



# TRADE SECRETS: ESSENTIAL OIL SUBSTITUTES FOR YOUR FAVORITES!

Run out of a favorite essential oil? No worries! See which oils you can sub out for some of the most popular essential oil picks.

## SCENT

**LEMON** ↔ **LEMONGRASS**

Brighten your outlook with cheery citrus scents.

Get the refreshing aroma of the great outdoors.

**IDAHO BALSAM FIR** ↔ **IDAHO BLUE SPRUCE**

**PEPPERMINT** ↔ **WINTERGREEN**

Invigorate your senses and uplift your home.

Sweeten your space with fresh florals.

**JASMINE** ↔ **YLANG YLANG**

## SKIN

**TEA TREE** ↔ **GERANIUM**

Maintain healthy-looking skin and hair.

Add to your nighttime lotion to moisturize skin.

**JASMINE** ↔ **MYRRH**

**LEMON** ↔ **GRAPEFRUIT**

Brighten the appearance of dull skin.

Combat the appearance of fine lines and wrinkles.

**YLANG YLANG** ↔ **HELICHRYSUM**

**LAVENDER** ↔ **FRANKINCENSE**

Put your best face forward and support healthy-looking skin.

## SUPPORT AND SAVOR

**DIGESTIVE VITALITY** ↔ **PEPPERMINT VITALITY**

Support healthy digestion after meals.\*

Add fresh flavor to drinks, snacks, and desserts.

**TANGERINE VITALITY** ↔ **ORANGE VITALITY**

**BASIL VITALITY** ↔ **OREGANO VITALITY**

Upgrade savory staples like pasta sauce and soup.

Spice up your tea, breakfast, or dessert.

**CINNAMON BARK VITALITY** ↔ **CLOVE VITALITY**

\*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.