



The Health Benefits of Organic Essential Oils



Bye Bye MONSTER[®]
ORGANIC MONSTER REPELLENT

LAVENDER, ROMAN CHAMOMILE,
& SWEET ORANGE



Bye Bye GERMS[™]
ORGANIC ANTI-VIRAL SPRAY

EUCALYPTUS, LAVENDER,
LEMON, & TEA TREE



Bye Bye BUGS[™]
ORGANIC INSECT REPELLENT

RED THYME, LEMON GRASS,
LAVENDER, & PEPPERMINT



HELLO SLUMBER[™]
ORGANIC LINEN SPRAY

LAVENDER, SWEET MARJORAM,
& GERANIUM



HELLO HAPPY[™]
ORGANIC HAPPY DAY SPRAY

PEPPERMINT,
LEMON, & LAVENDER

EUCALYPTUS ESSENTIAL OIL

Respiratory Problems: Eucalyptus essential oil is effective for treating a number of respiratory problems including cold, cough, running nose, sore throat, asthma, nasal congestion, bronchitis and sinusitis. Eucalyptus oil is anti bacterial, anti fungal, anti microbial, anti viral, anti inflammatory and decongestant in nature.

Wounds: Eucalyptus essential oil is a good antiseptic owing to its germicidal properties. On its exposure to air, ozone is formed which is a well-known antiseptic. Hence eucalyptus oil is used for healing wounds, ulcers, burns, cuts, abrasions and sores. It is also effective on insect bites and stings.

Mental Exhaustion: An important reason why people like using eucalyptus oil is that it provides a cooling and refreshing effect. Normally people suffering from any disorder are down. Eucalyptus oil, which is stimulating, removes exhaustion and mental sluggishness and rejuvenates the spirits of the sick. It is also effective in treating stress and mental disorders.

Skin Care: Eucalyptus oil is often applied topically to treat skin infections.

Eucalyptus oil was the subject of a recent study which revealed its stimulating effect on the immune system. Eucalyptus oil actually enhanced the ability of white blood cells to do their job. This demonstrated one of the unique ways essential oils support human health ~ it was not through direct action as an antibacterial or antiviral (though this oil does demonstrate these effects) ~ rather it 'dramatically stimulated the phagocytic response' of macrophage cells; meaning it enhanced their activity of devouring foreign invaders in the bloodstream.

GERANIUM ESSENTIAL OIL

Aromatic Properties: Balanced mind / thoughts. Balanced emotional response / emotional levels / feelings. Decreased feelings of tension and frustration. Increased feelings of calmness and peacefulness. Balance of the body's hormonal system.

LAVENDER ESSENTIAL OIL

Nervous System: Lavender essential oil has a calming scent which makes it an excellent tonic for the nerves and helps in treating migraines, headaches, anxiety, depression, nervous tension and emotional stress. Its refreshing aroma removes nervous exhaustion and restlessness and increases mental activity.

Sleep: Lavender essential oil induces sleep and hence it is often recommended for insomnia.

Pain Relief: Lavender essential oil is also an excellent remedy for various types of pains including those caused by sore muscles, tense muscles, muscular aches, rheumatism, sprains, backache and lumbago. Massage with lavender oil provides relief from pain in the joints.

Respiratory Disorders: Lavender oil is extensively used for various respiratory problems including throat infections, flu, cough, cold, asthma, sinus congestion, bronchitis, whooping cough, laryngitis, and tonsillitis. The oil is either used in the form of vapor or

applied on the skin of neck, chest and back. It is also added in many vaporizers and inhalers used for cold and coughs.

Skin Care: The health benefits of lavender oil for the skin can be attributed to its antiseptic and antifungal properties. It is used to treat various skin disorders such as acne, wrinkles, psoriasis, and other inflammations. It heals wounds, cuts, burns, and sunburns rapidly as it aids in the formation of scar tissues. Lavender oil is added to chamomile to treat eczema.

Blood Circulation: Lavender essential oil is also good for improving blood circulation. It lowers blood pressure and is used for hypertension.

Immunity: Regular use of lavender essential oil provides resistance to diseases.

The overall action of Lavender oil is both calming and regenerating. It's a profound effect, as our bodies need to be relieved of stress in order to heal, and lead healthy lives in general. The sweet smell alone bestows calm on folks of all ages; from the little ones all wound up when it's time for bed, to the wizened generation whom may be recovering from illness or loss.

Associated with its calming effect is Lavender's ability to improve sleep. One headline proclaimed 'Lavender Beats Valium' in sleep studies. If you or your children have trouble falling asleep or staying asleep, Lavender can be a profoundly effective home remedy. For a really simple method, sprinkle just a drop or two (really just a little as too much can actually be a stimulant for some folks) on the bed sheet, on-top-of, or under the pillow before bed. It's especially nice to fall asleep to a hint of Lavender, and catch another whiff if one wakes again in the middle of the night.

LEMON ESSENTIAL OIL

Stress: Lemon oil is calming in nature and therefore helps in removing mental fatigue, exhaustion, dizziness, anxiety, nervousness and nervous tension. It has the ability to refresh the mind by creating a positive mind-frame and removing negative emotions. It is also believed that inhaling lemon oil helps in increasing concentration and alertness.

Insomnia: Usage of lemon oil ensures good sleep and helps those suffering from insomnia.

Immune System: Lemon oil has high vitamin content and therefore it helps in increasing the immunity of the body. It further stimulated white blood cells and thus increases the ability to fight diseases. Lemon oil also improves circulation in the body.

Fever: Lemon oil is effective against infectious diseases such as fever, malaria and typhoid.

Tiredness: Lemon oil is refreshing and stimulating and increases circulation. It is helpful in removing mental as well as physical tiredness.

Cleaners: Lemon is a good cleaner; therefore it is used for cleansing the body, metal surfaces, etc. It is also a disinfectant and hence it is used for cleaning surfaces such as butcher's knife and block that can get contaminated easily.

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Soaps and Cosmetics: Lemon juice and lemon essential oil is used in soaps, face wash and many personal care and skin care cosmetics due to its antiseptic nature.

Lemon essential oil has been shown to eliminate many types of bacteria, and may be the most effective oil for disinfecting a room using a diffuser. It is often used in disinfecting blends with other antibacterial oils - what makes lemon oil particularly pleasing for this use is that it's antiseptic properties are present with a lovely aroma.

In many European countries, the oil is considered somewhat of a 'cure all', particularly with infectious illness. Lemon also serves well as an insect repellent, alone or in blends.

LEMONGRASS ESSENTIAL OIL

Lemongrass is also used as a mosquito repellent, and has been the subject of many studies investigating this use. Lemongrass can be highly effective, especially when combined with other oils often used for this purpose, such as Geranium, Lemon, Tea Tree and Citronella. These oils can be combined in topical formulas (with a total essential oil concentration up to 15%) or even used in a diffuser for this purpose.

Lemongrass essential oil has been used to support digestion, purification and regeneration of tissues. Lemongrass may be one of the most therapeutic, all-around anti-microbial essential oils available, with other important actions that support the immune system. Lemongrass oil may help improve circulation, digestion, and eyesight, while combating headaches, infections and fluid retention.

ORANGE ESSENTIAL OIL

Traditional uses of Orange Oil include calming palpitations, using in a steam inhaler for bronchitis, and has been reported as helpful for the skin if used in the smallest quantities. It has also been touted as anti-tumoral, anti-inflammatory and as an anti-coagulant that may improve circulation. In Chinese medicine the dried sweet orange peel is used to treat coughs, colds, anorexia and malignant breast sores. Other traditionally indicated actions include anti-inflammatory, antiseptic, bactericidal, carminative, choleric, digestive, fungicidal, hypotensive, nervous sedative, stomachic, and overall tonic.

PEPPERMINT ESSENTIAL OIL

Peppermint oil contains numerous minerals and nutrients including manganese, iron, magnesium, calcium, folate, potassium, and copper. It also contains omega-3 fatty acids, Vitamin A and Vitamin C.

Menthol in peppermint oil is good for skin care. It has cooling properties that help to nourish your dull skin and improves your oily skin.

ROMAN CHAMOMILE ESSENTIAL OIL

Roman Chamomile essential oil is highly sought after for its remarkable calming effects. For children, is the preeminent oil for its soothing action, alongside Mandarin and Lavender. Its action differs from Mandarin in that Mandarin is uplifting and relaxing; differing from Lavender in that Lavender is more noticeable and clear ~ some kids will go for it, others may not. Chamomile is more subtle ~ not 'weaker' ~ just softer. It can impart its soothing effects in exceptionally small amounts.

Chamomile essential oil can effectively minimize irritability and nervousness in many children. Chamomile, Mandarin, Lavender oil and Vanilla oil are the four primary essential oils for this purpose. It has been used for centuries to calm crying children, soothe stomachaches and relieve teething pain. Chamomile Oil can also help combat depression, insomnia and stress. The oil is

also noted to neutralize allergies, cleanse the blood and support the liver in releasing toxins. Further, the aromatic influence may help release emotions linked to the past.

SWEET MARJORAM ESSENTIAL OIL

Insecticide: It reduces pain associated with cold, fever, inflammation, and exertion of muscles.

Cephalic: It is good for brain. It keeps it healthy and active and does not let it go dull with the age. This quality also relieves you of headaches.

Cordial: It has a warming effect on the system. It improves circulation and warms up the body. This property helps get rid of cough and phlegm and gives relief in arthritis and rheumatism.

Sedative: It induces a calming, relaxing and sedating effect on the mind and the body. It relieves nervous stress and anxiety. It also gives a happy feeling in cases of anger or sadness. This property can be helpful to pacify people who suffered a shock or setback in life.

TEA TREE ESSENTIAL OIL

Anti Bacterial: It is said that wherever Mother Nature gave the diseases, she gave the cures there itself. The activity of microbes, bacteria, virus and fungi are at their peaks in the Tropics and hence most of the medicinal plants are found there too. Tea Tree is one such plant. It can cure some of the ugliest bacterial infections.

Anti Microbial: Microbes prefer to keep safe distance from this oil, since it is an effective anti microbial. It can kill and keep away certain microbes (protozoa) which are responsible for causing tropical fevers, malaria etc.

Anti Viral: Viral infections are very hazardous and re-appearing, since virus can survive under most intolerable conditions. They can bear unimaginable heat, cold and even poison, as they develop a protective shell called "Cyst" around them. Some viruses are intelligent enough to develop a new cyst each time they are activated, like the Common Cold Virus, to duck our immune system. They never die a natural death and can live dormant (neither live, nor dead) for even hundreds of thousands of years. They can be killed only if their cyst is ruptured using some compound or they are subjected to extreme heat which is beyond their tolerance. The Tea Tree Oil helps rupture this cyst in some viruses and can give protection against them. It also helps cure viral infections like common cold, influenza, mumps, measles, pox etc.

Balsamic: The Essential Oil of Tea Tree has balsamic properties, that is, it boosts health. It promotes absorption of nutrients from food and gives protection from diseases too, thus proving beneficial for total health.

THYME ESSENTIAL OIL

Insecticide: It keeps away insects, pests and kills them. It can be effectively used to keep away parasites on the human body like mosquitoes, fleas, lice, bed-bugs, flies etc. as well as insects from food grains and clothes like beetles, moths etc.

