

Chapter7 Essential oil recipes 2

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Examples of essential oils for healing and healing

Headache relief

Essential oils for evaporator

- Thyme 1 drop
- Peppermint 2 drops
- Roman chamomile 1 drop
- Lavender 3 drops
- Marjoram 3 drops

Massage the body with massage oil in the amount of 50 ml.

- Roman chamomile 1 drop
- Peppermint 4 drops
- Rosewood 4 drops
- Lavender 4 drops

Essential oils for soaking in the bath

- 4 drops of rose

Insomnia relief

Essential oils for evaporator

- 3 drops marjoram
- 3 drops neroli

Massage the body with massage oil in the amount of 50 ml.

- Chamomile 3 drops
- Lavender 6 drops
- Marjoram 6 drops
- Orange 6 drops
- Ylang Ylang 3 drops

Essential oils for soaking in the bath

- 2 drops chamomile
- 4 drops lavender
- 2 drops cedarwood

Relieve exhaustion and tiredness.

Essential oils for evaporator

- 4 drops of ylang ylang
- 2 drops of marjoram
- 4 drops of lavender

Massage the body with massage oil in the amount of 50 ml.

- 12 drops of neroli
- 8 drops of lavender

Essential oils for soaking in the bath

- 8 drops of lemon
- 2 drops of geranium

Alleviate depressed mood

Essential oils for evaporator

- 1 drop of lemon
- 2 drops of lime
- 1 drop of peppermint
- 2 drops of rosemary

Massage the body with massage oil in the amount of 50 ml.

- 4 drops bergamot
- 2 drops of ylang-ylang

Essential oils for soaking in the bath

- 4 drops of bergamot
- 2 drops of orange
- 1 drop of ylang-ylang

Hangover Relief

Essential oils for evaporator

- 2 drops of fennel
- 1 drop of lavender
- 2 drops of moonshine oil
- 4 drops of lemon

Massage the body with massage oil in the amount of 50 ml.

- 5 drops of fennel
- 3 drops of lavender
- 5 drops of moonshine
- 10 drops of lemon

Essential oils for soaking in the bath

- Fennel 1 drop
- Juniper 2 drops
- Rosemary 1 drop
- Orange 2 drops
- Ylang Ylang 1 drop

Relieve muscle aches

Essential oils for evaporator

- 5 drops of orange

Massage the body with massage oil in the amount of 50 ml.

- Thyme 6 drops
- Lavender 12 drops
- Rosemary 7 drops

Essential oils for soaking in the bath

- Thyme 1 drop
- Juniper 2 drops
- Rosemary 1 drop

Relieve stress

Essential oils for evaporator

- 1 drop of rose

Massage the body with massage oil in the amount of 50 ml.

- Basil 5 drops Neroli 15 drops

Essential oils for soaking in the bath

- 1 drop of carchage
- 1 drop of marjoram
- 1 drop of lavender
- 1 drop of ylang-ylang
- 1 drop of pettigrain

Relieve high blood pressure

Essential oils for evaporator

- 3 drops of lavender
- 3 drops of ylang ylang

Massage the body with massage oil in the amount of 50 ml.

- 2 drops of lavender
- 2 drops of ylang-ylang

Essential oils for soaking in the bath

- 2 drops of lemon
- 2 drops of lavender
- 2 drops of ylang ylang

Treat colds

Essential oils for evaporator

- Thyme 1 drop

Massage the body with massage oil in the amount of 50 ml.

- lemon 3 drops

Essential oils for soaking in the bath

- Eucalyptus 2 drops

Treatment of bronchitis

Essential oils for evaporator

- Tea tree 1 drop
- Lavender 1 drop

Massage the body with massage oil in the amount of 50 ml.

- Eucalyptus 6 drops
- Rosemary 9 drops

Essential oils for soaking in the bath

- Thyme 2 drops
- Lemon 3 drops
- Tea Tree 2 drops