

# Live Life Easy

## 5 ESSENTIAL OILS

THAT WILL CHANGE YOUR LIFE



### LAVENDER

It is the most popular and multipurpose oil 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 is an anti-inflammatory and antimicrobial ingredient that improves digestion. It nourishes the skin and helps in purifying the body.

### ROSEMARY

An energizing oil, it is beneficial for helping to restore mental alertness. It is also used for improving hair and scalp health.



### ROSEHIP

Rosehip oil is rich in essential fatty acids and antioxidants, which are integral for tissue and cell regeneration in the skin.

