

# List of Essential Oils and Their Uses

#	Essential Oil	Common Uses
1	Lavender	Relaxation, stress relief, sleep aid, skin care
2	Peppermint	Mental clarity, headache relief, digestive support
3	Tea Tree	Antiseptic, anti-fungal, skin issues, respiratory support
4	Eucalyptus	Respiratory health, congestion relief, immune support
5	Lemon	Uplifting, cleaning, immune support, skin brightening
6	Chamomile	Calming, sleep aid, skin irritations
7	Frankincense	Frankincense
8	Rosemary	Memory and concentration, hair health, respiratory support
9	Ylang Ylang	Aphrodisiac, mood enhancer, skin and hair care
10	Cinnamon	Warming, immune support, anti-microbial
11	Geranium	Balancing, skin care, mood enhancement
12	Orange	Uplifting, energizing, digestive support
13	Cedarwood	Grounding, insect repellent, respiratory support
14	Patchouli	Relaxation, skin care, aphrodisiac
15	Sandalwood	Meditation, grounding, skin care
16	Lemongrass	Insect repellent, digestive aid, skin toner
17	Clary Sage	Hormonal balance, stress reduction, skin health
18	Ginger	Digestive support, anti-inflammatory, warming.
19	Juniper Berry	Detoxification, respiratory support, skin toner
20	Myrrh	Anti-aging, immune support, emotional balance