

## **Popular Uses for Essential Oils**

Lavender, Orange Oil, Peppermint and Ylang Ylang seem to be the most common oils in all. You may want to note Emu Oil, Macadamia Nut Oil and Peanut Oil are easily absorbed into the skin. MSM is also reported to be very helpful. Most are so strong they are not recommended for pregnant women.

### **Top Essential Oils for Bath**

Chamomile  
Frankincense  
Geranium  
Orange  
Lemon  
Lavender  
Petitgrain  
Peppermint  
Neola  
Ylang Ylang

### **Top Essential Oils for Body**

Bergamot  
Chamomile  
Cypress  
Lavender  
Rose  
Tea Tree  
Rosemary  
Basil

### **Top Household Oils for Cleaning**

Cedar wood  
Orange  
Lemon  
Lime  
Peppermint  
Pine

### **Top Scents for Room Scents**

Gardenia  
Geranium and Orange  
Lavender  
Rose  
Jasmine  
Sandalwood  
Eucalyptus

### **Top Oils for Depression**

Lemon  
Mango  
Coconut  
Bergamot  
Clary Sage  
Neroli  
Ylang Ylang  
Myrrh

### **Top Oils for Pain Relief**

16 Drops Wintergreen Oil  
8 Drops Camphor Oil  
6 Drops of Cajuput  
6 Drops of Cassia  
2 Drops of Clove  
4 Drops Eucalyptus Oil  
4 Drops Lavender Oil  
4 Drops Peppermint Oil