










Essential Oil	General Description and Uses	Safety Precautions
<b>Anise -</b> ( <i>pimpinella anisum</i> )	Sweet, fennel-like scent often used during the hunting season to mask the human scent. Also applied to bait to attract fish. Cheering, euphoric, energizing, sense enhancing, antibacterial, coughs, deodorant, menopause. Parts used: seed pod	Dilute well before use. Do not use during pregnancy.
<b>Bergamot -</b> ( <i>citrus bergamia</i> )	Citrusy, fresh, woody scent. Cheering, concentration, aggression, confidence, grief, nervous tension and stress. Said to help with the stress of Parkinson's Disease and PMS moodiness. Good for withdrawal. Parts used: peel of fruit.	Phototoxic. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
<b>Cedarwood -</b> ( <i>cedrus atlantica</i> )	Dry, sweet, woody balsamic scent. Balancing, grounding and strengthening. Often used to promote self-control and to balance spirituality. Possible uses: acne, dry hair, rheumatism, oily skin, immunity booster. Parts used: wood	Avoid during pregnancy. May irritate extra sensitive skin.
<b>Cinnamon Leaf -</b> ( <i>cinnamomum zeylanicum</i> )	Hot, spicy scent - richer in aroma than ground cinnamon. Invigorating, refreshing, warming, aphrodisiac properties. Often used by those with low blood pressure. Good for exhaustion & fatigue. Antifungal. Parts used: leaf.	Avoid if you have high blood pressure. Dilute well before use.
<b>Citronella -</b> ( <i>cymbopogon nardus</i> )	Slightly fruity, fresh, lemony scent. An oil that is known to be refreshing, stimulating, soothing & vitalizing. Most popular for being a powerful insect repellent. Antiseptic properties, good when you have a cold. Parts used: grass.	Avoid during pregnancy.
<b>Clary Sage -</b> ( <i>salvia sclarea</i> )	Earthy, herbaceous & slightly fruity scent. Known as the "woman's oil." Good for use as an antidepressant, for PMS and Menopause. Also good for fatigue, fear & stress. Is often used to help promote vivid dreaming. Parts used: flowering tops, herb.	Avoid with a history of breast or ovarian cysts or estrogen-dependent cancer. Do not overuse while drinking alcohol.
<b>Clove Bud -</b> ( <i>eugenia caryophyllata</i> )	Spicy, warming, rich but slightly bitter scent. Possible uses: memory loss, stimulating, energizing, warming. Also known for use as an antiseptic, for sprains, strains and is often used (in part) by dentists for toothache. Parts used: flower buds.	A possible mucous membrane irritant. Not to be used by alcoholics, haemophiliacs or those with prostate cancer.
<b>Cypress -</b> ( <i>cupressus sempervirens</i> )	Fresh, slightly woody aroma. Helpful with aggression, nervous tension, stress & restlessness. Said to be good for hot flashes, menopause and bruising as well as a circulatory stimulant. Parts used: leaves (needles), twigs.	Avoid during pregnancy or a history of estrogen-dependent cancer. Avoid constant use with high blood pressure.
<b>Eucalyptus -</b> ( <i>eucalyptus globulus</i> )	Clear, fresh, medicinal scent. A balancing, cooling & stimulating oil often used with colds, coughs, muscular fatigue & sinusitis. Also helpful when you have bronchitis, the flu or slight fever. Parts used: leaves & twigs.	Avoid with a history of epilepsy or if you have used homeopathic remedies. (Do NOT take internally - toxic)
<b>Fir Needle -</b> ( <i>Abies alba</i> )	Woody, earthy, fresh scent. Known for stimulating circulation. Often used for muscle pain, arthritis & rheumatism as well as elevating the emotions and helping with stress. Parts used: leaves (needles), twigs.	Dilute well before use.
<b>Frankincense -</b> ( <i>Boswellia carterii</i> )	Spicy, woody, fruity & fresh smell. For the mind, frankincense is often used for anxiety, exhaustion and for focus. Reported to help with scars and wrinkles. Has been used in history for blessing and consecration. Parts used: resin.	Avoid during pregnancy. Regarded as generally safe.
<b>Geranium -</b> ( <i>Pelargonium graveolens</i> )	Floral but sweet smell with fruity undertones. Often used for nerves, stress and for relaxed, intense focus (such as self-hypnosis). Has been known to calm those who suffer from Alzheimer's and Muscular Dystrophy. Parts used: flowers, leaves, stalks.	Avoid if a history of estrogen-dependent cancer or hypoglycemia.
<b>Ginger -</b> ( <i>Zingiber officinale</i> )	Smoky, spicy, woody scent. For the mind, used for memory loss and to anchor the emotions. Good for nausea, motion sickness, aches & sprains and the nausea associated with migraine headaches. Parts used: roots (stems).	May irritate extra-sensitive skin. Dilute well before use.
<b>Jasmine Absolute -</b> ( <i>Jasminum officinalis</i> )	Exotic, floral, rich, sweet scent. Used often in the perfume industry. Has relaxing, sedative properties and is said to be an aphrodisiac. Also good as an antidepressant, for PMS & Menopause. Parts used: flowers	Avoid during pregnancy. Extended use has narcotic-like properties.
<b>Juniper Berry -</b> ( <i>juniperus communis</i> )	Crisp, sweet & herbaceous with a fruity note. Often used for gout, jet lag and hangovers as well as for memory loss, clearing the mind and exhaustion. Said to have detoxifying and toning properties. Parts used: berries	Avoid during pregnancy. Avoid if a history of kidney disease or high blood pressure.
<b>Lavender -</b> ( <i>lavandula officinalis</i> )	Floral, fresh, light, herbaceous scent. Is said to bring about love and peace. Good for insect bites, to calm the nerves, help with sleeping - soothing & relaxing. Also good for bumps, bruises, itching and headaches. Parts used: flowering tops.	Avoid during first trimester of pregnancy.
<b>Lemon -</b> ( <i>citrus limonum</i> )	Rich, fresh smell similar to fresh lemon rinds. Used to uplift the spirits as it is balancing, cheering and refreshing. Often used to reduce warts, for fainting and hayfever. Good ingredient in cleaning and dish washing. Parts used: peel of fruit.	Phototoxic. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
<b>Lemon Eucalyptus -</b> ( <i>eucalyptus citriodora</i> )	Sweet, lemony smell with a woody note. Known to be calming and purifying. Reported by the CDC to be a good, natural substitute for DEET in combating mosquitoes. Contains some of the same properties as regular eucalyptus. Parts used: leaves, twigs.	Dilute before use.
<b>Lemongrass -</b> ( <i>cymbopogon citratus</i> )	Fresh, lemony, grassy scent. For the mind, used for irritability, mental fatigue, stress & nervous exhaustion. Often used as a mild insect repellent, for light cases of athlete's foot and reported to be good for cellulite. Parts used: grass, leaves.	Avoid during pregnancy or a history of high blood pressure.
<b>Lime -</b> ( <i>citrus aurantifolia</i> )	Green, fresh, citrus, sweet scent. Stimulating, uplifting & cheering, lime is known for helping raise the spirits and makes a good antidepressant. Good for skin toning as an astringent and is said to help with dandruff. Parts used: peel of fruit.	Mildly phototoxic. Try to avoid direct exposure to sunlight where lime has been used on the skin.
<b>Palmarosa -</b> ( <i>cymbopogon martini</i> )	A floral, grassy, rose-like scent. Good for creativity, aggression & anxiety. Said to work quite well for wrinkles, dermatitis, hair loss & PMS symptoms. Associated with healing and love. Parts used: white plant	Avoid with a history of high blood pressure.

## Top Essential Oil & Their Uses

Oil	Uses	How To Use
 <p><b>Lavender</b></p>	<ul style="list-style-type: none"> <li>• Help your anxiety</li> <li>• Help your insomnia</li> <li>• Treat your acne</li> <li>• Relieves itchy bug bites</li> <li>• Combat fungal infections</li> <li>• Head lice treatment</li> <li>• Treat your headaches</li> </ul>	<ul style="list-style-type: none"> <li>• Massage into your skin</li> <li>• Add to your bath</li> <li>• Sprinkle a few drops onto a cloth</li> <li>• Inhale its aroma</li> <li>• Add the oil to a diffuser.</li> </ul>
 <p><b>Peppermint</b></p>	<ul style="list-style-type: none"> <li>• Relieve your sore muscles</li> <li>• Treat your nausea</li> <li>• Treat your headaches</li> <li>• Freshen your breath</li> <li>• Raises energy levels</li> <li>• Improve your skin</li> <li>• Treat congestion</li> <li>• Promotes hair health</li> </ul>	<ul style="list-style-type: none"> <li>• Fill a bowl with a hot water oil mix and inhale vapor</li> <li>• Massage into your skin</li> <li>• Add 3 drops under your tongue for bad breath</li> </ul>
 <p><b>Lemon</b></p>	<ul style="list-style-type: none"> <li>• Use as deodorizer</li> <li>• To stay focused</li> <li>• Help your skin health</li> <li>• As a cleaner</li> <li>• Help your anxiety</li> <li>• Help your nausea</li> <li>• Soothe your sore throat</li> <li>• Boost your brainpower</li> </ul>	<ul style="list-style-type: none"> <li>• Add to cleaners</li> <li>• Massage into your skin</li> <li>• Add the oil to a diffuser</li> <li>• Mix with water and baking soda to make a degreaser</li> </ul>
 <p><b>Frankincense</b></p>	<ul style="list-style-type: none"> <li>• Help gut your health</li> <li>• Ward off gum disease</li> <li>• Improve your skin</li> <li>• Disinfectant</li> <li>• Keep your hair shiny</li> <li>• Balance your skin</li> </ul>	<ul style="list-style-type: none"> <li>• Add to cleaner</li> <li>• Add to your oral hygiene routine</li> <li>• Put in a mask</li> <li>• Rub into your skin</li> <li>• Add a few drops to your hair</li> </ul>
 <p><b>Tea Tree</b></p>	<ul style="list-style-type: none"> <li>• Treat you acne</li> <li>• Odor eliminator</li> <li>• Treat your dandruff</li> <li>• Soothe your skin irritation</li> <li>• Fight fungus</li> <li>• Use as mouthwash</li> </ul>	<ul style="list-style-type: none"> <li>• Add oil to a carrier oil, then apply with a cotton swab</li> <li>• Add to your shampoo</li> <li>• Put a few drops in your shoes</li> <li>• Mix with water and peppermint oil to make mouthwash</li> </ul>
 <p><b>Orange</b></p>	<ul style="list-style-type: none"> <li>• Improve your mood</li> <li>• Treat your indigestion</li> <li>• Improve your cognitive function</li> <li>• Give your skin a glow</li> <li>• Use as a deodorizer</li> <li>• Treat your acne</li> </ul>	<ul style="list-style-type: none"> <li>• Add to a diffuser to boost your mood</li> <li>• Add oil to a carrier and apply to your skin</li> <li>• Add to cleaning vinegar for a cleaner</li> </ul>
 <p><b>Geranium</b></p>	<ul style="list-style-type: none"> <li>• Treat your breakouts, &amp; skin irritation</li> <li>• Ease your nasal symptoms</li> <li>• Reduce your allergic reactions</li> <li>• Fight your bacterial infections</li> <li>• Treat your stress</li> </ul>	<ul style="list-style-type: none"> <li>• Use topically on your skin</li> <li>• Use as an aromatherapy treatment</li> <li>• Mix with sesame oil and use as a nasal spray</li> </ul>
 <p><b>Bergamot</b></p>	<ul style="list-style-type: none"> <li>• Use for soothing</li> <li>• Aromatherapy</li> <li>• Spot treatment for your acne</li> <li>• Treat against painful cysts</li> <li>• To scent your hair</li> <li>• To soften and tame your curls</li> </ul>	<ul style="list-style-type: none"> <li>• Add a few drops in your shampoo or body wash</li> <li>• Apply bergamot oil mixed with a carrier oil directly to skin</li> <li>• Add to scent homemade candles</li> </ul>
 <p><b>Grapefruit</b></p>	<ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Help balance your mood</li> <li>• Calming</li> <li>• Lower your blood pressure</li> <li>• Prevent you from getting acne</li> <li>• Support your healthy metabolism</li> <li>• Help with your weight loss</li> <li>• Fight hangovers</li> </ul>	<ul style="list-style-type: none"> <li>• Add the oil to a diffuser</li> <li>• Add to lotions and creams</li> <li>• Apply to your skin</li> <li>• Add to your water or smoothie</li> </ul>
 <p><b>Eucalyptus</b></p>	<ul style="list-style-type: none"> <li>• Help your cough</li> <li>• Clear Chest Congestion</li> <li>• Keep the bugs away</li> <li>• Fight your skin inflammation</li> <li>• Help your respiratory conditions</li> <li>• Soothe your cold sores</li> <li>• Freshen your breath</li> </ul>	<ul style="list-style-type: none"> <li>• Inhale vapor from diffuser</li> <li>• Add to your lotions, creams, &amp; ointments</li> <li>• Mix water and witch hazel with oil to repel bugs</li> <li>• Apply to your skin</li> <li>• Add to your mouthwash</li> </ul>
 <p><b>Chamomile</b></p>	<ul style="list-style-type: none"> <li>• Helps with digestion</li> <li>• Help balance your mood</li> <li>• Ease your skin conditions</li> <li>• Heal your wounds</li> <li>• Help your sleep</li> <li>• Use for anti-inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Add the oil to a diffuser</li> <li>• Mix with water and use as a spray</li> <li>• Add to your bath</li> </ul>
 <p><b>Basil</b></p>	<ul style="list-style-type: none"> <li>• Ease minor skin irritations</li> <li>• Aromatherapy</li> <li>• Calming</li> <li>• Help balance your mood</li> <li>• Insect repellent</li> <li>• Brighten your complexion</li> <li>• Use to softens and strengthen your hair</li> <li>• Eliminate odor</li> <li>• Soothe your headaches</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Add to your water</li> <li>• Add to a hair treatment</li> <li>• Mix basil oil with boiling water to repel bugs</li> <li>• Mix basil oil, lemon oil, and vodka to make an air freshener</li> </ul>
 <p><b>Ylang Ylang</b></p>	<ul style="list-style-type: none"> <li>• Boost your mood</li> <li>• Lower your blood pressure</li> <li>• Repel flying insects</li> <li>• Promote new hair growth</li> <li>• Treat your stomach distress</li> <li>• Treat your headache</li> <li>• Reducing Candida albicans</li> <li>• Clear your skin</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to your skin</li> <li>• Inhale vapor from diffuser</li> <li>• Add to your shampoo</li> <li>• Add to your soap</li> <li>• Mix with boiling water to repel bugs</li> </ul>
 <p><b>Rosemary</b></p>	<ul style="list-style-type: none"> <li>• Stimulates your hair growth</li> <li>• Reduce your scalp itching</li> <li>• Repels bugs</li> <li>• Eases your stress</li> <li>• Improve your mood</li> <li>• Help your digestive &amp; liver health</li> <li>• Help reduce your joint inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Inhale vapor from diffuser</li> <li>• Apply topically to skin</li> <li>• Mix with boiling water for a bug repellent</li> <li>• Add to your shampoo</li> <li>• Add to a diffuser</li> </ul>
 <p><b>Melissa/Lemon balm</b></p>	<ul style="list-style-type: none"> <li>• Relieve your stress</li> <li>• Balance your mood</li> <li>• Improve your cognitive function</li> <li>• Help insomnia</li> <li>• Treat cold sores</li> <li>• Relieve your indigestion</li> <li>• Help your nausea</li> <li>• Help ease your headache</li> </ul>	<ul style="list-style-type: none"> <li>• Add to a diffuser</li> <li>• Apply to your skin</li> <li>• Add to cloth and inhale</li> <li>• Add to your bath</li> <li>• Add to cleaner</li> </ul>

# Essential Oils



ESSENTIAL OIL	AROMA	MIXES WELL WITH	BENEFITS
Anise	Licorice-like, spicy	Cedarwood, Lime, Orange, Vanilla	Uplifting, balancing, comforting
Atlas Cedar	Sweet, woody	Chamomile, Cypress, Eucalyptus, Sandalwood	Grounding, centering, balancing
Balsam Fir	Pleasant, woody	Frankincense, Myrrh, Pine, Sandalwood Oil Blend	Empowering, balancing, strengthening
Basil	Warm, spicy	Bergamot, Citrus Oils, Hyssop	Uplifting, energizing, purifying
Bergamot	Sweet, fruity	Lavender, Nutmeg, Citrus Oils	Lively, inspiring, uplifting
Camphor	Penetrating, medicinal	Cinnamon, Frankincense, Rosemary	Purifying, energizing, invigorating
Cedarwood	Warm, woody, balsamic	Cypress, Juniper, Rose, Sandalwood	Stress relief, strengthening, empowering
Chamomile	Intense sweet, delightful	Bergamot, Grapefruit, Lemon, Tea Tree	Relaxing, calming, revitalizing
Cinnamon Bark	Warm, spicy	Clove, Nutmeg, Ginger, Vanilla	Warming, comforting, energizing
Cinnamon Cassia	Warm, spicy	Clove, Ginger, Orange	Warming, stimulating, refreshing
Citronella	Pungent, musky, citrus-like	Cedarwood, Lavender, Lemon, Lemongrass	Clarifying, freshening, purifying
Clary Sage	Herbaceous, lavender-like	Frankincense, Patchouli, Lime, Pine	Focusing, stimulating, balancing
Clove	Warm, pungent	Geranium, Ginger, Lavender, Lemon	Warming, soothing, comforting
Cypress	Sweet balsamic, warm overtones of pine/juniper berry	Cedarwood, Citrus Oils, Clary Sage, Ylang Ylang	Balancing, clarifying, centering
Eucalyptus	Strong aromatic, camphoraceous	Cedarwood, Cypress, Rosemary, Thyme	Revitalizing, invigorating, clarifying
Eucalyptus Radiata	Fresh, camphorous, slight sweet & minty	Cinnamon, Rosemary, Tea Tree, Lavender, Clove	Repelling, clarifying, cleansing
Frankincense	Mild camphor and citrus	Balsam Fir Needle, Myrrh, Orange, Sandalwood	Relaxing, focusing, centering
Geranium	Subtly sweet, floral	Clary Sage, Peppermint, Rose	Purifying, soothing, normalizing
Ginger	Spicy, warm	Clove, Citrus Oils, Eucalyptus, Patchouli	Balancing, clarifying, stabilizing
Grapefruit	Sweet, citrus	Bergamot, Eucalyptus, Lemon, Thyme	Purifying, cheerful, uplifting
Hyssop	Camphor-like	Clary Sage, Geranium, Rosemary, Sage	Clarifying, refreshing, purifying
Juniper Berry	Floral	Cypress, Eucalyptus, Rosemary, Sage	Restoring, empowering, balancing
Lavender	Floral	Lemongrass, Peppermint, Marjoram, Tea Tree	Soothing, normalizing, balancing
Lemon	Fresh lemon peel	Chamomile, Eucalyptus, Frankincense, Lavender	Refreshing, cheerful, uplifting
Lemongrass	Strong, lemon-like	Citrus Oils, Geranium, Marjoram, Thyme	Purifying, stimulating, cleansing
Lime	Fresh citrus lime	Citrus Oils, Sage, Eucalyptus, Peppermint, Clove	Uplifting, refreshing, elating
Marjoram	Camphoraceous, slightly medicinal	Basil, Clary Sage, Rosemary, Thyme	Normalizing, comforting, warming
Myrrh	Musky, warm	Frankincense, Patchouli, Sandalwood, Vanilla	Focusing, centering, meditative
Nutmeg	Spicy, nutty, soft, sweet aroma	Cinnamon, Clove, Orange, Vanilla	Energizing, stimulating, warming
Orange	Fresh, sweet orange peel	Citrus Oils, Clove, Cinnamon, Nutmeg	Refreshing, uplifting, invigorating
Oregano	Spicy, camphoraceous	Chamomile, Eucalyptus, Tea Tree, Spearmint	Purifying, comforting, invigorating
Patchouli	Musky, earthy	Cedarwood, Geranium, Lavender, Lemongrass	Romantic, soothing, stimulating
Pennyroyal	Fresh, minty-like	Lemon, Eucalyptus, Lavender, Tea Tree	Repelling, stimulating
Peppermint	Fresh, strong mint	Eucalyptus, Juniper, Pine, Rosemary	Revitalizing, invigorating, cooling
Pine	Balsamic, pine scent	Balsam Fir Needle, Cedarwood, Juniper Berry, Rosemary	Purifying, cleansing, refreshing
Rosemary	Warm, camphoraceous	Bergamot, Lemongrass, Peppermint, Thyme	Purifying, uplifting
Sage	Warm, camphoraceous	Citrus Oils, Hyssop, Lavender, Rosemary	Normalizing, balancing, soothing
Spearmint	Refreshing, minty	Bergamot, Lavender, Lime, Rosemary	Cooling, invigorating, stimulating
Spike Lavender	Herbaceous, floral, fresh	Florals, Pine, Tea Tree, Balsam Fir Needle	Clarifying, balancing, comforting
Tangerine	Pleasant, orange-like	Cinnamon, Citrus Oils, Nutmeg, Vanilla	Cheerful, inspiring, invigorating
Tea Tree	Potent, warm, spicy	Basil, Cypress, Eucalyptus, Lemon, Lavender, Thyme	Cleansing, purifying, renewing
Thyme	Pleasant, pungent	Basil, Lavender, Lemon, Marjoram	Uplifting, empowering, clarifying
Wintergreen	Warm, sweet	Eucalyptus, Lemon, Peppermint, Tangerine	Stimulating, refreshing, uplifting
Ylang Ylang	Pleasant, floral	Citrus Oils, Clove, Jasmine, Patchouli, Rose	Soothing, romantic, comforting

## ESSENTIAL OIL BLENDS

Bottled Bouquet	Sweet, warm and floral with fresh citrus notes	Diffuse or add to favorite skin care oil	Romantic, balancing, calming
Cheer Up Buttercup	Citrus with light herbal	Diffuse or add to favorite skin care oil	Uplifting, refreshing, energizing
Clear the Air	Fresh mint	Diffuse or add to favorite skin care oil	Purifying, cleansing, refreshing
Frankincense 20%	Mild camphor and citrus	Balsam Fir Needle, Myrrh, Orange, Sandalwood	Relaxing, focusing, centering
Good Morning Sunshine	Mild, musky, warm aroma	Frankincense, Patchouli, Sandalwood, Vanilla	Focusing, grounding, meditative
Jasmine Absolute 7.5%	Warm, sweet floral	Citrus Oils, Ylang, Vanilla, Rose	Romantic, relaxing, calming
Jasmine (Synthetic)	Warm, sweet floral	Citrus Oils, Clove, Ginger, Ylang Ylang	Romantic, relaxing, calming
Lavender & Tea Tree	Soft, floral	Lavender, Eucalyptus, Rose Absolute	Renewing, cleansing, stimulating
Lemon & Eucalyptus	Citronella-like	Thyme, Lavender, Rosemary, Lemon	Clarifying, cleansing, invigorating
Mental Focus	Minty citrus with wintergreen	Diffuse or add to favorite skin care oil	Balancing, centering, focusing
Morning Sunshine	Citrus with slightly spicy undertone	Diffuse or add to favorite skin care oil	Energizing, focusing, soothing
Naturally Loveable	Sweet floral citrus	Diffuse or add to favorite skin care oil	Romantic, comforting, calming
Neroli 7.5%	Deep, floral aroma	Citrus Oils, Chamomile, Patchouli, Ylang Ylang	Calming, soothing, centering
Oil of Oregano 25%	Spicy, camphoraceous	Chamomile, Eucalyptus, Tea Tree, Spearmint	Purifying, comforting, invigorating
Peace & Harmony	Minty floral herb	Diffuse or add to favorite skin care oil	Centering, calming, balancing
Peace, Love and Flowers	Sweet, floral	Diffuse or add to favorite skin care oil	Calming, soothing, uplifting
Peaceful Sleep	Floral citrus	Diffuse or add to favorite skin care oil	Calming, relaxing, soothing
Rose Absolute 5%	Pleasant rose	Bergamot, Jasmine, Lavender, Lemon, Sandalwood	Romantic, uplifting, comforting
Sandalwood 14%	Subtle, floral, undertones of wood and fruit	Citrus Oils, Frankincense, Jasmine, Vanilla, Lavender	Grounding, focusing, balancing
Smiles for Miles	Citrus with light herbal	Diffuse or add to favorite skin care oil	Uplifting, refreshing, energizing
Vanilla Concentrate	Sweet, warm	Citrus Oils, Jasmine, Rose, Sandalwood, Ylang Ylang	Comforting, relaxing, nurturing

For information on Essential Oil Safety, go to [nowfoods.com/eosafety](http://nowfoods.com/eosafety).