



ESSENTIAL OILS TO HAVE ON HAND

1. **Bergamot Oil.** If you're a fan of Earl Grey tea, then you have had bergamot. The oil, which has a fruity and floral aroma, can be diffused or applied topically with a carrier oil. Bergamot oil is known to: Reduce anxiety, lift mood, and lower blood pressure.
2. **Cedarwood Oil.** Cedarwood oil, which has antioxidant and antibacterial properties, is a popular ingredient in insect repellent, shampoo, and deodorant with its woody scent. But you can also use cedarwood oil to help with sleep and anxiety.
3. **Eucalyptus Oil.** Eucalyptus is a great essential oil to have on hand during cold season. It soothes a stuffed-up nose by opening your nasal passages so you can breathe easier. It can also relieve pain and fight against herpes simplex virus thanks to its antimicrobial and anti-inflammatory properties.
4. **Frankincense Oil.** Known as the "king of oils," frankincense can help with inflammation, mood, and sleep. Studies have shown that it can also improve asthma and might prevent gum disease. Frankincense oil has a woody, spicy scent and can be used as aromatherapy and can be found in skin creams.
5. **Lavender Oil.** Try adding it to a bath or diffuser as aromatherapy, adding to water to make a room spray or body spritzer, or combining with base oil to make body oil. Lavender can help with stress, pain, and sleep. "Before the discovery of antiseptics, lavender was also used as a cleaning agent in hospitals," Dr. Lin says.
6. **Lemon Oil.** Extracted from the peel of lemons, lemon oil can be diffused into the air or applied topically to your skin with carrier oil. Lemon oil is known to: Reduce anxiety and depression, reduce pain, ease nausea, and kill bacteria. A study also states that aromatherapy of essential oils like lemon oil might improve the cognitive function of people with Alzheimer's disease.
7. **Lemongrass Oil.** Lemongrass oil has a strong citrus scent and is known to help relieve stress, anxiety, and depression. Its antibacterial properties make it a good natural remedy to heal wounds and kill bacteria. It has been shown to prevent the growth of fungus found in athlete's foot, ringworm, and jock itch. A study found that using lemongrass oil can help reduce blood sugar in those with type 2 diabetes.
8. **Orange Oil.** Orange oil is made from the rinds of citrus fruit. It can be diffused into the air, topically on the skin (with a carrier oil), or even used as a natural cleaner in your home. Orange oil is known to: Kill bacteria, reduce anxiety, and reduce pain.
9. **Peppermint Oil.** Peppermint oil is known to; Be anti-inflammatory, antifungal, and antimicrobial. It helps ease headaches, fight fatigue, lift mood, reduce gut spasms, support digestion, support memory, and Peppermint tea can settle your stomach if you have irritable bowel syndrome or gastric irritation.
10. **Rosemary Oil.** Using rosemary oil has benefits like improving brain function, promoting hair growth, reducing pain and stress, lifting your mood, and reducing joint inflammation.
11. **Tea Tree Oil.** Most people use tea tree oil as an antiseptic, antimicrobial, or antifungal. You can also use it to help with: Acne. "Take a cotton swab and dip it into tea tree essential oil. Then, apply it directly on the acne — this is one exception where you don't have to dilute it," says Dr. Lin. "It can help resolve acne faster. Athlete's foot and ringworms. "Dilute it with a carrier oil (a base or vegetable oil like coconut or jojoba oil that helps dilute essential oils) and put the blend on the affected skin."