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# Uses For Lemon Essential Oil

- Flu
- Hangovers
- Purification
- Intestinal Parasites
- Water Purification
- Sore Throat
- Air Pollution
- Cold Sores
- Anxiety
- Gout
- Kidney Stones
- Postpartum Depression



FB/ModernWellnessForYou

www.modern-wellness.com

## EVERYDAY ESSENTIALS

with Young Living Essential Oils



FEATURING ESSENTIAL OILS FROM THE POPULAR "EVERYDAY OILS" COLLECTION

<p><b>FRANKINCENSE</b></p> <ul style="list-style-type: none"> <li>Provides support for nervous system</li> <li>Supports healthy lung function</li> <li>Alleviates occasional nervousness &amp; irritability</li> <li>May improve absentmindedness</li> <li>Softens the aging process</li> <li>Alleviates feelings of blues &amp; sadness</li> <li>Relieves</li> </ul>	<p><b>LAVENDER</b></p> <ul style="list-style-type: none"> <li>Helps with seasonal sniffles &amp; itching</li> <li>Supports the lungs &amp; sinuses</li> <li>Helps minor burns</li> <li>Slows signs of aging on the skin, such as liver spots</li> <li>Promotes restful sleep patterns &amp; used for occasional sleeplessness</li> <li>Mild mood changes, cramps &amp; bloating associated with menstrual cycle</li> <li>Occasional stress &amp; nervous tension</li> <li>Calm &amp; relaxing</li> <li>Helps dry skin</li> <li>Lean Spray</li> <li>Skin imbalances</li> <li>Floral, fresh &amp; sweet aroma</li> </ul>	<p><b>LEMON</b></p> <ul style="list-style-type: none"> <li>Supports kidney health &amp; function</li> <li>Encourages proper renal function</li> <li>Signs of aging on the skin</li> <li>Supports concentration &amp; work efficiency</li> <li>Occasional constipation</li> <li>Immune boosting</li> <li>Aids in circulation</li> <li>Increases energy &amp; focus</li> <li>Purifies &amp; degreases</li> <li>Add to water for refreshing pick-me-up (on grass or stainless steel only)</li> <li>Relief of occasional heartburn</li> <li>Invigorating &amp; bold lemon rind aroma</li> <li>Blends</li> </ul>
<p><b>PANAWAY</b></p> <ul style="list-style-type: none"> <li>Helps relax muscles</li> <li>Supports healthy joint &amp; cartilage function</li> <li>Helps with muscle pain after exercise</li> <li>Reduces everyday aches &amp; discomforts</li> <li>Aids in circulation</li> <li>Reducing for swelling &amp; bruises</li> <li>Fresh, crisp &amp; minty aroma</li> <li>Supports healthy bone structure</li> </ul>	<p><b>CITRUS FRESH</b></p> <ul style="list-style-type: none"> <li>Supports healthy immune system</li> <li>Improves energy &amp; mental focus</li> <li>Calm &amp; uplifting</li> <li>Supports &amp; protects healthy DNA</li> <li>Eases occasional emotional distress</li> <li>Inspires feelings of creativity &amp; well-being</li> </ul>	<p><b>MELALEUCA ALTERNIFOLIA</b></p> <ul style="list-style-type: none"> <li>Supports healthy immune system</li> <li>Purifies &amp; disinfects</li> <li>Supports reduction in fungus</li> <li>Reinforces healthy respiratory function</li> <li>Eases occasional</li> </ul>
<p><b>JOY</b></p> <ul style="list-style-type: none"> <li>Uplifting emotional well-being</li> <li>Promote a positive attitude</li> <li>Supports sexual vigor &amp; performance</li> <li>Minimizes the blues &amp; sadness</li> <li>Helps occasional irritability</li> <li>Helps tension</li> <li>Wear as a perfume</li> <li>Low back discomfort</li> <li>Lower torso aches for females during sexual cycle</li> <li>Stimulates a cheerful mood</li> <li>Inspires romance</li> <li>Exotic, uplifting &amp; floral aroma</li> </ul>	<p><b>PEPPERMINT</b></p> <ul style="list-style-type: none"> <li>Reduces nausea &amp; vomiting</li> <li>Alleviates digestive system bloating/stuffed feelings/gas</li> <li>Stimulates alertness, focus &amp; concentration</li> <li>Reduces absentmindedness</li> <li>May help occasional muscle spasms</li> <li>Minimizes hot flashes</li> <li>Occasional constipation</li> <li>May help high temperatures</li> <li>Refreshing &amp; cooling</li> <li>Weight management</li> <li>Helps control appetite</li> </ul>	<p><b>THIEVES</b></p> <ul style="list-style-type: none"> <li>Supports the immune system</li> <li>Blood sugar concerns</li> <li>Helps relieve congestion</li> <li>Purifies &amp; disinfects</li> <li>Greatly reduces everyday germs</li> <li>Oral care</li> <li>Household cleaning</li> <li>Supports healthy lung function</li> <li>Powerful combination of oils</li> <li>Combats mold and mildew</li> <li>Rich, earthy, warm &amp; spicy aroma</li> </ul>
<p><b>STRESS AWAY</b></p> <ul style="list-style-type: none"> <li>Occasional anxiety</li> <li>Stress &amp; nervous tension in the body</li> <li>Calm &amp; relaxing</li> <li>For nervousness due to common, everyday concerns and fatigue</li> <li>Supports healthy blood pressure</li> <li>Improves mental focus</li> <li>Enhances relaxation</li> <li>Great for the bath</li> <li>Tropical, sweet and exotic aroma</li> </ul>	<p><b>PURIFICATION</b></p> <ul style="list-style-type: none"> <li>Non-cystic acne and blemishes</li> <li>Neutralizes pet and disagreeable odors</li> <li>Helps insect bites and stings</li> <li>Cleansing and soothing for cuts, scrapes &amp; blisters</li> <li>Deodorant</li> <li>Laundry</li> <li>Stinky shoes and disagreeable odors</li> <li>Purify &amp; cleanse the air</li> <li>Clean, crisp and lemony aroma</li> </ul>	<p><b>NINGXIA RED</b></p> <ul style="list-style-type: none"> <li>Whole body nutrient infusion</li> <li>Energizes, fortifies &amp; revitalizes</li> <li>High in antioxidants, glutathione &amp; some minerals</li> <li>Adds digestive system</li> <li>Immune boosting</li> <li>Promotes cardiovascular health</li> <li>Supports good eye health</li> <li>Just 1-2 oz. a day can provide a natural energy supply</li> </ul>

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.



name  
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### Good Parenting Brighter Children

#### HOW TO USE ESSENTIAL OILS

**INHALATIONS**  
CAN BE APPLIED DAILY OR  
EVEN MORE OFTEN

**BATHS**  
CAN BE APPLIED  
2-3 TIMES  
A WEEK

**MASSAGE**  
CAN BE APPLIED  
DAILY

**COMPRESSES**  
CAN BE APPLIED  
AS NECESSARY

**SAUNA**  
CAN BE APPLIED  
ONCE  
A WEEK



<h1>Clove</h1>	
	DIFFUSER BLENDS
<b>SUNSHINE</b>	<b>CLEAR THE AIR</b>
3 DROPS CLOVE	3 DROPS CLOVE
3 DROPS ELEVATION	3 DROPS MELALEUCA
2 DROPS PEPPERMINT	1 DROP CINNAMON BARK
<b>AT THE SPA</b>	<b>FRESHLY FALLEN SNOW</b>
2 DROPS CLOVE	3 DROPS CLOVE
2 DROPS PATCHOULI	2 DROPS CARDAMOM
1 DROP BASIL	2 DROPS COPAIBA
1 DROP GERANIUM	
<b>FOGGY MORNING</b>	<b>FRESH AND FREE</b>
3 DROPS CLOVE	2 DROPS CLOVE
2 DROPS CYPRESS	2 DROPS BASIL
2 DROPS FRANKINCENSE	2 DROPS GERANIUM
1 DROP PEPPERMINT	2 DROPS PATCHOULI



### Others Essential Oils

Apart from these, lavender, frankincense, lemon, geranium and lemon grass essential oils also work on bunions when you want to tone down the inflammation, redness and the swelling. Similarly, the warming and healing properties of black pepper, clove and ginger can be put to use against bunion related pain and loss of mobility.

[www.essentialoilbenefits.com](http://www.essentialoilbenefits.com)





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