

Some Potential Essential Oil Benefits – Thea’s Sanctuary

Lavender

- Anti-Aging
- Anti-Inflammatory
- Anti-Fungal
- Burns
- Emotional Healing
- Immune System
- ADHD
- Stress, anxiety or depression
- Kitchen Surface Cleaner
- Herbalist recommend on cuts, scrapes, wounds and bruises
- Acne: antiseptic that kills bacteria, anti-inflammatory, calms redness and swelling
- Dermatitis, Eczema or Psoriasis: speeds cell turnover and promotes new skin tissue
- Dry Scalp or Dandruff: anti-inflammatory and anti-fungal
- Headaches and Depression
- Mosquito bites: relieves itching
- Grief or Sorrow: inhale
- Eczema, Dry Skin
- Poor Concentration
- Relaxation
- Insect Repellent
- Insomnia
- Pain

Orange/Blood Orange

- Anxiety
- Sadness
- Nausea
- Insomnia
- Anti-Inflammatory
- Anti-Depressant
- Anti-Spasmodic
- Antiseptic
- Diuretic
- Tonic
- Sedative
- Uplifting

Grapefruit

- Addictions
- Immune System
- Bulimia/Over Eating/Anorexia/Weight Loss/Obesity
- Cellulite
- Metal Toxicity
- Stress

Peppermint

- Abdominal Cramps
- Allergies
- Anti-oxidant
- Brain Injury
- Cold Sores
- Chronic Fatigue
- Energizing/Stimulating
- Heatstroke
- Headache/Migraine/Tension Headache
- Hives
- Muscle Fatigue – massage
- Nausea – inhale
- Poor Concentration

Eucalyptus

- Asthma
- Bronchitis
- Coughs
- Pain
- Cooling
- Immune System
- Fever and Flu
- Sinusitis

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www.theasanctuary.com

Frankincense

- Arthritis
- Brain Injury
- Depression
- Increase white cell count
- Infection
- Inflammation
- Liver disorder
- Mental Fatigue
- Sadness
- Seizures
- Tumors
- Wrinkles

Holy Spirit Blends:

Wisdom – Lavender and Frankincense

Joy – Lavender and Orange

Generosity – Lavender and Peppermint

Goodness – Lavender and Grapefruit

Kindness – Lavender and Eucalyptus