Essential Oils

Grapefruit

May relieve cellulite, dull skin, toxin build-up, water retention, fear, depression, and stress. May increase confidence, happiness and peace.

Lemon

May relieve athlete’s foot, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts, and fear. May increase happiness, peace, memory and concentration.

Orange

May relieve colds, constipation, dull skin, flatulence, flu, slow digestion, anger, depression, fear and stress. May increase confidence, happiness, and peace.

RELAX

Chamomile

May encourage relaxation, calming and digestion.

May inhibit nervousness, muscle pain, allergies, depression, candida,

staph infections, cramps.

Anti-bacterial, anti-fungal, help with digestion

Lavender

May encourage relaxation and calming.

May inhibit bacterial infections, cramps, head colds, nervousness,

muscle spasms, candidas, staph, strep,

pneumonia, cold sores and most flu viruses.

Vanilla

Soothing, warming,

May increase circulation and

clear a stuffy head

REVITALIZE

Peppermint/Spearmint

May increase concentration,

stimulate mind and body to stay awake,

relieve sinus, lung congestion,

head ache and neuralgia

Eucalyptus

May help relieve arthritis, bronchitis, cold sores, colds, coughing, fever, flu, poor circulation, sinusitis.

Cinnamon

May help relieve constipation, exhaustion, flatulence, lice, low blood pressure, rheumatism, scabies and emotional and mental fatigue

Increases concentration.

Patchouli

May relieve acne, cellulite, chapped skin, dandruff, dermatitis, eczema, mature skin, oily skin, fatigue, exhaustion and stress