

# Benefits of Aromatherapy



Essential oils can be used to help alleviate health issues relating to both mind and body. The most popular being to reduce stress and ease depression. Below is a list of the most common essential oils and their benefits.

	Basil	Bergamont	Black Pepper	Chamomile	Cinnamon	Eucalyptus	Frankincense	Lavender	Lemon	Oregano	Peppermint	Sandalwood	Ylang-Ylang
MIND	Stress Relief		●					●	●		●		●
	Reduce Anxiety	●	●	●		●	●	●					●
	Improve Mood		●						●			●	●
	Ease Depression				●			●			●		
	Boost Energy			●		●							
	Sharpen Mental Focus	●							●		●		
BODY	Improve Sleep			●				●				●	●
	Manage Chronic Pain						●				●		
	Relieve Headaches/Migraines			●		●					●	●	
	Boost Immune System				●					●			
	Fight Bacteria/Virus/Fungus	●				●	●	●		●	●		
	Improve Digestion	●									●		
	Decrease Nausea	●	●						●		●		
	Increase Circulation			●		●							

## MUST-HAVE ESSENTIAL OILS



### Lavender

- Soothing
- Calming
- Relaxing



### Peppermint

- Cooling
- Energizing
- Bug Repellant



### Lemon

- Revitalizing
- Cleansing
- Uplifting

## COMMON METHODS

- Direct inhalation
- Essential oil diffuser
- Steam inhalation
- Use in a bath
- Make a bottled spray



Note: It is important to always consult with trained aromatherapists, as some essential oils can trigger allergies, and can be toxic if mixed improperly.  
Sources: doterra.com, organicfacts.net, healthguidance.org, Essential Oils: Natural Remedies by Althea Press