

## Health Benefits of Essential Oils

**Caution: Pregnant women should avoid using products that contain essential oils.**

**Peppermint Essential Oil** gives a cooling sensation and has a calming effect on the body, which can relieve sore muscles when used topically. It can also relieve nausea, relieves/reduces migraines, energizing, and antispasmodic. **Do not use on children under 30 months of age**

**Mandarin Essential Oil** is a very effective treatment for scars and stretch marks. Its astringent action helps to clear congested and oily complexions and can be used to increase the firmness of loose skin. It is also calming, great for children (can combine with lavender), slightly more warming citrus aroma.

**Lavender Essential Oil** heals burns and wounds, restores skin complexion (cell regenerative) and reduces acne, slows aging with powerful antioxidants, and improves eczema and psoriasis. It also is good for calming, reduces anxiety, burns, insect bites, reduces itchiness, general skin care, great for children, and antispasmodic.

**Lemon Grass Essential Oil** relieves muscle pain, externally kills bacteria, ward off insects, and reduces body aches. It has antimicrobial, antibacterial, and anti-fungal properties.

**Cedarwood Essential Oil** benefits the skin by its sedating ability which relieves itching. Its astringent action is great for acne, oily skin, as well as for hair and dandruff.

**Orange Essential Oil** has many healing properties, e.g., curing cracked and dry skin, slows down the process of aging and strengthen sensitive skin, fights against acne, and leaves you with glowing radiant skin.