

# Top Healing Essential Oils

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**Clary Sage** A natural pain killer, good for alleviating muscle aches, and can also help with insomnia.

**Eucalyptus** Helpful in treating respiratory problems, boosting the immune system, and relieving muscle tension.

**Geranium Pelargonium** Balances female hormones. Relaxing and uplifting.

**Lavender** Balances female hormones. Good for skin. Useful in treating wounds.

**Lemon** Helpful in treating wounds & infections. Can be used for cleaning and deodorizing around the house.

**Peppermint** Useful in treating headaches, muscle aches, and also digestive disorders.

**Roman Chamomile** Helps with anxiety and sleep-related problems, as well as muscle aches and tension.

**Rosemary** Very stimulating and uplifting. Good for mental stimulation, as well as for the immune and digestive systems.

**Tea Tree** Good for treating fungal infections. Boosts the immune system.