**6 Essential Oils To Keep In Your Cupboard**

From the word itself, essential oil simply means the important oil that the body needs. When you use essential oils, you’ll be given the benefit of each one you use.

Essential oils can help improve your body is so many ways. There are some that help you relax and distress from your daily life.

You need to have peace and stressing about everything is not going to help your health, your mood, your body or the people around you. To help you relax, here are 6 essential oils:

**Peppermint Oil**

Try to help you get away from the stress in your life that is bothering you. It will just cause headaches. Peppermint oil keeps your mind focused and decompresses your mind to leave it in a more peaceful state. It also gives you an ample amount of energy that helps you to keep going. Definitely a bonus.

**Eucalyptus**

Eucalyptus oil has so many different benefits. Most of them are medicinal like helping clear your air passage for asthma or cleaning out a wound. If you’ve got respiratory problems this oil should be at the top of your list to buy because eucalyptus works for people who suffer from bronchitis and sinusitis.

The best things about Eucalyptus is that it has other benefits as well for instance soothing you when you’re irritable or energizing your brain and increasing your energy levels.

**Lemon Oil**

Lemon oil reduces fatigue, so this is a great oil to infuse in your morning water. It helps invigorate your body and that will get you moving more during the day.

This is also a great one to help anxiety.

**Lavender Essential Oil**

If you are constantly suffering from stress and you feel that it is hard for you to relax and sleep, this lavender essential oil is the solution. It also helps you look younger and make your skin smooth. If you have a problem with your skin, you can use and apply this lavender oil. Also, you can use this essential oil to help you have a sound sleep.

You’ll also find that lavender essential oils will boost your mood.

**Myrrh**

This myrrh is one of the essential oils you may want to add up to your skin care checklist. This oil balances your hormones and it improves your skin’s ability to combat stretch marks. If you hate stretch marks, then it is a best advice to use myrrh.

**Grapefruit**

Grapefruit is best known to be used to maintain a beautiful smooth skin. This oil will really reduce cellulite.

This essential oil reduces stress and will bring out your positive mood.

Essential oils can be a huge difference to your life. You’ll find some that help you with wounds, while others help your mood. There is an oil that can treat anything – so stock up on your essential oils to get the most benefits.