



Essential Oil Therapies

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Improve Your Beauty Routine

If you're looking to clear up your skin, look great at the beach or get the swoon-worthy hair you've always dreamed of, Young Living essential oils can help. We've compiled a list of the top 10 single essential oils that should be part of your beauty regimen to help you look and feel your best this summer. Try adding a few drops to your favorite shampoo or even to your bathwater!

- 1. Ylang Ylang:** Ylang Ylang essential oil promotes beauty inside and out—pampering and nourishing hair and skin, while its scent banishes inner conflict and feelings of anger.
- 2. Lavender:** Lavender is an adaptogen, and therefore can assist the body when adapting to stress or imbalances. It is highly regarded for skin and beauty.
- 3. Bergamot:** Uplifting and relaxing, it is good for building confidence and enhancing your mood. It has a long history of use for oily and troubled skin.
- 4. Clary Sage:** Clary sage oil is uplifting and relaxing, making it a perfect choice for supporting a normal, healthy attitude during PMS. It is also supportive for menopausal women.

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5. Juniper: Juniper has a cleansing effect on the mind, spirit, and body. It may work as a detoxifier and cleanser, is beneficial to the skin, and supportive to the urinary system.

6. Peppermint: Peppermint is one of the oldest and most highly regarded herbs for soothing digestion, it may also restore digestive efficiency. Diffuse or inhale peppermint essential oil mid-morning to curb the desire to snack.

7. Rose: Rose helps bring balance and harmony with stimulating and uplifting properties. Used for skin care for thousands of years, it is perfect for dry or aging skin.

8. Geranium: Geranium has a wonderfully uplifting, calming, flowery scent. It is excellent for the skin, and its aromatic influence helps release negative memories.

9. Jasmine: Jasmine has a warm, exotic, floral fragrance that relaxes, uplifts, and enhances self-confidence, is beneficial for the skin and used throughout history for romance and attraction.

10. Patchouli: Patchouli has a musky, earthy, exotic aroma. It is very beneficial for the skin, helping to reduce a wrinkled or chapped appearance.

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