

Essential Oil Benefits

Abundance

- Mood booster and encourages feelings of prosperity.
- Supports emotional energy and goal setting.
- Often used to shift scarcity mindsets in aromatherapy.

Amyris

- Calming and grounding for emotional balance.
- Promotes restful sleep and relieves tension.
- Nourishes dry or aging skin.

Bergamot

- Uplifts mood and helps reduce anxiety and depression.
- Improves skin clarity and can reduce blemishes.
- Supports emotional balance when diffused.

Black Pepper

- Stimulates digestion and circulation.
- Relieves muscle aches and pain.
- Warming oil that supports detox and joint health.

Carrot Seed

- Regenerates skin and improves complexion.
- Detoxifying for liver and skin.
- Used in natural sun care and anti-aging formulas.

Cedarwood

- Promotes deep relaxation and sleep.
- Supports healthy skin and scalp.
- Natural insect repellent and deodorizer.

Cedarwood Atlas

- Grounding and calming, great for stress relief.
- Supports hair growth and scalp health.
- Antifungal and cleansing properties.

Cedarwood Himalayan

- Relaxes the nervous system and improves meditation.
- Used in scalp massage and dandruff treatments.
- Soothes respiratory issues when diffused.

Clove

- Powerful antioxidant and immune booster.
- Eases toothache and oral pain.
- Improves circulation and warms the body.

Cypress

- Boosts circulation and reduces swelling or fluid retention.
- Tightens skin and minimizes varicose veins.
- Supports respiratory health when diffused.

Eucalyptus

- Clears sinuses and opens airways.
- Relieves coughs, congestion, and respiratory irritation.
- Natural disinfectant for air and surfaces.

Eucalyptus (Organic)

- Same as above, with certified organic purity.
- Gentle for respiratory support and cleaning products.

Fennel

- Supports digestion and bloating relief.
- Helps balance female hormones.
- Can increase milk production in nursing mothers (check brand use).

Frankincense

- Promotes cellular health and regeneration.
- Supports immune response and inflammation control.
- Enhances spiritual focus, prayer, and meditation.

Geranium

- Balances hormones and supports emotional wellness.
- Great for skin: tones, tightens, and reduces scars.
- Natural insect repellent and lymphatic booster.

Ginger

- Warming oil that aids digestion and nausea.
- Improves circulation and joint health.
- Used in muscle rubs and respiratory blends.

Natural Remedies & Benefits

Trish's Tried & True

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