

# Benefits Of Essential Oils: 10 Natural Ways To Heal Yourself

By: Terri Coles

1. Tea Tree: Distilled from the Australian plant *Melaleuca alterniflora*, tea tree is one of the oils that can be used topically -- good news, because it's great for treating skin problems like fungus and blemishes. You can dab it on acne blemishes with a cotton swab to help clear your skin, or apply it to skin fungal infections like athlete's foot. It's also found in many skin care products.

2. Lavender: "Lavender is one of the most versatile oils," Scarpelli said. "It is more commonly known for its relaxing effects but works on bruises, cuts, and skin irritation too." Dr. Oz says that the scent of lavender can reduce the levels of stress hormones in your blood. That's a good reason to put a few drops in your bath in order to help you relax at night. Scarpelli recommends putting a couple of drops of the oil on your hands, rubbing them together and inhaling, then sprinkle a few more on your pillow before you hop in bed.

3. Calendula: Bright-orange calendula flowers are also known as marigold. Calendula can be used in a variety of forms, include as an essential oil. It's particularly good for sensitive skin and can be used to reduce the appearance of acne scars. You can also put a drop in your bath water to soothe psoriasis.

4. Chamomile: You're probably familiar with chamomile used as a tea, but the essential oil has similar properties. It's particularly well known for its relaxing effects, which is why the tea is popular to drink before bed. Add to the effect with a few drops of the oil on your pillow case.

5. Peppermint: "Peppermint purifies and stimulates the mind. It also can increase mental alertness," Scarpelli advised. "Dr. William N. Denver of the University of Cincinnati found that inhaling peppermint oil increased mental accuracy by 28 percent." Peppermint oil is also one of just a handful of oils that can be taken internally, which is fortunate because it's a great recipe to help indigestion — just mix a few drops in water and drink.