

Top Healing Essential Oils

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.