

6. Frankincense: Nina Nelson of the blog Shalom Mama says that frankincense is a must-have essential oil in her home. She uses it both for relaxation, such as in baths, and to help minor cuts and bug bites heal more quickly. "Frankincense has been used for thousands of years," Scarpelli said. "It can be used for depression, inflammation, immunity, and to increase spiritual awareness."

7. Oregano: You may have heard of oil of oregano as a flu fighter. This strong-tasting oil has naturally antibacterial qualities, which is why many think it can help to fight colds and other sicknesses. It is taken topically, often by putting a few drops on the tongue — the taste isn't pleasant but many people swear by it during flu season.

8. Lemon: "Lemon oil can be used not only to detox the body but it can also help with acne," Scarpelli said. If you want a healthy boost in alertness, a bit of lemon oil mixed 50:50 with a carrier is a great way to give your head a lift. Because of its uplifting properties, lemon essential oil is also good for increasing focus and concentration. As a bonus, it can help keep fleas away when used on your pets.

9. Grapefruit: Another citrus oil, grapefruit essential oil has properties similar to lemon oil. It's a great choice for people experiencing fatigue and it can help you deal with the effects of jet lag. It's also a natural antiseptic so you can add it to your homemade household cleansers to keep your home safe and clean.

10. Eucalyptus: This is a great oil to have on hand if you get frequent colds or suffer from allergies that affect your breathing and make you congested. "Eucalyptus can be used to relieve sore muscles and help clear sinuses," Scarpelli said. "It also has many antibacterial properties and has been known to stimulate the immune system." Use it in a vaporizer to loosen up a congested chest or apply it diluted to the inside of your nose to relieve nasal congestion. But never ingest it or use it on your skin undiluted, as it can be irritating.

