

35 Essential Oils Blends Every Beginner Should Try

Ingredients:

- 5 drops lavender oil
- 3 drops chamomile oil
- 2 drops ylang-ylang oil

Instructions:

- Add the oils to a diffuser or add them to a carrier oil and massage into the temples and feet.

Ingredients:



Essential Oils: 35 Essential Oils Blends Every Beginner Should Try by Ruthy Boehm

★★★★☆ 4.6 out of 5

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Text-to-Speech : Enabled

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Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 44 pages

Lending : Enabled

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- 5 drops peppermint oil
- 3 drops rosemary oil
- 2 drops lemon oil

Instructions:

- Add the oils to a diffuser or add them to a carrier oil and massage into the back of the neck and shoulders.

Ingredients:

- 5 drops peppermint oil
- 3 drops lavender oil
- 2 drops chamomile oil

Instructions:

- Add the oils to a diffuser or add them to a carrier oil and massage into the temples and forehead.

Ingredients:

- 5 drops oregano oil
- 3 drops tea tree oil
- 2 drops lemon oil

Instructions:

- Add the oils to a diffuser or add them to a carrier oil and massage into the chest and feet.

Ingredients:

- 5 drops eucalyptus oil
- 3 drops peppermint oil
- 2 drops lavender oil

Instructions:

- Add the oils to a diffuser or add them to a carrier oil and massage into the chest and sinuses.

Ingredients:

- 5 drops peppermint oil
- 3 drops ginger oil
- 2 drops fennel oil

Instructions:

- Add the oils to a diffuser or add them to a carrier oil and massage into the abdomen.

Ingredients:

- 5 drops tea tree oil

- 3 drops lavender oil
- 2 drops frankincense oil

Instructions:

- Add the oils to a carrier oil and apply to the skin.

Ingredients:

- 5 drops rosemary oil
- 3 drops peppermint oil
- 2 drops cedarwood oil

Instructions:

- Add the oils to a carrier oil and massage into the scalp.

Ingredients:

- 5 drops tea tree oil
- 3 drops lemon oil
- 2 drops eucalyptus oil

Instructions:

- Add the oils to a spray bottle filled with water and spray on surfaces.

Ingredients:

- 5 drops citronella oil
- 3 drops rosemary oil
- 2 drops peppermint oil

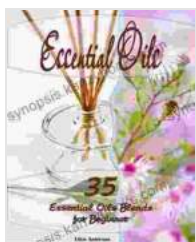
Instructions:

- Add the oils to a diffuser or add them to a carrier oil and apply to the skin.

These are just a few of the many essential oil blends that you can try. With so many different oils and possibilities, there's sure to be a blend that's perfect for your needs.

Tips for Using Essential Oils:

- Always dilute essential oils with a carrier oil before applying them to the skin.
- Do not ingest essential oils.
- Avoid using essential oils on children under the age of 6.
- If you are pregnant or have any health conditions, consult with your doctor before using essential oils.



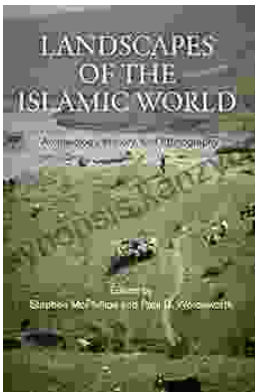
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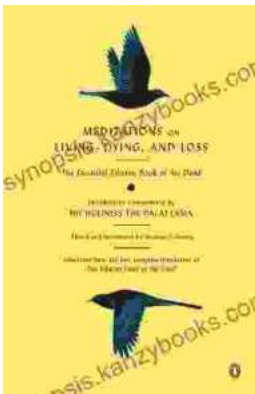
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