20 Ways to Use Essential Oils For Health

See all they ways essential oils can improve your health with recommended essential oils to try.

Desired Benefit	Essential Oils to Try
1. Uplift Your Mood	Orange, Grapefruit, Lavender, Lemon, Bergamot, or Sweet Marjoram
2. Calm Your Nerves & Tension	Lavender, Orange, Ylang Ylang, Frankincense, or Coriander
3. Antioxidant Support	Clove, Vetiver, Ylang Ylang, Oregano, Tangerine, or Lemongrass
4. Improve Your Skin Appearance	Tea Tree, Lavender, Roman Chamomile, Frankincense, Geranium
5. Decrease Your Stress Level	Lavender, Frankincense, Bergamot, Roman Chamomile, or Tangerine
6. Support Healthy Immune Function	Clove, Oregano, Tea Tree, Cypress, Rosemary, or Eucalyptus
7. Improve Your Mental Performance	Peppermint, Frankincense, Lavender, Orange, or Rosemary
8. Optimal Muscle and Joint Function	Wintergreen, Peppermint, Orange, Bergamot, or Eucalyptus, or Spruce
9. Support Healthy Weight Loss	Grapefruit, Lemon, Orange, Peppermint, or Spearmint
10. Soothe Skin Irritations, Cuts & Scrapes	Lavender, Tea Tree, Roman Chamomile, or Sweet Marjoram
11. Optimize Your Respiratory Function	Eucalyptus, Lavender, Basil, Peppermint, or Grapefruit,
12. Boost Your Energy	Orange, Peppermint, Lemon, Basil, Grapefruit, or Ginger
13. Promote Healthy Digestion	Peppermint, Ginger, Lavender, Basil, Cardamom, or Roman Chamomile
14. Protection From Environmental Germs	Oregano, Tea Tree, Thyme, Orange, or Lemon
15. Promote Healthy Hair	Tea Tree, Rosemary, Sandalwood, Ylang Ylang, Lavender, or Basil
16. Optimal Oral Health	Clove, Cinnamon, Peppermint, Tea Tree, Spearmint, or Thyme
17. Support Healthy Cardiovascular System	Basil, Ylang Ylang, Lavender, Grapefruit, or Tangerine
18. Boost Sexual Function	Sandalwood, Cinnamon, Ylang Ylang, Lavender, Bergamot, or Ginger
19. Enhance Your Sleep	Lavender, Roman Chamomile, Vetiver, Bergamot, Ylang Ylang, or Cedarwood
20. Natural & Safe Household Cleaning	Clove, Tea Tree, Cinnamon, Lemon, Lavender, Thyme, Orange, or Tangerine