

THE FUNCTIONAL PERSPECTIVE

BLENDING REFERENCE

ESSENTIAL OILS 101

EAR ACHES

Basil
Cassia
Helichrysum

ENERGY BOOST

Any "Citrus"
Eucalyptus
Spearmint

FEMALE HORMONE SUPPORT

Cinnamon
Clary Sage
Frankincense
Lavender
Myrrh
Myrtle
Thyme
Ylang ylang

HEADACHES

Aniseed
Peppermint
Rosemary
Spearmint

BOOSTING IMMUNITY/ FIGHTING INFECTIONS

Eucalyptus
Grapefruit
Oregano
Tea Tree

INFLAMMATION

Chili Seed
Copaiba
Eucalyptus
Frankincense
Spikenard
Turmeric

RESPIRATORY SUPPORT

Bergamot
Cinnamon
Clary Sage
Eucalyptus,
Frankincense
Pine Needle
Thyme

