## Essential Oils & Where to Start

# HOW TO USE Your Starter Kit!



#### COPAIBA VITALITY

IMMUNE SYSTEM
INFLAMMATION
STRETCH MARKS
INSECT BITES
DIGESTION
EMOTIONS

#### LEMON

KIDNEY STONE
ENERGY LOSS
MOUTH SORES
THIN MUCUS
UTI'S
BLOATING

#### **PEPPERMINT**

HEADACHES
ALLERGY/COLDS
MORNING SICKNESS
INDIGESTION
CONSTIPATION
ECZEMA/PSORIASIS

#### STRESS AWAY

ANGER MANEGMENT
FEAR/PAIN/MOOD
INSOMNIA
DAILY STRESS
HYPERTENSION

#### RC

CONGESTION
SINUSITIS
STUFFY NOSE
COUGH
ALLERGY
BRONCHITIS

#### PANAWAY

SORE MUSCLES
GROWING PAINS
ARTHRITSS
HEADACHE
BRUSING
INFLAMMATION

#### **PURIFICATION**

INSECT REPELLANT
EAR ACHES
SORE THROAT
INFESTION
CUTS/SCRAPES
ACNE

#### LAVENDER

STRESS
SLEEP ISSUES
CUTS & SCRAPES
SUNBURNS
DRY SKIN
EARACHES

#### PEACE & CALMING

TEETH GRINDING
MOODINESS
NERVES
DEPRESSION
ANXIETY
SLEEP

### THIEVES

STREP THOAT
COLD SORES
COLD/FLUE
DISINFECTANT
ORAL CARE
POISON IVY

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