



5 Essential Oils  
Proven By Medical  
Science

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# LAVENDER

Well known for its soothing, calming properties, lavender is wonderful for promoting natural healing time for burns, cuts, stings and other wounds. It's jam-packed with antioxidant power, which is why researchers from Tunisia evaluated its ability to support healthy blood sugar levels and reduce oxidative stress.<sup>5</sup>

A Russian scientist Rene Gattefosse first discovered the beneficial properties that lavender oil possessed when he severely burned his arm in an accident. He immersed his hand in a vat of lavender essential oil and found that the oil aided in natural healing without any scarring!

## Lavender oil benefits

- Relaxes body and reduces stress
- Promotes natural healing of wounds and burns
- Supports healthy blood pressure and cholesterol levels
- Promotes restful sleep
- Promotes healthy skin and appearance
- Supports hormone balance
- Supports healthy blood sugar levels



## Uses

- + Rub on neck in evening to relax body and improve sleep
- + Detox and relaxing bath — add lavender essential oils and Epsom salts to restore body after a challenging day
- + Apply to your kids' cuts, scrapes, rashes, burns and wounds
- + Diffuse in the air to relax and improve mood
- + Take as supplement or use topically on neck to support healthy blood pressure levels
- + Put on as fragrance to replace chemical perfumes

# PEPPERMINT

Pleasantly suitable for an abundance of oral and topical uses, peppermint may be the most versatile essential oil in the world.

Research has found peppermint can support healthy digestion and relieve occasional gas and bloating.<sup>6</sup>

Peppermint essential oil gives a cooling sensation and has a calming effect on the body that can help relieve sore muscles when used topically. It also has antimicrobial properties so it can help freshen bad breath and support healthy digestion.

## Peppermint oil benefits

- Improves focus, energy and concentration
- Supports digestion
- Reduces muscle soreness
- Fights bad breath
- Improves breathing
- Supports seasonal immunity



## Uses

- + Mix with coconut oil and rub topically on sore muscles
- + Diffuse in air to improve focus and energy
- + Use on bottom of feet and chest to improve breathing
- + Mix with coconut oil and baking soda for homemade toothpaste
- + Put 1 drop in water to freshen breath
- + Take 1 drop in water to support healthy digestion
- + Mix with coconut oil and dark chocolate to make homemade peppermint patties

# LEMON

Lemon is best known for its ability to support the body's natural detoxification and is widely used to stimulate lymph drainage, to rejuvenate energy, purify skin and act as an insect repellent. Lemon oil stands out, for research has recently discovered that it carries powerful cleansing properties.

According to a study published in the International Journal of Food Microbiology, lemon oil may actually be the most powerful antimicrobial agent of all the essential oils. Lemon essential oil actually comes from the lemon peel, which is the most nutritious part of the lemon, something almost no one has in their diet.

Another study published in Experimental Biology and Medicine found that breathing in the scent of lemon essential oils supports healthy neurological activity and promotes the breakdown of body fat.<sup>7</sup>

Lemon oil is one of the most "essential" oils to have on hand and can be used for everything from a detoxification program to freshening up your clothes. I also put a drop of lemon essential oil in my water every day.

## Lemon oil benefits

- Promotes cleansing of lymphatic system
- Supports healthy weight management
- Promotes energy levels
- Supports healthy immune system response
- Improves mood and reduces stress

## Uses

- + Put 1–2 drops in water to freshen breath
- + Take 1 drop 3x daily as supplement to promote cleansing and metabolism
- + Diffuse to clean air, for a nice citrus scent and to uplift mood
- + Rub on hands in place of hand sanitizer for antimicrobial benefits
- + Put drops in yogurt or smoothie to enhance flavor
- + Mix with olive oil as natural cleaning product
- + Mix with baking soda as natural teeth whitener
- + Improve house smell by diffusing in air



# FRANKINCENSE

One of the most underrated essential oils, frankincense could be the most powerful.

Frankincense is also known as boswellia. It has been regarded as a holy oil in the Middle East for centuries. It has been used for the act of anointing individuals, and is well known biblically as one of the gifts given to Christ at his birth. In ancient times, frankincense was valued above gold because of its use to support health and wellness in a wide range of individuals and circumstances.

The essential oil has also been used with much success to support healthy inflammation response and healthy immune system function.<sup>8</sup>

## Frankincense oil benefits

- Supports healthy inflammation response
- Supports healthy immune system function
- Aids in the cleansing and detoxification of the body
- Promotes healthy mood
- Spiritual awareness
- Promotes total body skin health



## Uses

- + Rub topically behind ears, on chest and neck to support immune system function
- + Take internally to support healthy inflammation response and apply topically on areas of joint discomfort
- + Apply topically on age spots, scars and stretch marks to aid in skin regeneration
- + Diffuse in the air when praying or meditating
- + Use after a trauma to recenter and calm yourself
- + Diffuse in air to promote seasonal immune system health
- + Take internally, diffuse or use topically for cellular health and longevity

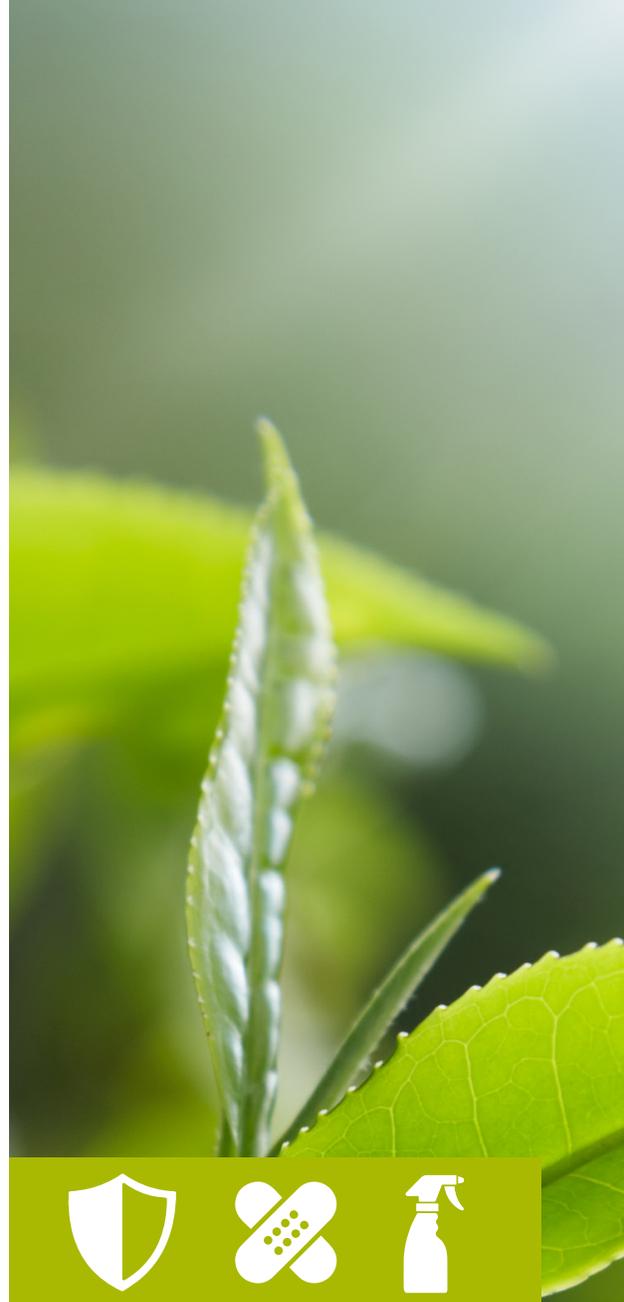
# MELALEUCA (Tea Tree Oil)

Well known throughout Australia for its ability to promote natural wound healing, melaleuca also known as tea tree oil has powerful antiseptic properties. Melaleuca has been documented to kill many germs on contact.

A study published in the British Medical Journal found that melaleuca is “a powerful disinfectant and is non-poisonous and gentle” to the body.<sup>9</sup>

## Melaleuca oil benefits

- Antiseptic
- Supports healthy gums
- Supports healthy skin and reduces blemishes
- Promotes a healthy scalp



## Uses

- + Mix 5 drops with 1 tablespoon of raw honey and use as a wash for blemishes
- + Apply topically to aid in natural skin healing of toenails and feet
- + Add 5 drops to shampoo to improve scalp health
- + Diffuse in the air to purify
- + Gargle melaleuca essential oil and water to support seasonal immunity
- + Put directly on bug, mosquito or spider bites to aid in natural healing
- + Mix 2 teaspoons melaleuca and water in spray bottle for all-purpose cleaner (excellent for workout mats)

## NOTICE TO READER

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