Complementary Blog Post: 6 Essential Oils To Keep In Your Cupboard

Subject: Common Uses For Essential Oil

[firstname],

Essential oils have been a popular natural remedy for years because they work on all sorts of things – from calming your mind to wound care.

You’ll find all kinds of uses for essential oils and they can range in use.

Tea tree oil can be used for both a way to prevent lice by putting it in your shampoo bottle to cleaning your house. As you can see there is a wide range of uses for each essential oil. Each oil also needs to be used properly so that they work like they are supposed to and they don’t harm you.

1.Reduce Stress

Essential oils are a big natural remedy to help people reduce the stress they experience through calming the mind. This can help with every day stress, as well as anxiety and depression.

2. Improve Sleep

You can relax your mind with such oils as chamomile and lavender. Then use these in diffusers by your bed.

3. Beauty Care

Need to reduce cellulite, varicose veins or acne? There is an essential oil that can help you with all of those. Plus you can make homemade soap, shampoo, toothpaste and facial scrub.

4. Household Uses

You might be surprised by all the things that essential oils can help you clean. From soap scum on your shower curtain to preventing mold in your walls. You’ll find n essential oil that can do it. Not only that, but you can mop your floors and disinfect your kitchen.

5. Natural Remedies

Don’t like going to the doctor? Find an essential oil that will help heal burns, help with your sinus and respiratory system and give you migraine relief.

You can find a use for essential oils in all aspects of your life.

If you’re not sure which essential oils to start with. Check out the blog post we did on ones to keep in your cupboard.

LINK

They come in handy when you’re in a bind and can’t get to the doctor or if you don’t like going, so keeping some on hand will benefit you and your famil.

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