

## Live Life Easy

# ESSENTIAL OILS FOR GLOWING SKIN

## LAVENDER



It is used in aromatherapy. Promotes relaxation and treats anxiety.

## JASMINE

It can increase alertness and energy levels. It also helps in having a calming effect and lifts mood.



## LEMON

It improves digestion. It nourishes the skin and helps in purifying the body.



## ROSEMARY

It helps to restore mental alertness. It is also used for improving hair and scalp health.



## ROSE

It hydrates and brightens skin. It protects the skin against sun damage.

