



5 Healing Essential Oils

Lavender is the most well-known of the essential oils, and for good reason. It has antiviral and antibacterial properties, which can reduce the healing time for scrapes, bites and stings. It doesn't require a carrier oil, and can be put directly onto the affected area. Lavender has also been shown to promote relaxation and sleep. Try adding a few drops to the bath, or on your pillow to help you unwind and fall asleep.

Peppermint is a wonderful cooling oil that can help you beat the heat of a hot day or a fever. Just add a few drops to a carrier oil and rub on your back, neck and chest for an instant cooling effect. The smell of peppermint can also help combat feelings of nausea making it a great choice for motion or morning sickness. When combined with a few drops of lavender oil and applied to the temples, it can also reduce the intensity of headaches and migraines. As a bonus, peppermint can also help get rid of an insect invasion without the use of harsh chemicals; simply add a few drops to hot water and wipe the surfaces with a peppermint-infused cloth.

Tea tree oil is a powerful antibacterial, antifungal and antiseptic oil. Just a few drops mixed with a carrier oil is all you need to help treat cuts, scrapes, fungal infections, insect bites, warts and even dandruff. It can also be used as a powerful acne treatment when mixed with coconut oil or Aloe Vera gel. Adding some to a vaporizer will also help loosen chest congestion. Tea tree oil is so powerful that mixing two teaspoons of oil in two cups of water will give you a safe, natural, all-purpose cleaner.

Eucalyptus is a powerful antispasmodic, antiviral and antibacterial oil that is ideal for coughs and colds. Adding a few drops to a basin of steaming water to inhale, or a vaporizer, can help disinfect and clear both the nasal passages and lungs. Some eucalyptus on a handkerchief is a handy way to inhale the powerful oil throughout the day, and regular use during cold season may help prevent a full cold.

Roman chamomile has a beautiful, mild scent that is known for its ability to help unwind, but it is also a powerful anti-inflammatory. It is the ideal choice for red, inflamed or sensitive, acne-prone skin. It is much gentler than tea tree oil, so this bactericide is a good choice for delicate skin and can even be used with an antibacterial carrier oil such as coconut oil to help treat diaper rash and soothe eczema.

*Information from Revitalize Soul Spa & Wellness
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