

10

must have

ESSENTIAL OILS

for your

NATUROPATHIC

Medicine Chest



ESSENTIAL OIL:	MAJOR INDICATIONS:	BLEND:
Chamomile	ACNE, CALMING, HEADACHES, LIVER PROBLEMS, PAIN, STRESS, ANXIETY, INDIGESTION, SEASONAL ALLERGIES, TOOTHACHES	YLANG YLANG SANDALWOOD LEMON
Clary Sage	DEPRESSION, ANXIETY, HIGH BLOOD PRESSURE, MENSTRUAL PROBLEMS, CHILDBIRTH, SORE THROAT, MENOPAUSE	CEDARWOOD EUCALYPTUS ORANGE
Eucalyptus	ANTISEPTIC, DECONGESTANT, ANTIVIRAL, ACHES/PAINS, BRONCHITIS, SINUSES, COUGHS, HERPES	GINGER ROSEMARY CLARY SAGE
Geranium	DEPRESSION, PMS, ANXIETY, ASTRINGENT, FUNGAL INFECTIONS, CUTS, BRUISES, MENOPAUSE, DIARRHEA, DRY SKIN, JAUNDICE, GALLSTONES	SANDALWOOD BERGAMOT GRAPEFRUIT
Lavender	ANXIETY, ANTISEPTIC, ACNE, HEADACHES, CUTS, BURNS, WOUNDS, NERVOUS TENSION, HEADACHES, HAIR/SCALP CARE, CHILDBIRTH	LEMON VETIVER YLANG YLANG
Lemon	ANTISEPTIC, COLD SORES, DEPRESSION, CUTS, WOUNDS, OILY SKIN, LIVER STIMULANT/CLEANSER, WRINKLES, SLUGGISHNESS	JASMINE PEPPERMINT CLARY SAGE
Peppermint	INDIGESTION, CHEST/SINUS CONGESTION, MUSCLE SORENESS, FEVERS, BAD BREATH, HEADACHES, FLU, NAUSEA, MENSTRUAL CRAMPS	CEDARWOOD PINE ORANGE
Rose	DEPRESSION, ANTISEPTIC, INSOMNIA, MENOPAUSE, LAXATIVE, SKIN CARE, PSYCHOLOGICAL IMPOTENCE, SENSITIVE SKIN, MATURE SKIN	PATCHOULI MANDARIN VERBENA
Rosemary	IMPROVED COGNITION/MEMORY, ARTHRITIS, GENERAL WEAKNESS, HAIR TONIC, SKIN CARE, MENTAL FATIGUE, BODY STIMULANT	LEMON ORANGE JUNIPER
Tea Tree	ANTISEPTIC, ANTIFUNGAL, ANTIMICROBIAL, CHICKEN POX, COLD SORES, DENTAL ABSCESSSES, ENERGY STIMULANT, STREP THROAT, PIMPLES	CLOVE FENNEL BLACK PEPPER