

Top 6 Essential Oils

More and more people are realizing that they must take charge if they want to have vibrant health. And by vibrant health, we mean a strong immune system easily capable of fighting off viruses and bacteria, plenty of energy, mental clarity, deep restorative sleep, and a body free from stiffness, aches, and pains.

Unfortunately, the current 'healthcare' system is more of a 'sick-care' system'. So, we need to look to other resources to help us. Essential oils can help us achieve all the above. Below are 6 Essential Oils that are essential for your natural medicine kit!

Lavender

All things calming and relaxing



- Apply to feet and spine or take a drop internally to ease anxious feelings or promote a restful sleep
- Use topically on skin irritations to soothe the area and relieve itching and redness
- Mix with water and spritz on linens as a natural linen spray
- Diffuse to reduce stress and tension
- Use on cuts and scrapes to soothe the area

Oregano

Immune, respiratory & digestion



- Take a few drops in a veggie capsule periodically for a mega immune boost
- Use with water in a spray bottle to clean the corners of the shower and sink and other dark damp areas
- Heavily dilute and apply to toenails to keep impurities out
- Dilute and apply to skin tags 2x daily to help smooth the skin out
- Use a drop internally to create a healthy digestive track and bladder to keep unwanted germs out
- Oregano can aid in creating clear respiratory systems when taken internally or diffused

Frankincense

Immune & nervous system



- Apply to skin to help reduce the appearance of age spots, wrinkles, and blemishes
- Use daily internally to help support healthy cell development and a healthy inflammatory response
- Apply topically to feet and spine (or use internally) to help support your body's immune system
- Diffuse or apply on bottles of the feet to help balance mood and soothe emotions
- Use on temples and back of neck for head tension

Peppermint

All things cooling



- Mix with fractionated coconut oil and put on bottoms of feet and down the spine to cool down the body naturally. Reapply often (every 15-20 min) until temp is where you would like it
- Use in a spray bottle with water to keep away ants and spiders
- Use on sunburn to cool the skin or put on back of neck when experiencing hot flashes associated with menopause (also take a drop internally to help with this)
- Put a drop in your mouth for a breath freshener
- Use on temples and neck to reduce head tension
- It is a natural vasodilator, use aromatically to increase alertness on a long drive or while doing homework
- Take a drop internally or put some on tummy to calm digestive upset or reduce feelings of nausea

Melaleuca

Cleansing and purifying



- Use a drop on any skin irritations or impurities add a few drops to fractionated coconut oil
- Use as an after shaving lotion to get rid of bacteria
- Combine 10 drops with half cup baking soda and quarter cup vinegar to use as a toilet cleaner
- Put on nails to keep them clean and healthy
- Put on bottoms of feet, a few drops in a gel cap, or put a few drops in water with your other immune boosting oils to give your body a power boost to stay well
- Great to use as a cleansing agent for scrapes (great first aid oil)
- Put a drop around ears and down ear bone for ear discomfort and when you or your little one is congested to keep ears healthy
- Put on chest to help clear congestion

Lemon

Cleansing, energising, purifying



- Diffuse to neutralize odour
- Use a drop to remove sticky residue
- Add a few drops to your water for flavour and a gentle detox for your body plus an energy boost mid-day
- Put on the bridge of the nose for a runny nose
- Add a few drops to your dishwasher or laundry to freshen it up naturally
- Use with water and vinegar for a natural all-purpose spray to get rid of unwanted germs
- Use on scars or dark spots with frankincense to help lighten the area (avoid sun exposure where applied for 12 hours)
- Add a few drops to water in a spray bottle to clean toys, surfaces, or use as hand sanitizer

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