

# • FIVE FAVORITE OILS FOR •

## REDUCING STRESS



### LAVENDER\*

Pretty much the go to oil, but a real champion at promoting calm feelings. Great to diffuse, inhale or apply topically. I love this in my difuser necklace



### PEPPERMINT\*

Such a refreshing blend. Considered a 'hot' oil, but really mentally cools me down. Great in a diffuser. Be sure to dilute before applying topically.



### LEMON\*

Uplifting sent. I love to pair this with any of the other oils listed here to brighten it more. I also love to add dietary version to my water.

\*Included in the Young Living Premium Starter kit. Click here to purchase!



### CEDARWOOD

With a more woody smell, I prefer to use this oil in combination with lavender. Great in the diffuser and also love in a roll on.



### EUCALYPTUS

That spa smell; clean, cool and refreshing. Love this paired with a citrus oil in the difuser, or put a few drops in the bottom of the shower.



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