



## 4 Essential Oils for Healing skin



**Lavender** - It's calming and anti-inflammatory properties are quick to heal and restore sore skin patches. It soothes your dry, flaky skin and calms inflammation while rejuvenating and promoting new skin growth and healing.



**Tea tree** - Tea tree is such a remarkably healing plant in large part because of its anti-viral, anti-bacterial and anti-fungal properties. When you use tea tree for your skin you are preventing infection while also reducing inflammation and stimulating the immune system to support your skin health.



**Myrrh** - Containing powerful healing properties, myrrh essential oil soothes chapped, flaky and cracked skin effectively easing the symptoms of eczema, psoriasis and skin rashes. It even reduces stretch marks! Myrrh's antibacterial, anti-inflammatory, antiseptic and anti-fungal qualities help support your skin so that your body can effectively heal and restore new skin cells to proper functioning at a quickened rate.



**Cedarwood** - An effective oil in balancing both dry and oily skin conditions, cedarwood also helps to cleanse the skin of any impurities. It's potent diuretic properties make it a valuable oil to treat cellulite, fluid retention and the accumulation of toxins. And its astringent properties make sure that the skin remains tight and high functioning.

### Essential Oils can be used in 3 ways:

Add a few drops to a **room diffuser** to inhale.

Add up to 12-15 drops of essential oil with 2 tablespoons of a carrier oil such as almond oil, grapeseed oil or coconut oil and **massage** into the skin.

Add 8-10 drops to 1 tablespoon of full fat milk and add to a **warm bath**.