

## ESSENTIAL OILS

### Carrot Seed

- Mature skin
- Wrinkled skin
- Adds tone and elasticity to skin
- Moisturizing
- Good for Skin problems: sores, ulcers, vitiligo, boils, eczema, psoriasis
- Relieves stress
- Rejuvenates and combats tired and worn-out feelings
- supports overall energy & personal growth
- releases blocked energy
- detoxifying effect on liver

### Cedarwood

- Astringent
- Antispetic
- Good for Acne
- supports confidence in challenging situations
- grounding
- calms nervous tension
- respiratory issues

### Chamomile - German

- most powerful healing oil - especially when combined w/ Helichrysum
- soothing to nervous system
- supports sleep
- skin nourishing
- cell regenerative
- Skin problems: eczema, psoriasis, itchy/dry/flaky skin,
- reduces energetic heat

### Chamomile - Roman

- calming
- soothing
- reduces anxiety & over-thinking

### Elemi

- reduces wrinkles or fine lines
- grounding

### Frankincense

- mature & wrinkled skin
- calming
- cell regenerative
- skin healing
- tonic

### Geranium

- Balances sebum
- skin healing
- tonic
- cell regenerative

### Helichrysum

- promotes cell growth
- cell regenerative
- skin healing
- rebuilds tissue - burns, cuts, wounds, bug bites
- disperse bruises especially when blended w/ arnica oil
- skin issues - scars, acne, dermatitis
- good for headaches that stem from liver toxicity
- emotionally supports deep trauma

### Jasmine

- relieves depression
- used for dry, sensitive skin

### Lavender

- skin healing
- wound healing - burns, cuts
- calming
- balancing
- reduces anxiety and fear

### Palmarosa

- skin issues: dry, swelling, dermatitis, eczema, psoriasis, skin infections, fungus
- balances sebum production
- stimulates cell regeneration
- calming to Nervous system
- immune stimulant
- reduces anxiety & restlessness

### Patchouli

- skin issues: dry, inflammation, scars, sores, eczema, wounds, cracked & rough skin
- cell regenerative
- skin healing
- astringent
- moisturizing
- perfume
- insect repellent
- CNS sedative

### **Rock Rose**

- Wound healing
- skin healing
- reduces scar tissue
- cell regenerative
- astringent
- restores emotional ease after trauma

### **Sandalwood**

- astringent
- moisturizing
- skin issues: dry, psoriasis, diaper rash, inflammations, insect bites, stings
- relieves itching
- skin healing
- antiseptic
- wound healing
- grounding

### **St. John's Wart**

- skin & wound healing: burns, inflammation, scars, insect bites, varicose veins, eczema, abrasions, dry skin, damaged skin, sunburn
- cell regenerative
- astringent
- calming
- cooling

### **Yarrow**

- Skin & Wound healing: acne, eczema, inflammation, varicose veins, scars esp when blended w/ Helichrysum & Rock Rose
- cell regenerative
- heals emotional trauma
- emotionally uplifting

### **Ylang Ylang**

- skin healing
- moisturizing (1 drop is enough)
- relaxing
- promotes sensual awakening