

Download Guide To Essential Oils

Essential Oils for Balance The empowering aromas of essential oils can be a welcome addition to your daily routine, whether you need an aromatic pick-me-up or a sweet-smelling way to unwind—or anything in between. Using their uplifting aromas throughout the day can help you enjoy calm, inspiration, and serenity. Essential Oils for Balance

Eucalyptus Oil. Try it when: You're congested. How it works: "Eucalyptus oil acts as an expectorant, helping to clear mucus from the respiratory passages," says Jennie Harding, an aromatherapist and the author of *The Essential Oils Handbook* (\$13, amazon.com). Boil 1 quart of water, let it cool slightly, then pour it into a bowl. Most essential oils are safe for internal use but a little bit goes a long way. Usually 1–3 drops is plenty mixed with water. Oils like peppermint, lemon and frankincense have great internal benefits and can be taken with water. Other essential oils like clove and oregano need to be diluted and shouldn't be taken internally for more than 1 week.

The Complete Guide to Essential Oils They promote a positive mental state and atmosphere. Enhance the skin health. Purify your home. Promote physical wellness. Creates a deep spiritual awareness. Fight cold and flu symptoms. Reduce cellulite and wrinkles. Improves digestion. Balances ...