

Essential Oils	Properties	Products
Elemi Essential oil	<p>Collagen support- Studies suggest that elemi helps to stimulate the production of tensin (a key protein used in our skins structure). The increased amount of tensin help the skin become firmer with greater elasticity</p> <p>Anti-inflammatory - Elemi has been used for centuries to treat joint pains and arthritis. It's great for exzema, rosacea and even psoriasis</p> <p>Antiseptic – Kills fungi bacteria and viruses</p> <p>Healing – Historically used to treat scars and to help wounds heal faster. Recent studies show that elemi helps to increase cell turnover.</p> <p>Elemi also helps to naturally balance oil production in our skin.</p>	<p>Krakens Anti-Cracking Cream Dog-Ease Restful-Repair</p>
Lavender Essential Oil	<p>Headaches and migraines - Lavender essential oil has a calming aroma which makes it an excellent nerve tonic. It aids in treating migraines, headaches, anxiety, depression, nervous tension and emotional stress.</p> <p>Insomnia – Lavender essential oil is ideal for those who have trouble falling or staying asleep as it improves the length and quality of sleep.</p> <p>Scrapes and wounds – Due to its powerful antiseptic properties, Lavender essential oil can increase cell growth and aid in the formation of scar tissue. It has been used to heal wounds, cuts, burns and sunburns rapidly.</p> <p>Anxiety and depression - It is an excellent tonic for the nervous system. It's known to remove nervous exhaustion and restlessness while increasing mental activity and relaxation.</p> <p>Skin care – Just like it can be used for scrapes and wounds, lavender essential oil can also be used to treat skin disorders such as acne, burns, dry skin, eczema, itchy skin, sunburn, seborrhea and skin inflammation.</p> <p>Pain relief – A regular massage with Lavender essential oil provides relief from pain in the joints as well as pains caused by sore muscles, tense muscles, muscular aches, rheumatism, sprains, backache and lumbago.</p>	<p>Lavender Love Restful-Repair Kraken Anti-Cracking Cream Clarity Simmer Down Now Dog-Ease Benefits</p>
Peppermint Essential Oil	<p>Colds/Congestion: Menthol provides effective relief from many respiratory problems including nasal congestion, sinusitis, asthma, bronchitis and the common cold and cough. It is often included as an ingredient in natural chest rubs to help with congestion.</p> <p>Headache: Peppermint oil is terrific to keep on hand at your desk or in your purse, especially if you are prone to headaches. The use of this oil has also been known to effectively lessen tandem symptoms such as nausea, vomiting, sensitivity to noise and sensitivity to light.</p> <p>Stress: Like many other essential oils, peppermint is able to provide relief from stress, depression and mental exhaustion due to its refreshing nature. It is also effective against feeling anxious and restless.</p> <p>Energy/Alertness: Peppermint oil powerfully affects and improves mental clarity and raises energy levels. If you're trying to cut back on caffeine, this may be a blessing to your mid-afternoon lull.</p> <p>Sore Muscles: Because peppermint oil has analgesic, anti-inflammatory and anti-spasmodic properties, it not only can relieve pain, itching and inflammation but can also calm the spasms that cause muscle cramps.</p>	<p>Blu-ICE Awakening Mary-Mint cream Dog-Ease</p>

<p>Rosemary Essential Oil</p>	<p>Sharpens the Mind This oil is a great mental stimulant that boosts focus, concentration, memory and mental awareness. Being an excellent brain and nerve tonic, it is often used by students during exams to improve concentration and memory. It is also a mood enhancer and hence, is a good remedy for tension, anxiety, fatigue, depression and forgetfulness. Inhaling this oil rests your tired brain and can ward off lethargy while stimulating and improving productivity.</p> <p>Rejuvenates Skin: Massaging your skin with rosemary essential oil rehydrates and tones your skin. It removes wrinkles and bags on the skin, thus keeping it taut and healthy. Its cell regeneration properties are effective in treating visible skin conditions and replacing damaged tissue, thus reducing the appearance of scars and spots.</p>	<p>Awakening Mary-Mint Cream</p>
<p>Vetiver Essential Oil</p>	<p>Anti-inflammatory properties – Vetiver’s soothing effects are ideal for calming all kinds of inflammation, particularly in the circulatory and nervous systems. It is also a useful appropriate treatment for inflammation due to sun stroke and dehydration.</p> <p>Antiseptic properties – Vetiver essential oil has been known for stopping the growth of certain bacteria, most especially the ones responsible for sepsis. Applying this essential oil externally to wounds is very safe although it can also be taken orally. Vetiver is non-toxic and non-irritant.</p> <p>Cicatrizing properties – This accelerates the disappearance of scars from the skin by promoting the growth of new tissues. This is useful for eliminating acne scars, stretch marks, burns, and spots left by skin diseases and wounds.</p> <p>Nervine – This refers to a tonic that has a soothing or calming effect on the nerve. The essential oil of Vetiver has the ability to take care of the nerves, especially when damaged by trauma, fear, and stress. It helps relieve nervous disorders, epileptic and hysteric attacks, and neurotic disorders such as Parkinson’s disease.</p> <p>Sedative properties – The <u>essential oil of Vetiver is an excellent sedative</u>. It is useful for dealing with anxiety, restlessness, nervous irritations, convulsions, emotional outbursts, epileptic and hysteric attacks. This essential oil is also a great remedy for sleeping disorders.</p> <p>Tonic – Vetiver essential oil tones up every system of the human body. It works by maintaining the metabolic system, rejuvenating the body, and boosting the immune system</p>	<p>Simmer Down Now</p>

Cedarwood Essential Oil	<p>The Native Americans realized cedarwood essential oil's benefit as a respiratory aid long ago because it reduces congestion brought on by colds and flues. All it takes is a few drops into some boiling water or a vaporizer for cedarwood to start working on phlegm and mucus trapped in the lungs.</p> <p>Relaxation</p> <p>Aside from having respiratory benefits when inhaled, cedarwood also does an excellent job at relaxing people. It's for this reason why those suffering from insomnia, and people who frequently meditate, love to use cedarwood essential oil. Not surprisingly, the effects of cedarwood also extend to reducing anxiety and nervousness in people.</p>	Simmer Down Now
Litsea Cubeba Essential Oil	<p>May Chang (Litsea cubeba) essential oil has a refreshing, stimulating uplifting action making it a useful oil for relieving fatigue and lethargy. It has a tonic effect on the nervous system and can help to provide clarity of thought when you are feeling nervous, stressed, anxious or confused. May Chang is known as an 'oil of tranquility' and is recognized for its powerful effect in terms of promoting physical relaxation and mental calm. It is recommended for those suffering from work related stress and an inability to switch off.</p>	Awakening
Eucalyptus Essential Oil	<p>Traditionally, Eucalyptus species have been used for insect repellent, respiratory infections and mouth washes. The Australian Aborigines have used the leaves to disinfect wounds and treat infections for thousands of years.</p>	Dog-Ease
Cinnamon Leaf Essential Oil	<p>Cinnamon leaf oil is used to reduce pain and inflammation, as an antiseptic, and to induce calming of the respiratory tract, digestive system and the nervous system. Some common uses include easing pain associated with rheumatism, menstrual cramps and arthritis. It can also be used to stimulate the glandular system and fight exhaustion as well as fight the symptoms of a cold and soothe respiratory ailments. Cinnamon leaf oil is also an anti-bacterial, anti-fungal and an effective mosquito repellent.</p>	Freedom Bigfoots Bad-Boy Balm

<p>Clove Bud Essential Oil</p>	<p>Known for its anti-infectious, analgesic and anti-inflammatory properties. It's anti-infectious properties include: anti-viral, anti-bacterial and anti-fungal.</p> <p>Clove also has the largest antioxidant value of any single essential oil known to man.</p>	<p>Freedom Clarity Bigfoots Bad-Boy Balm</p>
<p>Bergamot Essential Oil</p>	<p>Bergamot's antiseptic action and ability to promote skin growth makes it perfect for treating acne. It is great for oily skin types and is effective for other skin conditions such as psoriasis and dermatitis.</p>	<p>Clarity</p>
<p>Tea Tree Essential Oil</p>	<p>Tea Tree: Skin Treatment Tea tree has so many anti-viral and anti-fungal benefits that the Australian army puts it in soldiers' first aid kits. Now, you can use tea tree oil in a variety of ways, especially to heal your skin.</p> <p>Tea tree oil can benefit the following skin conditions:</p> <ul style="list-style-type: none"> Ring worm and athlete's foot Softens corns Cuts and scrapes Itching of insect bites and chicken pox Warts Acne Dandruff <p>In fact, tea tree oil may be a better alternative to conventional skin treatments.</p> <p>Tea tree oil is an excellent treatment for acne. One study found tea tree oil to be just as effective as benzoyl peroxide, but without the negative side effects like redness and peeling. Tea tree oil can also treat minor wounds, encourage healing, and prevent infection</p>	<p>Clarity Freedom Bigfoots Bad-Boy Balm</p>