19 ESSENTIAL OILS FOR ENERGY
Checklist

HERBAL OILS

PEPPERMINT ESSENTIAL OIL

How To

- Diffuser
- Topically on wrists and neck when mixed with a carrier oil, such as Jojoba, coconut or olive oil
- Inhale directly

EUCALYPTUS ESSENTIAL OIL

How To

- Diffuser
- Topically rubbed anywhere on the body when mixed with a carrier oil, such as Jojoba, coconut or olive oil
- Inhale directly

ROSEMARY ESSENTIAL OIL

How To

- Diffuser
- Inhale directly

THYME ESSENTIAL OIL

How To

- Diffuser

BASIL ESSENTIAL OIL

How To

- Diffuser

LEMONGRASS ESSENTIAL OIL

How To

- Diffuser
- Topically when mixed with a carrier oil, such as Jojoba, coconut or olive oil
- Inhale directly

SPICY OILS

CINNAMON ESSENTIAL OIL

How To

- Diffuser
- Inhale directly

GINGER ESSENTIAL OIL

How To

- Diffuser
- Topically when mixed with a carrier oil, such as Jojoba, coconut or olive oil
- Inhale directly

FRANKINCENSE ESSENTIAL OIL

How To

- Diffuser
- Topically when mixed with a carrier oil, such as Jojoba, coconut or olive oil

BLACK PEPPER ESSENTIAL OIL

How To

- Topically when mixed with a carrier oil, such as Jojoba or olive oil
- Inhale directly

FLORAL OILS

GERANIUM ESSENTIAL OIL

How To

- Diffuse with a 50:50 solution with a carrier oil like coconut or olive
- Inhale directly by rubbing 2 or 3 drops onto your palms and inhaling with mouth and nostrils, and run into your wrists and neck for lasting scent

ROSE ESSENTIAL OIL

How To

- Diffuser

CITRUS OILS

ORANGE ESSENTIAL OIL

How To

- Diffuser
- Inhale Directly

LIME ESSENTIAL OIL

How To

- Diffuser
- Inhale Directly

GRAPEFRUIT ESSENTIAL OIL

How To

- Diffuser
- Topically on wrists and neck when mixed with a carrier oil, such as Jojoba, coconut or olive oil
- Add to shower and inhale deeply

WOODY AND FLORAL OILS

PINE ESSENTIAL OIL

How To

- Diffuser

LAVENDER ESSENTIAL OIL

How To

- Diffuser
- Topically when mixed with a carrier oil, such as Jojoba, coconut or olive oil
- Inhale directly

CEDARWOOD ESSENTIAL OIL

How To

- Diffuser
- Inhale directly

BERGAMOT ESSENTIAL OIL

How To

- Diffuser