







Aromatherapy

Essential oils to help you live well every day.



Condition	Essential Oil
 <p>Relaxation and Sleep</p>	<ul style="list-style-type: none"> • Calm • Lavender
 <p>Anxiety and Stress</p>	<ul style="list-style-type: none"> • Bergamot • Calm • Lavender • Sweet orange
 <p>Nausea</p>	<ul style="list-style-type: none"> • Bergamot • Peppermint • Spearmint • Sweet orange • Un-Nausea
 <p>Pain</p>	<ul style="list-style-type: none"> • Ache-Ease

Calm: Blend frankincense, blue cypress, lavender, niaouli

Un-Nausea: Blend ginger, peppermint, spearmint

Ache-Ease: Blend marjoram, melaleuca, copaiba, peppermint, frankincense, black pepper, ginger, Roman chamomile, helichrysum

For more resources, please scan here:





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How to Use Essential Oils

Indirect
inhalation

Breathe in an essential oil by using a room diffuser, which spreads the essential oil through the air, or by placing drops on a tissue or piece of cotton nearby.

Massage

Dilute a few drops of one or more essential oils per ounce of a carrier oil (coconut oil, jojoba oil, sweet almond oil, olive oil, etc.) and massage into the skin.

*Please be cautious of possible skin sensitivity. Always test on a small area of the skin prior to applying over a larger area of the body.

For more resources, please scan here:

