

Sarah's Healing Touch

for Women

Top 10 Essential Oils to Have at Home



1. Peppermint Essential Oil ~ Can be used for Alertness, Asthma, Abdominal cramps and pain, Bloating, Headaches, Hot Flashes, Indigestion, Morning Sickness, Memory, Motion Sickness, Nausea, Energizing, Pain Relief, Congestion, Antibacterial, Fainting, Heartburn, Heatstroke, MS, Tennis Elbow

2. Oregano Essential Oil ~ Can be used for Athlete's Foot, Muscle Aches, Anti fungal, Ringworm, Warming, Warts, Whooping Cough, Increasing your Immune system, Candida

3. Lemon Essential Oil ~ Can be used for Common Cold, Cold Sores, Gout, Anxiety, Mood Booster, Cleansing, Brain Injury, Cradle Cap, Cleanser, Fever, Overeating, Kidney Stones, Depression, Oily Skin, Postpartum Depression, Water Purification, Varicose Veins, Relaxing

4.) Melaleuca (Tea Tree) Essential Oil ~ Can be used for Acne, Boils, Athlete's Foot, Earache, Flu, Candida, Chapped Lips, Hives, Pink Eye, Shingles, Strep Throat, Viral Infection, Warts, Wounds, Mumps, Antibacterial, Immune booster, Anti fungal, Chicken Pox, Deodorant, Ear Infection, Gum Disease, Hoarse Voice, Rashes

5. Frankincense Essential Oil ~ Can be used for Parkinson's Disease, Postpartum Depression, Tumor, Ulcer, Warts, Wrinkles, Brain Injury, Carpal Tunnel, Confusion, Skin Infection, Depression, Cough, Inflammation, Mental Fatigue, Coma, Scarring, Asthma

6. Eucalyptus Essential Oil ~ Can be used for Asthma, Congestion, Cooling, Coughs, Bronchitis, Pneumonia, Shingles, Fever, Flu, Hypoglycemia, inflammation, Measles, Sinusitis, Malaria, Jet Lag

7. Clove Essential Oil ~ Can be used for Tooth Abscess, Cavities/Tooth Pain, Corns, Fever, Herpes Simplex, Candida, Viral infection, Wounds, Mold, Muscle Aches, Antioxidant, Anti fungal, Antiviral, Blood Clots

8. Basil Essential Oil ~ Can be used for Autism, Bee Stings, Vertigo, Nerve Health, Muscle Spasms, Spider Bites, Wounds, Earache, Snake Bites, Muscular Dystrophy, Bronchitis, Migraines, Greasy/Oily Hair, Chronic Fatigue

9. Chamomile ~ Can be used for Allergies, Muscle Pain, Relaxation, Bee stings, Chicken Pox, Crying, Diaper Rash, Dry Skin, Insomnia, Muscle Spasms, Neuralgia, Neuritis, Sciatica, Shock, Mood Uplifter

10. Lavender ~ Can be used for Mastitis, Teething Pain, Thrush, Vertigo, Wounds, Relaxation & Calming, Wrinkles, Chapped Lips, Allergies, Burns, Anxiety, Blocked Tear Ducts, Dandruff, Depression, Insect Repellent, Insomnia, Poison Ivy/Oak, Scarring, Seizure, Stretch Marks, Sleep, Grief/Sorrow, Itching, Boils, Atherosclerosis, Poor Concentration, Hair Loss, Tension, Jet Lag, Mosquito Bites

Rejuvenate Refresh Relax