

# THE FIVE ESSENTIAL OILS YOU NEED IN YOUR KIT

*With so many scents to choose from, getting started with essential oils can be overwhelming. Start with these five basic oils for a wide variety of benefits and blending options.*



**Lavender**

- Relieves stress/ anxiety
- Encourages relaxation
- Enhances sleep
- Relieves pain
- Treats acne
- Encourages hair growth



**Tea Tree**

- Removes mold
- Disinfects
- Treats fungal infections
- Relieves itching/ inflammation
- Natural deodorant



**Wild Orange**

- Cleans and purifies
- Protects against seasonal threats
- Encourages creativity
- Gives a sense of energy
- Lifts mood



**Lemon**

- Aids digestion
- Encourages healthy hair
- Supports immune system
- Kills germs
- Soothes sore throat
- Controls appetite



**Peppermint**

- Relieves pain
- Cools sunburn
- Clears sinuses
- Relieves headache
- Improves concentration
- Repels spiders

*Blossom Lady via Craftorator*