



## Essential Oil Benefits

### Lavender

- Calms the nervous system and promotes restful sleep.
- Soothes skin irritations, burns, or rashes.
- Anti-inflammatory and gentle for all ages.

### Lemon (Organic)

- Detoxifying and cleansing for the liver and body.
- Boosts mood and mental clarity.
- Used in cleaning blends for its antimicrobial power.

### Lemongrass

- Supports circulation and muscle recovery.
- Natural insect repellent.
- Purifies the air and neutralizes odors.

### Lime

- Uplifting and energizing for mental clarity.
- Boosts immunity and refreshes the air.
- Used in skincare for oily or dull complexions.

### Orange

- Promotes happiness and relaxation.
- Cleansing and uplifting for the mood.
- Gentle on skin when diluted; great in body care.

### Oregano

- Strong antibacterial and antifungal properties.
- Supports immunity and fights infections.
- Used sparingly and diluted—very potent.

### Patchouly

- Grounding and emotionally balancing.
- Excellent for skin regeneration and dryness.
- Natural deodorant and fixative in perfumes.

### Peppermint

- Cooling and refreshing—great for headaches.
- Boosts energy and clears brain fog.
- Supports digestion and eases muscle tension.

### Pine

- Cleanses air and supports breathing.
- Reduces fatigue and encourages alertness.
- Natural deodorizer and purifier for home.

### Spearmint

- Gentle digestive support and mood lifter.
- Great in oral care or refreshing sprays.
- Improves focus and clarity without over-stimulation.

### Tangerine

- Uplifts emotions and soothes tension.
- Supports healthy digestion and detox.
- Popular in children's blends and perfumes.

### Tea Tree

- Powerful antibacterial and antifungal.
- Used for skin blemishes and infections.
- Natural surface cleaner and deodorizer.

### Wintergreen

- Pain relief and anti-inflammatory.
- Supports joint and muscle health.
- Used in massage blends for its soothing properties.

*Natural Remedies & Benefits*

Trish's Tried & True

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