- Work to help decongestion of sinuses and lungs – Naiouli, eucalyptus, peppermint, rosemary
- Repel bugs and insects – depends on need – cedarwood, peppermint, citronella, eucalyptus, geranium
- Attract the opposite sex, romance – rose, jasmine, ylang ylang, sandalwood and many more
- Help to relax – lavender, roman chamomile
- Help to energize – just about any citrus or mint
- Help to think Clearer – rosemary, peppermint, cinnamon, basil, lemon and other citrus oils
- Help memory – rosemary, basil, lemon, clove bud, sage, bay laurel and bay rum.

As you learn more about the essential oils you will find ones that work best for you and your family. Experiment and have fun to discover what works and what doesn't. Always remember our best advice – a little goes a long way – more oils are not necessarily better. Just a drop or two is usually all you will need to see results.

There are many more uses for essential oils and ways they can enhance your life that are not listed here. We suggest you continue to read and learn more about essential oils. Add a few new oils to your collection every month or so, get to know them. We encourage you to store them in a dark box in the refrigerator to keep them fresher. Make a habit of diffusing them daily (and nightly) to help your immune system and more!

If ever you have questions, suggestions or comments, please don't hesitate to e-mail us.