

Essential Oils - What are they & How to Use them

Harmony & Health

Your Natural Health Center
220 East Chestnut St. Corydon, IN 47112
(812)738-LIFE(5433)
Quality Products for Health
www.harmony.mynsp.com
www.harmony4health.com
www.facebook.com/harmony4health

Essential oils are extracted from plants and are very concentrated. They have anti-viral, anti-bacterial, anti-fungal, analgesic, calming and revitalizing properties. They can be used in a variety of ways: **massage** (about 20 drops diluted in 2 oz jojoba oil or similar base), **bath** (10 drops diluted in handful of Epsom salt, then dissolve in the water and soak for 15-20 minutes), **inhaling** (6-8 drops in hot water, place towel over head and inhale warm air for 5 minutes), **vaporizer** (2-10 drops in the water), **disinfecting** surfaces (with Sunshine Concentrate & water in spray bottle). Always use essential oils externally & diluted in oil or carrier, unless you have studied the essential oil and are sure it is safe to take internally. Most are best externally only.

Some Essential Oils to consider:

- **Bergamot** helps alleviate stress, tension, depression and aids digestion.
- **Roman Chamomile** is calming and helps with insomnia, as well as digestive problems such as gas and bloating. Use diluted in bath water for colic.
- **Eucalyptus** is used as expectorant for congested coughs (not for asthmatics), reduces mold.
- **Geranium** helps balance oily or dry hair and skin. Also, balances emotions & aids digestion.
- **Lavender** is helpful for insomnia and emotional upset, as well as headaches. Add to aloe to help ease sunburn pain.
- **Peppermint** aids digestion as well as provides relief from sinus problems. Also, use with a car diffuser to keep one alert on long drives or whenever feeling sluggish.
- **Pine** promotes alertness & kills bacteria (25 drops with 2 oz water as spray disinfectant).
- **Tei Fu** clears the mind & opens sinuses when inhaled. Massage into temples for headaches and great for sore or tight muscles.
- **Tea Tree** is a great first aid remedy for wounds as well as disinfectant for cleaning.
- Blends such as **Breathe Deep, Changes** (for women), **Core, Inspire, Refuge** (calming), etc.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

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