

# Essential Oils

FOR AROUND THE HOUSE



## Lavender Oil

Lavender oil has a sweet, floral aroma that is soothing and refreshing. It's great for relaxing and winding down before bedtime; add to bath or diffuse to create a calming and comforting environment.



## Lemon Oil

Lemon (citrus limon) essential oil promotes concentration and has calming and clarifying properties that are helpful when you're feeling run down or anxious. Add it to your laundry for a fresh scent or diffuse with equal parts lavender oil for a refreshing and clean scent.



## Pine Oil

Pine has a refreshing, invigorating aroma and shares many of the same properties as Eucalyptus globulus. The action of both oils is enhanced when they are blended, however, pine oil alone is perfect for soothing stressed muscles and joints when used in massage.



## Cinnamon Bark Oil

Cinnamon Bark essential oil promotes a healthy immune response and helps maintain a healthy lifestyle regimen. The stimulating properties of cinnamon can help fight mental fatigue and improve concentration and focus.



## Jasmine Oil

Like lavender, Jasmine is also used to calm nerves, however, this oil is also used as a mood-booster thanks to its uplifting capabilities that produce feelings of confidence, optimism and revitalised energy. The perfect oil to diffuse around the home.



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