

# THE FUNCTIONAL PERSPECTIVE

## BLENDING REFERENCE

# ESSENTIAL OILS 101

### ACHES & PAINS

Chamomile

Eucalyptus

Helichrysum

Juniper

Lavender

### ADRENAL

Basil

Frankincense

Lime

Mandarin

Nutmeg

### BLEEDING

Geranium

Helichrysum

(Great to have at least one of these in first aid kit)

### BUG BITES & STINGS

Basil

Copabia

German Chamomile

Helichrysum

Myrrh

Tea Tree

### BRAIN INJURY/HEALING

Bergamot

Frankincense

Neroli

Vetiver

### SUPPORTING BRAIN & NEUROLOGICAL HEALTH

Cedarwood Atlas

Frankincense

German Chamomile

Lavender

Patcouli

Peppermint

Sweet Orange

Tangerine

Vetiver

Ylang Ylang

### DIGESTION SUPPORT

Carrot Seed

Fennel

Ginger

Lemongrass

Marjoram

Orange

Peppermint

