An at-a-glance reference for some of our favorite essential oils.

### Lemon
- **ATI (Neat)**
  - Bergamot
  - Cinnamon
  - Grapefruit
  - Lime
  - Spearmint
  - Wild Orange
  - Wintergreen

- **Benefits**
  - Cleansing and purifying properties
  - Energizing aroma that can uplift mood
  - Adds flavor to food and beverages
  - Provides a clean, fresh aroma

- **Uses**
  - Diffuse to promote a positive mood, create an uplifting environment
  - Combine with water in a spray bottle to clean surfaces throughout the home
  - Combine with olive oil for a wood polish
  - Use to get rid of sticky residue
  - Take internally to help with seasonal respiratory discomfort*
  - Use a cloth soaked in Lemon oil to preserve leather
  - Rub on silver and other metals to help remedy early stages of tarnish
  - Take internally to cleanse the body and promote a healthy function of the GI tract*

### Peppermint
- **ATI (Sensitive)**
  - Eucalyptus
  - Frankincense
  - Grapefruit
  - Lavender
  - Lemon
  - Tea Tree (Melaleuca)
  - Rosemary
  - Wild Orange

- **Benefits**
  - Refreshing, minty aroma
  - Repels bugs
  - Promotes healthy respiratory function and clear breathing*
  - Promotes digestive health*
  - Useful for oral hygiene and promoting fresh breath

- **Uses**
  - Spritz around windows and doors to repel bugs
  - Diffuse to promote feelings of clear breathing, or for an energizing boost during study time
  - Apply to temples or palms and inhale for an energy boost
  - Add to drinks or desserts for mint flavor
  - Place one drop in the mouth to freshen the breath
  - Place 1-2 drops in a veggie capsule and take internally to promote digestive health or alleviate occasional upset stomach*

### Lavender
- **ATI (Neat)**
  - Basil
  - Bergamot
  - Marjoram
  - Wild Orange

- **Benefits**
  - Significant soothing and calming properties
  - Relaxing qualities*
  - Inviting floral aroma
  - Soothing benefits for the skin
  - Helps to ease feelings of tension*

- **Uses**
  - Add to pillows, bedding, or bottoms of the feet at bedtime
  - Combine with water in a spray bottle to freshen linens, furniture, or car
  - Add a few drops to a warm bath
  - Apply topically to reduce the appearance of skin imperfections
  - Add to shampoo or conditioner
  - Diffuse to freshen the air, promote feelings of clear airways, promote a sense of focus, and promote positive feelings of self-awareness when trying to relax before sleep
  - Take internally to reduce anxious feelings or promote peaceful sleep*
| Aromatic | Neat: Can be used topically with no dilution  
Sensitive: Should be diluted before using on young or sensitive skin  
Dilute: Always dilute before using topically |
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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.