# **ESSENTIAL FAMILIES**

Quick Reference Guide for your Everyday Oils



## LEMON

-May help support the immune system
-May help energize/stimulate the
mind and body
-Can be used in your skin care recipes
-Helps clean, degrease and disinfect surfaces
-May act as an appetite suppressant



# FRANKINCENSE

-Can be used in your skin care recipes
-May help reduce the appearance of aging
-Helps alleviate occasional
nervous initability
-May help support the immune system
-Dittuse to enjoy a comforting aroma



# RC

-Apply to the chest, back &/or throat area to support a healthy respiratory system during times of initiation
 -Add to a hot compress and place on chest for added support
 - Diffuse overnight to combat snoring and



# PANAWAY

-May help with muscle pain after exercise -May help alleviate minor aches and pains -May soothe sore joints -May soothe tension related neck and head pain



# LAVENDER

promote a restful sleep

-May give you a more peaceful night's sleep
-Use in your favorite skin care recipes
-May soothe minor skin irritations
-Enhances relaxation
-May minimize seasonal discomforts
-Deodorize closets and drawers
-May help in minimizing scar fissue or wrinkles



# PURIFICATION

-May be used to cleanse and soothe skin
-Helps puritly the air from odors
-May help relieve bug bites
-May be used as insect repellant
-May help minimize seasonal discomforts
-beodorize closets and drawers
-May minimize ear pain.



## THIEVES

-Best choice for fighting germs
-Helps clean and disinfect surfaces
-May support healthy immune function
-Diffuse to help purify the air
-May help minimize teeth or gum pain



# COPAIBA -Promotes wellness

-Apply topically as part of a daily health regimen

- Mix with honey and warm water to create a post workout tea

- Helps support the muscular and nervous systems



# PEPPERMINT

-May help with alertness
-May help soothe tummy troubles
-May help open up a stuffy nose
-May help relieve tension related aches
and pains
-May help support healthy lung function

Also used to flavor teas and recipes



#### DIGIZE

 Take this one with you when traveling, especially abroad, to support a healthy digestive system

 Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vitaflex points of the feet



# **Essential Oil Guide**

**JE Gale** 



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