## Aromatherapy

Essential oils to help you live well every day.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Essential Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation and Sleep</td>
<td>Calm, Lavender</td>
</tr>
<tr>
<td>Anxiety and Stress</td>
<td>Bergamot, Calm, Lavender, Sweet orange</td>
</tr>
<tr>
<td>Nausea</td>
<td>Bergamot, Peppermint, Spearmint, Sweet orange, Un-Nausea</td>
</tr>
<tr>
<td>Pain</td>
<td>Ache-Ease</td>
</tr>
</tbody>
</table>

**Calm:** Blend frankincense, blue cypress, lavender, niaouli  
**Un-Nausea:** Blend ginger, peppermint, spearmint  
**Ache-Ease:** Blend marjoram, melaleuca, copaiba, peppermint, frankincense, black pepper, ginger, Roman chamomile, helichrysum

For more resources, please scan here:
Aromatherapy
Essential oils to help you live well every day.

How to Use Essential Oils

Indirect inhalation

Breathe in an essential oil by using a room diffuser, which spreads the essential oil through the air, or by placing drops on a tissue or piece of cotton nearby.

Massage

Dilute a few drops of one or more essential oils per ounce of a carrier oil (coconut oil, jojoba oil, sweet almond oil, olive oil, etc.) and massage into the skin.

*Please be cautious of possible skin sensitivity. Always test on a small area of the skin prior to applying over a larger area of the body.

For more resources, please scan here: