

ESSENTIAL OIL CHEAT SHEET

FOR OIL BEGINNERS & BUSY MOMS!

 <p>Lavender</p> <p>Restful Sleep</p> <p>Soothe & Clean Cuts, Bruises & Skin Irritations</p> <p>Soothe Insect Bites</p> <p>Balance & Relaxation</p>	 <p>Lemon *DILUTE*</p> <p>Powerful Antioxidant</p> <p>Uplift & Enhance Mood</p> <p>Support Healthy Skin</p> <p>Aid Normal Digestion</p>	 <p>Peppermint *DILUTE*</p> <p>Support Normal Respiratory System</p> <p>Soothe Digestion</p> <p>May Improve Concentration</p> <p>Help Curb Appetite</p>
 <p>Melaleuca Alternifolia (a.k.a. Tea Tree) *DILUTE*</p> <p>Soothe & Clean Cuts, Bruises & Skin Irritations</p> <p>Support Skin Health</p> <p>Support Immune System</p>	 <p>Frankincense</p> <p>Focus the Mind</p> <p>Ease Occasional Tension & Stress</p> <p>Support Normal Respiratory System</p> <p>Support Skin Health</p>	 <p>Thieves *DILUTE*</p> <p>Air Purifier</p> <p>Household Cleaner</p> <p>Support Immune System</p> <p>Supports Mouth Health</p>
 <p>Purification</p> <p>Air Purifier</p> <p>Helps Eliminate Odors</p> <p>Soothe & Clean Cuts, Bruises & Skin Irritations</p> <p>Soothe Insect Bites</p>	 <p>PanAway *DILUTE*</p> <p>Comfort & Warmth to Tense Muscles</p> <p>May Improve Circulation</p>	 <p>Joy</p> <p>Uplift & Enhance Mood</p> <p>Inspire Romance</p> <p>Ease Occasional Tension & Stress</p>
 <p>Citrus Fresh *DILUTE*</p> <p>Powerful Antioxidant</p> <p>Uplift & Enhance Mood</p> <p>Supports Immune System & Overall Health</p>	 <p>Stress Away</p> <p>Ease Occasional Tension & Stress</p> <p>May Calm Overactive Children</p> <p>Help Induce Relaxation</p> <p>Promote Restful Sleep</p>	<p>For More Info Contact:</p> <p>KRISSY BONNING-GOULD B-InspiredMama.com BInspiredMama@gmail.com MEMBER #2398302</p>  <p>YOUNG LIVING ESSENTIAL OILS Independent Distributor</p>