

# THE FUNCTIONAL PERSPECTIVE

## BLENDING REFERENCE

# ESSENTIAL OILS 101

### SKIN HEALTH

Lemongrass

Myrrh

Myrtle

### PROMOTING SLEEP

Bergamot

Lavender

Roman Chamomile

Ylang Ylang

### REDUCING STRESS

Bergamot

Chamomile

Frankincense

Geranium

Lavender

Orange

Vetiver

Ylang Ylang

### THYROID

Lemongrass

Myrrh

Myrtle

### TOOTHACHE

Ajowan

Clove

### REDUCING TOXICITY

Grapefruit

Lemon

Rosemary

Resources:

<https://www.hindawi.com/journals/grp/2012/457150/>

<https://www.ncbi.nlm.nih.gov/pubmed/21929331>

<https://www.ncbi.nlm.nih.gov/pubmed/26197557>

<https://app.jadebloom.com/oils/c/0>  
- Official Oil Guide

<https://www.ncbi.nlm.nih.gov/pubmed/19768994>

