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101 Uses For  
The Essential  
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# 101 Uses For The Essential Oil Starter Kit K B5z

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~~Beginners Guide~~

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Woodworking Tips

and Tricks

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I Can Do That!



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Square Top 5 PRO

Tips How To Mix

Every Cocktail |

Method Mastery |

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Essential Oil -

Properties, Benefits

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Essential Oil Uses for

Freshening Up Add

lavender to an alcohol

or vinegar spray for

refreshing linens and

creating a bedtime

ambiance. Put a

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A couple of drops of lavender essential oil or lemon on a cloth in the closet to remove stale odors. Make a lavender spritz to spray the "monsters" away at ...

101 Essential Oil  
Uses for You and  
Your Home

101 USES FOR THE  
INTRO KIT OILS .

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### LEMON Essential Use .

1. A Cure for Laundry Neglect. Lemon

essential oil takes out ALL odor when you forget and leave your load of laundry in the washer way too long!

2. Tame Oozy, Sappy Trees. Whether the sap is on your carpet, clothes or seeped into your skin, lemon oil is excellent for removing

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pine gum and...

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101 USES FOR THE  
- Essential Oil Expert

101 Essential Oil

Uses for Health,  
Beauty, Home and  
More. What are

essential oils good  
for? Well, here are the  
many oils uses for  
your body (including  
oral, hair and skin  
care), general health

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(such as for allergies, digestion and sleep), the home (DIY all-purpose cleaner, mold killer, etc.) and recipes (including with healthy foods, drinks and sweets!).

Essential Oils: 11  
Main Benefits and  
101 Uses - Dr. Axe  
101 Uses and  
Benefits of Essential

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Oils Home and  
Cleaning Uses and  
Benefits of Essential  
Oils. Just mix 2 to 3  
drops of lemon oil  
with water. Change  
your... Relaxation and  
Spa Benefits of  
Essential Oil. To add  
a minty flavor to a hot  
cocoa drink, just add  
2 to 3 drops of... Skin  
and Beauty Benefits

...



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### The Essential

101 Uses and  
Benefits of Essential  
Oils - Skytales

Essential oils have been used for thousands of years in various cultures for medicinal and health purposes. Because of their antidepressant, stimulating, detoxifying, antibacterial, antiviral

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and calming properties, they are recently gaining popularity as a

natural, safe and cost-effective therapy for a number of health concerns.

Essential Oils: Main Benefits and 101 Uses | Soren Dreier  
How to Use Essential Oils Diffusion.

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Diffusion is a way to disperse essential oil molecules into the air to reap the benefits of aromatherapy.

Topical. You can also apply essential oils to your skin. But, here's the catch: most essential oils should not be... Household. You can also use essential ...

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### Essential Oils 101:

Facts, Benefits, and  
Uses - 131 Method

Essential oils are the concentrated, aromatic liquids that are extracted from a variety of plants and their various parts (trees, seeds, shrubs, flowers, and roots) through a distillation process. The plants use these oils to grow

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and adapt to their environment and they are also important in protecting the plant from insects and harsh conditions.

Essential Oils 101:  
How to Use Them,  
What Are They & Do

...

Essential Oils 101:  
Finding the Right One  
for You. ... For all

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those DIY types out there, these glass bottles are a great way to store the essential oils you love to use in your favorite recipes ...

Essential Oils 101:  
Finding the Right One  
for You

101. Combine 10-12  
drops of Thieves  
blend with 6-8 drops

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of Oregano, and 2

drops of Frankincense

in capsule for a cold,

flu and other serious

infections, and

swallow. Powered by

Create your own

unique website with

customizable

templates.

101 Ways to Use

Thieves - Essential

Oils 4 Life - Young ...

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United States Shop  
doTERRA. Our CPTG  
Certified Pure

Therapeutic Grade®  
essential oil products  
offer natural solutions  
for you and your loved  
ones. With  
responsible and  
sustainable sourcing,  
our mission is to  
improve the lives of  
your whole family and  
families around the



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globe with every  
doTERRA purchase.

eBook: 100 Uses for  
Essential Oils |  
dōTERRA Essential  
Oils

101 Amazing Uses for  
Essential Oils was  
written by Susan  
Branson and  
published through  
Familius. We love  
their books! One of

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My favorite things about the design of this book is that each chapter has what resembles a black tab so one can easily flip to the section they are searching for when in need of one of the fabulous sections.

101 Amazing Uses:  
Essential Oils ~ My  
Crafty Zoo

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A grower's essential soil amendment and biostimulant for better yields, fruit set and crop quality. Essential Plus Organic 1-0-1 is a 100% organic liquid that works both as an amendment for all types of soils and as a safe, effective root stimulant for plants in every stage of growth.

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Amazon.com :  
Essential Plus 1-0-1  
(32 Ounces) : Garden  
...  
B5z

Clean Hard Floors.  
Add 5-10 drops of  
lemon essential oil  
and 1/4 cup of white  
vinegar to a bucket of  
water. Dip your mop  
into the solution and  
use it to clean your  
hard floors. If your  
floors are especially

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dirty, add a few drops of dish soap to help cut through the grime.

20 Of The Best Things You Can Do With Lemon Essential Oil

Ease Respiratory Gunkity Goop. When used with a humidifier, it's a great way to slow wheezing, colds,

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cough, and other upper respiratory problems. De-scratch Your Scratchy Throat.

Adding a couple drops of lemon essential oil to warm water & honey can change that yucky sore throat feeling, slow a nasty cough, and douse a fever. Lemon oil fights bacteria, as well as

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viruses. Essential  
Oil Starter Kit K  
101 Uses for  
Essential Oils

Lavender, Lemon &  
Peppermint ...

Mix 5-6 drops Lemon  
essential oil with  
water and vinegar in a  
spray bottle to  
cleanse and purify  
surfaces. Use to clean  
kitchen counters and  
stainless steel

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appliances. For stainless steel, mix Lemon essential oil with olive oil for best results. Preserve

What You've Got.

Use Lemon essential oil in a spray to keep your cut fruit fresh until serving.

150 uses for Doterra's Home Essentials Kit | Healing in ...



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### 101 Uses for

Essential Oils This is a wonderful document listing the "Tried and Tested" uses for the three essential oils in the doTerra Introductory Kit, Lavender, Lemon, and Peppermint. Click here to download it!

Doing What I Do:

101 Uses for

*Page 33/36*

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### Essential Oils

Essential oil use in children, pregnant women and older adults Be careful when using essential oils in children, people with weakened immune systems, pregnant women and seniors.

Essential Oils 101: Do They Work + How Do

*Page 34/36*

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### You Use Them...

Essential oils can offer many healing benefits that can improve the health and appearance of your skin and hair, your digestion, treat your pain, help with inflammation, and even reduce the frequency and intensity of your headaches. There are

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many ways in which  
you can choose to  
apply or take your  
essential oils.

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38c40e297ea