

# Discover the natural health potential of the Basic Oil Trio



## Lavender For Stress Reduction and Calming

- Relieves stress, anxiety, and insomnia—Diffuse and inhale; massage on skin
- Takes the pain out of bee stings, hives, and other allergic skin reactions—Apply on location
- Soothes skin irritations and burns—Apply on location (apply with frankincense for sunburns)
- May aid in relieving neuropathy and leg cramps—Apply on location



## Lemon For Cleansing and Mood Elevation

- Is a natural antioxidant and detoxifier—Take with water or in a capsule
- Works as a natural cleansing agent—Apply on location
- Elevates mood and helps reduce stress and fatigue—Diffuse and inhale
- Helps balance acidity levels, calm upset stomachs, and encourage elimination—Take with water or in a capsule



## Peppermint For Indigestion and Cooling

- Relieves headaches and other pain—Apply on temples, forehead, or back of neck for headaches, or apply on location for bumps, bruises, or nerve pain
- Calms upset stomachs or nausea—Take in a capsule, or apply on stomach; diffuse and inhale
- Helps increase energy—Diffuse and inhale
- Cools—Mist on body, or apply on forehead; diffuse and inhale