



Essential Oils – Alphabetical List Of Benefits

- Abundance** Mood booster, promotes feelings of prosperity.
- Amyris** Calming, supports restful sleep, skin nourishing.
- Bergamot** Uplifting, helps with anxiety and skin clarity.
- Black Pepper** Supports digestion, eases muscle pain.
- Carrot Seed** Skin rejuvenation, detox support.
- Cedarwood** Promotes calm, supports sleep, skin healing.
- Cedarwood Atlas** Grounding, good for skin and hair care.
- Cedarwood Himalayan** Relaxing, beneficial for scalp health.
- Clove** Antioxidant, oral care, pain relief.
- Cypress** Improves circulation, helps with swelling.
- Eucalyptus** Clears sinuses, relieves respiratory issues.
- Eucalyptus (Organic)** Same as Eucalyptus, with organic purity.
- Fennel** Digestive aid, hormone balance.
- Frankincense** Immune support, skin healing, meditation.
- Geranium** Warming, aids digestion and circulation.
- Ginger** Warming, aids digestion and circulation.
- Lavender** Calming, skin soothing, sleep aid.
- Lemon (Organic)** Cleansing, uplifting, great for detox.
- Lemongrass** Purifies air, insect repellent, circulation.
- Lime** Refreshing, mood lifting, antioxidant.
- Orange** Uplifting, cleansing, promotes happiness.
- Oregano** Antibacterial, immune support.
- Patchouly** Grounding, skin repair, emotional balance.
- Peppermint** Cooling, headache relief, energy boost.
- Pine** Respiratory support, deodorizing.
- Spearmint** Digestive aid, uplifting, focus.
- Tangerine** Cheerful, supports liver, antioxidant.
- Tea Tree** Antibacterial, antifungal, skin care.
- Vetiver** Grounding, calming, sleep aid.
- Wintergreen** Pain relief, anti-inflammatory.

Natural Remedies & Benefits

Trish's Tried & True

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