

# Top 8 Essential Oils

[https://www.mydoterra.com/shyronbynog/#!/](https://www.mydoterra.com/shyronbynog/)



## Frankincense

Use as an immune system booster and pain reliever. Reduces the appearance of scars.

## Oregano

Use to help the body fight infection. Cleanses and detoxifies.



## Lemon

Use to clean and disinfect the home. Great for lifting moods and degunkifying.

## Lavender

Use to relax and sleep better. Apply to burns, scrapes and other aches to soothe pain and speed healing.



## Eucalyptus

Cleans and freshens air and disinfects surfaces. Opens airways.

## Wild Orange

Soothe frazzled nerves and upset stomachs. Use for its antibacterial properties in homemade cleaners.



## Tea Tree

Use to clean and disinfect. Soothes earaches and irritated skin.

## Peppermint

Use to relieve nausea and head tension. Cools the body and boosts energy.

