

THE WEALING

The healing balm

The healing power of essential oil for healthy living

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Introduction

Essential oil is a plant extract that contains natural chemicals. They are used in food industries, the fashion industry, and medicinal purposes. Essential oils are potent and highly concentrated compounds, hence a risk if misused. It is crucial to note the amount of caution and the right way to use any essential oil. Essential oils are rarely used without a carrier oil, such as coconut oil, almond oil, castor oil, or jojoba oil—these carrier oils help dilute the essential oil and reduce the risk of causing skin irritations. Also, carrier oils help convey the essential oil potency to the application site without interfering with the oil's strength.

The Greeks and Romans of antiquities first traded essential oils, and they were probably produced by placing some flowers inside fatty oils. Also, there are beliefs that essential oil originated in the ancient Chinese and Indian empires, where they were used as immune boosters and acupuncture. Nowadays, the essential oil has found its uses in nearly all aspects of life. The essential oil can be produced by enfleurage method, solvent extraction, or mechanical extraction.

Advancement in technology and medicine has found essential oil useful in personal health management, fashion, entertainment, and sex enhancement. It has mainly been used to treat some infectious diseases a mental health disorder such as depression, allergies, insomnia, and pains. Essential oils are also necessary for enhancing sex drives, home care, laundry, and gardening. However, it is required to note that it is dangerous to inhale them directly or to rub the undiluted oil on your skin when in use. Ensure you place a few drops (or the desired drops, as the case may be) into a diffuser or carrier oil and use. You could also sniff the lid of the container, but ensure it never gets in contact with your nose or skin. Except by doctor's prescription, It is hazardous for somebody to ingest essential oils

For safety purposes, pregnant and breastfeeding women should avoid essential oils harmful to both mother and baby. Also, pets may be affected when using essential oil (cinnamon essential oil is detrimental to dogs); therefore, it is crucial to consider the environment and the people and animals living around before using any essential oil.

When starting the use of essential oil, it is crucial to begin by trying the skin patches test (applying a necessary amount of essential oil to some skin patches to observe the reactions). Though there are no studies suggesting any side effects of essential oils, however, it will be beneficial to consult your health care provider for adequate medical advice when using essential oil

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Chapter one

Personal health care

Earache

An ear infection can be excruciating and leaves you uncomfortable throughout the period. It can also rob you of your body balance and cause dizziness, nausea, blurry vision, spinning sensation, among other discomforts. When your ear is infected, it can negatively affect your brain and slow down your actions and reactions.

Most ear pains or infection requires medical attention; however, some essential oils have proved to be very effective in treating ear pains/inflammations, especially in emergencies or if medical help is inaccessible. There are different essential oils used to remedy earache; some are explained below, including their application methods and warnings.

Lavender Oil: Lavender essential oil contains antispasmodic, anti-inflammatory, and antidepressant properties, giving it the ability to help reduce anxiety, fatigue, lower blood pressure, stress, and balance hormones. It also contains antimicrobial, antifungal, antibacterial, and antiseptic properties that help increase the immune response and relieve pain.

Direction: For earaches, dab one drop of lavender oil, massage it behind the ear, and rub gently. Some drops of lavender oil can also be placed and be carefully placed it inside the outer ear, ensuring no spill into the inner ear.

Olive oil: olive oil contain mainly monosaturated fatty acid carbohydrate, vitamins, and minerals. Though there has not been scientific proof that olive oil can soothe earache, the American Academy of pediatricians says it can help relieve ear pain.

Direction: Warm a few drops of olive oil and place them in the entrance to your ear canal; massage gently on the skin at the front of your ear canal entrance. Remain at your side for a few minutes. This is very safe and effective to a great extent. However, ensure that the olive oil is just as warm as your body temperature to protect the eardrum. This is also very effective in ear wax removal as the olive oil dilute the wax to enable it to flow out with minimal efforts

Tea Tree oil: Tea tree is an anti-inflammatory natural oil that helps in the treatment of earache. It has the efficacy of killing bacteria or viruses that affect the ear. It can also help in the reduction of swelling in the outer ear.

Direction: To use the tea tree oil to remedy earache, dilute it with hot water and inhale the steam. This provides immediate relief to your pain. Note that it is harmful to inhale it raw due to its toxic nature.

Oregano Oil: Oregano oil is a popular herb that is found in many food products. But it can also be used for medical purposes when concentrated in oil form. It is an essential earache relief remedy when appropriately used. However, you must be careful when applying it in health relief because it can interact with medications such as blood thinners. Also, ensure you do not use oregano oil directly in the ear canal. Its usefulness is only limited to the outer parts of the ear. In essence, apply it on the outer ear where you feel the ache.

Basil Oil: The effect of basil oil is often underestimated; however, it has many medicinal advantages if appropriately utilized. It reduces tension and acts as a decongestant, antiseptic, muscle relaxant, and anti-inflammatory oil. This makes it a beneficial oil for the treatment of ear infections.

Direction: To effectively use this oil, dilute it with the appropriate carrier oil, place some drops on a cotton ball, place the cotton ball on your ear. Ensure not to push it too far into the ear canal.

Thyme Oil: Thyme essential oil contains antibacterial, antimicrobial, and antifungal properties, and this is due to the presence of a compound called

thymol in the oil. Research conducted in 2011 by the Medical University of Lodz in Poland shows that thyme essential oil exhibits potent activity against 120 strains of bacterias isolated from patients.

Direction: Crush some dried thyme leaves in a mortar, add few drops of carrier oil to it and warm it over a low heat fire until it bubbles. Bring it to a safe temperature and apply a few drops of the oil to your ear.

To make the best of essential oils for your ears, you must note the following significant rules:

Please do not drop the pure essential oils directly into the ear canal because it could burn the ear and desensitize the sensitive parts of your ear when it is in an undiluted form.

Better still, dilute them first by mixing them with carrier oils. This is due to fatty acid in the carrier oils that help distribute the tiny molecules or aromatic oils.

This does not mean that you cannot use the essential oil on your ears when in their raw form. All you need to do is avoid getting them directly into the ear, but they can be applied in every other part of the ear. Nevertheless, caution must be observed when doing so.

Back pain

Back pain could be quite severe and debilitating, making you find it challenging to carry out your daily routine or go about your business. It could be caused by a minor injury, poor posture, torn ligament, muscle strain, or wrong sleeping posture. Acute back pain could just require bed rest and over-the-counter medication for its remedy, but chronic ones may need medical attention. However, some essential oils have the potency to relieve some back pains. Many essential oils can perform different functions in helping to rid our body of pain. They are extracts from leaves, seeds, flowers, fruits, or barks of some plants. Below are some essential oil that could help treat back pains

Peppermint oil: Peppermint essential oil has cooling and antispasmodic properties. It is a natural painkiller and muscle relaxant containing methol and methones, and several other minor constituents. A research paper

published in 2009 by the Journal of Pain Research shows that peppermint essential effectively relieves pain.

Direction: To use peppermint oil for relieving back pain, apply a couple of drops to the affected area three times daily. You could also add about five drops to a warm water bath with Epsom salt and use.

Wintergreen oil: Wintergreen oil serves as an analgesic and is related to aspirin. It is used as an anti-inflammatory and topical pain reliever. Apart from back pain, it helps other purposes such as relief for arthritis, cellulite, poor circulation, headache, heart disease, hypertension, rheumatism, tendinitis, cramps, inflammation, eczema, hair care, psoriasis, gout, and ulcers

Direction: To use wintergreen oil for back pain, apply it to the site of the muscle pain. When applied to the body, wintergreen irritates the skin, which reduces pain and swelling in the underlying tissue. It could also be used for killing germs on the skin.

If swallowed, wintergreen oil could be hazardous to your health. This is a result of the presence of an active ingredient called methyl salicylate in the oil. This ingredient is known to be toxic; therefore, caution should be applied when using wintergreen oil. Ensure to monitor the children when using essential oil because they could be attracted to their scent. It should never be used on children and babies.

Lemongrass oil: Lemongrass contains anti-oxidant, anti-inflammatory, and anti-fungal properties, probably due to the presence of a compound called citral, which is known to reduce pain. A 2014 research paper published by the Libyan Journal of Medicine shows that lemongrass essential oil helps relieve ear edema in mice. It also offers anti-inflammatory abilities. A 2017 research paper published by the Journal of Pharmaceutical Sciences and Research shows that lemongrass oil could help treat arthritis

Direction: Add several drops of lemongrass oil to boiling water and inhale the steam with eyes closed. You could also add a few drops to a cotton ball or handkerchief and inhale the aroma. In some cases, you can dilute and apply it to the affected region.

Ginger oil: Ginger oil contains an excellent gingerol quantity, acting as a potent anti-oxidant and assisting with inflammation. It is commonly used in

the relief of back pain and other body pains.

Direction: Apply ginger oil on the back and massage for 5 – 10 minutes.

Lavender oil: lavender oil helps in restful sleep as well as relieves anxiety. This also reduces pain and headaches, probably due to its anti-inflammatory and analgesic properties.

Directions: Get a back massage with lavender oil every night before you sleep. You could ask someone to massage you to apply enough pressure while massaging you.

Eucalyptus oil: Eucalyptus oil is extracted from the eucalyptus tree leaves by crushing the dried eucalyptus leaves and extracting carrier oil. It is widely used to relieve pain, disinfect wounds, control blood sugar, decongest the nasal airways, and treat soreness or aches.

Directions: Rub gently on your palms and apply to your back as cream or lotion.

Roman and German chamomile oils: Roman chamomile is not the same as German chamomile. The 'true' chamomile is the Roman chamomile, also known as the English chamomile, whereas the 'false' is called the German chamomile. Both have mild tranquilizers, sedative, a natural antiseptic, anti-spasmodic, anti-fungal, anti-inflammatory, and anti-bacterial properties. Both species grow in the wild and have some differences in chemical components.

Directions: Apply diluted chamomile to the skin thrice daily for relief of back pain.

Rosemary oil: Rosemary oil is known in folk medicine for the relief of pain. Despite that it is called oil, it is not a true oil as it does not contain fat. This is so with other essential oils. Rosemary oil helps improve brain functions, encourage hair growth, relieve pains, serves as bug repellants, ease stress, and reduce inflammation

Directions: If inhaled, rosemary oil may help in relieving pains of the back. You can also massage the oil into your back and the site of pains.

Sandalwood oil: Sandalwood oil have sedative effects on the nervous system as well as contains anti-inflammatory properties; hence it is a good oil for pain and tension relief. It helps in relieving and relaxing the muscles and

providing a natural aspirin that further alleviates pains.

Directions: To use sandalwood oil, dilute the oil appropriately with a carrier oil and rub it on your palms, and massage onto the pain areas. You should use it at room temperature.

Migraine

Peppermint oil: Peppermint essential oil is extracted from the cross between watermint and spearmint plants. They are naturally found in Europe and America. It is one of the most commonly used essential oils for the treatment of migraine and headache. Peppermint essential oil has soothing and refreshing properties due to menthol and menthone in the oil. It helps to relax the muscles and ease the pains, inflammations, and migraines.

Directions: To use the peppermint oil, dilute it with a carrier oil like coconut oil, and apply it to your temples.

Rosemary oil has potent anti-inflammatory and analgesic properties and has been used in folk medicine for many years. Its function includes reduction of stress, relieving of pain, and improving circulation, and this helps in the treatment of headaches and migraines. It is also helpful in managing insomnia and relaxes the muscles.

Directions: Massage the affected area with a few drops of rosemary oil. Ensure it is diluted with coconut oil or other carrier oil. You could also pour some drops into your warm bathwater. The scent provides pain-relieving effects.

Lavender oil: The essential oil of lavender is powerful for relieving the body's stress and relaxation. It also treats migraines, headaches, insomnia, and inflammations. In 2018 study shows that lavender oil has positive effects on sleep and could help manage insomnia and migraine.

Directions: To use lavender essential oil, breathe in the scent of lavender oil. You can also apply it to the skin of your temple or add a few drops of it to a warm bath.

Chamomile oil: Chamomile oil helps in the relaxation of the body and soothing of the muscles. This makes it a potent oil for the treatment of migraine. Additionally, it treats anxiety and insomnia, and these are known causes of

headaches.

Directions: Mix a few drops of chamomile oil in a carrier oil add to hot water. Breathe in the steam for the relief of pain. Note that chamomile oil has the power to cause miscarriage; hence, pregnant women should avoid it.

Eucalyptus oil: Eucalyptus oil is potent in treating headaches that result from sinus issues. It will open up the nasal passages and clear up the sinuses. It also soothes cold sores and makes breathing easy.

Directions: Mix a drop of eucalyptus oil to a carrier oil and apply to the chest to clear the sinuses. You can also add a few drops of the oil in hot water and inhale the steam.

Anxiety

Anxiety is a natural human feeling of unease and worries and or fear that endures for a more extended period; it could affect both the sufferer's physical and mental health. It is mixed up in a variety of specific disorders like depression, panic attack, phobia, obsessive-compulsive disorder, post-traumatic stress disorder, and more.

Common herbal remedies for anxiety include the following:

Valerian oil: valerian oil is common in the treatment of insomnia and nervous tension resulting from anxiety. It increases the level of a chemical in the brain called GABA (gamma-aminobutyric acid). This contributes to the calming effect of valerian oil on the body.

With valerian oil, you are sure to enjoy a good night's rest. There are many valerian oil products in the market with varying concentration levels, ensuring you have the right concentration when buying one.

Directions: To treat anxiety with valerian oil, massage into the body, some quantities of valerian essential oil three times daily.

Jatamansi: Although Jatamansi is seen as a plant, only the root and rhizomes are used for herbal medicine. It helps in the inducement of calm feeling and well-being of an individual; it also reduces the symptoms of anxiety by increasing the level of monoamines in the brain

Directions: For Jatamansi oil, massage a diluted oil into your temples or forehead. Keep doing this for one to two months to control the symptoms of

anxiety.

Caution: pregnant and lactating mothers should avoid Jatamansi oil or use it under medical supervision.

Lavender oil: One of the most everyday multipurpose essential oils used in treating anxiety is lavender oil. Inhaling or ingesting the scent of lavender oil, according to studies, reduces stress and improves mood. It, incredibly, soothes anxiety in high-risk postpartum women. Dietary supplements that contain lavender tend to produce some therapeutic effects on patients who struggle with anxiety or stress, or both.

Directions: Adding a few drops of the oil in your warm bath water and combining it with a teaspoon of carrier oil or an unscented gel helps relieve anxiety.

Jasmine essential oil: Jasmine has a direct impact on GABA, a chemical found in the brain, and this has a calming effect on the nerves and soothes anxiety or mild depression. Inhaling jasmine sends messages to your body from the limbic system, a system responsible for influencing the nervous system.

Directions: You can have a plant of jasmine in your room to relieve anxiety, or you can put the jasmine oil in a diffuser to inhale the scents. Inhaling it directly through the bottle is also very helpful.

Holy basil: This is also called tulsi and is different from the usual basil, you know, but they belong to the same family. It contains eugenol, a compound that gives it a spicy, minty aroma. Also, the presence of eugenol helps in treating anxiety.

Directions: To use, add a few drops of holy basil to a diffuser and breathe in as the oil scent spreads throughout the room.

Sweet basil: Sweet basil helps in calming the mind and relieving stress and anxiety. Sweet basil essential oil as a stimulant helps to relax, fortify, energize and uplift the mind.

Directions: Add several drops of sweet basil oil to a diffuser and allow it to disperse throughout the room, or you can inhale it directly from the container or inhaler tube.

Bergamot oil: Bergamot belongs to the family of citrus. It is produced from the

rind of bergamot orange fruits. It contains oil that helps in relieving anxiety and improving mood. In 2013, a study showed that Bergamont essential oil, among other, roils, can help to treat anxiety, depression, and mood disorder by helping the brain to release dopamine and serotonin.

Directions To use bergamot oil, add a few drops onto a handkerchief or cotton ball. Breathe in the aroma about two to three times to help relieve anxiety.

Chamomile essential oil: Chamomile contains an intoxicating scent and helps in relaxing and sedating the body. It allows people with a mild or moderate anxiety disorder. In 2018, a study showed that anxiety is linked to a low cortisol hormone level in the morning. Chamomile essential oil help in alleviating the level of cortisol hormone in people suffering from General Anxiety Disorder (GAD)

Directions Apply chamomile oil on the palms and massage to the skin. You can also add it to a warm bath to relieve anxiety.

Rose oil: Rose oil usually is quite expensive but highly potent. It has a relaxing effect on the body. It decreases the rate of most anxiety symptoms, such as blood pressure, breathing rates, heart rates, and blood oxygen levels.

Directions Before use, ensure it is diluted with a carrier oil. To make a rose bath, add ten drops of the oil into a warm tub and service. Additionally, you can inhale rose oil with the aid of a diffuser or apply it to your chest, neck, and wrists. If you wish, you can have a rose oil massage as it also gives a soothing relief to anxiety.

Vetiver essential oil: Vetiver has a distinctive sharp and earthy scent, which could be found in men's cologne. It is used as a healing herb. It is used for relaxation and has anti-anxiety abilities. A 2016 study shows that inhaling vetiver essential oil helps maintain brain alertness and brain functions because it contains sesquiterpenes, a compound known for its calming and antioxidants abilities.

Directions To use vetiver, you can apply topically or inhale with the aid of a diffuser. Similarly, you can add it to a pot of hot water and inhale the steam. You can also dilute and massage all over your body. Finally, you can add a few drops into your bath water and use them.

Ylang ylang essential oil: There are several benefits derived from the use of ylang-ylang essential oil. One of them is that it reduces anxiety and boosts self-esteem. You can either inhale it or apply it to the skin.

Frankincense oil: Frankincense oil has a musky, sweet aroma that helps in the relief of anxiety.

Directions Dilute with a carrier oil and massage into the stressed part of your arms and feet to ease tension and relief.

Clary sage oil: Clary sage oil has a clean, refreshing scent applied to the skin as a balm or inhaled to give an aromatherapy treatment. When inhaled, clary sage calms the mind and reduces anxiety. It can also help reduce stress by inducing a sense of well-being if you apply it to the body like a balm.

Patchouli oil: Patchouli oil has a combination of woody, sweet, and spicy scent. It is used to treat various illnesses and disorders, of which anxiety is one of them. It provides a feeling of relaxation and helps to ease stress or anxiety.

People on blood-thinning medication or who recently underwent surgery may risk some side effects. This is because the oil tends to affect blood clotting.

Geranium oil: Geranium oil is used in aromatherapy for treating a broad range of health conditions. It promotes relaxation and reduces stress and anxiety.

Direction: It can be diluted with a carrier oil and used topically on the skin by massaging it thoroughly.

Lemon balm: Lemon balm belongs to the mint family and not citrus. This balm can be used to relieve you from anxiety. Other pesky symptoms associated with stress, such as insomnia, headache, and heart palpitation, can also be treated using lemon balm. Lemon balm is loved by many users, probably for its immediate relieving effect. It also supports a healthy flight-or-fight response.

Direction: To use the lemon balm, you can make it into a tea. Take one tablespoon of dried lemon balm and mix with eight ounces of fluid and allow steeping for eight minutes.

Marjoram: Marjoram is used to ease headache, nervousness, and anxiety. It is an aromatic herb in the mint family with a mild flavor and can be used to garnish salad, soup, or meat dishes. It can be used fresh or dried.

Direction: You can make them fresh or dried marjoram into a tea and drink. So, anyhow you wish, you can enjoy your marjoram while using it to treat anxiety.

Fennel tea: Traditionally, fennel tea has been used to calm anxiety and treat other disorders. This is due to its anti-anxiety and anti-depressant properties.

Anorexia

Anorexia simply means an eating disorder. It is more common than we think. However, it most likely does not last for long. Those who suffer from anorexia are often trying to cut down or prevent weight gain by following rigid dietary rules. Anorexia, called the fear of getting fat, sometimes leads to death. It affects people of all classes and is preceded by traumatic events.

The following essential oils would be great at treating anorexia:

Lemon oil: Lemon oil is used for digestive issues and also takes care of anxiety and depression. The aroma invigorates and enhances well-being. Add one or two drops of lemon oil in water for internal use. You could also diffuse in your room and inhale the scent. When you inhale it, it tends to improve your mood

Lavender oil: Lavender oil has been used to treat several disorders like anorexia. It has a calming, anti-anxiety effect on the person and helps to regulate one's appetite. To treat anorexia, take six drops of the oil and add to your bathwater. You can also add 2 – 3 drops of lavender oil in 2 – 3 cups of water or into a diffuser and inhale it.

Wild orange oil: For internal use, add one or two drops of wild orange oil to water and take. You can also diffuse it in your room or inhale by rubbing it on your palms.

Bergamot oil: Bergamot oil is uplifting and antidepressant that regulates appetite. Add four drops of bergamot oil, mixed with a carrier oil, and massage on the sole of your feet, back of your neck, or on the stomach, twice daily.

Ginger oil: Ginger oil is stimulating and used for courage, loss of appetite, and other digestive problems. Add two drops of ginger essential oil in a carrier oil and massage into the wrist, sole of feet, and stomach twice daily.

Insomnia

Essential oil helps those who struggle to sleep. This is a safe alternative to pharmaceutical treatments. We will discuss the best essential oils for this treatment below:

Lavender oil: Lavender oil is a sleep-inducing oil. It increases slow-wave sleep and is instrumental for slowing the heart rate and promoting good sleep.

Add lavender oil to a pot of boiling water and inhale the steam. You could put a towel around your head to avoid the steam from escaping.

Chamomile oil: This alleviates insomnia by reducing anxiety and stress. Pour a few drops alongside Epsom salt in your bath before bedtime. You can also inhale by rubbing a few drops on your palm and taking them to your nose.

Sweet marjoram oil: The scent of sweet marjoram oil helps to calm the body and alleviates insomnia. When your brain is calm and relaxed, you can enjoy a sound sleep.

To use sweet marjoram oil, add a few drops in your diffuser and allow them to diffuse through the room as you inhale.

Clary sage oil: Clary sage oil is known for its anti-depressant effects. It reduces the level of the hormone called cortisol, which is often associated with stress.

Rub a few drops of clary sage oil on your palms and massage into the neck, wrist, forehead, or chest. Ensure you mix with a carrier oil like olive or grapeseed.

Valerian oil: The valerenic acid in valerian oil breaks down GABA, a neurotransmitter that induces sleep.

Add a few drops to water and spray in your room or on the bedsheet and pillowcase. You can also add in a diffuser and inhale.

Fever

Some essential oils have been discovered to help in bringing down fever. They help the immune system to fight any infection that causes fever. However, they may not stop the fever or treat an infection. If need be, take some medications or antibiotics.

Here are some essential oils that aid in bringing down a fever:

Cinnamon oil: Cinnamon oil has been tested to fight against bacterial infection.

This possibly helps in reducing fever symptoms. The oil may even work against any type of bacteria that may not be easily treated with antibiotic medication.

Ginger oil: The root of ginger acts as a spice and is used commonly in foods and drinks as digestive aids. That is not all, as it helps lower inflammation in your body, which could be triggered or worsened by a fever.

Topically massage diluted ginger oil on the body to lower fever and other symptoms such as vomiting, headaches, and nausea.

Peppermint oil: This contains menthol and is the main ingredient in cough drops and balms. The peppermint oil can be used to cool the skin when you have a fever.

Rub it on the chest and back for effective treatment.

Tea tree oil: Tea tree oil helps the body fight against infection. It also has anti-inflammatory properties and could bring down redness, swelling, irritation, or pain.

By massaging into the body, tea tree oil can help to alleviate fever.

Eucalyptus oil: It contains anti-oxidant, anti-inflammatory, and pain-relieving properties that could help to reduce fever. It can also fight against bacteria and fungi. It helps to alleviate fever by clearing up the lungs and nasal congestion. This enables you to breathe, while it also relieves cough and runny nose.

Lavender oil: Lavender oil helps to slightly lower blood pressure during sleep and calms the nervous system. This also helps to relieve symptoms like a fever, which can only be treated with medication.

Dilute with a carrier oil and add to your bath. This helps to bring soothing relief to fever.

Depression

Depression is one disorder that can affect the way you think, feel, and act. It causes both physical and emotional symptoms and can depend on the person suffering from it. Some of these symptoms include anxiety, sadness, restlessness, despair, difficulty sleeping, lack of concentration, and more.

Depression can be treated with essential oils. These oils are home remedies to

be used to treat depression and do not require behind-the-counter drugs. They help to relieve some of the symptoms of depression as well as aid in managing the condition. More so, they do not have any side effects and are safe for use.

Some essential oils that help in treating depression include:

Lavender oil: lavender oil has a calming and soothing effect on you when used. This helps relieve anxiety, promote good mood, decrease stress, and alleviate depression, especially a mild and moderate condition.

To use, inhale the scent from a diffuser or rub on the palms and take in the smell. It is also potent if a few drops of the essential oil are added to your favorite carrier oil and topically massage your body.

Bergamot oil: Bergamot oil contains a citrus scent, and it helps to uplift the mood and calm the patient. It is outstanding in treating anxiety and depression and releases stress hormones during stressful conditions.

Dab a few drops of bergamot essential oil onto a handkerchief or cotton ball and inhale.

Cedarwood oil: Cedarwood oil is very great at relieving stress and symptoms of depression. There are different types of cedarwood oil, and they may all have different levels of effectiveness, depending on the person.

Frankincense oil: This uplifts the mood and balances hormones, especially in women. When combined with carrier oils, frankincense oil helps in alleviating depression and pain. The effect of frankincense oil can help to create a sense of comfort and peace.

Chamomile oil: For its potent anti-inflammatory properties, chamomile essential oil is reputed to treat several symptoms associated with inflammation. Additionally, it can restore, balance, uplift moods, and ward off symptoms of depression.

Nausea

Ginger oil: Ginger oil is an excellent remedy for nausea and motion sickness. It is considered safe for pregnant women who experience nausea.

You can diffuse in your room, massage into your forehead and wrists as well as rub directly on your stomach.

Peppermint oil: This oil has the same soothing effect as peppermint tea. It relaxes the gastric muscles and keeps them from over-contracting. And so, it serves as a potent remedy for nausea.

When you feel nauseous, inhale peppermint oil as it will improve symptoms and make you feel good. You could also inhale through a diffuser for an effective result.

Spearmint oil: Although spearmint oil is not yet widely known for treating nausea, it is beneficial. When mixed with the menthol component of spearmint oil, the refreshing scent helps to keep you more alert and able to breathe.

You can rub it gently on the stomach or massage it into pressure points of the body.

Cardamom oil: Cardamom is in the ginger family; it is thought to have unique properties. When mixed with other oils, cardamom oil is a potent anti-nausea agent that aid relaxation and decrease anxiety after an illness.

Put a couple of drops into a diffuser and inhale. You can also diffuse into the room and take in the scent as they diffuse.

Fennel oil: Fennel oil aids digestion and relieves constipation. It relaxes the digestive tract, which makes it easier for it to prevent nausea.

You can apply it topically on your body or inhale through a diffuser for effective use. Using fennel oil several times a day could impose a risk to your health.

Chapter two

Hair grooming and care

An essential oil can help improve your hair's health and has little or no risk of side effects. They are straightforward to use and do not require a vigorous process. It would be great to mix with a carrier oil like olive, almond, or coconut oils. You can regularly apply them to your scalp for growth, strength, and shine.

Using essential oils to groom and care for your hair is not new, though it is a hot trend. Many shampoos, serums, and other hair products contain essential oils. This is to tell you how effective they are. Different essential oils can perform various duties to your hair, from helping your hair grow to add strength and shine.

For efficient use, mix one or more types of essential oil in a shampoo or conditioner. Adding a few drops of carrier oil and mix to the mix of essential oil; do not apply directly to your scalp as that might irritate.

Cover your hair in a towel or shower cap after applying the essential oils to it. After 30 minutes, you can wash out the treatment. You can also choose to leave it overnight or as a leave-in conditioner for your hair. Whichever way that you choose for your hair texture is cool.

Lavender oil: Lavender essential oil can speed up hair growth. It has some anti-microbial and anti-bacterial properties that can improve the health of the scalp.

Combine a couple of drops of lavender oil with three tablespoons of carrier oil and apply directly to the scalp. Allow for about 10 minutes before washing out. You can shampoo if you desire, and it can be done several times a week to get an effective result.

Peppermint oil: Peppermint oil can cause a cold, tingling feeling when applied to the hair. This is an excellent way to increase hair growth.

Combine two drops of peppermint oil with a carrier oil and massage it into your scalp. Allow for 5 minutes before washing out with shampoo and conditioner.

Rosemary oil: Rosemary oil improves both hair thickness and growth. This is because it can increase cellular generation.

Mix several drops of rosemary oil with a carrier oil and apply to your scalp. Allow for 10 minutes or more before washing out with shampoo and conditioner. This could be done twice a week to achieve the desired result.

Thyme oil: The oil from thyme can help promote your hair's growth by stimulating the scalp and actively preventing hair loss. Thyme oil is a powerful essential oil.

Mix two drops of thyme oil with a carrier oil and apply on your scalp. Leave it for 10 minutes before washing out.

Clary sage oil: Clary sage oil contains linalyl acetate that increases your hair's growth. It improves the strength of the hair and makes it difficult to break.

Put three drops of the oil with a tablespoon of carrier oil or hair conditioner and apply to your scalp. Rinse out in 2 minutes if you use it daily. However, if you use it weekly or biweekly, you can leave it for 10 minutes before washing it out.

Ylang-ylang oil: Ylang ylang oil is perfect for dry scalp. It can stimulate sebum production, which improves the texture of your hair and reduces its breakage.

Mix 5 drops of the oil with two tablespoons of warm carrier oil and massage into your scalp. Wrap your hair with a warm towel and allow for 30 minutes before you wash it out.

Hair breakage

Hair breakage is a widespread issue for almost all hairs. Treating it with essential oils is one-way nature decides to compensate us. Luckily enough, this can be very cheap and easy to use and can be found in your home. Below are some essential oils for taking care of hair breakage:

Chamomile oil: chamomile oil can be used to treat the hair. It has anti-inflammatory, anti-fungal, and moisturizing properties that help in nursing and inflaming the hair. It can also treat dry, damaged hair.

Mix 3 – 4 drops of chamomile oil with a carrier oil and apply to your scalp. Allow sitting for an hour before washing out with shampoo. You can do this once or twice a week.

Grape seed oil: Grapeseed oil is an excellent source of Vitamin E and anti-oxidants. Consistently using it will strengthen your hair and protect it from breakage, dryness, and split ends. It does not leave a greasy film along with your hair and works wonders for those with more delicate hair strands.

Heat 2 – 3 teaspoons of grapeseed oil until warm. Do not let it get hot as hot oil is not suitable for the hair. Massage into your scalp and along the length of the hair shaft. Cover the hair in plastics and allow to sit for two hours or even overnight. Wash out afterward. You can do this at least once a week.

Lavender oil: Lavender oil is used for almost all hair conditions. It has several benefits, like soothing the scalp and increasing the hair follicles. It has also been linked with the promotion of stronger roots, reducing hair loss and breakage.

Mix 8 drops of lavender oil and two tablespoons of carrier oil in a container and massage into the scalp. Cover overnight with the scalp and wash out with shampoo. This can be done once a week.

Avocado oil: Avocado oil is rich in vitamins, fatty acids, and minerals, and this will help restore luster to your hair and treat breakage.

Mix a few drops of avocado oil with a carrier oil and apply to the scalp. Leave for about 20 minutes and wash off. Repeat once a week until you achieve the desired result.

Sandalwood oil: Mix a few drops of sandalwood oil and smooth it through the ends of your hair. This helps for sleekness and remedies breakage and loss.

Long and full hair

Hair growth is not something that happens so quickly. Some people try their best to avoid chemicals on their hair; essential oils are very good at giving your hair the best growth. It could take months or even years to grow your hair to the desired length, but one thing is that you will get the result. Below are ways you can use essential oils to grow your hair:

Lavender oil: It increases the number of hair follicles on the head, and this leads to fuller, thicker hair. People with dandruff can also use it to treat dandruff as it contains anti-microbial and antiseptic qualities.

Lavender oil is ideal for all hair types, especially those with oily or dry hair.

Mix 8 – 10 drops of lavender oil with two tablespoons of carrier oil and massage it into your scalp. Cover your hair with a shower cap or scarf and leave it overnight. Wash out with shampoo or conditioner.

Lemongrass oil: Lemongrass oil contains many vitamins and minerals that help improve the hair's growth. It strengthens the hair follicles and prevents hair loss. Those who experience dandruff and dry scalp can benefit better from it.

It is very effective if used daily to wash your hair. Mix a few drops into your shampoo and conditioner and massage into your hair before washing off.

Rosemary oil: Rosemary oil is known for its potent in improving the hair's thickness and length.

Mix a few drops of rosemary oil and a carrier oil and apply to your hair scalp. Allow to sit for 10 minutes and wash off with shampoo and conditioner. You can do this 2 – 3 times weekly.

Thyme oil: This helps enhance hair growth as it penetrates through the skin to stimulate blood flow to the hair follicle.

Add a few drops of thyme oil to a carrier oil and apply to your scalp. Allow sitting for 10 minutes before washing off.

Peppermint oil: Peppermint oil is effective in enhancing your hair growth. It increases the blood flow to your scalp and improves the strength of the hair follicle.

Add two drops of peppermint oil with a carrier oil and massage it into your scalp. Leave it for five minutes and rinse off with shampoo and conditioner.

Strong hair scalp

Tea tree oil: Tea tree oil should be your scalp's best friend. It contains some microbial qualities that help in cleansing your hair. It comes in various concentrations; therefore, you should contact your dermatologist before use.

Mix a few drops with your shampoo or carrier oil and apply on your scalp.
Leave for 5 minutes washing off.

Bergamot oil: Bergamot oil helps in maintaining a healthy hair scalp. It reduces inflammation and speeds up the healing of any wound on your hair.

With the desired carrier oil, mix a few drops of Bergamot oil in a container

and massage it into your scalp; allow it to sit for 10 minutes before washing off.

Clary sage oil: This helps to soothe scalp inflammation, and this is due to the presence of a compound called linalyl acetate.

Add a few drops of clary sage oil and mix with a carrier oil of your choice. Massage into your hair for at least 10 minutes before washing out.

Lemongrass oil: This is another hair scalp go-to. It is a very potent cleansing oil and very effective at treating dandruff if used effectively for 14 days. It is both antibacterial and antifungal and so is needed by your hair in unique ways.

Mix a few drops of lemongrass oil with a carrier oil and massage it into your scalp. Allow sitting for 10 minutes before washing out. Do this daily to derive great results.

Loss of hair

Hair loss could also be called alopecia. Alopecia refers to many different hair conditions that are related to hair loss. Several factors can contribute to hair loss. They include age, stress, anxiety, illness, malnutrition, genes, and several other factors. The following essential oils are suitable for restoring hair loss:

Cedarwood oil: Cedarwood oil promotes hair growth and reduces hair loss. Its antifungal and antibacterial qualities can treat different hair conditions that may contribute to dandruff and hair loss. You can include them with lavender and rosemary oil to achieve a maximum result.

Mix a few drops of cedarwood oil with two tablespoons of carrier oil and massage thoroughly into your scalp. Leave for 10 minutes before washing off.

Geranium oil: Geranium oil boosts circulation and promotes hair growth. It can also strengthen, hydrate, and restore your hair.

Add a few drops of geranium oil into carrier oil and massage into your hair. Make a hair mask out of it and allow it to sit for some minutes. Wash out with shampoo and conditioner.

Rosemary oil: Rosemary oil is very good at reducing hair loss. It stimulates new

hair growth and is used to treat androgenetic alopecia.

Add a few drops of rosemary oil into carrier oil and massage into your hair scalp. Rinse off with shampoo and do it daily or a couple of times a week.

Lavender oil: Lavender oil is known for its versatility, and it should not be surprising that it works wonders on hair ailments. It regenerates the hair and is very useful in treating alopecia and baldness.

Peppermint oil: Peppermint oil promotes hair growth. It increases the number of hair follicles and thickens the hair as well.

Try not to allow it to get close to children. Because of its high menthol content, it can be dangerous to children.

Hair relaxer

Hair relaxers soften the hair and make it look attractive and lush. The following essential oil could be just what you need for it to relax better.

Chamomile oil: Chamomile oil softens the hair and makes it shine brighter—mix chamomile oil with carrier oils like coconut oil to get the desired result.

Tea tree oil: Tea tree oil is perfect for relaxing the hair. Its benefits are felt more on the scalp than on the hair strand. It is known for its antiseptic and antifungal properties. This is one of the reasons it should be integrated into a regimen for relaxed hair.

Mix a few drops with a warm carrier oil and massage onto the scalp. Allow to sit for 10 minutes and wash out. You could also mix it with shampoo and massage it into your scalp. Let it sit for a few minutes before rinsing out.

Chapter three

Gardening

Many pests and fungi hinder the growth of the garden and keep it from flourishing. This could go to the extent of preventing the garden from producing fruits the way they ought to.

To enjoy a beautiful garden, you have to make a little sacrifice to achieve high quality and healthier vegetables. The good news there is that you don't need to spend a fortune in doing so.

Essential oils are highly fragrant, and the fragrance masks the smell of the pheromones. This confuses insects that would have come to eat the vegetables and sends them elsewhere other than your precious garden. The scent can last for some weeks and do not easily wash off.

For the effective use of essential oil in gardening, it is necessary to follow the listed procedure.

- In a gallon pump spray mix, add 20 drops or one teaspoon of your essential oil (a mixture of different essential oils is also acceptable).
- Spray it early in the morning or before pests have found your garden. This does not just ward off insects; it gives your garden a wonderful welcoming smell. Also, essential oil is better than pesticides and insecticides in gardening.

It will be useful to reapply every two weeks because the smell wears off with time. The following essential oils are suitable for your garden:

Rosemary oil: Rosemary oil has a woody scent and is good at repelling insects and pests; this excellent oil repels even their larvae. You can place a few drops on a pot right in your garden to keep pests from chewing up their leaves.

Peppermint oil: Peppermint oil repels several pests like aphids, fleas, and beetles. You can place the oil around the garden to ward off pests.

Cinnamon oil: Cinnamon oil helps in getting rid of weeds in your garden. In a spray bottle that contains water, add a few drops of cinnamon oil and spray on the weeds. Make sure it is safe to avoid destroying your plants.

Lavender oil: Lavender oil performs wonders on the soil and makes the plants grow well. Mix it into the soil and around your plant. Also, put into small compost materials and place near your plants. 2 – 3 drops will make do.

Citronella oil: it is the most famous essential oil for controlling pests and insects in the garden. It is non-toxic to the plants and also closely related to lemongrass.

You can make it into a spray and apply it to your garden.

Insect and mice protection

Finding out that your garden or even house has been infested with mice and insects is a huge blow. These things are not just posing as nuisances; they also carry diseases on their body and could infect anyone. Mice are sneaky, and could be more than one in the garden; the reason you should not treat it with kid's gloves when you find one around the corner.

You can kill these enemies with essential oils. Make a spray of essential oils by mixing two tablespoons of any essential oil of your choice into one cup of water in a spray bottle. Spray it anywhere you see traces of rodents or insects. You can also put on a cotton ball and keep it at strategic places. With the spray, you can repeat every week, and with the cotton balls, you can repeat every two weeks.

The following essential oils are preferable for the garden:

Peppermint oil: Peppermint oil covers up the rodents' pheromone trails and makes it difficult for them to enjoy the environment. Also, rodents hate the smell, which is good because they would take to their heels once they discover peppermint oil. The presence of menthol irritates their nasal cavity, and it must be used in high concentration to achieve a great result.

Eucalyptus oil: eucalyptus oil is a repellent oil for mosquitoes, ticks, and fleas. It is toxic to animals and should not be frequently used around pets.

Add eucalyptus oil to a spray bottle containing water and apply it to your plants to ward off insects.

Lavender oil: Lavender oil is a potent insect and pest repellent. It is not harmful to pets and children.

Lemon oil: just like other essential oils, lemon oil repels insects and rodents. It also adds some pleasant smell around the house in the process of using it.

Citronella oil: Citronella oil is non-toxic and very good at controlling insects and rodents in the garden or around the house. You can make a spray of it and apply to the right places for effective result.

Pollinator attraction

Now, we've got rid of the unwanted stuff in your garden; it is time to attract the good ones. To attract butterflies and other pollinators, use essential oils such as lavender, orange oil, and several other essential oils.

Applying the essential oils to attract pollinators adds 5 – 6 drops of essential oil of your choice and a cup of water into a spray bottle. Spray on the ground and buds to attract the insects.

Lavender oil: Lavender oil is just right for anything. The butterflies love the scents, and it attracts them very close to your garden. Bees are also drawn, and these insects are excellent pollinators. Add a few drops of lavender oil to a cotton ball and place it in the garden to attract insects.

Orange oil: This contains a sweet aroma that draws both bees and butterflies to the garden.

Lemongrass oil: lemongrass is an excellent lure for bees. It is a handy oil used by beekeepers that have anti-viral and anti-fungal properties. It should be used with caution because it also contains acid.

Wintergreen oil: Wintergreen oil is an effective deterrent for mites and insects. It is excellent for attracting and keeping pollinators on the farm. You can mix it with sugar syrup and spray it to the garden.

Marjoram oil: To attract more butterflies and bees to your garden, you can try marjoram oil. The scent is quite irresistible to the pollinators. Use a spray bottle and apply it with water to the garden.

Fungi treatment

Melaleuca (tea tree) oil: If your plants are infested with fungi, this oil is excellent at getting rid of them. You can make a spray with the oil and apply it to the plants. Focus more on the stems, but don't let it be too much at a time.

Chapter four

Home care

Several essential oils are must-haves in your home. Having them makes things easier for you and gives your home a fragrance that keeps you happy and uplifted. Some of them are listed below:

Lavender oil: If it is just one essential oil you plan to have, make it lavender oil. It has served several uses for many thousand years ago. You can apply it topically to alleviate skin rashes, acne, burns, bites, cuts, and bruises. You can also use it to have a soothing bath by dropping a few drops in your bath. It also helps you to get a good night's sleep. To relieve headache, rub the oil into your temple and forehead.

You can add a drop of lavender oil to a baking soda and water paste and use it as a deodorant. Sachets of dried lavender kept in the drawer or cupboards can be used to keep moths and other insects away.

A few drops of lavender oil in your laundry can eliminate odor from stinky sweatshirts. Before washing the floor, add few drops of lavender oil to the water to add fragrance to the room. Releasing a few drops in your toilet or bathroom could leave the place smelling nice all day.

Tea tree oil: Tea tree oil is one of the most essential and useful oils to have at home. It serves various purposes at home, such as treating ailments such as an athlete's foot, insect bites, sores, acne, and warts.

It can be added to shampoo to treat dandruff and other hair issues too. You can also make a spray with water and apply it around the house for disinfectant. To keep fleas away, add a little drop around your pet's bed.

Lemon oil: Lemon is an essential oil that you would never regret having at home. A few drops mixed with carrier oils act like polish to your furniture. It could also be added to homemade soap and detergent and clean the dishes, floor, and other equipment.

To relieve bad breath, add a couple of lemon oil to a glass of water and gargle. It can be added to a bath to alleviate anxiety or mix with shampoo to remove dandruff and improve hair growth. When blended with aloe gel,

lemon oil can act as a hand sanitizer.

Peppermint oil: Peppermint oil can be added to a carrier oil and applied to the abdomen to alleviate nausea, queasiness, or upset stomach. A few drops of peppermint oil can draw the insect out for elimination to remove a tick from your pet. You can apply it to the chest to relieve chest congestion.

To eliminate odor from stinky shoes or socks, you can spray diluted peppermint oil on them. To deter rodents and insects, spray or place a few drops around the house, especially in the cracks.

Frankincense oil: frankincense oil can be used to perform many things around the home. To give your home the best care, use the oil of frankincense. If you suffer from warts, acne, cuts, boils, bruises, scars, cysts, insect bites, and so on, frankincense oil is your go-to home remedy.

You can diffuse it at home to repel mosquitoes and flies. It also reduces migraines, headaches, anxiety, and depression.

Eucalyptus oil: Eucalyptus oil is easily recognizable, and this is due to its scent. It is very potent for relieving bronchi congestion. And those who suffer from the asthmatic attack could use it to ease the attack. Adding a few drops on a compress and placed on the skin affected by shingles could speed up the healing process.

Eucalyptus can also be used as a disinfectant by making it into a spray for the kitchen and bathroom. If you also want to eliminate germs and odor, it can be sprayed in the toilet or any part of the house for the same purpose.

Chamomile oil: Chamomile oil acts as a calming and soothing oil due to its properties. If you experience frayed nerves, a cup of chamomile tea could be what you need to calm it down.

For those who experience boils, eczema, dry skin, acne, cuts, stings, dermatitis, all you need to get yourself back is embedded in chamomile oil. If you suffer from conditions like insomnia, anxiety, depression, stress, or irritability, diffusing the chamomile oil in your room could be the miracle healing you need.

That is not all! If you have hyperactive children in the house, you can diffuse the oil around them to calm their nerves. They could even sleep off afterward.

Do you experience termites and ants around the house? Put a few drops around the doorways or anywhere they enter the home from to repel them.

Grapefruit oil: The grapefruit essential oil can perform several tasks. It could be topically used for migraines, acne, oily skin and hair, swollen lymph nodes, or even deodorant.

It could be used to repel fleas around the body of your dogs. However, do not let it get near your cats as it is allergic to their body. Grape oil also acts as a cleaning agent. You can sprinkle it on your sweatshirts or even socks to ease off the smell.

Clove oil: Clove oil is used as one of the best treatments for dental issues, cold sores, and more. It also functions in treating an athlete's foot, cuts, bruises, bites, stings, earaches, heat rashes, wounds, and fungal infections.

To ward off insects like flies, fleas, moths, and mosquitoes, diffuse the oil around the kitchen, bedroom, or any part of the house.

Oregano oil: Oregano oil contains antiseptic, anti-fungal, anti-inflammatory, anti-microbial, and anti-parasitic. It can be used to treat fungal infections, Candida, sprains, warts, cysts, bruises, arthritis, herpes, shingles, and related issues.

You can make a spray with it and use it around the house to ward off mites, bugs, lice, and flea. You can use it for home cleaning purposes and more.

Laundry

Laundry, they say, is a necessary evil. It is not always enjoyable getting everything clean and sparkling, but then, you've got to do it. With essential oil, you are sure to have a stack of your favorite clothes smelling great.

You have two options when using essential oil for laundry. For washing, you can add any of the following essential oil blends to your washing machine. For drying, add the essential oils to your wool dryer ball before tossing it with your soap. Incorporating a blend of essential oils gives you a crisp, clean fragrance that you just need.

The following blend is just great for your laundry:

Two drops lemon oil and one drop grapefruit oil

Two drops bergamot oil and one drop lavender oil

Two drops orange oil and one drop rosemary oil

Two drops of lemon oil and one drop of tea tree oil.

Floor cleaning

Nothing feels better than walking on the floor of your house, feeling confident as your nostrils are filled with the best aromas of this life. Essential oils are not just used for their scents alone; they act as antimicrobial substances to kill microbes like bacteria, fungi, and viruses. The following essential oil blends could be what you need:

Protective blend: Lavender and lemon

Citrus blend: lemon, lemongrass, lime, and wild orange

Spicy blend: orange, clove, and cinnamon

Cleansing blend: tea tree and eucalyptus

Minty blend: peppermint and wild orange.

Mop the floor with any of the above blends and rinse with hot water.

Bath cleaning and care

Soaking yourself in a warm bath might be all you need to have a refreshed evening or even weekend. This does not just give you a beautiful experience; it is therapeutic on many levels. The following essential oils are just perfect for that.

Lavender oil: Lavender oil has a significant effect on one's mood. It promotes relaxation and balance, and this gives you a restful sleep.

Lemon oil: The aroma of lemon oil has a positive effect on people and is also very good at protecting the body against microbes. When using citrus oils, please try not to go under the sun to avoid making your skin very sensitive.

Eucalyptus oil: You may have to use less of this oil on your bath as it has a very crisp, sharp scent. Too much of it can be very irritant. You can also blend it with orange or sandalwood oils.

Other good skin-loving bets include chamomile, frankincense, ylang-ylang, and citrus oils.

Snake prevention

Essential oils are one of the approved methods of repelling snakes. You can

use them to keep snakes away from homes or public places—essential oils like cinnamon oil and clove oil. You can either spray them directly on the snakes or around the environment. The molecules of these essential oils can penetrate their skins and cause them to become uncomfortable. This makes them flee. The oils' significant power lies in their strong odor, and snakes can perceive them from afar.

Chapter five

Body care

Everyone loves their bodies and would want to do anything to protect the body or keep it glowing and refreshed. This is what essential oils do. The critical factor is to use them properly to achieve the desired effect. Some essential oils that can perform this wonder are listed below:

Argan oil: Argan oil is very rich in vitamin and also act as an antioxidant. It hydrates and nourishes the body and is excellent at keeping dry skins smiling all day. The effect is felt almost instantly due to the absorbent nature of the vitamin.

Cedarwood oil: No oil can beat cedarwood oil when it comes to eliminating pimples. When you add a few drops to a carrier oil and apply it to the affected part, acne would bid you goodbye with an immediate effect.

Vetiver oil: Vetiver oil has anti-aging properties and intensely hydrating, though it is advisable to use just a little at once. It also reduces the presence of acne scars and stretch marks.

Geranium oil: Do you suffer from dry skin? Geranium oil is just your saving grace. It removes dead cells and leaves your face feeling clean and lovely. Those suffering from acne can also tap from this grace to remove the scars as it offers them a clearer complexion.

Thieves oil: Thieves essential oil has a blend of several essential oils like cloves, cinnamon bark, eucalyptus, rosemary, and lemon. Thieves oil is great for removing harmful bacteria or fungi perching on the surface of the skin.

Body massage

There are essential oils that act as a body spa. Surprised? Not anymore! These oils have aromatherapy properties and perform wonders on both the body and mind. Some of these oils include:

Frankincense oil: It is used for grounding and relaxation. It blends well with lavender and can be used on its own too. When used for massage, it can perform other functions like relieving stress and anxiety, cough, depression, and boosting the immune system. Your next massage should have a taste of

frankincense oil.

Lavender oil: Lavender is usually required for massage due to its sweet aroma, promoting a soothing atmosphere. It gives the body balance, promotes sleep, and relieves pain, stress, and anxiety. It is an everyday essential oil used for spas in some places.

Coriander oil: Coriander oil is just sweet and warm. It has a relaxing and soothing effect when used for massage. Not only that, it can relieve cramps as well as promote a healthy digestive and circulatory system.

Bergamot oil: Bergamot oil has been a go-to oil when it comes to stress and anxiety. The aroma is citric and pleasant, reducing stress and soothing the skin. It also reduces depressive feelings, improves moods, and calms the body. After using bergamot oil, you would just feel rejuvenated and refreshed.

Geranium oil: Geranium oil has both refreshing and rejuvenating effect on an individual. The flowery fragrance gives a luxurious experience as it relaxes, soothes, and calms your nerves. This makes it leave you with a better-toned look. You are sure going to enjoy your ride from the spa as you request that geranium oil be used to massage your skin.

Deodorant

Deodorants keep you fresh all day and make you feel good. Ensure you look for essential oils that are antibacterial when making your next deodorant. When bacteria mix with sweat, it causes body odor. Luckily, a lot of essential oils contain antibacterial properties. Do not buy ones that are already diluted with a carrier oil; buy pure essential oil, and dilute yourself. Below are some of the essential oils that you could use as a deodorant:

Tea tree oil: This has antibacterial and antifungal properties; the reason it is highly used as a personal care product. It has the excellent quality, and a few drops can be added to your homemade deodorant.

Clary sage oil: Clary sage oil is antibacterial and has a refreshing fragrance. It is also anesthetic when applied to wounds. So, if you always encounter a razor cut under your arms when shaving, you can add clary sage oil to your homemade deodorant. Clary sage can also tone and lighten the skin if used regularly.

Ylang-ylang oil: Ylang-ylang helps to prevent dark underarms. It needs to be added to your deodorant to keep your underarm clean and attractive. Combining clary sage and lavender oils could have potent antifungal and antibacterial effects on your body.

Lavender oil: Very versatile and soothing to both the body and mind. The floral scent also helps in calming your nerves. It is also the best for treating skin diseases and helps in soothing itchy, dry skin.

Bergamot oil: Bergamot is aromatic with a combination of citrus spicy and floral scents. It is antimicrobial and antifungal, making it a perfect fit for deodorant.

Perfume

Essential oils can also serve as perfumes if used appropriately. They are more affordable and free from toxins and chemicals, the reason you should create yours. Absolutely anyone can create their fragrance using essential oils. All you need is a selection of high-quality essential oils, carrier oils, and a storage container.

Here are some of the best blends you can create in the comfort of your home:

Floral heaven: five drops sweet orange, two drops lime, two drops jasmine, and two drops vanilla.

Citrus: five drops lemon, three drops rosemary, and two drops neroli.

Earthy: 3 drops patchouli, three drops palmarosa, one drop vetiver, four drops cedarwood, and one drop neroli.

Spicy: 5 drops bergamot, one drop clove, four drops sandalwood, and two drops vanilla.

Vanilla dream: 5 drops sweet orange, ten drops vanilla, one drop cinnamon, and one drop clove.

With a blend of the above essential oils, you can make a perfume of your choice.

Knee and ankle sprain

Knee and ankle sprain can disrupt your movement and make you stuck in a place. But you have an alternative, and the secret is in using essential oils to treat your challenge. Here are some of them:

Black cumin: massage black cumin into your achy knee or ankles thrice daily for three weeks.

Ginger oil: massage ginger oil into your knee or ankle daily for one month to relieve you of the pain.

Rosemary oil: apply topically on the affected area to relieve pain and aches.

Peppermint oil: massage peppermint oil gently on the affected area for quick relief.

Lavender oil: a massage with lavender oil will help to ease off the pain in the joints.

Eucalyptus oil: you can put some in an inhaler and breathe in. this would make you feel much better.

For massage, add 10 – 15 drops of the essential oil in 2 tablespoons of carrier oil of your choice and rub it into the affected areas.

For inhalation, put a few drops on a handkerchief or cotton ball and take in the air. You can put it into a diffuser and use it.

Body pain

Adding a few drops of essential oils to your bath is one way you could handle body pain. You could also massage into the affected areas or inhale them. A cold compress may also help with pains. All you need to do is to add a few drops to cold water and place a piece of cloth into the water, wetting it thoroughly and using it to press on the affected area.

Rosemary oil: Rosemary oil is known for its ability to work wonders on all sorts of pains, aches, and arthritis. This is due to its therapeutic and analgesic properties.

Peppermint oil: Peppermint oil is very effective on body aches. You can massage into the affected part or add a few drops into your bath.

Juniper oil: This can help to ease tension and eliminate body pains. When you've had a hard workout, juniper oil could be all you would need to have your usual self back.

Ginger oil: Ginger oil has a soothing effect on an aching muscle. It quickly relieves the pain and sores all over the body. This might be great for arthritis

as well.

Chapter six

Skincare and treatment

Essential oils are age-long solutions to skin issues. Many of them have properties that take care of every skin condition, from acne scars to rashes, wrinkles, insect bites, among others. There are several ways you can apply essential oil on your skin to relieve the effect of insect bites or stings.

- You can mix a few drops in your lotion, or you can dilute in a carrier oil before use, usually five drops in one ounce of carrier oil.
- It could also be sprayed on the affected spot by mixing two-three drops of the essential oil in the same amount of carrier oil and adding water.
- You can make an ointment out of the essential oil as well. This could be done by adding a few drops (2 – 3 drops) of essential oil into an ounce of carrier oil and mix.
- If you have several bites or stings all over your body, you can add about 15 drops of essential oil to the same quantity of the carrier oil and mix with your bathwater.

You can purchase from a trusted manufacturer who can provide you with a pure and high-quality oil.

You must use them appropriately for you to achieve your aim. You might consider meeting your dermatologist if you are concerned about the best essential oil specific for your skin type.

However, below are some essential oils that can take care of skin conditions.

Skin rashes/eczema

Certain oils can balance out moisture and alleviate the itchiness of skin rashes. The rashes could be eczema or psoriasis. Essential oil blend, such as a combination of thyme and lavender oil, could help in the treatment of eczema. In case you wish to consider the pain that accompanies skin rashes, the following essential oils have been proven to be pain-relieving:

Peppermint oil: Peppermint oil is perfect for skin care. The natural menthol

present in peppermint could provide an analgesic effect on the skin. The cooling properties also help to cool down hot rashes.

Chamomile oil: The chamomile oil can typically be used to reduce itches on the skin. If you experience dandruff and dry skin, chamomile oil can help your scalp reduce them.

You can massage chamomile oil combined with a carrier oil on the affected area. You can add a couple of drops into your shampoo bottle for the hair and use them for washing your hair, just the usual way.

Wintergreen oil: This has similar health benefits as peppermint as it contains methyl salicylate. Wintergreen oil acts as a soothing agent on painful skin rashes.

Patchouli oil: Patchouli oil reduces pain and inflammation in the body. They are mostly great at treating eczema rashes.

Eucalyptus oil: Eucalyptus oil is also essential for its pain-relieving properties. It also provides moisture to painful and itchy skin. Also, it offers soothing relief for skin rashes.

Acne

Acne could also be called pimples. Using essential oils in their pure form, you can take care of all skin diseases, including acne. If your skin is covered by acne, we recommend the following oil for treatment.

Tea tree oil: Tea tree oil is known for its antibacterial and anti-inflammatory properties, making it one of the best for treating acne. It helps in shrinking or drying the acne on your skin.

Use it sparingly on the affected spots and top it off with a moisturizer to keep the area from drying out completely.

Peppermint oil: Peppermint oil helps in reducing the swelling and inflammation on the skin. The menthol in peppermint helps to clear off the sight of acne or blackhead on your skin. Just apply it into the affected spots after diluting it with a carrier oil to clear off the acne.

Oregano oil: Oregano oil is effective in treating swollen acne. Mix it with a carrier oil and gently dab it on the affected spot to dry off the acne.

Frankincense oil: Frankincense oil can remedy dry or scarred skin. It is quite

gentle on the skin and relieves sensitive and dry skin while healing the scars caused by acne. Add some drops into a carrier oil and apply gently on the skin.

Lemon oil: Lemon oil contains Vitamin C and antioxidants that can brighten the skin and clear off pimples' presence on your skin. Additionally, it helps in speeding up the healing of the skin due to its exfoliant property.

Insect bites and stings

Insect bites and stings can be a real drag. The itchy or burning sensation could keep you miserable all through. Sometimes, you can reduce the irritation by scratching the surface, but it may lead to a more painful experience. In the long run, an infection might become the after effect. But using an essential oil on the affected spot would not just stop the itching; it could help to take care of any health challenge that may result from it.

Here are some essential oils you should have at home against insect bites:

Basil oil: Basil oil is quite gentle on the skin and has anti-inflammatory properties that could prevent infection. This is why it is just the best for insect bites and stings.

Camphor oil: Camphor belongs to the family of cinnamon. It is beneficial in reducing pain caused by insect bites or stings. It creates tingling warmth that reduces pain and irritation.

Lavender oil: Lavender oil is known for treating all kinds of bites and stings. Unlike other types of essential oil, it can be applied directly on the spot. Furthermore, it relieves pain and soothes the skin. It could be used mostly on spider bites, fire ant bites, and bee stings.

Peppermint oil: Peppermint (or even spearmint) oil is known for its cooling, pain-relieving effect when applied on the skin. When insects like fire ants bite you, use mints on the spot to enjoy relief. It can also help in keeping insects away, thereby preventing future bites.

Tea tree oil: Tea tree oil contains anti-pain, anti-swelling, and anti-itching properties. Similarly, it prevents bacterial and microbial infections. This makes it great at taking care of bites and stings from insects like tick, ants, spiders, bees, bugs, and the rest.

Minor burns

Some people do not know that essential oil could help treat burns. Minor burns can be treated with essential oils but not advisable in high degree burns; below are some essential oils that can help treat minor burns.

Chamomile oil: Chamomile oil is beneficial in healing wounds and skin diseases. It has skin rejuvenating properties and may help in treating burns. Sunburns can also be treated using chamomile oil.

Eucalyptus oil: Eucalyptus is popular in treating wounds and burns on the skin. It contains anti-inflammatory and anti-microbial qualities that help in treating skin issues. Also, it helps in preventing burns from getting infected.

Juniper oil: Juniper oil is very effective in treating minor burns. There is a microbial ingredient in juniper oil known as thujone. It helps in healing burns, preventing infection as well as soothing inflammation. Another active ingredient in juniper is called pinene, which helps heal wounds and remove scars caused by burns.

Pine oil: Like juniper oil, pine oil contains pinene. It reduces both inflammation and scarring effects of burns. So, pine oil is very active in healing wounds and burns.

Clary sage oil: Clary sage oil is a species of sage oil that is most common and easily accessible. Due to antibacterial and anti-microbial properties, clary sage oil reduces the chances of infection caused by burns. When added with oregano, it has great potential for healing wounds.

Cold sores

Cold sores, which are also known as fever blisters, can be treated with essential oils. They are in the family of herpes as there are other types of herpes. They are open sores around the mouth, majorly caused by the herpes simplex virus (HSV). Organic compounds found in some essential oils could help in treating cold sores, just like over-the-counter drugs. However, you should use them with caution as research is still ongoing regarding the significant effect of essential oils on cold sores.

The following essential oils contain compounds that could help in treating cold sores:

Tea tree oil: This oil contains antiviral, antiseptic, and anti-inflammatory qualities that help treat cold sores.

It could be diluted and applied directly to the cold sore using a cotton swab. Do not use it more than twice a day on your skin.

Peppermint oil: Peppermint oil contains antiseptic qualities that help in calming the symptoms of cold sores. When diluted, apply it directly to the sore for treatment.

Anise oil: Anise oil inhibits the virus's growth and development that causes a cold sore.

Lemon balm oil: This also inhibits the growth of the virus that causes a cold sore. Apply the diluted oil up to four times daily for effective relief.

Ginger oil: Ginger oil also reduces the symptoms of cold sores. Since it feels warm on the skin, it may reduce the irritation from the cold sore. Mix with a carrier oil and apply topically on the area.

Sandalwood oil: The compounds found in sandalwood oil could help fight the virus that causes a cold sore. The strong scent of the oil might be irritating to your nose or sensitive to your skin, the reason you should mix with other essential oils as well as carrier oils before applying to your skin.

Nail fungus

When you allow your nails always to remain damp, it could grow yeast or fungus. With time, you discover that your nails are becoming thicker than it should be.

The most apparent symptom of nail fungus is the discoloration of the nails. Typically, they change to brown or whitish-yellow. The change of color is likely to spread to other nails as the fungus increases. This could eventually lead to the thickening of the nails, and sometimes, they crack up.

Most of the time, your physician might prescribe medications for nail fungus, but there are other alternatives in the form of essential oils.

The most widely recommended essential oil for treating nail fungus is clove oil. It contains antifungal properties that can fight the fungus.

Blend the clove oil with a carrier oil of your choice and do the following:

- Trim your nails with sterilized clippers and scissors.
- Clean your feet, toes, and toenails with soap and water. If it

- happened on the finger, do the same to the finger and fingernail.
- Dry thoroughly with a towel.
 - Apply a drop or two of the blended oil onto the infected nails.
 - Allow it to sit for about 10 minutes.
 - Use a soft toothbrush and scrub the nails.

This procedure should be repeated daily (possibly twice a day) until your nails are healed completely.

Other essential oils include:

Tea tree oil: It contains many therapeutic benefits and is very safe for treating nail fungus. It has both antifungal and antiseptic properties that are very effective in treating nail fungus. Use the oil consistently, just like the clove oil, to see the result.

Oregano oil: Oregano oil contains properties that aid in killing fungus.

Cinnamon oil: It is highly effective at fighting fungal infections. The compound known as eugenol is found in cinnamon oil, helping prevent further infections and growth.

These oils could be used in the same way as clove oil to achieve a positive result.

Warts

Warts are raised bumps on the skin that are caused by the human papillomavirus (HPV). They are very common and could appear on any part of the body. However, genital warts are severe and should be examined straight away.

Furthermore, warts are very contagious and cause both discomfort and pain. You may not like the way they look. There is hope for they have treatment. You could use home remedies like essential oils to treat them.

Here is some essential oil to be recommended for you:

Neem oil: Neem oil has been used as folk medicine right from time immemorial. It is very potent and could be used in the treatment of warts and cold sore. This is because of the presence of anti-fungal and anti-viral properties. Jojoba oil helps to mask neem oil's mustard-like scent. Dilute both of them and use them on the skin.

Tea tree oil: Tea tree is also a folk remedy used for centuries to treat numerous medical situations. It could be used to ward off insects and even for household cleaning.

The tea tree also exhibits antibacterial, antifungal, and antiviral properties that make it the best for treating warts and related conditions. When diluted, it may be applied to warts twice daily for an extended period (A month) until the wart disappears

Cinnamon oil: Cinnamon oil is highly antioxidant and antimicrobial, making it the right treatment for warts. It is incredibly potent, the reason you should dilute with a carrier oil before use. This should not be used by pregnant women, please.

Oregano oil: Oregano oil belongs to the mint family and can be a good recipe for almost every home remedy. The compounds in oregano are antifungal, antioxidant, anti-inflammatory, and pain-killing. These properties make oregano oil a great one for the treatment of warts.

The oil of oregano is highly concentrated and should be used sparingly, at most once a day. Pregnant women should avoid it.

Frankincense oil: Frankincense oil has an aromatherapy remedy that helps treat diverse health conditions. It has stringent antimicrobial properties that are good for the treatment of warts.

Add one or two drops of frankincense oil to one to six drops of carrier oil on a cotton ball and place the cotton ball on warts. Cover with a bandage. Repeat this procedure twice a week until the warts are healed completely.

Athlete's foot

Athlete's foot, which is also known as tinea pedis, is a highly contagious fungal infection. It develops on the outer layer of the skin on the foot. An athlete's foot usually develops in sweaty feet that are tightly fitted into footwear. Some athletes' foot symptoms include thickening of the skin, scaly rash, itchy feet, foot blisters, discoloration, and loss of toenails. When you continuously walk barefooted in damp environments, you could be exposed to athlete's foot infections

Essential oils required to treat an athlete's foot are listed below:

Tea tree oil: Tea tree oil has antibacterial, anti-inflammatory antiviral, and

antifungal properties that make it an excellent fit for treating an athlete's foot and other related infections. It kills any fungal disease and has no side effects.

Mix with a carrier oil and apply on foot.

Lemon oil: Lemon oil is a good remedy for treating athlete's foot. It also restores the luster of dull skin and rejuvenates sagging or tired-looking skin. It contains Vitamin C that makes it an immune booster. It also includes a combination of astringent qualities and acid to fight the athlete's foot.

You can inhale the oil or mix it with a carrier oil and apply it on foot.

Lavender oil: Lavender oil helps to treat many health conditions. It is applied to the skin to aid the treatment of pain and fungal infections. When you mix with a carrier oil, it will help remove the harmful fungus that may result in an athlete's foot or related conditions.

Peppermint oil: Peppermint oil is used for medicinal purposes, and it contains menthol and menthone. These properties help it to cool the body and relieve sore muscles when topically applied. It also removes the athlete's foot and relaxes tight muscles due to its astringent and microbial qualities.

You can mix it with a carrier oil and apply it topically on the skin.

Eucalyptus oil: Eucalyptus oil acts as an expectorant and clears the body of toxins and microorganisms through mucus release. It is mainly used for treating athlete's foot. The antimicrobial qualities make a perfect treatment for any infection on the feet. Also, it relieves itching and inflammation that accompany the health conditions.

When added to coconut oil, eucalyptus oil can fight any fungal infection.

Prickly heat

Some essential oils have antimicrobial and therapeutic properties that make them the best fit for treating specific health conditions, of which heat rash is among them. Heat rashes are skin conditions that are common among those living in humid areas during the summertime. Children are more prone to this condition due to their underdeveloped sweat glands. It is excruciating.

Some of the symptoms of heat rashes include itchy red rashes, prickly sensation on the affected areas, hotness of the affected area, and more.

Essential oils help heat rashes by soothing and calming the irritated skin,

relieving the itchy skin, numbing the prickly sensation, and speeding up the healing process.

Top 5 essential oils that could handle prickly heat:

Peppermint oil: Peppermint oil contains menthol that helps cool the body and treat heat rashes due to its medicinal properties.

It would be best if you had ½ cup of distilled water, 3 – 5 drops of peppermint oil, one teaspoon of witch hazel, and a 4 oz cobalt blue glass spray bottle.

Add the distilled water, peppermint oil, and witch hazel into the spray bottle. Shake well and spray onto the affected skin. Repeat this often for effectiveness.

Chamomile oil: Chamomile oil can be used topically to reduce itching caused by heat rashes. Massage a combination of chamomile oil and carrier oil on the rashes to heal faster.

Tea tree oil: This helps to provide relief for heat rashes. It has antimicrobial and anti-inflammatory properties that allow it to take care of skin diseases. Dilute it before applying it to the skin.

Geranium oil: Geranium oil is used in folk medicine to treat skin diseases. It contains antifungal, anti-inflammatory, and antibacterial properties that can be used to alleviate itches caused by heat rashes. Mix with a carrier oil and use topically on the skin.

Lavender oil: The antimicrobial properties of lavender oil make it an effective treatment for rashes. It contains a soft, soothing scent that helps it to diminish itches. Use it with a combination of carrier oil for an effective outcome.

Fungal infections

Many essential oils are antifungal and can fight the growth of specific pathogens that are harmful to health. A fungus causes some health conditions like ringworm jock itch, toenail fungus, tinea versicolor, athlete's foot, and more.

Use the same essential oils for treating athlete's foot and nail fungus to handle other fungal infections.

Boils

Boils are reddish pus-filled bumps that form under the skin. They grow larger until they are burst or drained and are often painful. There are extra-large boils known as skin abscesses. They commonly appear on the face, neck, shoulder, armpits, buttocks, and so on.

You could treat boils in the comfort of your home using essential oils.

Tea tree oil: The tea tree oil contains strong antibacterial and antiseptic properties that help treat bacterial infections caused by boils.

Add five drops of tea tree oil to a teaspoon of carrier oil and apply to the boil. You can do it 2 or 3 times daily until completely healed.

Neem oil: Neem oil contains antiseptic, antibacterial, and antimicrobial properties that help in fighting skin infections like boils.

Apply neem oil to the boil 3 to 4 times daily until relieved.

Bergamot oil: Bergamo oil contains antibacterial properties that can treat mouth odor, pimples, cold sores, and boils.

Mix bergamot oil with a carrier oil and apply on the boil.

Chamomile oil: Chamomile essential oil has natural gentle feelings and can help treat pimples, eczema, and boils.

Add two drops of chamomile oil and lavender oil into a spray bottle containing purified water and spray over the affected area.

Cinnamon oil: known for its exceptional quality for treating bacterial infections, cinnamon contains cinnamaldehyde that helps it to treat a variety of skin diseases, including boils and rashes.

Mix the cinnamon oil into a carrier oil and apply it to the irritated skin.

Dry skin

Dry skin could occur at a specific time of the year as well in areas of desert-like climates. However, some people have naturally dry skin; dry skin can also be a sign of aging. To remedy dry skin, you need to apply creams and moisturizers frequently. But some essential oils also have properties that take care of dry skin. Some of such essential oils are explained below:

Lavender oil: Lavender oil is anti-inflammatory and may help balance out the moisture level in the skin. Also, it is a natural hydrator and also reduces

redness of the skin. One good thing is that it does not make dry skin too greasy while repairing it.

Chamomile oil: Oil from the chamomile contains azulene, which helps increase moisture and reduce inflammation on the skin. However, it is not suitable for those with ragweed allergies (ragweed is a plant with a soft stem and is found in the United States).

Sandalwood oil: The compounds present in sandalwood are excellent at reducing inflammation and providing moisture in the skin.

Wounds, Cuts, and Bruises

Cuts are some occurrences we encounter now and then. Most people only know about hydrogen peroxide in treating cuts. We could also use essential oils as better alternatives, as hydrogen peroxide might be harsh disinfectants for cuts. Essential oils can kill airborne germs and bacteria, as well as stopping the body from bleeding. The following essential oils could help treat wounds, cuts, and bruises:

Lavender oil: Lavender oil is gentle on wounds. It has disinfectant properties that deal with bacteria, fungi, and viruses. It also possesses analgesics and smoothens effects that reduce the pain and irritation in the affected area.

Rosemary oil has the same properties as lavender oil and performs the same actions on cuts and bruises.

Geranium oil: Geranium oil also contains antifungal, antibacterial, and antiviral properties that aid in healing wounds. They also increase blood flow to the affected region, making it easier for the cuts or bruises to heal faster.

Tea tree oil: This oil is a wound disinfectant and possesses excellent disinfecting properties that make cuts and bruises heal faster.

Frankincense oil: Frankincense oil is better known for its skin rejuvenating effect. It is very significant to use in treating scars that result from cuts and bruises. This does not mean that it should not be applied to fresh cuts and bruises.

When utilizing essential oils in treating wounds, the following process is necessary:

- Use clean water to clean the affected area of all foreign bodies or

germs. These foreign items could cause more harm to the wound if not cleaned off.

- Dilute the essential oil in a carrier oil before applying it to the affected region.
- It is good to leave the wound uncovered to allow it to dry. But if it could be infected easily due to your movements, then cover it with a bandage.

Scar tissue

Scars' appearance on the body can be reduced by using essential oils to regenerate damaged skin cells. Essential oils reduce the redness and inflammation of the skin as well as balancing skin tone. They also contain properties that help to prevent scar tissues from forming after the wound has healed.

Below are some essential oils you can apply to the skin to prevent the appearance of scars:

Frankincense oil: Frankincense oil helps to kill bacteria, soothe the skin, and balance out skin tone. With these properties, it is suitable for treating scar tissues. Regularly using frankincense oil may yield the desired results quickly.

Use frankincense oil with caution if you take blood thinners.

Geranium oil: Geranium oil contains antiseptic, antimicrobial, and antibacterial properties, making scars less visible. It also helps treat scars by balancing out the skin tone, relieving inflammation, and enabling new cells' growth.

If you have high blood pressure or at risk of any cardiovascular disease, it is advisable to use this oil at your doctor's recommendation. Also, the treatment with geranium oil may last for up to a month.

Lavender oil: Lavender oil promotes the growth of cells and tissue. Due to its antioxidant, antibiotic, and antiseptic properties, lavender oil is useful for treating scar tissues. According to 2016 research, lavender oil shows effectiveness as a natural treatment for damaged skin tissues. It also speeds up the healing of wounds and bruises or cuts.

Tea tree oil: Tea tree oil is known for its many healing characteristics. It

contains antiviral, antibacterial, and antifungal properties that help in accelerating the healing process of wounds. Its antiseptic and anti-inflammatory properties make it an immune-boosting oil for wounds and scar tissues.

Using tea tree oil may take up to a month before you can see the result. If you have allergies, do not use the oil. More so, avoid using it on children.

Neroli oil: Neroli oil is used to treat a range of skin conditions. It is also instrumental in treating scars as well as reducing pain and inflammation.

Results may show after one month of using the oil.

Cysts

Cysts are hard lumps filled with diverse substances in the body; they are of numerous kinds. The major ones are the epidermoid cyst, and they grow right under the skin. Some cysts result from ingrown hairs within the skin structure. These create pus that may become a cyst.

To treat such cysts with essential oil, you may have to see your doctor. However, essential oils promise to shrink, reduce the appearance, or alleviate the discomfort caused by cysts.

Take caution not to try to pop the cysts as that may increase the risk of infections. The following essential oils may help remedy such conditions.

Tea tree oil: The antimicrobial properties of tea tree oil may help kill bacteria, viruses, or fungi. The oil of tea tree may help in eradicating the bacterial infections caused by ingrown hairs. It may also reduce its appearance.

Dilute 2 – 3 drops of tea tree oil in 1 ounce of warm or hot water with a clean cloth or cotton ball, apply the mixture to the affected areas.

Bergamot oil: Bergamot oil may help in treating a range of skin conditions, including cysts. It contains both antiseptic and antifungal properties that help in achieving this.

Avoid bergamot oil if you are epileptic or pregnant.

Lavender oil: Lavender oil is very versatile and helps to treat cysts. It contains antiseptic, anti-inflammatory, and antifungal properties that may calm and soothe the nervous system while taking care of the cyst.

Geranium oil: The aroma of geranium is known to balance hormones and relieve stress. It contains antimicrobial properties that help in treating skin diseases like a cyst.

Frankincense oil: Frankincense oil is essential for treating cysts. It contains several properties that aid in killing the bacterial infection that result from the condition.

To treat cysts using essential oils, follow the process mentioned in tea tree oil.

Swollen lymph nodes

Lymph flow is significant in maintaining good health. The lymphatic system is a significant part of the immune system which bathes the body's tissues with lymph, a liquid that collects bacteria, viruses, metabolic debris, and other harmful substances. The lymph is taken to the lymph nodes, where these toxic substances are destroyed by white blood cells (lymphocytes). Furthermore, they are taken up by the circulatory system and flushed out of the body as urine.

When the lymphatic system is blocked, it may not carry out its activities, causing the fluids to stagnate and impair the immune system. It may also cause infections as well as severe and long-term, painful conditions like cellulite.

Using essential oil in treating this blockage may significantly reduce the tissue's swelling, thus promoting free passage of the lymph. Here are some essential oils to this effect:

Citrus oil includes bergamot, grape seed, lemon, mandarin, orange, and other citrus oils. They are cleansing oils for the lymphatic system. They also contain diuretic properties that help the body get rid of lymphatic waste through the urinary tract.

Oily skin

Those with oily skin, their sebaceous glands produce excess oil that settles on the surface of their skin. Some factors can increase the secretion of oil from the sebaceous gland, including heat, humidity, and hormones. Here are some essential oils your skin needs if it has excess oil.

Clary sage oil: Clary sage oil contains compounds like linalyl acetate and geranyl, which help control excess oil on the skin. It may also help reduce the

appearance of wrinkles and prevent the formation of acne on the skin.

Rosemary oil: This contains anti-inflammatory, stimulating, and analgesic properties that help to reduce the secretion of excess oil on the skin. It can also help in treating oily hair and dandruff.

Frankincense oil: Frankincense can help alleviate oily skin and acne and provide lipids for aging skin.

Geranium oil: This contains alkaline that helps in balancing out the skin oil. It regulates the production of sebum and gives balance to congested skin. It also tightens the skin and gives you a wonderful complexion. With the floral aroma, I doubt if you would resist it.

Myrrh oil: Myrrh oil is perfect for both dry and oily skin. It is intensely anti-inflammatory and also used as an anti-aging oil as it promotes firmness of the skin. In addition to this, it serves as a treatment for blemishes.

Cellulite

Cellulite is a dimpled or lumpy flesh that can appear on the thighs, hips, buttocks, or stomach that is prevalent among teenage and adult women. It has an orange peel or cottage cheese-like texture. It is more of a cosmetic concern than a medical issue.

Some cellulite causes include a poor diet, slow metabolism, dehydration, lack of physical activities, and hormonal changes. You can use essential oils for the treatment of cellulite. However, it would be best if you understood that you might not get an immediate or permanent result, the reason you can combine with regular exercise, a healthy diet, and helpful habits.

Essential oils you can use to treat cellulite are listed below:

Grapefruit oil: Grapefruit oil is known to take care of specific conditions like weight gain, sugar cravings, and inflammation. It is also one of the top remedies for cellulite when it comes to essential oils. With its alluring aroma, it also boosts your mood.

Cedarwood oil: Cedarwood oil contains multi-active compounds like cedrol, beta-cedrene, and thujone. They are known for their diuretic, anti-inflammatory, and astringent properties that can take care of the presence of cellulite on your skin.

Juniper oil: Juniper oil may help in reducing the appearance of cellulite. This is because of active compounds like sabinene, juniperene, and alpha-pinene, together with its diuretic properties. Also, its woody and sweet aroma are refreshing to the mind.

Geranium oil: Geranium oil contains many health benefits. It contains multi-active compounds like menthone, limonene, geranyl acetate, geranyl butyrate, and many more. These compounds help in discouraging fluid retention that worsens cellulite appearance. Also, its anti-inflammatory and hormone-balancing properties are beneficial to this effect.

Cypress oil: Many wonders if this oil can take care of cellulite and the answer is yes, it can. It can stimulate circulation and increase blood flow, making it an excellent choice for treating cellulite and varicose veins.

Arthritis pain

Essential oils are great at treating chronic pain conditions. Mere sniffing in of the scents of essential oils offers relief for pain and improves one's mood. You can also mix them with moisturizers, alcohol, or other stuff as bath or massage therapy.

Blend of bergamot and lavender oils: This blend reduces pain when inhaled regularly over four months. Add 2 – 12 drops of the combination with a tablespoon of milk or carrier oil and add it to a bath. You can also mix 15 to 20 drops with 1 ounce of jojoba or almond oil and massage into the affected parts' skin.

Ginger oil: When massaged into the body, ginger oil can relieve chronic pain and stiffness. Mix 10 to 15 drops of ginger oil with 1 ounce of jojoba oil and massage directly into your skin.

Eucalyptus oil: Inhaling eucalyptus oil for 30 minutes for three consecutive days reduces arthritis pain. This is due to the oil's anti-inflammatory properties, and the ability to increase serotonin, a chemical in the brain that blunts pain.

Orange oil: Adding orange oil on a pad or cloth and placing it on the affected region seems to reduce arthritis pain severity. The anti-inflammatory property of orange oil is the cause of this. This should be replaced every hour for effective results.

Lavender oil: Lavender oil, when applied three times a week on the affected

area, reduces arthritis pain; also, It could be mixed with other oils like juniper and Cananga oils to yield a better result.

Fibromyalgia

Fibromyalgia is a medical condition that causes pain all over the body; It can result from injury, stress, or genetic factors of family history. Over-the-counter medications tend to relieve pain temporarily. Nevertheless, essential oils are excellent home remedies for such pests. Ensure you dilute them with a carrier oil before use.

Lavender oil: Lavender oil is known for its ability to relieve and calm pain and stress. When properly diluted and applied to the skin, lavender oil provides a pain-relieving and anti-inflammatory response to the body, which is similar to the effect of analgesics.

Peppermint oil: Peppermint oil can reduce pain and improve mental stimulation. It also reduces pain and relaxes the muscles. Its effect more pronounced when mixed with eucalyptus oil.

Sandalwood oil: The oil of sandalwood contains antiseptic and anti-inflammatory properties that help calm and sedate the body; when inhaled, it can improve sleep and reduce pain.

Eucalyptus oil: It is an anti-inflammatory healing substance. When consistently used for three days, it can reduce pain and lower blood pressure.

Ginger oil: This has several health benefits, and they include easing of nausea, improvement of digestion, and relieving of pain. Using ginger oil for one month can help to reduce inflammation and pain sensation. It also increases antioxidant activity in the body.

Tendonitis

Considering essential oils for the treatment of tendonitis is not an exaggeration. Tendonitis happens in any tendon: shoulders, elbows, knees, and wrists. People treat the ailment by resting, physical therapy, pain medications, and surgery in severe cases. However, using essential oils to treat it is also the right decision.

Using essential oils in aromatherapy and during massage helps to relieve pain on the affected joints. Here are some essential oils you can try:

Wintergreen oil: Wintergreen oil is beneficial in treating tendonitis. It contains

properties like methyl salicylate that acts like cortisone and helps to relieve pain. Ensure you dilute with a carrier oil before applying it to the joints.

Chamomile oil: Chamomile oil contains compounds that help in soothing the skin and muscles and bringing relief to pain.

Marjoram oil: Marjoram oil acts as a painkiller and helps in treating tendons. The compounds present in it help in treating stiffness of the joint as well as muscle spasms.

Lavender oil: Lavender oil is widely known for its ability to treat pains. It also contains sedatives and analgesics for treating tendons. You can inhale it directly after diluting it or massage it into the skin.

Peppermint oil: Peppermint oil contains antispasmodic and anti-inflammatory properties that aid it in treating tendons and arthritis. It also calms pains and aches. With the presence of menthol, it can cool and refresh the body, bringing relief to the pain.

Clary sage oil: Clary sage oil contains relaxing and pain-relieving properties that help it act as a massage oil for pains and aches. When you mix it with chamomile oil, it can work better in relieving aching muscles and joints.

Candida

Candida is a fungal infection that is naturally found in the body and on the skin. It could cause infections in areas like the mouth, guts, and vagina. Excess sugar, poor diet, antibiotics, and other drugs can cause it to get out of control.

To use essential oils for treating candida internally, you need to work with an aroma-therapist or naturopathic doctor who is skilled in using them internally. However, you can use the same method for treating fungal infections to treat candida as they work the same way.

Shingles

Shingles, also known as herpes zoster, is caused by the same virus that causes chickenpox. It is an outbreak of blisters on the skin. It could remain dormant in your nerve cells until you grow older and can lead to damage that can cause untold pain and rashes to the body. Even though vaccines are effective in treating shingles, essential oils also have remedial effects on the disease.

Stress may trigger shingles, and rubbing the diluted essential oils on the hurt

areas may offer temporary relief to the pain. The moisturizing effect of coconut oil as a carrier oil prevents itching and cracking. Apply the essential oil daily on your skin until you see great results.

Please, note that not all essential oils are right for your skin, ensure you treat with the recommendation of your doctor. The following essential oils may help treat shingles:

Geranium oil: The geranium oil is known for its ability to reduce pain following a shingles outbreak. It is applied topically on the affected area, and within some minutes, you would feel the pain-relieving effect.

Other essential oils include tea tree oil, lavender oil, lemongrass oil, peppermint oil, and oregano oil. Take two drops of essential oil and mix with $\frac{1}{4}$ teaspoon of carrier oil of your choice. Then, apply to the areas you experience shingles pain. You can also diffuse in your room to get the same healing effect.

Chapter seven

Sexual health care

Irrespective of the fact that cuddling and kissing are great at preparing you ahead of sexual intimacy, some essential oils have aphrodisiac properties that can help you get in the mood. When inhaled before or during sexual intimacy, some can trigger erections in men or help women reach orgasm.

There are several essential oils for diverse health care; some of them are discussed below:

Menstrual cramp

Using essential oils to treat menstrual cramps helps to reduce the pain and blood flow in women. To utilize essential in remedying menstrual cramps, use it between periods (between the end of your last period and the beginning of your next). You can also add to your body cream for better results and ensure to massage it into your lower abdomen. Combining more than one type of essential oils like lavender, sage, and marjoram into your unscented cream may be beneficial as well.

Lavender: Lavender oil is known for its ability to ease pain and discomfort associated with menstrual cramps. Massaging the oil on the body, especially the lower abdomen and back, promises to offer relief to the person.

Rose oil: The oil does not just decrease anxiety and promote sleep; it also helps in relieving menstrual cramps. This is due to its anti-inflammatory property. By applying it to the abdominal region, you can have a better effect.

Cinnamon oil: Cinnamon oil is known for its ability to reduce inflammation and menstrual cramp. It also reduces uterine contractions by massaging into the lower abdomen to ease the pain.

Clary sage oil: This oil helps regulate your menstrual cycle and brings relief to cramps experienced during menstruation. It also stimulates the opening of an obstructed system, making it easier for the blood to pass. It also balances the mood and treats food cravings.

Peppermint oil: Peppermint oil offers a cooling and refreshing effect on the body. It takes care of pains, headaches, and menstrual cramps. Also, it helps

to decrease the feeling of nausea and gives you a balanced effect. Its tingling sensation also increases the flow of blood to the region.

Sex drive

Poor sex drive can damage your sex life and makes your intimacy a boring one. Some factors could be responsible for this, and they include illness, stress, hormonal imbalance, erectile dysfunction, injury, and relationship strife. Low sex drive can be very challenging and can lead to physical and mental health problems, more reasons you need to remedy, and the underlying factor responsible for low sex drive.

Clary sage: Clary sage is known for its calming effect and can balance hormonal imbalance. It can ward off stress, which is one of the problems of low sex drive.

Lavender: Lavender oil helps to decrease anxiety and stress. This makes it easier for the person to relax appropriately in readiness for sex and improve sexual experience.

Sandalwood: Sandalwood oil improves a person's mood and helps to increase the level of sexual desire. When inhaled, it can help to enhance sexual performance as well.

Ylang ylang: Ylang-ylang is reputed for balancing adrenal fatigue, increase libido, correct hormonal imbalances, and enhance fertility. As an essential oil, it serves as a natural aphrodisiac when rubbed in the pubic area or sprinkled on the bed before any sexual activity.

Rose: Rose oil contains anxiety-relieving properties, which also make it an aphrodisiac oil. You can blend it into a perfume or diffuse it periodically in the room throughout the day to help you and your partner.

Jasmine oil: Jasmine enables alertness and helps to increase sexual libido. You can apply it topically in a perfume or use it as a sensual massage for you and your partner.

Neroli oil: Neroli can be inhaled to increase sex drive and reduce blood pressure in postmenopausal women. It also reduces stress, making it easier for the partners to enjoy their sexual life. Diffuse neroli oil in the room or inhale a couple of times per day for a calming effect.

Fennel oil: This helps in milk secretion, promotes menstrual flow, and quicken

birth. It also increases sexual drive and alleviates the symptoms of dysmenorrhea. Also, it increases hormonal balance. Thus you can use it to improve your bedroom activities. You can massage fennel oil into your body or include it in your moisturizer.

Erectile Dysfunctional (ED)

Using essential oils is one of the natural ways to treat erectile dysfunction. The oils can help you to relax and connect better with your partner more intimately.

To use essential oils to this effect:

- Make a cold or hot water compress and apply to your lower back and abdomen;
- Mix with a carrier oil and massage your lower back or abdomen;
- Spray in your room by mixing with carrier oil and water;
- Add a few drops to your bedspreads and pillowcases;
- Diffuse in your room and take in the scent;
- Add a few drops to a hot bath after diluting with a carrier oil.

The following essential oils will help to treat erectile dysfunction:

Ylang ylang: Ylang-ylang aids in treating erectile dysfunction. It is known for treating frigidity, depression, and anxiety. Also, it enhances self-esteem and improves a sense of well-being.

Rose: Rose oil helps to relieve depression while enhancing relaxation. As an aphrodisiac, it improves a sense of well-being and self-esteem as well as brings about happiness. Additionally, the oil from rose improves libido, helps sensuality, and increases the level of testosterone.

Lavender: Lavender oil is known for its multiple health benefits; this makes it the number one go-to essential oil for health issues. When inhaled, it can significantly reduce stress and anxiety, thereby aiding relaxation and increasing blood flow into the penis and male sexual arousal.

Rosemary and lavender: both oils contain antioxidant and stress-relieving properties. When combined, rosemary and lavender oil lower any damage to reproductive function. It also increases the production of testosterone as well as the quality of sperm.

Cinnamon: Cinnamon oil enhances male sexual performance as well as the quality of sperm. It also increases the level of testosterone, making it an excellent essential oil for erectile dysfunction.

Basil: Basil oil increases the quality of sperm and also improves sperm count. It also protects against testicular toxicity and reduces oxidative stress due to its antioxidant property. Also, it acts against anxiety.

Ginger: Ginger oil contains an antioxidant ability that protects against oxidative stress. It also improves hormonal imbalance and increases the quality of sperm.

Nutmeg and clove: The blend of nutmeg and clove is very potent in increasing sexual activity. It also increases blood circulation and helps the penis function correctly if applied to the male organ's outer covering an hour before engaging in sexual activity.

Female stimulation

Women reach more orgasms when adequately stimulated by inhaling the essential oil before or during sex. Many essential oils such as rose oil, Ylang ylang oil, and clary sage may contain aphrodisiac properties; they have been used for decades to enhance sex drives.

Rose oil: Rose oil contains a pleasing aroma that enhances blood flow to the female reproductive system. It also improves mood and boosts good sexual performance.

Ylang ylang: Ylang-ylang, when inhaled, induces the feeling of euphoria and helps to relieve depression. This can also improve one's mood, and sense mood is associate with sexual experience; it makes ylang ylang an excellent essential oil for sexual stimulation.

Clary Sage: Clary sage can help women's reproductive system. This can also help with the issue of mood-boosting during sex. On the other hand, it decreases their stress hormones and helps them relax and be ready for sex.

Sandalwood: Sandalwood oil helps increase women's mood and elevate their level of sexual desire to produce better results when inhaled.

Male stimulation

Carpobolbia: Carpolobia boosts sexual performance in men. Some men also

chew the stem and root to extract the oil to enhance their sexual performance.

Eurycoma longifolia: *Eurycoma longifolia* could also be called Tongkat Ali, which can increase the men's ability to have an erection during sex; it also boosts their sex drive them ready for sex. It is one of the most potent male aphrodisiacs.

Casimiro edulis: The oil from *Casimiro edulis* is commonly called white sapote. It can increase men's sexual behavior and ejaculation. Men also consume the seeds because it contains a potent oil that acts as an aphrodisiac.

Fadogia agrestis: The oil from *fadogia agrestis* serves as a powerful aphrodisiac for men. It also helps the speed at which men ejaculate during sex and increases the level of testosterone.

Lepidium meyenii: The root and oil of *Lepidium meyenii* significantly affect the men's reproductive hormones. It also increases the sexual desire in men over time; this makes it a great aphrodisiac.

Kaempferia parviflora: The oil from *kaempferia parviflora* helps boost the sexual experience in men; also, it increases the blood flow to the testes, indicating that it contains aphrodisiac properties.

Mondia whitei: The oil from *Mondia whitei* has the potency to increase sex hormones in men and boosts sperm count; it also can enhance sexual vigor and drives; these factors make it an effective aphrodisiac.

Myristica fragrans: This is, otherwise, called nutmeg oil. It increases the male sex drive. This could also mean that taking nutmeg could have the same effect on men.

Ginseng oil: Ginseng oil releases some chemicals in the brain that help the erectile function in men and stimulate them for sex.

Satureja khuzestanica: This essential oil has the power to boost fertility in men and enhance sperm production.

Yohimbe: The oil from *Yohimbe* can stimulate blood flow through the body regions, including the male organ. It also dilates the blood vessels of the male organ. The chemical produced by *Yohimbe* oil also aids in forming erections and stimulating the pelvis as it boosts men's sexual performance.