

LEMON

Essential Oil is extracted from the outer rind of the fruit. Takes about 3000 lemons to make a couple of pounds of essential oil. Unmistakable citrus aroma.

Stimulates white blood cells – great oil to use to help prevent the spread of bacteria and viruses – room spritzer.

Add 15-20 drops of oil to distilled water in a 8floz Spritzer bottle. Shake before use. Also keeps home sweet smelling 😊

Toning and astringent, helps to stop bleeding – cotton pad soaked in warm water with a couple of drops of essential oil added great for cuts and scrapes, minor nosebleeds.

In skincare, helps to brighten and tone the skin, may help to minimize the appearance of age spots.

Great at removing bad odors from children and pet accidents in the car or home. Use a few drops of oil in warm water to wash the affected area, and you can put a few drops on a cotton pad and leave it in the car to freshen it up. 😊

LAVENDER

Most versatile of all the oils:

Antiseptic, analgesic (kills pain), insect repellent, sedative, decongestant, restorative.

The only oil that can be applied undiluted to the skin.

Antiseptic properties – suitable for coughs and colds, add a couple of drops to a bowl of very hot water, create a tent using a towel, and inhale the steam, soothes, decongests and helps to attack bacteria that can cause secondary infection.

Also a sedative – few drops on the pillow or on your kids' nightwear will help soothe them to sleep.
Can be massaged in to the temples to help relieve headaches.

Helpful on the skin, soothing, antiseptic and anti-inflammatory. Helps in treatment of acne. Inhibits the bacteria that lead to breakouts, soothes the skin and encourages healing, and helps to balance the over-production of sebum. Helps to reduce scarring.

Helps to prevent insect bites, and if you do get bitten, its antiseptic and analgesic properties will relieve itching.

Blends well with lemon and geranium.

GERANIUM

Produced by steam distillation of the leaves.
Herbaceous 'green' odor.

Use in skincare for its delightful aroma and its action on balancing sebum production, also antiseptic properties.
Balancing to extremely dry or extremely oily skin.

Stimulates the adrenal cortex – hormones secreted by this gland are regulatory hormones, so geranium is helpful to use in any condition where there is a hormonal imbalance such as menopause.

Stimulates the lymphatic system – great to use in massage for cellulite and fatty areas of the body, and for relief of swollen ankles.

Also has insect repellent properties, so can be used together with lavender in a room spray (15-20 drops to about 8floz of distilled water).

Further reading (great tips for home use of oils):

Aromatherapy: an A-Z, Patricia Davis

Fragrant Pharmacy, Valerie Worwood