



Great Uses For Essential Oils



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Personally, I have a lot of essential oils that sit around my house and I have no idea what to do with them. But turns out that essential oils can help you in a lot of different ways. You can use them for some aromatherapy like I usually do but also you can mix them and use them for cleaning the house, boost you energy, purify your air, help you stay focused, help you heal and even help you transform your negative flow of energy into a positive one. Who knew, right? The trick is you just have to know which oil to use for what purpose and how to mix them.

Read on for some awesome tips!



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1. How exactly should you use Essential oils?

Aromatically - There are several uses for essential oils beside the one we all know of, aromatically. But using them this way is not only good because they smell good. By inhaling them they enter your body and can have different effects on you depending on which oil you use. Great, right?

Topically - Essential oils have a very small weight which makes them easily absorbable by the skin. This means when you rub essential oils onto your skin they get absorbed into your bloodstream and help you relieve pain or help your body heal. So, you get to smell nice and get over a nasty cold that you caught.



Ingestion - Essential oils are very powerful and not every essential oil is safe to drink. Most of them are safe to use but they shouldn't be used for more than a week consistently.

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2. Which oils should I use for which purpose?

Lavender oil – This is one of my personal favorites! Not only does it smell good but it possesses some great healing powers. It can be used to heal cuts and burns. It's also antibacterial and antifungal which means it's great to use as air cleanser and if you put it in a spray bottle and mix it with water it's great to cleanse stuff like your yoga mat and curtains



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Eucalyptus oil – It's great for clearing up your sinus issues or congestion. All you have to do is sprinkle in in your bathtub or shower or hang a fresh branch on the shower head so you can bring out the oils in the leaves.



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Citrus oils – Oils like orange, lemon and grapefruit are great for detoxing. Whether you want to detox your body or you need it to clean some surface, these babies can do it all. Extra tip: mix citrus oil with some almond oil so you can clean wood and wood surfaces. Awesome, right?



Tea tree oil – This oil is a natural anti-bacterial and anti-fungal. It's great for cleaning your face and also helps if you have trouble with any kind of nail fungus.

Ylang Ylang and Sandalwood Oil – These babies are natural aphrodisiacs. Add a couple of drops in the melted wax of an already burning candle and enjoy the mood that it brings between the sheets.

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Frankincense essential oil – Diffuse while praying, meditating or reading to increase spiritual awareness. It's also great for improving your immune system. Some studies say that it's a very powerful tool in battling cancer. Who would've thought?

I encourage you all, don't let these awesome oils just sit by in your home but use them and enjoy their benefits!

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