

ESSENTIAL OIL BENEFITS

Peppermint	Contains magnesium, iron, potassium, omega 3 fatty acids, vitamins A & C. It treats dull skin and improves oily skin. It helps with inflammation of the skin. It is Calming to your digestive system, quiets nausea, and reduces stomachaches. Opens up your nasal passages, promotes hair growth, treats headaches, reduces nail fungus and other has other antifungal properties. It is antibacterial, and increases blood circulation.
Lavender	Calms skin irritation, soothes tension from both muscles and the mind; stress-reducing. Has outstanding balancing and healing effect on the nervous system. It offers soothing antispasmodic effects that can assist tight muscles, digestive problems, spasmodic coughs, menstrual cramps, insomnia, tension headaches, and hair loss. Great for restless syndrome. It's anti-inflammatory, skin-healing properties will help heal burns, bug bites, wounds, bee stings, rashes, acne, and skin irritations or infections, and is also used as a bug repellent. Not recommended for pregnant women.
Lemongrass	Helps relieve pain in muscles and joints, as well as toothaches and headaches resulting from viral infections like cough, cold, influenza, fever, and various poxes. It also helps cure general body pain resulting from strenuous activities and athletics. Antidepressant, Anti-inflammatory. Avoid during pregnancy.
Tea Tree	Powerful antiseptic, antifungal and anti-viral. Good for acne, cold sores, warts, and burns. Useful cleansing agent for skin. Helps combat foot odor and athlete's foot. Treats hair loss, stimulates blood circulation and treats muscle pain. Cautions: May cause irritation to sensitive skin.
Orange	It's rich, fresh citrus scent lifts the spirits yet is calming to the nerves and encourages sleep. Anti-inflammatory, anti-depressant, sedative, increases urination, anti-aging, relaxes muscles, disinfects, boosts immunity, treats acne and dermatitis, brightens dull complexions. and maintains healthy skin.
Eucalyptus	Increases respiratory function and promotes easy breathing. Anti-inflammatory. Treats muscle pain, mental exhaustion, asthma, lice and helps control blood sugar. Anti-aging, promotes immunity and cellular health. Anti-inflammatory and can evoke feelings of peace, relaxation and well-being.
Ylang-Ylang	Anti-depressant, antiseptic, aphrodisiac, sedative, reduces blood pressure, treats internal infections, treats insomnia, and promotes hair growth.
Vanilla	The health benefits of Vanilla Essential Oil can be attributed to its properties as an antioxidant, aphrodisiac, anticarcinogenic, febrifuge, antidepressant, sedative, tranquilizing and relaxing substance.
Rosemary	Stimulates hair follicles which promote hair growth, slows down hair loss and greying. And treats dry scalp. Increases concentration, relieves muscle aches and pain.
Citronella	Antibacterial, antidepressant, antiseptic, antispasmodic, anti-inflammatory, deodorant, antifungal, febrifuge, and insect repellent.

DISCLAIMER

The information provided here is for educational purposes only, and not intended to treat, prescribe, cure, or diagnose any disease or condition. This information is not intended as a substitute for consulting with your physician or health care provider. All matters pertaining to your physical health should be supervised by a health care professional. Keep all aromatherapy products out of reach of children. Pregnant or breastfeeding women should use Essential Oils with caution and should avoid Lemongrass, Rose, Rosemary, and Lavender. Giftedness products are intended for external and cosmetic use.