

Essential Oils

FOR EVERY AILMENT



OVERVIEW:

When it comes to treating basic ailments like headaches or restlessness, sometimes the natural route is the way to go.

Follow this guide to some of the most basic essential oils, which help with everything from lack of sleep to allergies.

WHAT'S INCLUDED:

- **Essential Oils Guide**
A guide to the most basic essential oils and their common uses.

Place a few drops of these oils into a diffuser to help relieve common health concerns.

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Lack of Sleep

Calm your mind and feel more at ease for a peaceful sleep. *Lavender, Ylang-Ylang, Vetiver*

Stress

Ward off anxiety and nerves.
Chamomile, Rose, Frankincense

Focus

Stay sharp with soothing scents that promote mental acuity.
Peppermint, Pine, Eucalyptus

Illness

Help maintain a healthy immune system and ward off certain diseases.
Lemon, Peppermint, Oregano

Insects

Keep bugs and other unwanted critters at bay.
Rosemary, Cedarwood, Clove

Allergies

Fend off seasonal sniffles and other allergy symptoms. *Basil, Tea Tree, Eucalyptus*



KEY

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