

# USES FOR YGEIA OILS

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*ESSENTIAL OILS ARE POWERFUL NATURAL REMEDIES THAT CAN BE USED TO SUPPORT THE HEALTH OF BOTH THE SKIN AND THE BODY. EACH ESSENTIAL OIL POSSESSES UNIQUE THERAPEUTIC PROPERTIES THAT MAKE IT EFFECTIVE FOR SPECIFIC SKIN CONDITIONS OR GENERAL AILMENTS. BY UNDERSTANDING THE PROPERTIES OF EACH OIL, YOU CAN CREATE CUSTOMIZED SOLUTIONS THAT ADDRESS A WIDE RANGE OF NEEDS.*

*ESSENTIAL OILS CAN BECOME A PART OF A HOLISTIC SKINCARE REGIMEN THAT NOT ONLY ADDRESSES SKIN CONCERNS BUT ALSO ENHANCES OVERALL SKIN HEALTH AND RADIANCE.*

*BEYOND SKIN, ESSENTIAL OILS ARE ALSO HIGHLY EFFECTIVE FOR GENERAL WELLBEING. WHETHER IT'S REDUCING ANXIETY, BOOSTING IMMUNITY, RELIEVING PAIN, OR SUPPORTING RESPIRATORY HEALTH, ESSENTIAL OILS OFFER A NATURAL WAY TO PROMOTE OVERALL WELLNESS. IN COMBINATION WITH CARRIER OILS, THESE BLENDS CAN BE APPLIED DIRECTLY TO THE SKIN, USED IN MASSAGE, OR EVEN DIFFUSED TO CREATE AN AROMATIC ENVIRONMENT THAT SUPPORTS THE BODY AND MIND.*

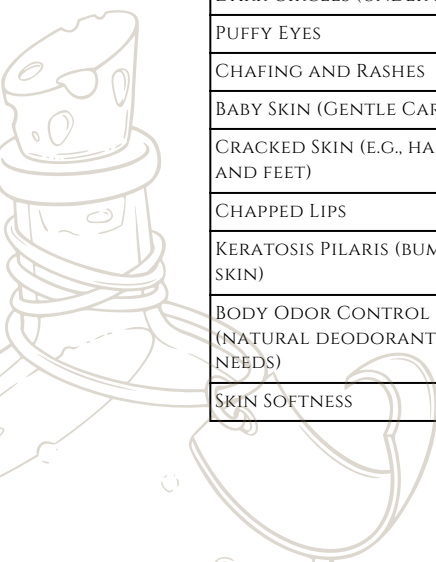
*ESSENTIAL OILS ARE ALSO POWERFUL TOOLS FOR ENHANCING SPIRITUAL PRACTICES. EACH OIL CARRIES ITS OWN UNIQUE ENERGY AND PROPERTIES, WHICH CAN BE USED TO SET INTENTIONS, CLEANSE SPACES, MANIFEST DESIRES, AND FOSTER DEEPER CONNECTION.*

*IN RITUAL PRACTICES, ESSENTIAL OILS CAN BE USED IN A VARIETY OF WAYS, SUCH AS ANOINTING CANDLES, ENHANCING MEDITATION OR PRAYER, CLEANSING ENERGIES OR CREATING SACRED SPACES. WHETHER YOU ARE WORKING ON MANIFESTING LOVE, PROTECTION, SPIRITUAL CONNECTION, OR EMOTIONAL HEALING, ESSENTIAL OILS PROVIDE A NATURAL AND EFFECTIVE WAY TO AMPLIFY YOUR SPIRITUAL WORK.*

*IN THE FOLLOWING TABLES, YOU WILL FIND ESSENTIAL OILS RECOMMENDED FOR DIFFERENT SKIN CONDITIONS, GENERAL AILMENTS, AND MAGICAL USES IN RITUALS. THESE TABLES ARE DESIGNED TO HELP YOU IDENTIFY WHICH OILS MIGHT BE MOST BENEFICIAL FOR YOUR SPECIFIC NEEDS, MAKING IT EASY TO CREATE PERSONALIZED BLENDS FOR BOTH TARGETED AND HOLISTIC HEALTH SUPPORT.*

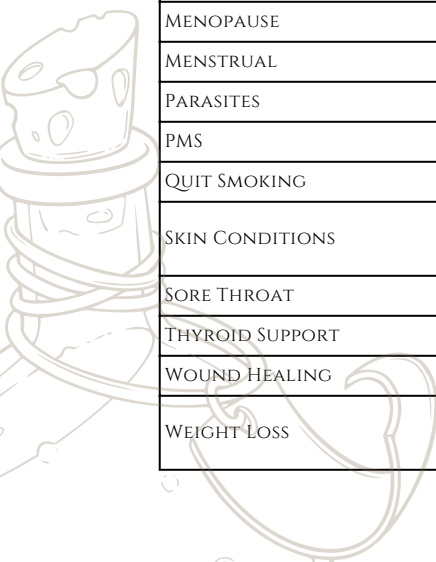
# SKIN BENEFITS

ECZEMA	FRANKINCENSE, LAVENDER, MYRRH, CHAMOMILE, CALENDULA, BERGAMOT, EVENING PRIMROSE
DRY SKIN	FRANKINCENSE, LAVENDER, ROSE, MYRRH, SANDALWOOD, EVENING PRIMROSE, CACAO
OILY SKIN	TEA TREE, LAVENDER, LEMON, FRANKINCENSE, BERGAMOT, ROSEMARY
COMBINATION SKIN	LAVENDER, FRANKINCENSE, ROSE, LEMON, ROSEMARY
SENSITIVE SKIN	CHAMOMILE, CALENDULA, FRANKINCENSE, MYRRH, EVENING PRIMROSE, LAVENDER
ACNE AND BLEMISHES	TEA TREE, LAVENDER, MYRRH, FRANKINCENSE, OREGANO, BERGAMOT
PSORIASIS	FRANKINCENSE, LAVENDER, MYRRH, SANDALWOOD, BERGAMOT, BLUE LOTUS
HYPERPIGMENTATION	FRANKINCENSE, LEMON, ROSE, MYRRH, SANDALWOOD, SAFFRON
UNEVEN SKIN TONE	LEMON, ROSE, FRANKINCENSE, SAFFRON, LAVENDER, TURMERIC
AGE SPOTS	FRANKINCENSE, ROSE, SAFFRON, SANDALWOOD, JASMINE
ANTI-AGING	FRANKINCENSE, JASMINE, ROSE, LAVENDER, MYRRH, SAFFRON, SANDALWOOD, VANILLA
SKIN FIRING	FRANKINCENSE, MYRRH, SANDALWOOD, ROSEMARY, COFFEE
DULL SKIN	LEMON, PEPPERMINT, ROSE, COFFEE, BLUE LOTUS
UV PROTECTION	MYRRH, FRANKINCENSE, SANDALWOOD
SKIN SOOTHING (FOR IRRITATED SKIN)	CHAMOMILE, LAVENDER, CALENDULA, MYRRH, SANDALWOOD, HOLY BASIL
INFLAMMATION REDUCTION	TURMERIC, LAVENDER, EUCALYPTUS, FRANKINCENSE, CLARY SAGE, GINGER, BIRCH, HOLY BASIL
ANTIOXIDANT PROTECTION	FRANKINCENSE, LAVENDER, JASMINE, ROSE, SAFFRON, TURMERIC
FREE RADICAL DAMAGE PREVENTION	FRANKINCENSE, MYRRH, SANDALWOOD, ROSE, SAFFRON
HYDRATION AND MOISTURE RETENTION	LAVENDER, ROSE, MYRRH, EVENING PRIMROSE, CACAO, ALOE
SCAR REDUCTION	FRANKINCENSE, LAVENDER, MYRRH, CALENDULA, ROSE
STRETCH MARKS	FRANKINCENSE, MYRRH, ROSE, JASMINE, LAVENDER, SANDALWOOD
INGROWN HAIRS	TEA TREE, LAVENDER, FRANKINCENSE, MYRRH, PEPPERMINT
PORE MINIMIZATION	LEMON, TEA TREE, FRANKINCENSE, ROSEMARY, LAVENDER
BLACKHEADS AND WHITEHEADS	TEA TREE, LAVENDER, PEPPERMINT, LEMON
ALLERGIC REACTIONS	CHAMOMILE, FRANKINCENSE, LAVENDER, MYRRH
WOUND HEALING AND RECOVERY	LAVENDER, MYRRH, CALENDULA, FRANKINCENSE, TEA TREE
DARK CIRCLES (UNDER EYES)	FRANKINCENSE, ROSE, SAFFRON, LAVENDER
PUFFY EYES	CHAMOMILE, LAVENDER, ROSE, FRANKINCENSE
CHAFING AND RASHES	CALENDULA, CHAMOMILE, LAVENDER, MYRRH, HOLY BASIL
BABY SKIN (GENTLE CARE)	CHAMOMILE, LAVENDER, CALENDULA, MYRRH
CRACKED SKIN (E.G., HANDS AND FEET)	MYRRH, LAVENDER, CALENDULA, FRANKINCENSE, CACAO
CHAPPED LIPS	CACAO, CALENDULA, FRANKINCENSE, LAVENDER, MYRRH
KERATOSIS PILARIS (BUMPY SKIN)	FRANKINCENSE, LAVENDER, CALENDULA, TEA TREE, MYRRH
BODY ODOR CONTROL (NATURAL DEODORANT NEEDS)	TEA TREE, LAVENDER, PEPPERMINT, ROSEMARY, CEDARWOOD
SKIN SOFTNESS	LAVENDER, ROSE, MYRRH, EVENING PRIMROSE, CACAO



# GENERAL BENEFITS

ABSCESSSES / INFECTIONS	LAVENDER, TEA TREE, CHAMOMILE, MYRRH, THIEVES, OREGANO, HOLY BASIL, SAGE, BERGAMOT
ALLERGIES	CEDARWOOD, FRANKINCENSE, LAVENDER, MYRRH
ANXIETY / STRESS	CEDARWOOD, CLARY SAGE, FRANKINCENSE, LAVENDER, SANDALWOOD, VANILLA, YLANG YLANG, ASHWAGANDHA, BLUE LOTUS, HOLY BASIL, JYOTISHMATI, PALO SANTO, HOLY SMOKE, BERGAMOT
ARTHRITIS	BIRCH, FRANKINCENSE, GINGER, WINTERGREEN, TURMERIC, LEMON, EUCALYPTUS, PINE NEEDLE, ROSEMARY, LAVENDER, AGARWOOD, PALO SANTO
ANTI-AGING	FRANKINCENSE, JASMINE, LAVENDER, ROSE, MYRRH, SAFFRON, SANDALWOOD, VANILLA, COFFEE
ASTHMA	CEDARWOOD, FRANKINCENSE, LAVENDER, ROSEMARY, PINE NEEDLE, EASY BREATHE
APHRODISIAC	BLUE LOTUS, ASHWAGANDHA, ROSE, JASMINE, AMBER ROSE, SANDALWOOD, YLANG YLANG
BLADDER / UTI	SANDALWOOD, TEA TREE
CONCENTRATION / MEMORY	AGARWOOD, CLARY SAGE, BRAHMI, PEPPERMINT, ROSEMARY, LEMON, SAGE, CEDARWOOD, COFFEE, BLUE LOTUS, JYOTISHMATI, SHILAJIT, HOLY SMOKE
COUGHS	EASY BREATHE, EUCALYPTUS, PINE NEEDLE, THIEVES, AGARWOOD, MYRRH
CIRCULATION	GINGER, ROSEMARY, TURMERIC, EUCALYPTUS, LAVENDER, BLUE LOTUS, MUGWORT
COLDS & FLU	EASY BREATHE, PINE NEEDLE, EUCALYPTUS, FRANKINCENSE, PEPPERMINT, THIEVES, LEMON, HOLY BASIL, MUGWORT, MYRRH
CANCER	MYRRH, FRANKINCENSE, SANDALWOOD, ROSE, ASHWAGANDHA, TURMERIC, SHILAJIT
CONSTIPATION	ROSEMARY, PEPPERMINT, LEMON
DENTAL (OIL PULLING)	THIEVES, HOLY BASIL, OREGANO, PEPPERMINT, FRANKINCENSE, MYRRH, SAGE, BERGAMOT
DEPRESSION	ROSE, FRANKINCENSE, JASMINE, LAVENDER, SAFFRON, YLANG YLANG, CACAO, BLUE LOTUS, COFFEE, JYOTISHMATI, ROSEMARY, HOLY SMOKE, BERGAMOT
DIGESTIVE AILMENTS	PEPPERMINT, GINGER, TURMERIC, CHAMOMILE, AGARWOOD, HOLY BASIL, LICORICE, MUGWORT, ROSEMARY, SAGE, MYRRH, BERGAMOT
FATIGUE	CLARY SAGE, CINNAMON, PEPPERMINT, ROSEMARY, ASHWAGANDHA, COFFEE, SHILAJIT
HAIR LOSS	LAVENDER, ROSEMARY, CLARY SAGE, YLANG YLANG, COFFEE, HOLY BASIL, BERGAMOT
HEADACHES	LAVENDER, PEPPERMINT, ROSEMARY, SANDALWOOD, PALO SANTO
HIGH BLOOD PRESSURE	CEDARWOOD, CLARY SAGE, FRANKINCENSE, LAVENDER, LEMON, CACAO
IMMUNE SUPPORT	FRANKINCENSE, OREGANO, THIEVES, TURMERIC, ASHWAGANDHA, BLUE LOTUS, COFFEE, SHILAJIT
INTUITION / MEDITATION	BLUE LOTUS, CACAO, MUGWORT, PALO SANTO, BODHI TREE, CHAKRA OILS, ELEMENT OILS, FRANKINCENSE, SANDALWOOD, MYRRH, CLARY SAGE, HOLY SMOKE
INFLAMMATION	TURMERIC, LAVENDER, EUCALYPTUS, PEPPERMINT, ROSEMARY, CLARY SAGE, GINGER, FRANKINCENSE, BIRCH, WINTERGREEN, AGARWOOD, ASHWAGANDHA, HOLY BASIL, SHILAJIT, SAGE, EVENING PRIMROSE
INSOMNIA	CEDARWOOD, LAVENDER, SANDALWOOD, VANILLA, YLANG YLANG, ROSE, JASMINE
MOSQUITO REPELLENT	EUCALYPTUS, PEPPERMINT, CEDARWOOD, LAVENDER, LEMON, TEA TREE, HOLY BASIL, PALO SANTO
MUSCLE PAIN	BIRCH, CEDARWOOD, WINTERGREEN, GINGER, PEPPERMINT, SAFFRON, CLARY SAGE, HOLY BASIL, MYRRH
MENOPAUSE	CLARY SAGE, LAVENDER, PEPPERMINT, ROSE, LICORICE, EVENING PRIMROSE
MENSTRUAL	MUGWORT, ROSE, CLARY SAGE, LAVENDER, PEPPERMINT, CHAMOMILE, ROSEMARY, SHILAJIT
PARASITES	MUGWORT, OREGANO, TEA TREE, PALO SANTO, THIEVES, MYRRH
PMS	CLARY SAGE, ROSE, AMBER ROSE, LEMON, CHAMOMILE, LICORICE, MUGWORT, EVENING PRIMROSE
QUIT SMOKING	HOLY SMOKE, PEPPERMINT, LAVENDER, FRANKINCENSE, CINNAMON, GINGER
SKIN CONDITIONS	CALENDULA, FRANKINCENSE, LAVENDER, MYRRH, TEA TREE, TURMERIC, BODHI TREE, EVENING PRIMROSE, BERGAMOT
SORE THROAT	EUCALYPTUS, TEA TREE, FRANKINCENSE, SAGE
THYROID SUPPORT	FRANKINCENSE, MYRRH, ROSE, LAVENDER, CLARY SAGE
WOUND HEALING	CALENDULA, FRANKINCENSE, LAVENDER, MYRRH, TEA TREE
WEIGHT LOSS	GINGER, COFFEE, PEPPERMINT, LEMON, CINNAMON, TURMERIC, SAGE, HOLY BASIL, MUGWORT, ROSEMARY, SHILAJIT



# RITUAL USE

AMBER ROSE	INVOKES PASSION AND LUXURY, PERFECT FOR ROMANTIC RITUALS AND ENHANCING PERSONAL MAGNETISM. SUITABLE FOR LOVE ATTRACTION AND ENHANCING SENSUAL ENERGY.
ASHWAGANDHA	PROVIDES STRENGTH AND RESILIENCE, USED IN GROUNDING RITUALS AND FOR BUILDING INNER STRENGTH. SUPPORTS HEALTH AND VITALITY, ENHANCING RESILIENCE IN RITUALS.
BERGAMOT	UPLIFTING AND CONFIDENCE-BOOSTING, USED IN RITUALS FOR JOY, SUCCESS, AND ATTRACTING ABUNDANCE. IDEAL FOR ABUNDANCE ATTRACTION AND SUCCESS SPELLS.
BIRCH	REPRESENTS RENEWAL AND NEW BEGINNINGS, USED IN RITUALS FOR FRESH STARTS AND PERSONAL TRANSFORMATION. SUITABLE FOR LETTING GO AND RENEWAL SPELLS.
BLUE LOTUS	ENHANCES SPIRITUAL INSIGHT, USED IN RITUALS FOR DREAM WORK, DIVINATION, AND CONNECTING WITH THE DIVINE. IDEAL FOR MOON MAGIC AND ENHANCING INTUITION.
CACAO	OPENS THE HEART, USED IN CEREMONIES TO PROMOTE LOVE, CREATIVITY, AND CONNECTION TO THE HEART'S TRUTH. IDEAL FOR LOVE RITUALS AND CONNECTING WITH ONE'S TRUE DESIRES.
CEDARWOOD	GROUNDING AND STABILITY, USED IN RITUALS TO CONNECT WITH THE EARTH AND PROMOTE EMOTIONAL BALANCE. USED TO ENHANCE FERTILITY AND INVOKE STABILITY.
CHAMOMILE	ENCOURAGES PEACE, REDUCES ANXIETY, GREAT FOR CALMING RITUALS AND INVOKING TRANQUILITY. USED IN FERTILITY RITUALS TO PROMOTE CALM ENERGY.
CLARY SAGE	ENHANCES INTUITION AND INSIGHT, IDEAL FOR DIVINATION RITUALS AND SPIRITUAL AWAKENING. PERFECT FOR RITUALS TO ENHANCE INTUITION AND SPIRITUAL GROWTH.
EUCALYPTUS	CLEARING AND REFRESHING, PERFECT FOR RITUALS THAT FOCUS ON HEALING AND CLEARING OBSTACLES. SUITABLE FOR HEALTH AND LETTING GO OF NEGATIVE ENERGY.
FRANKINCENSE	SPIRITUAL ELEVATION, USED FOR MEDITATION, SACRED SPACE CREATION, AND CONNECTING WITH HIGHER CONSCIOUSNESS. USED TO INVOKE SPIRIT AND CONNECT SPIRITUALLY.
GINGER	ADDS WARMTH AND VITALITY, USED IN RITUALS TO IGNITE PASSION AND BOOST MOTIVATION. GREAT FOR ABUNDANCE RITUALS AND INCREASING PERSONAL POWER.
HOLY BASIL	PROMOTES CLARITY AND FOCUS, USED IN RITUALS TO ENHANCE CONCENTRATION AND CONNECT WITH DIVINE GUIDANCE. SUPPORTS HEALTH AND ABUNDANCE INTENTIONS.
HOLY SMOKE	PROTECTIVE AND PURIFYING, USED IN SMUDGING RITUALS TO CLEANSE NEGATIVE ENERGY AND ENHANCE SPIRITUAL CLARITY. IDEAL FOR SABBATH CELEBRATIONS AND SPIRITUAL PROTECTION.
JASMINE	SENSUAL AND UPLIFTING, USED IN RITUALS TO ATTRACT LOVE AND BOOST CONFIDENCE. PERFECT FOR ROMANTIC RITUALS AND ATTRACTING NEW LOVE.
LAVENDER	PROMOTES CALM AND RELAXATION, IDEAL FOR SLEEP RITUALS AND EMOTIONAL HEALING. ALSO USED FOR INVOKING SPIRIT DURING MOON MAGIC.
LEMON	UPLIFTING AND CLEANSING, USED IN RITUALS TO BRING CLARITY, JOY, AND REMOVE MENTAL FOG. USED IN ABUNDANCE AND JOY RITUALS, PROMOTING A FRESH START.
LICORICE	ATTRACTION AND PERSUASION, USED IN RITUALS TO BRING FORTH DESIRES AND DRAW OPPORTUNITIES. GREAT FOR ABUNDANCE ATTRACTION AND DRAWING PROSPERITY.
MUGWORT	ENHANCES DREAMS AND INTUITION, USED IN RITUALS FOR DIVINATION AND CONNECTING WITH THE SUBCONSCIOUS. IDEAL FOR MOON MAGIC AND INTUITION ENHANCEMENT.
MYRRH	DEEP SPIRITUAL CONNECTION, USED FOR GROUNDING, MEDITATION, AND CONNECTING WITH ANCESTORS. IDEAL FOR SABBATH CELEBRATIONS AND INVOKING SPIRIT.
OREGANO	BANISHING AND PURIFICATION, EXCELLENT FOR SPELLS TO REMOVE BLOCKAGES AND CLEAR NEGATIVE ENERGIES. USED TO LET GO OF UNWANTED ENERGIES.
PINE NEEDLE	PROMOTES RESILIENCE AND STRENGTH, USED IN PROTECTION RITUALS AND TO BOOST PERSONAL POWER. SUPPORTS HEALTH, VITALITY, AND PROTECTION RITUALS.
ROSE	REPRESENTS LOVE AND COMPASSION, USED IN HEART-OPENING RITUALS AND TO ATTRACT LOVE AND HARMONY. IDEAL FOR LOVE AND FERTILITY RITUALS.
SAGE	PURIFICATION AND WISDOM, USED FOR SMUDGING AND CLEANSING SPACES OF NEGATIVE OR STAGNANT ENERGY. ALSO USED IN MOON MAGIC AND SABBATH CELEBRATIONS.
SANDALWOOD	ENCOURAGES RELAXATION AND SPIRITUAL AWARENESS, PERFECT FOR MEDITATION AND DEEPENING SPIRITUAL PRACTICES. IDEAL FOR INVOKING SPIRIT AND CONNECTING TO THE DIVINE.
TEA TREE	PURIFICATION AND PROTECTION, USED TO CLEANSE NEGATIVE ENERGIES FROM SPACES AND OBJECTS. SUITABLE FOR HEALTH AND WELL-BEING RITUALS.
THIEVES	PROTECTION FROM NEGATIVE ENERGY, USED FOR CLEANSING RITUALS AND TO WARD OFF HARMFUL INFLUENCES. GREAT FOR LETTING GO OF NEGATIVITY AND PROTECTING ABUNDANCE.
TURMERIC	PURIFICATION AND HEALING, USED TO CLEANSE SPIRITUAL ENERGY AND PROMOTE POSITIVITY. SUITABLE FOR HEALTH RITUALS AND REMOVING SPIRITUAL OBSTACLES.
VANILLA	INVOKES LOVE AND WARMTH, USED IN RITUALS FOR SELF-LOVE AND ATTRACTING NURTURING ENERGY. SUITABLE FOR LOVE SPELLS AND CREATING A NURTURING ENERGY.
WINTERGREEN	ALLEVIATES MENTAL TENSION, USED IN RITUALS TO RELEASE STRESS AND BRING MENTAL CLARITY. IDEAL FOR LETTING GO OF NEGATIVE THOUGHTS AND STRESS RELIEF.
YLANG YLANG	APHRODISIAC, ENHANCES LOVE AND SENSUALITY, USED IN ROMANTIC RITUALS AND TO BOOST SELF-ESTEEM. IDEAL FOR LOVE ATTRACTION AND ROMANTIC RITUALS.



# SUGGESTIONS FOR HOW TO USE OUR EDIBLE ESSENTIAL OILS

TOPICAL USE	1. SKINCARE: APPLY DIRECTLY TO THE SKIN, OR BLEND WITH CARRIER OILS TO MOISTURIZE AND NOURISH. THESE OILS CAN HELP WITH CONDITIONS LIKE DRY SKIN, ACNE, OR SIGNS OF AGING.
	2. MASSAGE OIL: COMBINE WITH A CARRIER OIL FOR A RELAXING OR INVIGORATING MASSAGE, HELPING TO RELIEVE TENSION AND SOOTHE MUSCLES.
	3. FACE OILS: ADD TO FACE CREAMS OR SERUMS TO CREATE CUSTOM SKINCARE THAT HYDRATES AND ENHANCES SKIN HEALTH.
	4. LIP CARE: MIX WITH A CARRIER OIL OR LIP BALM TO CREATE NOURISHING, EDIBLE LIP TREATMENTS.
	5. HAND AND FOOT CREAMS: ADD TO HAND OR FOOT CREAMS TO PROVIDE EXTRA HYDRATION, HEALING, AND RELAXATION FOR DRY OR CRACKED SKIN.
	6. SHAMPOO AND CONDITIONER: MAKE YOUR OWN HAIR CARE PRODUCTS, HAIR MASKS OR SCALP STIMULATING SERUMS
AROMATIC USE	1. DIFFUSING: ADD TO AN ESSENTIAL OIL DIFFUSER TO PURIFY THE AIR, CREATE A CALMING ATMOSPHERE, OR SET THE MOOD FOR MEDITATION AND RELAXATION.
	2. ROOM SPRAY: COMBINE WITH WATER TO MAKE A ROOM SPRAY, HELPING TO REFRESH AND UPLIFT THE SPACE NATURALLY.
	3. AROMATHERAPY BATH: ADD A FEW DROPS TO BATHWATER FOR A SOOTHING, AROMATIC BATH EXPERIENCE THAT RELAXES MUSCLES AND SUPPORTS MENTAL WELLBEING.
CULINARY USE	1. FLAVOR ENHANCER: USE SPARINGLY IN COOKING OR BAKING TO ENHANCE THE FLAVOR OF DISHES, SUCH AS ADDING A DROP OF PEPPERMINT OIL TO DESSERTS OR BEVERAGES.
	2. HERBAL TEAS: ADD A DROP TO HERBAL TEAS TO ENHANCE FLAVOR AND ENJOY ADDITIONAL HEALTH BENEFITS, SUCH AS USING LEMON OIL TO BOOST IMMUNITY.
	3. SALAD DRESSINGS: MIX WITH OLIVE OIL AND VINEGAR TO CREATE A FLAVORFUL SALAD DRESSING, ADDING EXTRA ZEST AND HEALTH PROPERTIES.
HEALTH AND WELLNESS	1. ORAL CARE: CREATE YOUR OWN MOUTHWASH OR TOOTHPASTE FOR FRESH BREATH AND ANTIBACTERIAL BENEFITS.
	2. DIGESTIVE SUPPORT: SOME OILS LIKE PEPPERMINT CAN BE TAKEN IN SMALL AMOUNTS TO AID DIGESTION AND ALLEVIATE BLOATING OR INDIGESTION.
	3. IMMUNE BOOSTING: USE INTERNALLY, IN VERY SMALL AMOUNTS, TO BOOST THE IMMUNE SYSTEM, SUCH AS USING FRANKINCENSE TO SUPPORT OVERALL HEALTH.
	4. BODY ODOUR CONTROL CREATE YOUR OWN NATURAL DEODORANT
SPIRITUAL AND RITUAL USE	1. ANOINTING: ANOINT YOURSELF OR SACRED OBJECTS TO SET INTENTIONS OR BLESS RITUALS, ENHANCING THEIR SPIRITUAL SIGNIFICANCE.
	2. MEDITATION AID: USE DURING MEDITATION TO ENHANCE FOCUS AND CONNECT TO DEEPER STATES OF CONSCIOUSNESS.
	3. CANDLE DRESSING: ANOINT CANDLES USED IN SPIRITUAL RITUALS TO IMBUE THE ENERGY OF THE OIL INTO YOUR RITUAL WORK.
	4. MOON AND SABBATH CELEBRATIONS: USE OILS LIKE MUGWORT OR BLUE LOTUS DURING MOON CEREMONIES OR SEASONAL CELEBRATIONS TO HEIGHTEN INTUITION AND SPIRITUAL CONNECTION.
	5. BREATHWORK: ADD A DROP OF WHICHEVER OIL YOU WOULD LIKE TO JOURNEY WITH BEFORE YOUR BREATHWORK PRACTICE.

PLEASE NOTE: MOST NON-EDIBLE ORGANIC ESSENTIAL OILS CANNOT BE USED FOR MANY OF THESE PURPOSES DUE TO THEIR POTENTIAL TOXICITY WHEN INGESTED OR APPLIED DIRECTLY TO THE SKIN WITHOUT DILUTION. EDIBLE ESSENTIAL OILS ARE SPECIALLY PREPARED AND TESTED TO ENSURE THEY MEET SAFETY STANDARDS FOR CONSUMPTION AND TOPICAL APPLICATION. REGULAR ESSENTIAL OILS, EVEN WHEN ORGANIC, MAY CONTAIN COMPOUNDS THAT CAN BE HARMFUL IF INGESTED OR USED INCORRECTLY, MAKING THEM UNSUITABLE FOR CULINARY USE OR DIRECT SKIN APPLICATION WITHOUT PROPER DILUTION.

