



## 5 ESSENTIAL OILS YOU NEED TO HAVE

Essential Oils are made up of constituents that can be helpful in particular ways to the human body. Each oil is different and effects you in different ways. Here are a few oils that you want to have to support your body in modern times.

### Peppermint Essential Oil

#### Supports: Energy & Focus + Digestion + Muscular Skeletal

- Place a drop in your hands. \*Dip your pinky finger into the drop and swipe across the roof of your mouth. The effect goes up to the sinuses and give you a boost of alertness, it goes down to support your digestion and it gives you fresher breath!
- Place a drop in your hands to enjoy the aroma. Rub leftovers into your palms to rub on your neck.

### Lavender Essential Oil

#### Supports: Relaxation & Sleep + Skin

- Create a spray for your pillow at night. Simply use a glass, spray bottle. Fill with distilled water and add as many drops of Lavender you want. (We add about 3-5 drops per ounce of water.)
- Add a drop to your moisturizer and/or shampoo to enjoy the effects on your skin.

### Frankincense Essential Oil

#### Supports: Immune Support + Skin + Mood Support

- Support for immune system: rub on feet or diffuse.
- Use it to uplift or spiritualize a moment such as: meditation, yoga, prayer, journaling.
- It's great for the skin. Add a drop to your evening moisturizing routine.

### Cedarwood Essential Oil

#### Supports: Thinking

- Ever go to bed with so much mental you can't relax? Take a drop of Cedarwood to your brain stem or diffuse at night for a more restful sleep.

### Thieves Essential Oil blend:

#### Supports: Immune Support

- Use on your feet, wrists, behind the ears, in the diffuser, wherever!
- You can also use this one internally\*. Just add a drop or two to your water bottle do support you all day long. (Be sure you use glass or stainless steel)

### Ready to get these oils for yourself?

#### Check our website:

[www.SimplySerendipityCentral.com](http://www.SimplySerendipityCentral.com) and click on "Join the Oily Obsession"

We can *personally* guide you through the process!

Like our Facebook page: [Simply Serendipity Central](https://www.facebook.com/SimplySerendipityCentral)

\* Please note: These suggestions are for Young Living Essential Oils only. Not all oils have the same purity level and can be used topically or internally.