



& essential oils skin care

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FROM THE INSIDE OUT AND THE OUTSIDE IN ...

The busy lifestyles that we lead, working hard, playing hard – topped with minimal sleep – all take their wearying toll on our bodies, showing up in our own personal health barometer ... our skin. We may not be able to see the condition of our heart, livers, kidneys, glands, and muscles, but the skin acts as their visual blueprint, revealing internal imbalances and health issues.

Skin problems such as acne, eczema, dermatitis, excessively dry or oily skin, stretch marks, and spots are symptoms of a 'vodka and vitamin – give-it-to-me-now' lifestyle, according to a recent report. Indulging in unhealthy excesses, and attempting to rectify the damage with vitamins and supplements the next day, seems to be the norm.

The "helping hand" in today's hard-hitting environments can be all-natural skin care from healthy essential oils and nourishing fatty oils that nurture the skin. However, caring for the skin from the inside out and feeding it via nutrients in the bloodstream is far more effective than rubbing in the most expensive cream on the market.

Don't be fooled by the commercial lotions and potions claiming to contain vitamins and antioxidants, which are often nothing more than marketing hype. The dermal absorption of vitamins is often very low; it's far more beneficial to eat the nutrients you need.

For example, dermatitis or eczema are problems of the skin but are a direct reflection of an over-loaded liver, digestive trouble and a weak immune system. Similarly, cellulite is a collection of saturated fats and toxins which the body is trying to keep somewhere 'safe' before they can be eliminated.

Poor skin in general may indicate that the body isn't detoxifying efficiently, indicating a sluggish liver. The key is to get the liver in shape before overly toxic conditions result in headaches, spots, or other skin problems.

If you have a hormonal imbalance, it's twice as likely you will have dry skin, which no amount of moisturizer is going to help.

If you want well-moisturized skin, hydrate! If you made no other changes but to drink at least eight glasses of water a day, you would see a huge improvement in your skin!

Doing the daily Liver Cleanse is absolutely imperative for healthy skin!

Disclaimer: This material is for educational purposes only to make people aware of the coming threat of the Swine Flu and other drug-resistant infectious diseases. It does not constitute a medical recommendation. If you believe you are sick or about to become sick you should consult a professional health care provider. Preferably one who is familiar with nutrition and aromatherapy.

INSIDE-OUT SKIN CARE

"Inside-out skin care" begins with changes you will want to make to your daily life:

- Raw foods, fruits, veggies, and green smoothies.
- No processed foods.
- Fresh organic juices and smoothies.
- Reduce excessive negative stressors of any kind (even if it IS your spouse!).
- Find a modality of stress relief that will work for you; meditation CDs, EFT practices, yoga, tai chi, daily gentle walks, etc.
- Fill your mind and heart with healing energy, meditating and 'seeing' the problem receding, then gone. Find a particular meditation that works for you and do it several times daily.
- Drink eight 8 oz. glasses of clean filtered water everyday.

OUTSIDE-IN SKIN CARE

Following is a list of oils that are GREAT to use for skin care on a daily basis. Read the benefits of each oil. Then, after deciding which oil you want to use, mix a few drops of your selected oil with **Quench**, **Message Oil**, or **SecreSea Toner & Moisturizer** for powerful anti-aging and healing benefits.

Many thanks to Alexandria Brighton for all of the information about the oils that are new to us! We LOVE using essential oils for all of our skin care needs!!!

Basil

- Effective skin tonic; aids sluggish complexion, dry skin, eczema, herpes, shingles, acne; aids hair growth; insect repellent.

Birch

- It has powerful astringent qualities and is excellent in skin tonics and body liniments.
- It is used as an astringent, and a counterirritant.
- Helps treat scalp conditions like dandruff and flaky skin. Purifying and cleansing to the scalp.
- Excellent to use as a compress for acne or congested skin.

Cedarwood

- It has been proven to help with acne, dandruff, dermatitis, eczema, fungal infections, greasy skin, hair loss, skin eruptions, ulcers.
- This oil is a good one to add to any clean, organic skin cleanser & toner, as well as to **Silk Body Wash** for body acne.
- A great oil to add to **Juice Shampoo** and **Juice Conditioner**!
- If you deal with eczema, this oil would be a good one to add to **Jojoba Message** oil to use on patches of eczema break-outs. Don't forget to **Liver Cleanse**!!!

Chamomile

- The calming, soothing anti-inflammatory nature of this oil make it perfect for all kinds of inflammatory skin conditions such as cystic acne, boils, burns, cuts, dermatitis, eczema, hair care, inflammations, insect bites, and rashes.
- Really great for sensitive skin that might over-react to other essential oils.

Clary Sage

- A great oil to assist with hormonally generated cases of acne, boils, dandruff, hair loss.
- The anti-inflammatory properties make this a good oil to use with inflamed skin conditions.
- Good to calm down hormonally generated oily skin.
- Anti-wrinkle.

Coriander

- Great for topical use in healing stretch marks, scars.

Cypress

- **Cypress** is a vasoconstrictor, used to treat acne, increases circulation in mature skin, a good over-all skin tonic.
- It is astringent and helps to reduce overactive sweat glands and excessive perspiration.
- Helpful in mixtures for simple water retention, varicose veins, cellulite, wound healing.
- This is a good oil to be added to mixtures for oily hair, oily skin, or sweaty palms and feet. Stimulates skin circulation.

Eucalyptus

- Used in massage oils and ointments for chapped hands, lips and other skin irritations.
- Activates the oxygen exchange in the skin cells and promotes radiant skin.
- Mix equally with **Peppermint** oil and silver hydrosol as a cooling spritz for a fever or for acne or boils.
- Mix with **Tea Tree** for external fungus infections like athlete's foot.
- Used in the bath for antiseptic action
- Useful as an insect repellent along with **Basil**.
- Use with **Tea Tree** and thyme for head lice or skin infections.
- Excellent aid for poor circulation during winter months. Add to **Message Oil** for massage.
- Add to bath water to soothe muscular aches and pains
- Add to carrier oil to use for skin care

Fennel

- Good for dull and oily skin, bruises, cellulite, wrinkles, dry, watery, oily and mature skin types.
- Used in European body oils to tone and tighten sagging tissues, particularly sagging breast tissue. Will also help firm and tighten facial skin.
- Stimulates circulation.
- Excellent moisturizer.
- Aids corns.
- Use daily with **Message Oil** for moisturizer on the face and/or body

Frankincense

- Useful for acne, dry/mature aged skin, pimples, scars, smooths out wrinkles, tonic to all skin, balances oily skin. Used in beauty treatments from before the time of Cleopatra.
- Used to treat and heal wounds, inflammations, scarring, and skin disorders of all types.
- Apply oil to back of neck at the hairline, or on pulse points. Applying 1-2 drops to the feet will get the oil circulating throughout the body quickly.
- Apply 1-2 undiluted drops to targeted areas of the body for relief.

Geranium

- As an external application, its analgesic, anti-inflammatory, anti-hemorrhagic, benefits can be experienced by applying directly or when mixed with carrier oil, lotion, hand cream etc. In this particular context it is healing and antiseptic as well as a cellular regenerative.
- This oil is used frequently in applications for aged, wrinkling or older skin, as well as for healing balms and salves after plastic or facial surgery. Particularly healing after facial plastic surgery.
- Useful for acne, burns, bruises, dermatitis, ulcers, eczema, psoriasis, and broken capillaries. It has value in body and facial preparations where it balances oil gland secretion so it can be used for both dry and oily skin, as well as balancing out congested and mature skin.
- Excellent in use for treating skin conditions associated with bruising, dermatitis, psoriasis, eczema, shingles and cellulite.
- Useful in adding to a blend for a mosquito repellent.

Grapefruit

- Grapefruit with its astringent and cleansing ability can be blended with lemon essential oil and used in a base of grapeseed: 5 drops grapefruit, 5 drops lemon to 2 ounces grapeseed - for oily and acne prone skin as a cleanser.
Caution: Lemon in particular and grapefruit to a lesser extent are photosensitive; do not apply before exposing your skin to the sun as it may cause burning. Keep the area covered
- Added to toners and cleansers, grapefruit keeps excess oil and blemishes under control with its astringent properties
- .Good for: acne, congested and oily skin, tones the skin and tissues.
- Promotes hair growth, expectorant.
- One of the best essential oils to use for traumas, bruises internal, external, burns; acne, and allergies.
- Aids broken veins, stretch marks, and old scars. Mixes especially well with Lavender and Frankincense in this regard. Used in equal parts, or layered. Over time this will transform even the toughest old scars!
- Anti-inflammatory.
- Inflammations, wounds, old scars, , carpal tunnel.

Jasmine 10%

- Used since ancient times in skin care, Jasmine 10% can be especially helpful when skin issues manifest as a result of emotional stressors.
- This oil is in a base of Jojoba, which is renowned for its use in skin care due to a chemical structure that is very similar in nature to the skin's own sebum.
- Historically, this oil is used with dry, greasy, irritated, sensitive skin.

Lavender

- Antiseptic, controls the production of sebum, stimulates circulation in the skin. Assists in the healing of wounds and helps to rejuvenate the skin. Used to treat acne, cuts, burns, sunburn, inflammation, psoriasis, wrinkles. Beneficial for oily skin, acne, and dermatitis; excellent antiseptic properties ward off skin parasites; scabies.
- Useful for areas of inflammation such as athlete's foot, burns, insect bites, itching, rheumatism, scabies, chicken pox, and cystitis.
- **Lavender** is a good general-purpose oil, useful in balancing blends or rounding off. Used to treat insect bites and nettle stings. An effective insect repellent. Repels moths.
- Apply 1-2 undiluted drops on temples, back of neck, rim of ears, on the web of hands (between index and thumb) and on the feet;
- For fragrant and soothing massage, add 3-5 drops to **Message Oil**.
- Great for relaxation, calming.
- **To ease dry skin;** add 4-5 drops and agitate into your bath or apply to skin just before showering.
- Place 1- 2 drops in the palm of your hands and inhale; place a drop or two on a piece of cloth and inhale any time of the day.
- Personalize your personal care items; for fast action, apply 3-5 drops on the affected area and apply a warm water compress covered by a dry towel for 10-60 minutes.

Lemon

- **Lemon** oil addresses: Congestion due to colds, infections, respiratory disorders, infected skin. Slackened muscle tissue, poor circulation, low blood pressure, nosebleeds, a sluggish lymphatic system, coughs, obesity, stomach acidity, confusion, a lack of purpose and direction.
- For topical and aromatic purposes. Do NOT apply undiluted or use on skin that will be exposed directly to sunlight within 72 hours. Keep out of reach of children and away from eyes. Store at room temperature and avoid sunlight.

Lemongrass

- Antiseptic, anti-inflammatory, vasodilator, sedative, tonic.
- It acts as a deodorant and a purifier for oily skin.

- **Lemongrass** has antiviral, antifungal and sedative properties.
- Supports the body in breaking down cellulite, effective with hydro lipid retention.
- It has toning astringent properties. It's cleansing to oily skin, blackheads, tightens pores and muscles.

Mandarin, Red & Green

- Great oil to either prevent or clear up acne, and congested or oily skin.
- Helpful for eliminating scars, spots, and stretch marks.
- Good skin toner.

Marjoram

- Clears bruises. Pain-relieving, antiseptic, helps wounds to heal, used for chilblains, cuts, and bruises.

Message Oil - Grapeseed

- This luxurious proprietary blend of 100% pure, premium grade organic grapeseed oil and organic sunflower oil from Germany is enjoyable, nourishing and incredibly healing to your skin. Use this carrier oil for massage, on your feet, to nourish the skin on your face or all over your body.
- Grapeseed oil is one of the most popular messenger oils (an oil that helps carry and deliver an essential oil) because of its natural emollient and soothing properties. Due to its antioxidant properties, grapeseed oil can also help soothe, nourish and moisturize the skin.
- Combined with sunflower oil for superior moisturizing, this light non-greasy, virtually odorless, non-staining oil blend is generally good for all skin types.
- Pour at least 1 tablespoon in the palm of your hand, add 3-5 drops of your favorite essential oil or essential oil blend, mix by rubbing your palms together and then apply the oils to deliver an all-around or targeted massage to relax and rejuvenate the body.
- **Message Oil** is a wonderfully nourishing and luxurious moisturizer for over-all skin health. Far superior to lotions and potions that are available commercially. For facial/neck moisturizing before applying make-up, drop 2-3 drops **Message Oil** in the palm of your hand and add 1-2 drops **Lavender, Geranium, Myrrh, Frankincense, or Sandalwood**; rub hands together, then apply to face and neck. Use any extra on your hands and upper arms. Use in the same way to moisturize and hydrate your legs, arms, feet, etc.

Message Oil – Jojoba

Jojoba is a wonderfully rich, nourishing wax/oil for the skin. It could be used as a carrier oil, but in most cases isn't used due to the cost. Jojoba oil is actually in fact a wax that is the closest molecular structure to the sebum of the skin that exists. It is healing, healthy, and actually much more costly than most of the essential oils in any blends you are familiar with. The very small amount of jojoba that is in Joy & Abundance blend and a few of the TRUessence blends,, actually (among other things) adds stabilizing benefits - - prolonging the shelf life of the citrus oils that are in the blend.

There are many places online to get information about jojoba. Here is just one piece of info. . .

What is jojoba oil anyway?

Jojoba (pronounced ho-HO-ba) is a botanical extract of the seed of the jojoba tree (*Simmondsia chinensis*). What's interesting about it is that it isn't actually an oil, but rather what they call a wax ester. Why do we care? Because out of all of the compounds in nature, this wax ester is the most similar to human skin oil (sebum). It is theorized that applying jojoba to the skin can "trick" the skin into thinking it is producing enough oil, thus balancing oil production. The bottom line for us is that jojoba oil is non-comedogenic so we can use it without fear.

Benefits of jojoba oil

- Provides all day moisturization – jojoba oil doesn't evaporate like water based moisturizers can.
- It is theorized, but not yet proven, that because jojoba oil is so similar to human skin oil, it can "trick" the skin into thinking it has produced enough oil and thus balance oil production.
- Very stable – jojoba oil does not become rancid or lose antioxidants even after long periods of storage.
- Spreads well and absorbs well.
- The organic (TRUessence) variety is free of pesticides, GMOs, and is sustainably farmed.

Myrrh

- In days of old, pregnant mothers anointed themselves with **Myrrh** for protection against infectious diseases and to elevate feelings of well-being. Of course, the most famous reference to Myrrh is the biblical story of the three wise men. **Myrrh** was one of the gifts of the Magi to the baby Jesus as told in the Gospel of Matthew. Used in ancient times for skin conditions, oral hygiene, insect repellent, and embalming. Galen, the physician to the gladiators, sent Greek soldiers into battle with a first aid kit containing **Myrrh** essential oil.
- In modern times, **Myrrh** is used to balance the thyroid and endocrine system, support the immune system, heal fungal and viral infections, and to enhance emotional well-being
- Antiseptic, astringent, reduces inflammation, improves circulation, stimulates the regeneration of skin cells, and assists in the healing of wounds. Used to treat eczema, and wrinkles. Very good for mature complexions or chapped and cracked skin, boils, athlete's foot, and ringworm. Promotes healing of gums.

Myrtle

- Its cleansing and antibacterial properties have made it an important ingredient in solutions that battle skin conditions like acne and psoriasis. **Myrtle** is often used to balance hormones.
- Smooths skin, assists with bumpy skin.
- Wards off wrinkles
- Stops heels from cracking
- Since antiquity the leaves have been used for perfumes and food. **Myrtle** was a symbol of love because it was used in bridal bouquets or headdresses. The modern Jews still adorn the booths and sheds at the feast of tabernacles with **Myrtle**. The flowers emit a perfume more exquisite than that of the rose.
- This oil has long been used in beauty preparations, as a facial tonic, or to strengthen skin, specifically oily, infected skin and acne. **Myrtle** oil has antiseptic and deodorizing properties, and serves as a natural deodorant.

Neroli

- Supports the skin's renewal process of shedding old skin and stimulating new cell growth.
- Good for scars, stretch marks and thread veins - blends well with frankincense.
- Tones the complexion and is regenerative for aging skin.

Niaouli

- Good for cuts, sores, and skin ulcers,
- Firms tissues and aids healing,
- Good for clearing acne, boils, burns.
- Useful for washing infected wounds.

Orange

- Use for overall skin health, for dull, oily, puffy skin, wrinkles, orange oil strengthens the epidermis, increases circulation, cell hydration, supports cell regeneration. Use to reduce obesity and water retention.
- Softens thick, fissured and cracked skin; promotes regeneration.
- Useful in combating cellulite when you massage it into the skin daily along with **Cypress** and **Rosemary**.
- **Orange** is said to help with the formation of collagen and is vital for the repair of body tissue. It softens and strengthens the outer layers of the skin and stimulates the nerve endings which activate circulation. It is excellent for stretch marks and helps repair broken bones. Helpful for gums, teeth and gingivitis.

Oregano

- Topically helps treat cellulite, eczema, psoriasis, and chronic skin problems
- Antibacterial, strong antiseptic. Destroys staph, is more effective as a disinfectant than chemical disinfecting gels, it is also antiviral. Use for disinfecting the hands before surgery; dilute first with **Message Oil**, as it's a very hot oil and will burn if used undiluted.

Palmarosa

- Palmarosa is a good disinfectant for the skin, can be applied to acne site neat from the bottle or added to a mild face soap.

Palmarosa (cont'd)

- Used for dermatitis and minor skin infections, scars, sores and wrinkles.
- Valuable for all types of treatment for the face, hands, feet, neck and lips (moisturizes the skin, stimulates cellular regeneration, regulates sebum production).

Patchouli

- A good anti-inflammatory, works well for cracked and chapped skin, dermatitis, eczema (weeping), allergic and inflamed skin.
- It makes a good insect repellent. It was originally used to pack shawls being sent to England to protect them from insects.
- Can also be used as an anti-fungal for athlete's foot, dandruff (added to shampoo), and fungal infections on the skin.

Peppermint

- Versatile oil that relaxes and soothes; anti-inflammatory properties provide warming and cooling action; ease menstrual cramps, muscular aches and pains, sciatica, rheumatism, arthritis, toothache, laryngitis, sinusitis, rhinitis, mastitis, and cystitis; cools skin and relieves dermatitis, and itching associated with eczema, pruritis and urticaria.
- Cleansing and purifying; aids with halitosis, gingivitis, herpes, shingles; softens and degreases skin; acne, helps remove blackheads, and retains moisture in skin; antiseptic properties ward off skin parasites such as ringworm and scabies.
- Vasoconstrictive action tightens capillaries; aids hypotension; relieves liver fatigue from palpitations; effective heart tonic.

Quiescent

- Aids scars
- Anti-wrinkle
- Tissue regenerator
- Soothes skin
- Relieves the itching
- Moisturizes dry, dehydrated, and mature skin
- Smooths and softens lines and wrinkles
- Relieves itching and irritation after shaving
- **Quiescent** is a lovely facial oil and skin regenerating blend to use as a night-me oil. . Mix with **Message**, apply to face and neck area.

Ravensara

- Useful to use for acne, inflammation or rashes.

Rose

- Broken capillaries, conjunctivitis (rose water), dry skin, eczema, herpes, mature and sensitive skin, wrinkles
- The extraordinarily mild rose oil is ideal for massages and children's or babies' skin care. For 4 ounces grapeseed message oil use 1 to 2 drops of rose oil and 1 to 2 drops of Roman chamomile. This lotion is wonderful alternative to most commercial baby oils which typically contain mineral oils and other additives that dry out skin, clog the pores of skin, and include toxic synthetic fragrances.
- Unsurpassed as a beauty oil. Rose functions as a tonic and cleanser. It heals and helps every skin type, especially infected, dry, or sensitive skin..
- The fragrance of rose oil, applied undiluted to the skin, remains unchanged for people with few toxins in their body, but for those who smoke or eat a lot of beef or pork, the fragrance takes on a sour note. Rose appears to reflect the inner harmony or disharmony.

Rosemary

- **Rosemary** is said to restore vitality and youth. Excellent tonic for the skin, easing congestion and reducing puffiness and swelling, softens and degreases skin; acne, helps remove blackheads, and retains moisture in skin; antiseptic properties ward off skin parasites such as ringworm and scabies.

Rosemary (cont'd)

- It can be used as a hair stimulant, and it can help control dandruff.

Sandalwood

- Use in the treatment of skin problems is legendary. It is an excellent moisturizer and nourishes all skin types.
- It's astringent, anti-inflammatory, antiseptic, and pain-relieving properties have been used in healing wounds, scars, and acne.
- Wonderful for dry and chapped skin and excellent for reducing wrinkles.
- It can also be used for oily skin.

Spikenard

- Reduces inflammation.
- Rejuvenates mature skin
- Helpful in calming rashes

Tea Tree

- **Tea Tree** seems to reduce proliferation of viruses and bacteria.
- Use undiluted on cold sores, on ring worm infections, on chicken pox to ease itch and stop infection, on insect bites to ease itch and pain. Use undiluted for itching of any kind.
- Use undiluted on corns to soften and control growth, on cuts and scrapes for an antiseptic. A few drops undiluted may be used for athlete's foot and fungal infections. Use undiluted on warts.
- Diffusion of **Tea Tree** is very useful for infections such as colds and influenza, especially if it is used at the first signs of infection. Use 5 drops in a cup of water, with a sponge to reduce fevers. Lick trick for infections, aids with recuperation from long illness. Do the lick trick for whooping cough.
- 3-4 drops of **Tea Tree** in a capsule daily may help Candida. 5 drops in a douche for urinary antiseptic, cystitis, vaginitis, increases urine flow.
- Good for controlling acne. Add a few drops **Tea Tree** to warm water as a final natural, antiseptic facial rinse.
- Reduce the effects of infectious micro-organisms. Add 5-10 drops to water for cleaning counter tops.

Thyme ct linalool

- As gentle as this oil, it packs a punch to abscess, acne, bruises, burns, cuts, dermatitis, eczema, insect bites, lice, oily skin, and scabies

Thyme ct thymol

- Antibacterial, strong antiseptic. Destroys staph, is more effective as a disinfectant than chemical disinfecting gels, it is also antiviral. Use for disinfecting the hands before surgery.
- Good for the scalp, helps treat dandruff and hair loss. Stops hair loss. The soothing and purifying properties make the scalp dandruff-free by deep cleansing of hardened sebum, while keeping hair soft and shiny. The conditioning property of thyme helps detangle the hair making it easier to brush or comb.
- Used externally for warts or to encourage blood flow to the surface.
- Athlete's foot may be successfully treated with the undiluted oil applied topically.
- Mix with **Message Oil** for a good massage oil as it stimulates circulation.

Vetiver

- The essential oil of Vetiver is very beneficial for the skin. It has a regenerative effect that acts specifically on deeper skin layers where aging skin loses fat content, causing the outer skin layer to sag.
- Helps prevent stretch marks after pregnancy and is a secret ingredient, with **Geranium** and **Ylang Ylang**, in lotions used to enlarge the breasts.
- It is also helpful for acne and oily skin.

Ylang Ylang

- Another great oil to use in prevention and treatment of acne.
- Promotes hair growth. Add to shampoo or to hair rinse.

Ylang Ylang (cont'd)

- Good to calm irritated insect bites.
- Good for oily skin and for general skin care.

SKIN CARE AND CONDITIONS

Skin conditions ranging from acne to eczema and rashes are often symptoms of a deep-seated infection or autoimmune condition that must be treated holistically to prevent what I call “morbid transfer” – the transferring of a symptom or condition from one area of the body to another. As disease moves from one system to another, it usually becomes more serious and more difficult to heal.

Several causes of skin problems and necessary lifestyle adjustments are discussed below. Most of these symptoms and conditions are important signals your body is sending you that you may need to significantly reduce toxins in your body (especially in your digestive system), add whole-food nutrients, and unblock healing electrical signals in your body through essential oil massage.

- Begin by making needed adjustments to your dietary habits according to the rules given earlier. Skin problems will often recur if dietary adjustments are not made.
- You may need more water (1/2 gallon a day) and exercise (2 mile walk per day) to improve circulation and flush toxins from the body. *Adding **Green Dragon** or **Red Dragon** with **Rainmaker** to drinking water can significantly enhance the ‘flushing’ benefits of your drinking water.*
- Examine your emotional life and reduce toxic build-up of unresolved conflicts, selfishness, resentments, criticism, etc. Calming therapies, journaling and massage will help significantly, but problems will recur if emotional issues are not resolved.
- Incorporate daily stress-reducing activities such as meditation while diffusing 5-10 dro**ace, Lemon, I VisionCharity, Gratitude, Delight,, Quiescent, or Sun/Moon.**
- Use daily relaxing massage on the feet, hands, abdomen, ears, or joints with 3-4 drops of **Lavender, Geranium, Lemon, Quiescent, Cairo Care, or Sun/Moon**, diluted in a tablespoon of **Message Oil.**
- Eliminate any unsafe addictions such as smoking, drugs, or alcohol.
- For persistent skin conditions, it may be essential to do one or more of the cleanses – liver, digestion, immune strengthening, or mind/body – over at least a year’s time.

Skin Types

The following skin conditions will benefit from the target oils listed below:

Normal Skin

Frankincense	Lavender	Sandalwood
Geranium	Rosemary	

Dry Skin

Fennel	Lavender	Rosemary
Frankincense	Myrrh	Sandalwood
Geranium		

Oily Skin

Cedarwood	Mandarin, Red & Green	
Cypress	Lemon	Sandalwood
Frankincense	Orange	Tea Tree
Geranium	Peppermint	Thyme

Mature Skin

Frankincense	Lemon	Rosemary
Geranium	Myrrh	Sandalwood
Helichrysum	Clary Sage	