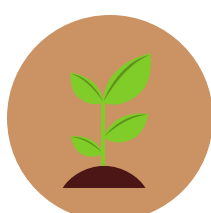


ESSENTIAL OILS

WHAT ARE ESSENTIAL OILS?



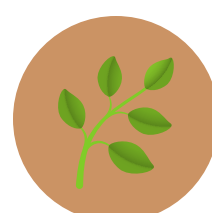
Essential oils are plant extracts that are aromatic



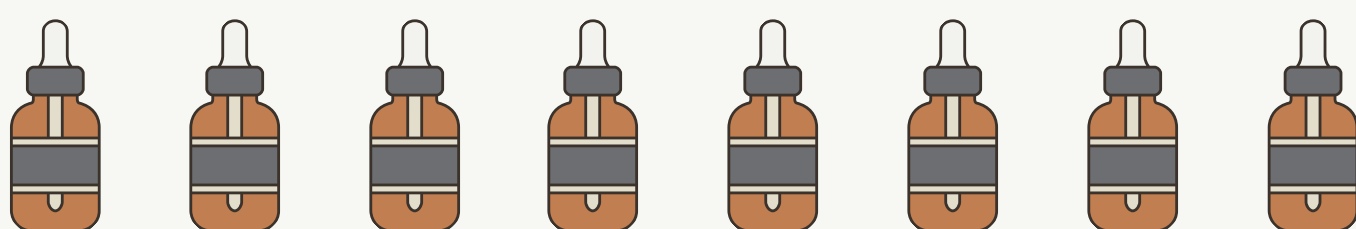
These oils help the plant regulate growth and metabolism



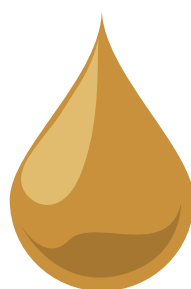
Like plants, these oils can help our body function better



Essential oils are up to 70 x stronger than herbs



Both vegetable oils/carrier oils and essential oils are documented to be beneficial to the health of both the hair and skin.



You can add a few drops of your chosen oils or oil to bath salts



You can massage your diluted oils directly on to your damp skin and hair

HOW TO USE ESSENTIAL OILS



You may add them to vegetable oils, creams or bath gels



You can rub them directly onto your skin and wet hair



Or you might add a few drops to your palms to smell them



Always check the label before you use essential oils



Essential oils are a great compliment to a healthy lifestyle. They don't prevent, treat or cure, but they work naturally with your body so your own body can heal itself.