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OIL	PROPERTIES	BENEFITS/USES	HOW TO USE	PRECAUTIONS
Basil	Spicy	Concentration	Direct	Avoid with
			Inhalation	pregnancy
	Warm	PMS		
	Herbal	Boost immunity	Diffuser	May irritate skin
	TIELDal	Boost minutity	Massage with	
			carrier oil	\sim
			Drink diluted	
			with water or	
			tea	
Bergamot	Calming	Improves blood circulation	Direct Inhalation	Phototoxic,
	Soothing	circulation	Initialation	avoid exposure to sun for 3
	Sootining	Prevents	Diffuser	hours after use
	Vermifuge	infections		
			Massage with	
	Antibiotic	Reduces body	carrier oil	
		aches		
	Antiseptic		In bath	
	Deodorant	Stress control	Internal – 1	
	Debuorant	Relaxation	drop for each 4	
	Vulnerary		ounces of	
		Aids digestion	liquid	
	Antispasmodic			
		Skin care - heals		
	Sedative	scars, acne,		
	Analgesic	smooth skin		
	/ Indigesie	Eliminates bad		
	Antidepressant	odors		
	Disinfectant	Fever reducer		
	Febrifuge	Kills germs		
	rebilluge	KIIIS BELLIIS		
Black	Hot	Mood lifter	Diffuser	May irritate skin
				without dilution

Donnor	Potent	Digestive Aid	Massage with	
Pepper			carrier oil	
	Fruity	Antioxidant		
		Support	Internal –	
	Spicy		dilute 1 drop	
		Promotes	with 4 ounces	
		circulation	of liquid for	
			digestive	
			health	
Cinnamon	Spicy	Immunity	Direct	May irritate skin
Bark			Inhalation	without dilution
Daik	Earthy	Digestive health		9
			Diffuser	
	Woody	Healthy blood		
		sugar	Massage with	
	Warmly sweet		carrier oil	
	Disinforstant	Muscle relaxation		
	Disinfectant	Care threat	Internal - 1	
		Sore throat	drop hot water or tea	
		Cleaning	Cleaning – 3 to	
		Inspires	4 drops with	
		confidence	water in a	
		connucrice	spray bottle	
Roman	Floral	Stress	Direct	May irritate skin
			Inhalation	without dilution
Chamomile	Sweet	Calm		
			Diffuser	
	Calming	Peace		
			Massage	
	Soothing	Promotes sleep		
			Bath	
	Warm	Muscle pain		
		Arthritis		
		DMC		
		PMS		
		Colic		
		Colic		

	Llorhol	Orativaiana	Direct	Do not uso with
Eucalyptus	Herbal	Optimism	Direct	Do not use with
(Globulus)	Devile	En stal	Inhalation	infants
	Purifying	Facial	Diffuser	Net fen internet
		cleansing/Skin	Diffuser	Not for internal
	Refreshing	care		use
			Massage with	
	Soothing	Mood lifter	carrier oil	May irritate skin with dilution
	Light	Wellness/calm		
		Asthma		
		Respiratory health	10	
Frankincense	Spicy	Scars/wounds	Direct	Not for internal
			Inhalation	use with
	Clean	Wrinkles		pregnant
			Diffuser	women
	Warm	Stress		
			Bath	
	Tranquil	Colds/flu		
			Massage	
	Revitalizing		diluted with	
			carrier oil for	
	Calming		sensitive skin	
Geranium	Floral	Intimacy/romance	Direct	
Geranian			Inhalation	May cause
	Sweet	Clear and healthy		contact
		skin	Diffuser	dermatitis
	Sensual			
		Insect repellant	Bath	
	Romantic			
		Hair vibrancy and	Massage	
	Balancing	strength	diluted with	
		_	carrier oil	
		Relaxation		
			Internal - 1	
		Hormone	drop into 4	
		Hormone balancing		
			drop into 4	

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Grapefruit	Citrus	Boost mood	Direct	May irritate skin
Graperruit			Inhalation	without dilution
	Floral	Boost energy		
			Diffuser	
	Anti-septic	Cellulite		
			Massage with	
	Cooling	Oily skin	carrier oil	
	Refreshing	Weight	Internal –	
	incences in is	loss/metabolism	dilute 1 drop	
	Energetic	,	with 4 ounces	
		Water retention	of liquid for	
			digestive	
			health	
Lavender	Floral	Calming/reduces	Direct	If pregnant,
	Calming	stress/wellbeing	Inhalation	consult doctor before use
	Canning	Eases tension	Diffuser	before use
	Light		Diridder	May irritate skin
	U	Promotes sleep	Bath	, without dilution
	Anti-	XV		
	inflammatory	Headaches	Massage with	
			carrier oil	
	Antifungal	Acne		
	Antidepressant	Burns/minor skin		
	, and appressed in	irritations		
	Antiseptic			
		Asthma		
	Antibacterial			
	Antimicrobial	Colds/flu		
	Anumicrobial	Air cleaner		
	Antispasmodic			
		Soothes skin		
	Analgesic	sensitivity		
	Detoxifying			
	Hypotensive			
	/ I –	1		ı]

SedativeImage: SedativeDirect inhalationPhototoxic, avoid exposure to sun for 12 hours after topical useStimulatingRelieves NauseaDiffuserPhototoxic, avoid exposure to sun for 12 hours after topical useCalmingDigestionMassage with carrier oilMassage with rester topical useCarminativeNourishes SkinMassage with carrier oilMay irritate skin without dilutionAnti-infectionMay Promote Weight LossMassage with carrier oilMay irritate skin without dilutionDetoxifyingCleansesAntiseptic AllergiesAllergiesNouri Health cleanser/disinfectan ntSimualCoughHousehold cleaner/disinfectan ntCoughHousehold cleanser patheesFreshAntimicrobial - cleanse your home of harmful pathogensDishwasher detergentImproves massingDishwasher detergentDishwasher detergentLaundryImproves massingImproves massing					
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StimulatingImproves DigestionDiffuserhours after topical useCalmingNourishes SkinMassage with carrier oilMay irritate skin without dilutionAnti-infectionMay Promote Weight LossMassage with carrier oilMay irritate skin without dilutionAnti-infectionMay Promote Weight LossMassage with carrier oilMay irritate skin without dilutionAnti-infectionMay Promote Weight LossMassage with carrier oilMay irritate skin without dilutionDetoxifyingCleansesAntisepticAntilergiesHousehold cleaner/disinfecta ntHousehold cleanse your house of harmful pathogensHousehold cleanseHousehold cleanse your household cleanse your household cleanse your botogensHousehold cleanse your household cleanse your household cleanse your botogensHousehold cleanse your household cleanse your household cle		clean		inhalation	avoid exposure
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CalmingDigestionMassage with carrier oilMay irritate skin without dilutionCarminativeNourishes SkinMay irritate skin without dilutionAnti-infectionMay Promote Weight LossHouse AstringentDetoxifyingCleansesHouse CleansesAntisepticAllergiesHousehold cleaner/disinfecta ntDisinfectantCoughHousehold cleanser/disinfecta ntSleep-inducing FreshAntimicrobial - cleanse your home of harmful pathogensHousehold cleanse your home of harmful pathogensDishwasher detergentDishwasher detergentLaundry		Stimulating		Diffuser	hours after
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CarminativeNourishes Skinwithout dilutionAnti-infectionMay Promote Weight Losswithout dilutionAstringentPurifiesPurifiesDetoxifyingCleansesAntisepticAntisepticAllergiesAllergiesDisinfectantOral HealthImage: Second Seco		Calming	Digestion		
Anti-infectionMay Promote Weight LossAstringentPurifiesDetoxifyingCleansesAntisepticAllergiesDisinfectantOral HealthSleep-inducingCoughAntifungalHousehold cleaner/disinfecta ntFreshAntimicrobial - cleanse your home of harmful pathogensDishwasher detergentDishwasher detergent				carrier oil	
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Disinfectant Sleep-inducing Antifungal Crisp Fresh Citrus		Antiseptic			
Sleep-inducingOral Health CoughAntifungalHousehold cleaner/disinfecta ntFreshAntimicrobial - cleanse your home of harmful pathogensDishwasher detergentDishwasher detergentLaundryLaundry		Disinfectant	Allergies		
Sleep-inducing Antifungal Crisp Fresh Citrus Antimicrobial - cleanse your home of harmful pathogens Dishwasher detergent Laundry		Districcture	Oral Health		
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Antifungal Crisp Fresh Citrus Household cleaner/disinfecta nt Fresh Antimicrobial - cleanse your home of harmful pathogens Dishwasher detergent Laundry			Cough		
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Fresh nt Citrus Antimicrobial - cleanse your home of harmful pathogens Dishwasher detergent Laundry			Household		
FreshAntimicrobial - cleanse your home of harmful pathogensDishwasher detergentLaundry		Crisp	cleaner/disinfecta		
Citrus Antimicrobial - cleanse your home of harmful pathogens Dishwasher detergent Laundry			nt		
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Dishwasher detergent Laundry					
detergent Laundry			pathogens		
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Laundry					
			uetergent		
			Laundry		
Boosts immunity					
			Boosts immunity		

	Congestion/cough	
	colds/flu	

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Lemongrass	Citrus	Digestive tract	Direct	May irritate skin
Lemongrass		spasms	inhalation	,
	Herbal			
		Mental	Diffuser	
	Smoky	calm/clarity		
			Massage with	
	Refreshing	Stomach pains	carrier oil	
	Antiseptic	Cough		
	Analgesic	Painful joints	C	
	Analgesic	r annu joints		
		Fever	(0)	
		Cold/flu		
		Fatigue		
		Germ killer	·	
		Mild actringant		
		Mild astringent		

Jes'

ic atory siac tive	Household cleaner Disinfectant Relieves Inflammation Muscle relaxation Anxiety	inhalation Diffuser Massage with carrier oil	avoid exposure to sun for 12 hours after topical use
ic atory siac tive	cleaner Disinfectant Relieves Inflammation Muscle relaxation	Massage with	hours after
ic atory siac tive	Disinfectant Relieves Inflammation Muscle relaxation	Massage with	
atory siac tive	Relieves Inflammation Muscle relaxation		topical use
atory siac tive	Relieves Inflammation Muscle relaxation		5
siac tive	Inflammation Muscle relaxation	carrier oil	5
siac tive	Inflammation Muscle relaxation		5
siac tive	Muscle relaxation		0
tive			S
tive			
	Anxiety		
	Anxiety		
	1		
		• X X)	
	Depression		
	Prevents		
vic	Wound healing		
	Acne/dermatitis		
	Acherachinatitis		
	Boosts immunity		
	boosts minutity		
	Hoalthy skin (anti		
	gic		gic Wound healing Acne/dermatitis Boosts immunity Healthy skin/anti-

-	Freeh	Clarity	Direct	
Peppermint	Fresh	Clarity	Direct	
			inhalation	
	Minty	Concentration		
			Diffuser	
	Energizing	Mental fatigue		
			Massage with	
	Antispasmodic	Bad breath	carrier oil	
		Nausea	Internal – 1	
			drop per 4	
		Indigestion	ounces of	
		malgestion	liquid	
		Headaches	Inquit	
		ITEAUACHES		
		Cinucos		
		Sinuses		
		PMS		
		Relax GI muscles		
		to relieve		
		constipation		
		Relieves Sore		
		Muscles		
		Urinary Tract		
		Infections		
		Intections		
		Boosts circulation		
		Hoalthy skin		
		Healthy skin		
		Dug ropollast		
		Bug repellent		
		Joint pain		

Posomary	Sweet	Clarity	Direct	Pregnant and
Rosemary			inhalation	breastfeeding
	Herbal	Cough		should ask their
		0	Diffuser	doctors before
	Floral	Headaches		use
			Massage with	
	Fruity	Indigestion	carrier oil	Consult a doctor
				before using for
	Analgesic	Stress relief		children
	Antibacterial	Pain relief		
				\mathbf{O}
	Anticatarrhal	Learning and		
		memory		
	Antifungal			
		Vaginal infections		
	Anti-infection			
	Anti-	Immune system boost		
		DUUSL		
	inflammatory	Respiratory		
	Antioxidant	problem		
	Antioxidant	problem		
	Expectorant			

Sandalwood	Calming	Energy	Direct	May irritate skin
	Astringent	Skin care	inhalation	without dilution
			Diffuser	
	Anti-viral	Cough/cold/flu	Massage with	
	antiseptic	Gastritis	carrier oil	
	Anti-	Mental clarity	Internal – 1	
	inflammatory	Stress control	drop into 4 ounces of milk	C'
	Expectorant			5
	Uplifting	Relaxation/calm		
		Natural		
	Carminative	aphrodisiac		
	Diuretic	Memory booster		
	Disinfectant	Concentration		
	Emollient	Antiseptic for skin		
		to prevent acne and infections		
		Lowers cholesterol		
		Heals scars		
		Boosts immunity		
		UTI		
		Skin care		
		Reduces anxiety		

Tea Tree	Antiviral	Acne and other	Direct	NOT for Internal
		skin conditions	inhalation	Use
	Expectorant			
		Dry scalp	Diffuser	NOT for use with
	Fungicide			pets
		Antiseptic for	Massage with	
	Antibacterial	minor cuts and	carrier oil	
		scrapes		
	Antimicrobial	Destavial function		
	Anticontic	Bacterial, fungal and viral	C	
	Antiseptic	infections		
	Insecticide	IIIIections	10	
	moconcluc	Respiratory health	• X X .	
	Stimulant			
		Head lice		
	Sudorific			
		Natural deodorant		
		Bad breath		
		Liair boalth		
		Hair health		
		Hand sanitizer		
		Direct inhalation		
		Diffuser		
		Massage with		
		carrier oil		
	r			
		All-purpose cleaner		
		Dandruff		
		Athlete's foot		

		Crounding	Direct	
Vetiver	Warm	Grounding	Direct	
			inhalation	
	Earthy	Centering		
			Diffuser	
	Calming	PMS		
			Massage with	
	Tranquil	Hormone	carrier oil	
		balancing		
		Menopause		
Ylang Ylang	Antiseborrheic	Depression	Direct	Nausea,
			inhalation	headache and
	Antiseptic	Eczema		sensitivity may
			Diffuser	occur when
	Aphrodisiac	Minor skin		taken in
		irritations, burns	Massage with	excessive
	Nervine	and bruises	carrier oil	amounts
	Sedative	Aphrodisiac		
		Romance		
		Lowers high blood		
		pressure		
		Stress control		
		Anxiety		
		Boosts nervous		
		system health		
		Anti-aging skin		
		care		
		Balances moisture		
		and oils in skin		