

# 13 Creative Ways (you didn't know) You Can Use Essential Oils



Nancy Rattray, BCND, CNHP

Nancy is a Doctor of Naturopathy and dedicates her life to educating clients in holistic and natural health. Her own recovery from cancer in 2006 has inspired her to help others regain their health through non-invasive and effective therapies and products. Nancy holds a Bachelor of Science in Education from Bowling Green State University, graduate of Trinity School of Natural Health and

Board Certification as a Doctor of Naturopathy from the American Naturopathic Medical Association. She offers clients cutting edge integrative therapies through the use of Young Living™ Essential Oils, Biomat™ thermo-therapy, Raindrop Technique™, Reflexology, and educational workshops on holistic health.

Experience the versatility of essential oils!

## 1. Scrub away the sticky!

You know the inconvenient price tag residue left on mirrors, plates, and cups? Apply 1–2 drops of Lemon essential oil on a cloth and wipe away the gunk.

## 2. Let your locks shine!

Warm a few drops of Cedarwood essential oil in your hand and massage your scalp for healthier-looking hair.

## 3. Pamper your pretty self.

Create a spa-like atmosphere with the calming aroma of Lavender essential oil. Mix 1 cup of Epsom salt and 4 drops of Lavender oil in your hot bath, then lie back and relax.

## 4. Invigorate your home cleaning.

Add a few drops of Lemon essential oil to your naturally derived floor, window, and surface cleaning solution for a fresh, clean aroma. Do not use Lemon oil on granite or stone, as it may etch the surface.

## 5. Skin for the win!

Incorporate a drop of Rose essential oil to your evening moisturizer to support healthy-looking skin. Avoid applying citrus ones like Tangerine essential oil before spending time in the sun due to photosensitivity.

## 6. Scrub-a-dub in the tub.

Wash away your workday with a homemade body scrub. All you need is coconut oil, Epsom salt, and Lavender essential oil.

## 7. Catch some zzz's.

Mornings after a good night's rest are the best! Diffuse essential oils like Lavender, Vetiver, Cedarwood, German Chamomile, and Angelica to help create a calm, peaceful sleep.

## 8. Support a healthy lifestyle.

Not only does Grapefruit Vitality™ essential oil electrify taste buds, but it also contains antioxidant properties\* and can support weight management!

## 9. Breathe in, breathe out.

Relax! Diffuse R.C. to support the feeling of normal, clear breathing and to promote restful sleep in a stuffy environment.

## 10. Unwind in your shower.

When Peppermint and Eucalyptus Radiata essential oil are infused in a hot wash cloth, you can enjoy a calm, invigorating scent.

## 11. Be blemish-free!

Tea Tree essential oil reduces the appearance of blemishes while maintaining healthy skin and nails when applied appropriately.

## 12. Boost your immune system.

Add a few drops of Frankincense Vitality essential oil to your water to support well-being and normal cellular health.\*

## 13. Elevate life with flavor and function!

Want to elevate your flavor in the kitchen while cleansing your digestive system to boot? Add a small amount of Oregano Vitality essential oil over your favorite Italian dish.

*\*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.*

## Contact Nancy today

440.343.9921

Mon. – Fri. 10 am – 5 pm or

[www.nancyshealinggarden.com](http://www.nancyshealinggarden.com)

[www.healthwellnessoils.com](http://www.healthwellnessoils.com)



All Workshops are held at Nancy's Healing Garden 7465 Jasani Ct., Mentor 44060 unless otherwise specified. Reservation are requested @ [nancyshealinggarden@gmail.com](mailto:nancyshealinggarden@gmail.com) or 440-343-9921

Tues. Aug 14, 7-9p Protect yourself and your kids from Germs w/Essential Oils

Wed. Aug 22, 7-9 p Intro to Essential Oils  
August 24-25 Come see us at the Mentor City Fest!!

Tues. Sept. 5, 7-9 p Intro to Essential Oils  
Thur. Sept 6, 7-9 p Next Step/ DIY Fun  
–WELLNESS TRADITIONS LOCATION  
1366 e 346th St. Eastlake, 44095  
\$5 Supply Fee

Wed. Sept. 12, 7-9 p Foot Reflexology with Essential Oils

Tues. Sept. 18, 7-9p NON Toxic Home

Mon. Sept 24, 7-9p Super Gut, Super Brain

Sat. Oct. 6, 7-9 p Chinese Medicine, Meridians & Essential Oils

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