

USES AND BENEFITS OF l'oropur SINGLE ESSENTIAL OILS



+ 50 Essential Oil Recipes

www.EssentialOilBenefits.com

SAFETY RULES

FOR USE OF ESSENTIAL OILS

Please read these carefully
and keep them handy for ease of reference.

- ❗ **Essential oils are not to be taken internally except on the advice of a qualified health or medical practitioner.** If poisoning occurs, get medical assistance immediately.
- ❗ **Do not exceed the recommended doses.** With these potent oils, more is not better. Use less rather than more and, if necessary, gradually increase the amount applied.
- ❗ **Store essential oils away from sunlight** – ideally, in a cool, dark place.
- ❗ **Do not use, or store, essential oils near open flames.**
- ❗ **Keep essential oils out of reach of children.**
- ❗ **Keep away from the eyes.** If contact is made, splash the eyes with tepid water. If a burning sensation occurs, seek medical advice.

- ❗ **Pregnant women** should consult their medical professional before using essential oils. Do not use essential oils in the first trimester of pregnancy.
- ❗ **Discontinue use of essential oils** if skin irritation or skin sensitivity occurs. We recommend doing a skin patch test prior to use.
- ❗ **If you have any questions or concerns**, consult a qualified healthcare professional or certified aromatherapist before using essential oils.
- ❗ **This brochure is provided for educational purposes only.** It is not intended to diagnose, treat, cure or prevent disease. The reader/ user assumes all risk, liability and responsibility for the use of essential oils as outlined in this brochure.
- ❗ **Avoid citrus essential oils** for 12 hours before or after exposure to UV light (daylight or sun beds).
- ❗ **Essential oils should never be used undiluted on the skin** unless using lavender or tea tree for insect bites, burns, or tiny wounds.

ACCIDENTS WITH ESSENTIAL OILS

- ❗ **IN YOUR EYES:** All essential oils, even when diluted, will cause stinging if they get into the eyes. If this happens when using essential oils in a bath, flush the eyes with clean, warm water or full-fat milk. If this does not alleviate the stinging and irritation, then seek medical advice.
- ❗ **UNDILUTED ESSENTIAL OIL ON YOUR FINGERS:** Remove by gently scrubbing with a strong solution of dishwashing liquid. Do not rub your eyes if you have essential oil on your fingers. Oils that tend to persist on the fingers for a long time and which can cause extreme eye irritation include cinnamon.
- ❗ **UNDILUTED OILS ON OTHER PARTS OF THE BODY:** Remove by washing with warm soapy water. Dry the area thoroughly, and apply a soothing cream.
- ❗ **POISONING:** If poisoning from essential oil ingestion is suspected, either phone a medical practitioner or take the person to a hospital emergency section. If the person is showing severe signs of poisoning, such as loss of consciousness, phone an ambulance. Whoever you speak to will want to know what was ingested, and how much. Do not try to induce vomiting yourself, unless advised to by a medical professional.



L'orpur Organic Lavender Essential Oil

U s e s & B e n e f i t s

If you are beginner in the world of Aromatherapy, you'll definitely want to make friends with Lavender essential oil, also known as "first aid kit in a bottle" and "swiss army knife" of essential oils. Lavender is cultivated all over the world: Bulgaria, UK, USA, France and Australia.

Bulgarian Lavender is grown in Bulgaria, famous for growing and distilling some of the world's finest flower essential oils in the world at heights of up to 5,000 feet.

For my kit, I hand-picked Organic Bulgarian Lavender Essential Oil as it was purest and highest quality lavender I could find and the closest you'll get to fresh lavender, i.e. it was a real standout.

The L'orpur Organic Bulgarian Lavender Essential Oil has been sourced from organically grown plants in Bulgaria and extracted by steam distillation from the fresh flowering tops. It has been meticulously tested in order to bring you nothing but the best. It has a fresh, herbaceous fragrance with a rich sweet yet subtly woody and mellow top note of strong floral, and fruity aroma. In my humble opinion, L'orpur Organic Bulgarian Lavender Essential Oil is the best there is in the world!

Lavender essential oil is a highly potent oil derived from the lavender plant ("lavandula angustifolia"). Traditionally, the oil from lavender plants has been used to make perfumes and potpourri, but through the extraction of the essential oil, this wonderfully fragrant flower has found multiple uses in the practice of aromatherapy, as well as a wide variety of daily applications around the household. Lavender essential oil is a thin clear colorless liquid with a tinge of pale yellow.

Uses of L'orpur Organic Lavender Essential Oil

- 💧 Lavender is commonly used in aromatherapy due to its pleasant, calming fragrance. Essential oil enthusiasts commonly rub lavender essential oil on the forehead, temples, or behind the jaw to ease stress. Besides, avid essential oil users swear by this potent oil's ability to bring on a greater sense of mental clarity.
- 💧 Lavender has cell rejuvenating properties as well as a balancing and harmonizing effect on the skin. This makes Lavender an exceptional oil for use in cosmetics where it balances the production of sebum from the oil glands making it invaluable for both dry and oily skins.
- 💧 Lavender is a powerful antibacterial agent, which is why it is often mixed with other natural surfactants in order to create highly effective household cleaners. With just a few drops of lavender essential oil, you can disinfect wounds and promote efficient healing of an infected area.
- 💧 Lavender has strong anti-fungal properties, which makes it a great natural remedy for certain fungal infections such as ringworm. A few drops a day rubbed onto ringworm-infected skin can bring soothing relief from irritation, as it eliminates the fungus that is the source of the problem.
- 💧 One of the less known uses for lavender essential oil is for arthritis, rheumatism, muscular aches, pains and sports injuries due to its anti-inflammatory and analgesic properties.

Benefits of L'orpur Organic Lavender Essential Oil

1 For Skin

Lavender essential oil is a fantastic weapon to have in your arsenal if you're fighting acne. This troublesome skin condition is characterized by large red bumps or raised sores on the skin (primarily the face) that are largely caused by bacterial infections in the sebum glands. Lavender essential oil attacks the bacteria that is the root of these infections, not only preventing acne flare-ups, but also bringing healing to areas that have been affected by acne. And since lavender oil is a known anti-inflammatory agent, is often used to treat skin disorders caused by inflammation such as psoriasis and eczema.

2 For Hair/Hair Growth

Hair loss is a bothersome, stress-inducing condition that millions of people suffer from around the world. By using lavender essential oil as part of a stimulating daily scalp massage, it is possible to regrow hair in areas where it has been thinning. While this treatment can be lengthy in duration (sometimes it can take many months), it has been proven to be an effective natural remedy for alopecia.

3 For Sleep

Lavender essential oil has long been known as an effective treatment for insomnia. Multiple studies have shown that doing something as simple as placing a few drops of lavender essential oil on your pillowcase can increase the quality and regularity of your sleep by a significant degree. In fact, many people have abandoned the use of sleep aid medications altogether in favor of lavender essential oil!

4

For Anxiety and Depression

Anxiety and depression are conditions that millions of people suffer from, many of whom have not even been officially diagnosed. Lavender essential oil benefits the nervous system by way of its calming scent, which eases anxiety and restlessness while also boosting mental activity and acuity. Scores of studies have shown that lavender essential oil has a significant impact and influence on the autonomic nervous system, which is one of the reasons why it is commonly used to ease stress and tension, improve cognitive function, and alleviate arrhythmia (irregular heartbeat).

5

For Headaches

Lavender essential oil is commonly used to alleviate several and different types of pain, including headaches. Essential oil enthusiasts often recommend rubbing lavender oil on the forehead, into the temples or behind the jawline in order to soothe a pounding headache, migraine headaches, sinus headaches and tension headaches.

6

For Burns

Burn relief is yet another benefit of this versatile essential oil. Lavender oil helps to facilitate the healing of scar tissue and formation of new tissue, which in turn, speeds up the healing process of various burns and sunburns.

7

For Babies

You can add a few drops of lavender essential oil to your baby's bath water at night to induce a calm and relaxing feeling that will help them go to sleep. Also try putting a couple of drops of lavender essential oil on their pillow case or their favorite stuffed animal to help them drift off into a peaceful nighttime rest.

8

For Scars

As mentioned earlier, lavender essential oil aids in the development of scar tissue, bringing faster healing to the affected area and efficiently repairing the skin.

9

For Eczema

Eczema is a condition in which your body's autoimmune response overreacts to a perceived threat, causing inflammation of the skin by way of itchy red bumps. You can add lavender essential oil to a carrier oil such as sweet almond oil, and then apply the blend on the affected area to alleviate itching and dryness. This same oil mixture can be used to alleviate skin irritations caused by environmental allergens, excessive humidity or heat.

10

For Motion Sickness

If you are particularly prone to motion sickness, you can apply lavender oil to various pressure points on the body such as your face, temples and wrists to relieve the nausea, dizziness and disorientation that can come from this bothersome condition.

11

To Repel Insects

Instead of spraying insect repellents containing questionable chemicals on your skin, rub a few drops of lavender essential oil on the neck, arms and legs to repel flying critters, insects, fleas, mosquitoes, etc. Many people also use lavender essential oil on their mattresses as an effective treatment for bed bugs.

12

For Respiratory Problems

Being a natural anti-inflammatory agent, lavender essential oil is often used to relieve common respiratory problems such as asthma, bronchitis and whooping cough. To treat these kinds of conditions, the oil is typically vaporized and inhaled, or it is applied to the skin of the chest, neck and back. The antibacterial properties of lavender oil can also provide an effective weapon against respiratory tract infections.

As you can see, there are dozens of useful applications for L'orpur organic Bulgarian lavender essential oil. Start integrating this powerful natural substance into your daily lifestyle to produce positive changes for you and your family!



L'orpur Organic Peppermint Essential Oil

U s e s & B e n e f i t s

Peppermint essential oil is a natural substance that is derived from the peppermint plant (scientific name: "Mentha x Piperita"), which is actually a hybrid species comprised of water mint and spearmint.

The essential oils from the flowering portions of this plant are extracted and collected using a process known as steam distillation, and they are well known for being highly potent due to their high menthol and menthone content.

For my kit, I chose Organic Peppermint Essential Oil grown organically in USA as it was purest and highest quality peppermint oil I could find and the closest you'll get to the peppermint plant.

The L'orpur Organic Peppermint Essential Oil is extracted by steam distillation and has been meticulously tested in order to bring you nothing but the best. It is a thin clear colorless liquid with a fresh, herbaceous, sharp, sweet, minty aroma.

There are plenty of aromatherapy and topical uses for peppermint essential oil, and its powerful antimicrobial properties have been well-documented for decades. Scientific researchers regard peppermint oil as one of the most versatile essential oils on the planet, as it offers an extensive range of benefits for the body and mind.

Archaeological evidence has revealed that the benefits of peppermint oil were known even by ancient civilizations; in fact, records of various applications for peppermint oil have been discovered in writings that date back as far as 1000 B.C.!

Uses of L'orpur Organic Peppermint Essential Oil

- 💧 Most people are familiar with the cooling property of peppermint essential oil, which can produce a calming and relaxing effect on the body. This is one of the reasons why peppermint oil is popularly used in the practice of massage therapy, and it is frequently utilized in hot baths to produce an invigorating and uplifting aromatic steam.
- 💧 Peppermint oil is also a popular choice for aromatherapy applications, as inhaling diffused peppermint oil has been known to offer relief for sinusitis, colds, congestion, and bronchitis. Its role as a natural expectorant makes it a prime candidate to help clear the sinuses and aid in respiratory function.
- 💧 Peppermint oil is also commonly used in topical applications as an analgesic and anti-inflammatory remedy, and it is frequently recommended by holistic practitioners to help ease pain, muscle spasms and cramps.
- 💧 One of the most interesting uses of peppermint oil comes by way of its effectiveness as an insecticide. For example, if you're dealing with an ant infestation in your home, put a cotton ball soaked with peppermint oil in the pathway where the ants tend to travel, and you'll be surprised at how quickly they will abandon their post!

Benefits of L'orpur Organic Peppermint Essential Oil

1 For Headaches

People who are prone to headaches will appreciate the natural relief that peppermint oil can bring due to its menthol content. Combine 2-3 drops of peppermint oil with a tablespoon of a carrier oil (e.g., almond oil or coconut oil) and rub it on your temples, forehead and the back of the neck to offer a cooling and soothing sensation. A study found that peppermint oil is just as effective as paracetamol when used to treat tension headaches.

2 For Hair/Hair Growth

Peppermint essential oil has invigorating properties that can stimulate circulation in the scalp, which helps to promote follicle health. You can also add some peppermint oil to your regular shampoo to rejuvenate damaged hair and boost its natural thickness.

3 For Spiders/Mice/Bugs

There aren't too many critters that enjoy the scent of peppermint oil, and for most creepy-crawly things, peppermint essential oil acts as a natural repellent. You can combine peppermint oil with cinnamon, geranium and lemongrass oils to create a natural mosquito and bug repellent that can be safely applied to the skin. You can also place small bowls of peppermint oil in areas where spiders and mice might hang out, and you'll see how quickly they will vacate the premises!

4 For Nausea

Peppermint oil brings a type of mental clarity that's hard to beat, which is why it is often used to help cure nausea. Just a couple of dabs of peppermint oil on the temples and forehead can bring much-needed relief for those suffering from dizziness and nausea.

5 **For IBS**

Studies have revealed that peppermint essential oil taken in capsule form is highly effective at relieving symptoms of irritable bowel syndrome (IBS). In fact, according to one study, 75% of participants experienced a 50% reduction in IBS symptoms after taking edible peppermint essential oil in capsule form.

6 **For Migraines**

Peppermint oil can bring much-needed relief to people suffering from debilitating migraines. Applying peppermint oil to the temples, forehead and behind the jawline can ease many of the symptoms of migraines, including sensitivity to light, nausea and vomiting.

7 **For Sinus**

People who suffer from sinus-related allergies will really appreciate the natural ability of peppermint oil to relax the muscles inside of the nasal passages. Inhaling diffused peppermint oil combined with eucalyptus oil and tea tree oil can help reduce various allergy symptoms, providing extra fortification during peak allergy seasons.

8 **For Fever**

Peppermint oil can act as a natural fever reducer due to its cooling effects. You can rub a combination peppermint essential oil diluted in some coconut oil onto a child's neck and/or the bottom of their feet to help reduce fevers without resorting to synthetic drugs.

9 **For Acne**

Peppermint oil's role as a natural astringent makes it the perfect candidate for treating inflammatory skin conditions such as acne. In addition, its antimicrobial properties will work hard to kill the bacteria that is responsible for acne flare-ups.

10

For Skin

If you want your skin to feel refreshed and full of zest, you would be hard-pressed to find a better natural skin cleanser than peppermint essential oil. This invigorating oil has calming, anti-inflammatory effects when mixed with a regular body lotion and applied to the skin. In addition, you can mix peppermint oil, lavender oil in some jojoba oil and apply topically to the skin to reduce symptoms of psoriasis and eczema.

11

For Allergies

As mentioned earlier, peppermint oil can do wonders for relieving allergy symptoms due to its ability to reduce inflammation in the nasal passages. You can inhale the invigorating aroma of peppermint oil from an aromatherapy diffuser to help clear up those beleaguered sinuses when the pollen count seems to be at its peak.

12

For Muscle Pain / Aches

Peppermint essential oil is an amazing and effective natural pain killer and muscle relaxant for arthritic pain, muscular aches as well as fibromyalgia due to its antispasmodic properties. It is especially helpful in soothing an aching back, sore muscles, neck and shoulder pain.

Truth be told, the benefits and uses of peppermint essential oil listed above represent only a fraction of what this powerful natural substance is capable of. From joint therapy to muscle pain relief to easing the sting of sunburn, the versatility of peppermint oil allows for an extensive range of applications in health, wellness and various household uses.

With antibacterial, antiseptic, antispasmodic, antiviral, carminative, and even insecticidal properties, it's clear that there's not too much peppermint essential oil cannot do, which is why essential oil enthusiasts consider this powerful oil to be an indispensable part of their daily regimen.



L'orpur Organic Lemon Essential Oil

U s e s & B e n e f i t s

Lemon essential oil (officially known as "Citrus Limonum") is a highly concentrated oil that is derived from the rinds of lemons through an extraction process known as cold pressing. Under high pressure, the liquid essence of the lemon is forced out of the lemon rind, releasing a bright, cheerful and unmistakable aroma that smells just like the freshly picked citrus fruit itself, except that it is richer and more concentrated.

For my kit, I chose Organic Lemon Essential Oil grown organically in USA as it was purest and highest quality lemon oil I could find and the closest you'll get to lemons.

The L'orpur Organic Lemon Essential Oil has been meticulously tested in order to bring you nothing but the best. It is a thin pale yellow liquid with a pure, clean, fresh, citrus-lemony aroma.

Not only can lemon essential oil eliminate odors in your home, but it can infuse the air with a clean scent. Interestingly enough, lemon essential oil carries a scent that is both calming and uplifting/stimulating at the same time, and it has powerful disinfectant, antiseptic, antifungal, and astringent properties.

Uses of L'orpur Organic Lemon Essential Oil

- 💧 Many of us are familiar with the seemingly countless number of lemon-scented household cleaning products on the market, but to be clear, not all of these products contain actual lemon essential oil.
- 💧 In fact, many of them barely contain any real lemon at all! Fortunately, lemon essential oil is an all-natural alternative to imitation chemical cleaners that don't quite have the potency of the "real thing".
- 💧 Lemon essential oil can be added to a spray bottle of water in order to clean countertops, tables and other common household surfaces. In addition, in contrast to quite a few of the commercially available lemon cleaning products on supermarket shelves, natural cleaning solutions containing lemon essential oil are completely non-toxic.
- 💧 Many people soak regular dishcloths with lemon essential oil to preserve leather garments and furniture, and this powerful oil is also used to take the tarnish off silver and other similar metals.
- 💧 Lemon essential oil is also commonly used in diffusers to create a cheerful, uplifting environment in the home, and there are a myriad of personal uses for lemon oil including skin, hair and nail care. With so many useful applications for this wonderful citrus-based oil, it's no wonder why lemon essential oil is a perennial best-seller.

Benefits of L'orpur Organic Lemon Essential Oil

1 For Skin/Skin Lightening

Lemon essential oil is a natural disinfectant and detoxifier, and it features wonderful antiseptic properties that can help treat inflammatory skin conditions such as pimples and bumps. Another benefit of lemon oil is its ability to reduce excess oil on the skin, which really helps people who suffer from excessive oil production in their "T-Zone" (the area of the face that includes the forehead, nose and chin). Using lemon essential oil as part of a facial cleansing solution can give your skin a nice, bright glow without looking oily or greasy. Lemon oil will also remove dead skin cells to create a lighter, brighter complexion.

2 For Acne/Acne Scars

Keeping in line with the skincare theme, the powerful astringent properties of lemon essential oil can work wonders in terms of reducing the skin inflammation that can lead to acne outbreaks. You can add lemon oil to your regular skin care products in order to diminish the appearance of blemishes, and also to smooth out areas of the skin that have been affected by the formation of acne scars.

3 For Hair

There's something about lemon essential oil that can rejuvenate your hair like few other natural substances can. Many people use lemon essential oil to help their hair become stronger, shinier and healthier overall. In addition, lemon oil can condition the scalp and eliminate the dryness and flaking associated with dandruff.

4

As a Cleaner

This is perhaps the most famous use for lemon essential oil, because this wonderful citrus fruit has long been associated with household cleaning products. You can use lemon essential oil to clean a variety of household surfaces including countertops, sinks, furniture, etc. And it's not just about the wonderful scent of lemon - bear in mind that lemon essential oil also contains powerful antiseptic, antifungal and antibacterial agents that can provide potent cleansing power to go along with its pleasant scent.

5

. As a Facial Wash

You can mix 5 drops of lemon essential oil with 5 drops each of lavender and frankincense essential oils, and then combine these oils with 1 tablespoon of baking soda and one cup of coconut oil to create a homemade facial wash that will kill acne-causing bacteria while supplying hydration and nutrients to your skin for a vibrant, youthful look.

6

. For Weight Loss

Lemon essential oil can help you shed pounds due to the fact that it contains high levels of limonene, a powerful organic fat-burning compound that specializes in targeting stored fat. Lemon essential oil also contains a substance known as lipolysis, which assists the body in breaking down proteins and fats. In addition, lemon essential oil can help reduce post-workout recovery time by providing relief for sore muscles. By adding 5 drops each of lemon, grapefruit and cypress oil in sweet almond oil and using it as a massage blend, you can kick-start these amazing weight management benefits.

7 For Cold Sores

The antiseptic properties of lemon essential oil can really come in handy for relieving painful cold sores. You can apply a small dab of lemon essential oil directly to the affected area, and you can also mix lemon oil with coconut oil to create a natural lip balm that can protect your lips from developing cold sores.

8 As a Furniture Polish

Lemon essential oil is always a top choice for bringing out the best shine in tables and other pieces of furniture. You can create a homemade furniture polish using lemon essential oil combined with a carrier oil such as olive oil in order to revitalize your wooden furniture and give it a refined polish.

9 For Colds

The antibacterial, antifungal and antiseptic properties of lemon essential oil have been well-documented for years, and it's a potent weapon against various symptoms of the common cold. You can add four to five drops of lemon essential oil (along with two drops of tea tree oil) to a bowl of steaming water and inhale the steam in to soothe a sore throat. You can also rub lemon essential oil on your chest to help relieve congestion. If you're dealing with respiratory problems, you can add a few drops of lemon essential oil to a diffuser to inhale a purifying aroma that will relieve breathing difficulties.

As the points above illustrate, this wonderful citrus-based oil offers a litany of useful applications, from skin care to household cleaning, and everything in between. Once you start putting lemon essential oil to work around the household, you will quickly see why this powerful natural oil remains a favorite choice among essential oil enthusiasts!



L'orpur Wild Crafted Tea Tree Essential Oil

U s e s & B e n e f i t s

Tea tree oil (officially known as "melaleuca alternifolia") is derived from a shrub-like tree that is native to certain parts of Australia, and it is known for its potent antiseptic properties. Other varieties have been cultivated elsewhere, but melaleuca alternifolia is not produced outside Australia.

For that reason, I hand-picked Wild Crafted Tea Tree Essential Oil grown in Australian as it was purest and highest quality tea tree oil I could find and the closest you'll get to nature.

The L'orpur Wild Crafted Tea Tree Essential Oil is produced by steam distillation from leaves and twigs and has been meticulously tested in order to bring you nothing but the best. It is a thin clear liquid and has a warm fresh, herbaceous, woody, earthy fragrance.

Long before the essential oil industry latched on to the many health benefits of this powerful natural substance, the native aboriginal population of Australia had already been using tea tree oil for generations due to its remarkable range of health benefits.

Tea tree oil is one of the most well-researched essential oils on the market, and with each new discovery, the list of benefits that this highly potent oil provides continues to lengthen.

Uses of L'orpur Wild Crafted Tea Tree Essential Oil

- 💧 Tea tree oil is a highly concentrated essential oil, so it is commonly diluted with a carrier oil before being used for various ailments.
- 💧 Foremost and what makes tea tree outstanding in comparison to other remedies is that it is active against all three varieties of infectious organisms: bacteria, fungi and viruses. One of the most common ways in which tea tree oil is used is as a topical treatment for various skin conditions such as acne, sunburns, insect bites, psoriasis, and cold sores.
- 💧 Tea tree oil is also immensely popular in the field of aromatherapy, where the oil is often put into a diffuser to create a pleasant aroma that is believed to relieve stress and promote relaxation.
- 💧 Since tea tree oil has such powerful antiseptic, anti-bacterial and anti-fungal properties, it is often used as a primary ingredient in various organic household cleaners as well.
- 💧 It should be noted that you cannot ingest tea tree oil due to its high potency, but through aromatherapy, topical application and careful dilution, you can still receive the many wonderful benefits that this veritable natural cure-all can provide.

Benefits of L'orpur Wild Crafted Tea Tree Essential Oil

1 For Skin

Tea tree oil is commonly used today in a wide variety of skin care products, and it is lauded as one of the best home treatments for inflammatory skin conditions such as acne, eczema and psoriasis. One study revealed that tea tree oil is just as effective as the synthetic chemical benzoyl peroxide, but it produces none of the negative side effects such as dry, red or peeling skin.

2 For Acne/Acne Scars/Scars

As mentioned above, acne is one of the most common skin conditions for which tea tree oil can be effectively used for. Applying tea tree oil to inflamed areas of the skin will unblock irritated sebaceous glands and disinfect the pores, leaving the skin with a clean and refreshed feeling. In addition, because tea tree oil does not strip your skin of its naturally occurring oils, it is also commonly used to help safely diminish the appearance of acne scars.

3 For Hair/Scalp/Dandruff

Tea tree oil is a powerful stimulant, which makes it a great candidate for encouraging new hair growth. Individuals who suffer from hair loss or dandruff can apply a few drops of tea tree essential oil diluted in Argan oil onto their scalp. This will stimulate blood flow to the area, which encourages healthy follicle structure and in the process moisturizes your scalp. This can help you hold onto more of your hair, and can aid in preventing the itching and flaking that can come from dry scalp and dandruff.

4 For Lice

Using a tablespoon of tea tree oil combined with 3 tablespoons of coconut oil and 1 ounce of all-natural shampoo, you can create a powerful natural blend that will kill head lice. Simply apply the mixture into your hair and scalp, and cover your head with a shower cap for about 5 to 10 minutes. Then, remove the shower cap and comb thoroughly through the hair to get rid of the lice. Wash hair as normal.

5 As a Facial Wash

You can combine 12 drops of tea tree essential oil with two tablespoons of honey, one tablespoon of apple cider vinegar, two tablespoons of fractionated coconut oil, and a couple of capsules of live probiotics to create an all-natural facial wash that will leave your skin feeling refreshed and thoroughly clean.

6 For Yeast Infection

The antifungal properties of tea tree oil have been well-documented, and this can really come in handy when it comes to fighting yeast infections. By mixing 3 drops of tea tree essential oil with 2 tablespoons of wildflower honey, you can create a natural topical blend that can kill the fungus behind yeast infections.

7 For Cold Sores

As mentioned earlier, tea tree oil is a powerful antiseptic, and it can be applied directly to heal cold sores, as well as to protect the skin from further infection. Apply 1-2 drops neat and make sure to do a skin test patch before application.

8 For Fleas

Not only will tea tree oil protect your furry friend from fleas, but it can also kill fleas that are already present on their skin. You can create an all-natural flea spray using a few drops of tea tree oil diluted into half cup Apple Cider Vinegar and half cup of warm water. Stir this mixture until thoroughly blended, and then pour into a spray bottle to apply to your pet's fur.

9 For Warts

Tea tree essential oil has powerful antiviral properties that can kill the virus responsible for the development of warts. Simply apply one drop of pure tea tree essential oil directly onto the wart, and then cover it over with a bandage. Keep the bandage on for at least 8 hours, then remove it and wash the affected area. Repeat these steps as necessary until the wart disappears.

10 For Nail Fungus

The anti-fungal properties of tea tree essential oil make it one of the most popular choices treating nail fungus. Simply apply undiluted tea tree oil to the affected area with a clean cotton swab, repeating this treatment daily until the fungus is gone.

11 For Boils

As a powerful antiseptic, tea tree essential oil is often used to treat worrisome skin inflammations such as boils. Apply a couple of drops of undiluted tea tree oil onto the boil using a clean cotton swab to clear up the infection.

12

For Eczema

The anti-inflammatory properties of tea tree oil are a perfect match for inflammatory skin conditions such as eczema. Simply mix 3 drops of tea tree essential oil and 2 drops of lavender essential oil with one teaspoon of coconut oil to create an all-natural, soothing lotion that will alleviate the symptoms of eczema.

13

For Psoriasis

Dilute a few drops of tea tree oil in a carrier oil such as jojoba oil, and then apply it directly to the affected area of the skin with a cotton ball. Let it sit on the skin overnight, and then wash it off in the morning. Repeat daily as needed.

14

For Colds

The strong antiviral properties of tea tree oil make it the perfect solution for attacking the common cold. You can inhale the aroma of tea tree oil through an aromatherapy diffuser, or you can add a few drops to a pot of boiling water and then carefully inhale the steam to clear up those head colds.

15

For Cuts

Apply tea tree oil mixed with lavender oil diluted in a carrier oil to cuts, scrapes or small surface wounds in order to fight off infection. Be sure to clean the injury first with water and hydrogen peroxide before applying the oil mixture.

As you can see, tea tree oil offers dozens of highly useful applications in everyday life. Be sure to add this powerful essential oil to your arsenal of home remedies!



L'orpur Organic Eucalyptus Essential Oil

U s e s & B e n e f i t s

Eucalyptus (official name: Eucalyptus Globulus) is a flowering tree that is native to Australia, but is commonly cultivated in tropical and temperate areas of the world such as Africa, the Indian subcontinent and the Mediterranean.

For my kit, I chose Organic Eucalyptus Essential Oil grown organically in Spain as it was purest and highest quality eucalyptus oil I could find and the closest you'll get to the eucalyptus tree itself.

The L'orpur Organic Eucalyptus Essential Oil is extracted by steam distillation and has been meticulously tested in order to bring you nothing but the best. It is a thin clear colorless liquid with a fresh, woody, earthy, slightly camphorous, sweet, fruity aroma.

Also known as "Tasmanian Blue Gum", this plant has long held a place of prestige in Aborigine folk medicine due to its highly potent antiseptic, antimicrobial and antibacterial properties, and the essential oil that is derived from the leaves of the eucalyptus plant offers a litany of medicinal uses for this very reason.

Bear in mind that eucalyptus essential oil is highly concentrated and highly potent, which means that a small amount goes a long way and produces remarkable results. With such a wide range of health benefits, it is no wonder that eucalyptus essential oil is frequently found in the core collections of essential oil users.

Uses of L'orpur Organic Eucalyptus Essential Oil

- 💧 Eucalyptus essential oil can provide a soothing, uplifting and invigorating aroma when diffused, and its unmistakably potent scent can provide a much-needed pick-me-up when you're feeling low on energy.
- 💧 Many massage therapists use eucalyptus essential oil in their practice to create a soothing and cooling experience that is at once calming and revitalizing.
- 💧 You can combine eucalyptus oil into the hand cream or lotion of your choice to invigorate and moisturize your skin, and it is well known for doubling as a highly effective dirt and grease remover after a long workday.
- 💧 Many of us are well familiar with eucalyptus being used in certain cough syrups and throat lozenges. While these remedies do have some merit, they pale in comparison to the Herculean potency of eucalyptus essential oil.
- 💧 Its effectiveness in terms of treating a wide range of respiratory problems has been well-documented, and because eucalyptus oil possesses antiviral, antibacterial, antifungal, antimicrobial, and anti-inflammatory properties, it can act as a powerful decongestant.
- 💧 In addition, the antiseptic qualities of eucalyptus essential oil make it a go-to treatment for healing cuts, wounds, abrasions, sores, and ulcers, and it is also a highly effective salve for various insect bites and/or stings.

Benefits of L'orpur Organic Eucalyptus Essential Oil

1 For Hair/Hair Growth/Hair Loss

Eucalyptus essential oil can stimulate circulation when rubbed into the scalp, waking up the follicles and promoting better hair growth. It is also an effective moisturizer for hair, especially when combined with Argan oil and coconut oil. Not only will eucalyptus oil nourish and revitalize your hair, but it can ward off itchy scalp and flaking that can lead to dandruff.

2 For Skin

Eucalyptus essential oil provides a cooling and soothing effect for the skin, and it is often used in topical applications to treat various skin infections. As mentioned earlier, eucalyptus oil is also commonly used in massage therapy due to its ability to invigorate the skin and leave it with a fresh, clean feeling.

3 For Colds/Flu

Germs don't stand a chance against eucalyptus essential oil. Not only does it possess powerful antibacterial and antiviral properties, but since it also works as an effective expectorant, cleansing your body against nefarious microorganisms and toxins that can lead to compromised immune function.

4 . For Muscle Pain

People who suffer from joint or muscle pain will be glad to know that eucalyptus essential oil has potent analgesic and anti-inflammatory properties. Simply rub or massage eucalyptus oil diluted in some sweet almond oil onto the skin of the affected area to bring relief from stress, soreness and muscle pain.

5 **For Cold Sores**

As a formidable antiseptic, eucalyptus essential oil can be applied directly to cold sores to prevent the spread of infection, and to bring cooling, soothing relief to the affected area.

6 **For Allergies**

According to a study published by NYU Medical School, eucalyptus was found to be an effective remedy for sinusitis. To relieve congestion and nasal passage, add 4-5 drops of eucalyptus essential oil to a bowl of steaming water and inhale the vapors. The astringent and anti-inflammatory properties of eucalyptus oil can help reduce the inflammation associated with allergy flare-ups. You can diffuse 6-8 drops of eucalyptus or apply it topically diluted in olive oil to the chest and temples to help with respiratory issues associated with allergies.

7 **For Mouthwash**

There are several oral care products on the market that contain eucalyptus as an active ingredient, because this powerful oil is known for having germicidal properties. When swished around in the mouth, 2-3 drops of eucalyptus essential oil diluted in a cup of warm water can provide a strong defense against cavities, gingivitis, plaque, and other common dental hygiene maladies.

8 **For Lice**

Eucalyptus oil has long been known as a powerful natural pesticide and bug repellent, and it is commonly used to treat head lice. Many of the lice treatments on supermarket shelves are loaded with toxic chemicals and other questionable ingredients that should not be absorbed into the skin. On the other hand, eucalyptus essential oil can provide an all-natural alternative that is a far healthier treatment for lice. Simply comb a blend consisting of 3-4 drops of eucalyptus essential oil, 2-3 drops of tea tree oil diluted in 2 tablespoons of coconut oil through the hair to remedy a lice infestation.

9 For Arthritis

The primary driver behind arthritis is latent inflammation in the body, which is why the anti-inflammatory properties of eucalyptus essential oil are so helpful in treating arthritic conditions. You can rub a few drops of eucalyptus oil diluted in sesame oil onto an affected area, and its natural analgesic qualities can help soothe arthritis flare-ups and reduce the inflammation that is the root cause of this condition.

10 For Cleaning

When you first inhale the aroma of eucalyptus essential oil, the word "clean" will definitely come to mind. While this natural substance has plenty of applications in terms of health and wellness, eucalyptus oil is also a powerful and highly effective cleaning agent. It can work wonders as a spot remover, as you can apply it to clothing, carpet, and basically any other type of fabric to eradicate unsightly spots. You can even use eucalyptus essential oil to loosen up and remove sticky gum from your shoes. Not only can eucalyptus oil clean various surfaces, but it's also highly effective at cleaning the air! You can add a few drops to an essential oil diffuser to create a refreshing and clean aroma, and also try adding a couple of drops to your dryer filter and vacuum cleaner filter to help sanitize those places where dirt loves to hang out.

11 For Stress

The stimulating properties of eucalyptus essential oil make it a powerful weapon against stress, anxiety and mental exhaustion. By adding a few drops of eucalyptus and lavender essential oils to a diffuser, you can create a refreshing aroma that will stimulate mental activity and increase blood flow to the brain.

Perhaps the most amazing thing about eucalyptus essential oil is that even after all of the benefits we have listed above, we haven't really even scratched the surface. When you consider everything that this amazing natural oil has to offer, it would be a wise move to add it to your collection of must-have natural remedies!

Le Web, creator of l'orpur products takes great pride in offering the purest and highest quality essential oils for your enjoyment and some recipes for you to try out!

Essential Oil Recipe	Ingredients	Instructions
Hydrating Face Wash	12 drops Lavender 1 oz. Coconut oil 2 tsp honey A bowl	Combine all ingredients and stir well. Apply the mixture to your face and neck and leave for 15 minutes. Wash with warm water.
Exfoliating Face Scrub	6 drops Lemon 6 drops Lavender 4 drops Patchouli 1 oz. plain yogurt 1 oz. colloidal oatmeal	Combine all ingredients well. Apply to the face and avoid the eyes. Leave on for 20 minutes and then wash off with lukewarm water.
Night Moisturizer	6 drops Frankincense 8 drops Lavender 1 oz. Evening Primrose oil	Combine all ingredients. Apply blend to the face as a night moisturizer.

Clarifying Face Toner

Essential Oil Recipe

12 drops each of Lavender
8 drops Palmarosa
6 drops Rose oil
2 oz. witch hazel
2 oz. spray bottle

Ingredients

Add all ingredients to a spray bottle and shake well. After cleaning face, apply the blend with a cotton ball. Shake before each use and use 3 times weekly.

Instructions

Clogged Pore Cleanser

Essential Oil Recipe

6 drops Lemon
8 drops Tea Tree
1 oz. witch hazel
1 oz. bottle

Ingredients

Add all ingredients to the bottle and shake well. Use a cotton ball and apply to face. Use 2-3 times weekly.

Instructions

Anti-Wrinkle Essential Oil Blend

Essential Oil Recipe

5 drops Frankincense
7 drops Geranium
8 drops Lavender
4 drops Patchouli
2 oz. Rosehip seed oil

Ingredients

Combine all oils in a bottle and apply a few drops of the blend to wrinkles and fine lines (avoid the eye area) daily.

Instructions

Acne Treatment

Essential Oil Recipe

4 drops Lemon
2 drops Tea Tree
3 drops Lavender
2 oz. witch hazel
A small bottle

Ingredients

Combine all ingredients in a bottle and shake well. Apply 2-3 drops to a cotton ball or Q-Tip to the pimples/acne.

Instructions

Soothing Scrub

Essential Oil Recipe

10 drops Peppermint
8 drops Lemon
2 oz. Epsom salt
1 oz. Jojoba or Coconut oil

Ingredients

Combine all ingredients. When in the shower or bath, use a handful to scrub away dead skin cells and soothe muscle aches. The Jojoba or Coconut oil will moisturize the skin to perfection.

Instructions

Stretch Marks Treatment

Essential Oil Recipe

8 drops Frankincense
12 drops Lavender
30 ml Rosehip seed oil

Ingredients

Add all oils to a roller bottle. Roll over stretch marks twice daily and up to 4 times per week.

Instructions

Dry Skin Cure

Essential Oil Recipe

4 drops Lavender
A bowl of hot steaming water

Ingredients

Add essential oil to the steaming water. Place your face over the bowl and wrap a towel over your head. Enjoy the soothing aroma and moisturizing steam for 5 minutes daily.

Instructions

Nourishing Massage oil

Essential Oil Recipe

3 drops Lemon
4 drops Lavender
2 drops Chamomile
5 drops Ylang Ylang
1 oz. Jojoba oil

Ingredients

Mix all ingredients in a small bowl and massage well onto the body.

Instructions

Anti-Bacterial Hand Sanitizer

Essential Oil Recipe

5 drops Peppermint
15 drops Tea Tree
10 drops Lemon
2 oz. aloe vera gel
A squeeze bottle

Ingredients

Combine all ingredients in the bottle and shake well. Apply generously to hands and rub thoroughly.

Instructions

Cold Sores

Essential Oil Recipe

6 drops Sandalwood
8 drops Tea Tree
1 oz. Avocado oil

Ingredients

Combine all oils and apply to the affected area up to 3 times a day, until healed.

Instructions

Blisters

Essential Oil Recipe

5 drops chamomile
4 drops Lavender
4 drops Tea tree
1 oz. Apricot Kernel oil

Ingredients

Combine all oils and apply to blisters twice a day for prompt relief.

Instructions

Dry & Cracked Feet Blend

Essential Oil Recipe

9 drops Lemon
6 drops Lavender
8 drops Peppermint
6 drops chamomile
2 oz. Coconut oil

Ingredients

Wash feet. Combine all oils and apply blend to feet and allow to soak in.

Instructions

Essential Oil Recipe

Soothing Feet Blend

Ingredients

- 3 drops Lemon
- 5 drops Peppermint
- 1 tsp Sesame oil
- 1 oz. Epsom salt

Instructions

Add the oils and salt to a basin of warm water for a soothing foot bath for aching, sore or tired feet.

Essential Oil Recipe

Teeth Grinding

Ingredients

- 6 drops Lavender
- 1/2 oz. of Argan oil

Instructions

Combine the essential oil with the carrier oil. Massage into the soft spot below your earlobe before bedtime.

Essential Oil Recipe

Fever

Ingredients

- 10 drops Peppermint
- 1 oz. distilled water
- 1 oz. spray bottle

Instructions

All the essential oil to water in a spray bottle and shake well. Spray over the back of neck and chest areas. You can use Lemon instead of Peppermint for children.

Headache Relief

15 drops Peppermint
An Inhaler

Add the peppermint oil to a personal inhaler and take deep breaths when needed. Alternatively, dilute 3 drops peppermint into 1 tsp of Almond oil and massage into the temples, forehead and back of neck.

Aching Muscles & Joints Blend

10 drops Eucalyptus
6 drops Peppermint
1 oz. of Sesame oil

Combine all ingredients and massage over the affected muscles/ joints. Alternatively use L'orpur pain relief blend.

Natural Chronic Pain Relief

3 drops Wintergreen
6 drops Eucalyptus
8 drops Peppermint
1 oz. of Sesame oil

Combine all oils and massage the blend over the affected areas twice a day. Alternatively use L'orpur pain relief blend.

Earache Cure

Essential Oil Recipe

4 drops Chamomile
6 drops Lavender
2 drops Peppermint
1 oz. of Argan oil

Ingredients

Massage a small amount of the mixture to the back of the affected ear.

Instructions

Cuts & Bruises Treatment

Essential Oil Recipe

4 drops Tea Tree
2 drops Lavender
1/3 oz. Olive oil
10 ml roller bottle

Ingredients

Add all oils to the roller bottle and shake well. Apply to affected areas.

Instructions

Sinus Relief

Essential Oil Recipe

5 drops Eucalyptus or Tea Tree
A bowl of hot steaming water

Ingredients

Add the essential oil to steaming water. Place your face over the bowl and use a towel wrapped over your head and bowl. Inhale deeply for 5 minutes. Alternatively, combine 4 drops Eucalyptus or Tea Tree and 1 tsp Almond oil and massage over the chest.

Instructions

Easy Breathing

Essential Oil Recipe

3 drops Lavender
5 drops Eucalyptus
4 drops Lemon
1 oz. of Almond oil

Ingredients

Combine all oils and massage over the chest area before going to bed.

Instructions

Anti-Dandruff Treatment

Essential Oil Recipe

10 drops Tea Tree
4 drops Rosemary (optional)
1 oz. Argan oil

Ingredients

Combine all ingredients and massage the blend thoroughly into scalp for 2-3 minutes. Shampoo hair as usual and rinse well. Repeat 3 times a week.

Instructions

Blend For Oily Hair

Essential Oil Recipe

4 drops Tea Tree
6 drops Lemon
3 drops Ylang Ylang
1/4 cup baking soda

Ingredients

Add all ingredients in a cup, fill with water and stir the mixture. Pour and massage well into hair. Wash hair as normal. Use 3 times a week.

Instructions

Dandruff Shampoo

Essential Oil Recipe

30 drops Lavender
18 drops Tea Tree
4 oz. shampoo

Ingredients

All essential oils to your favorite shampoo and shake well. Apply to hair and massage into the scalp. Leave into scalp for 2 minutes and rinse off.

Instructions

Hair Wax

Essential Oil Recipe

10 drops Peppermint
1 tsp Beeswax
1 tsp Shea butter
2 tsp Coconut oil
A saucepan
8 oz. of water

Ingredients

Fill a saucepan with 8 oz. water and bring to boil. In a separate glass jar, combine 1 tsp beeswax, 1 tsp shea butter and 2 tsp Coconut oil. Place jar in saucepan. Stir well then remove from heat and let rest for 2-3 minutes before adding 10 drops Peppermint. Pour into a tin or jar. After 90 minutes, it is ready to use.

Instructions

Better Sleep Blend

Essential Oil Recipe

1 drop Chamomile or Marjoram
2 drops Lavender
Cotton Ball

Ingredients

Put the blend on a cotton ball and place it next to your pillow. You can also put a few drops of essential oils on your pillow. Alternatively, diffuse 2 drops each of chamomile, marjoram and lavender in a diffuser.

Instructions

Relaxation / Destress

Essential Oil Recipe

8 drops Lavender or Lemon
An aromatherapy diffuser

Ingredients

Add either of these calming essential oils to your diffuser and diffuse before going to bed.

Instructions

Fresh Air Spray

Essential Oil Recipe

4 oz. glass spray bottle
15 drops Eucalyptus
15 drops Lavender
15 drops Lemon
2 oz. witch hazel
1.5 oz. distilled water

Ingredients

Combine all ingredients and shake well. Spray as required.

Instructions

Digestion Treatment

Essential Oil Recipe

4 drops Chamomile
3 drops Lemon
5 drops Peppermint
1 oz. of Evening Primrose oil

Ingredients

Combine all oils and gently massage over the stomach in a clockwise direction.

Instructions

Toenail Fungus Blend

Essential Oil Recipe

12 drops Tea Tree
1 oz. aloe vera gel

Ingredients

Wash and dry the affected toenail thoroughly. Use a cotton swab to spread the blend over the toenail. Repeat twice daily.

Instructions

Insect Bites Treatment

Essential Oil Recipe

6 drops Tea Tree
4 drops Lavender
1/3 oz. Coconut oil
10 ml roller bottle

Ingredients

Add all oils to the roller bottle and apply as needed.

Instructions

Bee Sting Cure

Essential Oil Recipe

5 drops Tea Tree
1 tsp Coconut oil

Ingredients

Combine the essential oil with the carrier oil and apply to the bee sting.

Instructions

Bruises Treatment

Essential Oil Recipe

6 drops Helichrysum
8 drops Lavender
1 oz. of Jojoba oil

Ingredients

Combine all oils and apply to the affected areas, twice daily.

Instructions

Soothe Sunburns

Essential Oil Recipe

6 drops Chamomile
8 drops Lavender
1 oz. of aloe vera gel

Ingredients

Combine all ingredients and apply gently over the affected area 1-2 times per day.

Instructions

Poison Ivy Treatment

Essential Oil Recipe

6 drops Tea Tree
4 drops Lavender
1 oz. aloe vera gel

Ingredients

Combine the ingredients. Clean the skin and apply to the affected areas.

Instructions

Anti-Bug Blend

Essential Oil Recipe

8 drops Eucalyptus
6 drops Lemon
1 oz. of Coconut oil

Ingredients

Combine all oils and apply to exposed skin as needed.

Instructions

**Anti-Bacterial Kitchen
Countertop Cleanser**

Essential Oil Recipe

3 drops Lemon
A damp sponge

Ingredients

Add essential oil to a sponge and use it to wipe countertops to fight bacteria and germs.

Instructions

DIY Kitchen Sink Cleaner

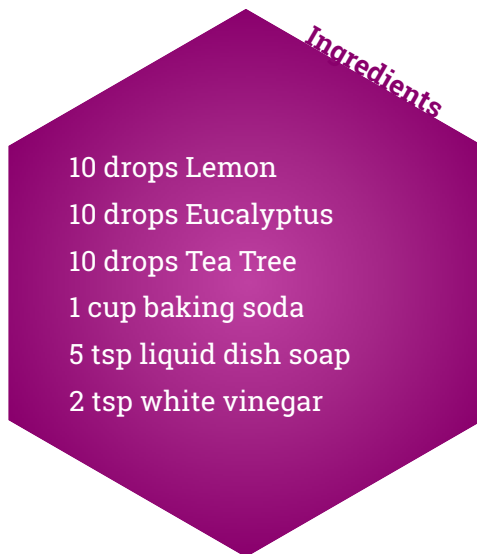
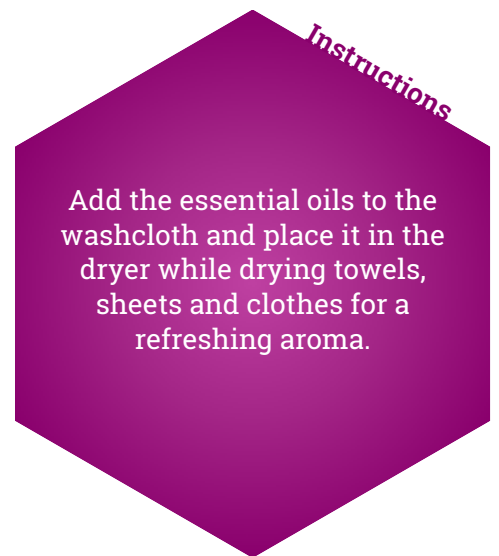
Essential Oil Recipe

8 drops Lemon
6 drops Eucalyptus
1/2 cup baking soda
1/4 cup hydrogen peroxide
A small bowl

Ingredients

Combine all ingredients in the bowl and stir well. Apply the mixture to the sink and scrub. Rinse with warm water.

Instructions



Anti-Septic Disinfectant

Essential Oil Recipe

12 drops Eucalyptus
20 drops Lemon
15 drops Lavender
1 oz. white vinegar
2 oz. spray bottle

Ingredients

Combine all ingredients and add water to fill up the bottle. Shake well before each use. This blend can be used on glass, windows, kitchen counters, bathroom surfaces and inside your refrigerator.

Instructions

Foul Odor Blend

Essential Oil Recipe

6 drops Lavender
4 drops Tea Tree
6 drops Eucalyptus
8 drops Lemon
2 oz. water
A spray bottle

Ingredients

Combine all ingredients in a spray bottle and spray generously in the affected rooms. Shake well before each use.

Instructions

Car Air Freshener

Essential Oil Recipe

18 drops Lemon
12 drops Lavender
2 oz. water
A spray bottle

Ingredients

Spray in your car as an alternative to an air freshener. Shake well before each use.

Instructions

Air Sick

Essential Oil Recipe

3 drops Chamomile
2 drops Lavender
1/3 oz. of Grapeseed oil
10ml roller bottle

Ingredients

Instructions

Combine all oils in a roller bottle and place a small amount of the blend on your wrist and inhale.

Motion Sickness

Essential Oil Recipe

2 drops Lavender
2 drops Peppermint
Cotton balls

Ingredients

Instructions

When traveling by car, apply the blend to cotton balls and place in the car dashboard air vents to help prevent nausea.