



## Properties, effects and methods of use:

### Emotional

Uplifting and soothing; alleviates stress, anxiety, depression and general debility, helpful for insomnia, headaches and migraine. Used in inhalations, vaporizers, compresses, baths, application or massage.

### Respiratory

Antiseptic and anti-inflammatory and regenerative: soothes acne, eczema, dandruff, hair loss, head lice, nappy rash, sunburn, insect bites and boils, relieves athlete's foot and herpes simplex. Effective for burns and stretch marks since it promotes cell growth and helps to minimize scarring. Used in masks, compresses, baths or application.

### Digestive

Cleansing and calming: helps bad breath, mouth ulcers, indigestion, flatulence, nausea and gastroenteritis. Used in compresses, application or massage.

### Circulatory

Sedative and decongestant; lowers blood pressure; reduces palpitations; alleviates fluid retention by assisting elimination of waste products through the lymphatic system. Used in baths application or massage.

### Muscular

Analgesic and anti-inflammatory; helpful for muscular sprains, aches, pains and rheumatism. Used in compresses, baths, application or massage.

*Oils should be diluted before use.*