

## ESSENTIAL OILS, ETC.:

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*Here is a bit of information found on some of the Essential oils used in my soap-making:*

**Cinnamon Leaf:** a warming, highly aromatic, spicy oil. It purifies the air, killing germs and bacteria. Cinnamon taken internally stimulates blood circulation and warms the body. It also assists in relieving nausea, reducing high blood pressure and strengthening the immune system.

**Clovebud:** a warm, spicy aromatic oil which is most effective as an antiseptic when diffused and is great for toothaches and abscesses when dabbed on the tooth carefully. It stimulates the mind and enhances concentration.

**Fir Needle:** typically used to loosen a tight chest, dry cough and congestion. It may be useful in massage blends for rheumatism and arthritis. Fir is grounding and balancing. Great for holiday blends.

**Lavender:** used for burns, wound care, stress relief, headaches, disinfection, air purifying and more. Great for healing and therapeutic uses.

**Orange:** aids in digestion, flatulence and nausea. It relieves stress and anxiety. Sweet orange helps with colic in babies and reduces fever and headaches.

**Patchouli:** has a warm, mellow scent that was popular in the 60's. It is an anti-inflammatory, anti-depressant and stress reliever. Patchouli helps to tighten the pores of the skin and is used to combat wrinkles. It regulates oily skin and dandruff and reduces cellulite. It can help to break up mucous and reduces fever. Also, it is used to treat acne, eczema, psoriasis, sores and burns.

**Peppermint:** relieves headaches and indigestion, reduces mental fatigue, increases alertness, relieves nausea and itching. Peppermint is great in foot scrubs or lotion in order to cool and soothe achy tired feet and to treat athletes foot or fungal problems. It repels insects, too.

**Tea Tree:** is known as the strongest anti-fungal, anti-viral, anti-bacterial oil in aromatherapy. Tea tree is used for killing germs, combating acne, fighting cold sores, healing wounds, preventing infection and oral disease when used in mouth wash.

**French Green Clay:** in general, clay is cleansing, good for circulation, controls oily skin, and pulls toxins out of the body through the skin.

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**Eucalyptus:** *used for respiratory effects and congestion relief. Highly antimicrobial. Use in a diffuser to keep away colds. Stimulates the circulation, increases concentration, warms the body, relieves rheumatic aches & pains. Can relieve bug bite irritation, is a good insect repellent and treatment for lice and athletes foot.*

**Lemongrass:** *Stimulating, refreshing, increases alertness & concentration. It relieves fatigue, aids in digestion, relieves aching muscles, is an insect repellent, helps treat acne & oily skin. A good toner and astringent.*

**Marjoram (Sweet):** *kills germs, relieves muscle pain, cramps, headaches, migraines, stiffness and is a sedative and antispasmodic. Helps normalize blood pressure and can help ease emotional suffering. Do not use during pregnancy.*

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