

Top 10 List of Essential Oils to Support, Improve, and Boost Your Every Day Life



My Essential Oils Story

Like any other parent you only want the best for your family. Your goal is to provide the safest environment for your children to grow, create and live a healthy and fulfilled life. But what would you say if I told you that you, your partner and your children are exposed to chemicals every day that are slowly attacking their immune systems, endocrine systems, skeletal systems, and more.

This is where my journey with essential oils began. My girls (5 and 4) had extreme skin issues to the point of scratching themselves until they bled. I visited the pediatrician like any good mother would do only to be told that the solution was a steroid cream and I knew that this was just a band aid to a more serious underlying problem.

I did my research, I found “natural” creams that I thought would work but let me tell you, just because something is labeled “natural” or “organic” or “pure” that doesn’t mean it really is. So I was at a loss until I discovered the world of essential oils. Since that “ah ha” moment my girls have never had a breakout of skin irritation that led them to tears and blood.



Top 10 Essential Oils

I put this essential oils guide together for you to help you get on the path of living a chemical free life. I must reiterate here that NOT ALL ESSENTIAL OILS ARE ALIKE! Like I said, just because something is labeled “natural”, “pure” or “organic” that doesn’t mean it really is. So let’s dive in to the top 10 essential oils and their health benefits.



1. Tea Tree (*Melaleuca Alternafolia*)

Tea tree, or also known as *Melaleuca Alternafolia*, is one of the most used oils due to its antifungal, antibacterial, antiviral, anti-inflammatory, antiseptic, expectorant, insecticide and stimulant properties.

Keep a bottle of Tea Tree in your home to make your own cleaning products, air fresheners, linen sprays, and in your personal care and skin routine. You can incorporate Tea Tree into your skin and hair application as a moisturizing and cleansing treatment.



2. Rosemary (*Rosmarinus officinalis*)

Rosemary has potent antioxidant, antiseptic and anti-inflammatory properties that help relieve respiratory problems, reduce muscle pain, soothe digestive issues, reduce tension, and more.

Rosemary essential oil uses include topical application and direct inhalation, and its complex, woody aroma can help create an energizing environment and promote a sense of clarity. Also, you can add a few drops of rosemary oil to a carrier oil and massage your hair and scalp with it to stimulate the hair follicles and support hair growth.



3. Peppermint

Peppermint essential oil's scent invigorates the mind and senses, while inspiring a sense of peace. Peppermint essential oil has a strong, penetrating menthol aroma with a sweet undertone. Due to its natural mint scent, it is commonly used in personal body care products and air deodorizers. It is also used as a flavoring agent for toothpaste, chewing gum, tea and ice cream.

Thanks to its anti-inflammatory, antispasmodic, astringent, antifungal, antimicrobial, antiseptic and expectorant properties, it has many health benefits too. It helps relieve stomachaches, treat digestive issues and heartburn, relieve tension, improve mental health, and help with respiratory problems. Emotionally, it can help reduce anger, ease depression and combat fatigue, stress and anxiety.



4. Lavender (*Lavandula angustifolia*)

Lavender essential oil is one of the most calming oils. It has both physiological as well as psychological benefits.

Its health benefits can be attributed to its antibacterial, anti-inflammatory, antiseptic and antidepressant properties. You can use this oil to ease anxiety, respiratory problems, skin irritants, blemishes, and more.

Its dynamic aroma has made the flower a classic for perfumes, soaps, fresheners, and beauty products. From skin care products to relaxing routines, this oil can infuse many areas of your life.



5. Oregano (*Origanum vulgare*)

Oregano essential oil is popular for its culinary uses as well as health benefits. With its anti-inflammatory, antifungal, antiparasitic, antimicrobial, carminative, diaphoretic, expectorant, antibacterial, antioxidant, mild tonic and antiseptic properties, oregano essential oil immensely benefits your health.

There are many Oregano oil uses in topical and aromatic applications as well. Oregano oil benefits also include creating a relaxing experience through a warming massage and topical application.



6. Eucalyptus

Eucalyptus has anti-inflammatory, antispasmodic, decongestant, deodorant, disinfectant, antiseptic, antibacterial, analgesic, stimulating and other qualities.

Eucalyptus is known for its cleansing properties and stimulating scent and is often applied topically or diffused aromatically. When diffused, Eucalyptus also gives rooms and offices a refreshing atmosphere that's perfect for spaces where you study, meditate, or exercise.



7. Lemon

Lemon essential oil has a refreshing and soothing aroma nearly identical to the freshly peeled fruit. It comes from cold-press processing of the lemon peel, not the inner fruit.

Its health benefits are mainly due to its antibacterial, antiviral, antiseptic, antidepressant, antihistamine, carminative, sleep-inducing, detoxifying and astringent properties. It also has a myriad of uses to enhance your beauty, health and mood.

Because some citrus oils like Lemon can cause photosensitivity, avoid applying to exposed skin before spending time outside.



8. Roman Chamomile (*Chamaemelum nobile*)

Roman Chamomile essential oil has a warm, fruity aroma that is relaxing and calming for both the mind and body and can make a wonderful addition to children's nurseries or play areas. Soothing to all types of skin, it is a common ingredient in body care as well as aromatherapy products.

It has calming, antispasmodic, antiseptic, antibiotic, antidepressant, carminative, analgesic, hepatic, sedative, digestive, bactericidal, anti-inflammatory and anti-infectious properties.



9. Clove

Clove essential oil has a quite strong, sharp and earthy smell. It contains antioxidant, antibacterial, analgesic, antiparasitic, antifungal, aphrodisiac, antiviral, antiseptic, anti-inflammatory and stimulating properties.

Clove is a potent essential oil, and Clove oil uses include topical applications such as massage oils and personal care products.



10. Frankincense (*Boswellia carterii*)

Frankincense essential oil has a woody, warm, balsamic aroma. It has been a popular ingredient in cosmetics and skin care with its ability to smooth the look of healthy skin. It is also good for your health, mainly due to its antiseptic, disinfectant, astringent, carminative, digestive, diuretic, expectorant and sedative properties.

Create a safe and comforting environment when you diffuse or inhale this empowering oil. Use this oil to enhance your time of prayer or meditation.

Not All Essential Oils are Made the Same

This is one of the most vital things you must know about essential oils, that not all oils are created equally. Unfortunately most of them are worthless to your health and are often synthetic. When buying essential oils make sure they are certified therapeutic-grade, first steam distillation, and come with a Seed to Seal guarantee. If you'd like to know what oils I use and how to become a part of the essential oil family let's connect! I can be reached any time!

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