





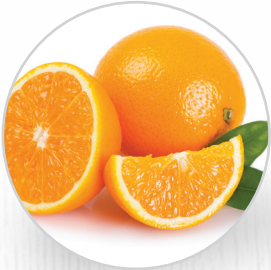




Essential Oils Benefit Chart



Essential Oil		Scent	Uses/Benefits
Balsam Peru		Rich and sweet like vanilla	Hydration, clear airways, mental awareness
Bergamot		Pungent, fresh, and green	Relaxation, digestive system
Clary Sage		A bittersweet floral	Relaxation, calming, stress relief, warming

Essential Oil		Scent	Uses/Benefits
Cedarwood		Syrupy thick and woody	Calming, stress relief, restful sleep, circulatory system and clear airways
Cinnamon Leaf		Spicy and sugary cinnamon with musky undertones	Revitalizing and refreshing, warming
Geranium		Very herbal with mint undertones	Relaxation, calming, mood improvement
Ginger		Fresh, woody, and spicy	Digestive system
Grapefruit		Fresh and fruity with a light tang	Refreshing, detoxifying, astringent
Lavender		Herbal and lightly floral	Restful sleep, mood improvement, soothes sun-damaged skin

Essential Oil		Scent	Uses/Benefits
Lemon		Light and sharp citrus, sweet and tangy	Uplifting, clarifying, astringent
Lemongrass		A medium citrus with a strong herbal base	Clarifying, mental cleansing
Lime		Sharp, bittersweet citrus	Uplifting, refreshing, revitalizing
Patchouli		Warm and earthy, heavy with fruit-like undertones	Relaxation
Peppermint		Cool, fresh mint	Energizing, stimulating, revitalizing
Rosemary		A strong, fresh, and green herbal	Cleansing and clarifying, invigoration, reduces appearance of water retention

Essential Oil		Scent	Uses/Benefits
Sweet Orange		Sweet, warm, and tangy	Uplifting, calming, digestive system
Tangerine		A light citrus, sweet with a slight hint of tang	Cheering and energizing, clears the mind, balancing
Tea Tree		Sharp, camphor-like, with medium spice	Burns, deodorizing
White Camphor		Sharp, camphor-like, with a woody undertone	Depression, improves mood
Ylang Ylang		Sweet and intense, an exotic floral	Sensual, relaxing and soothing, hydrating, tension and stress relief

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