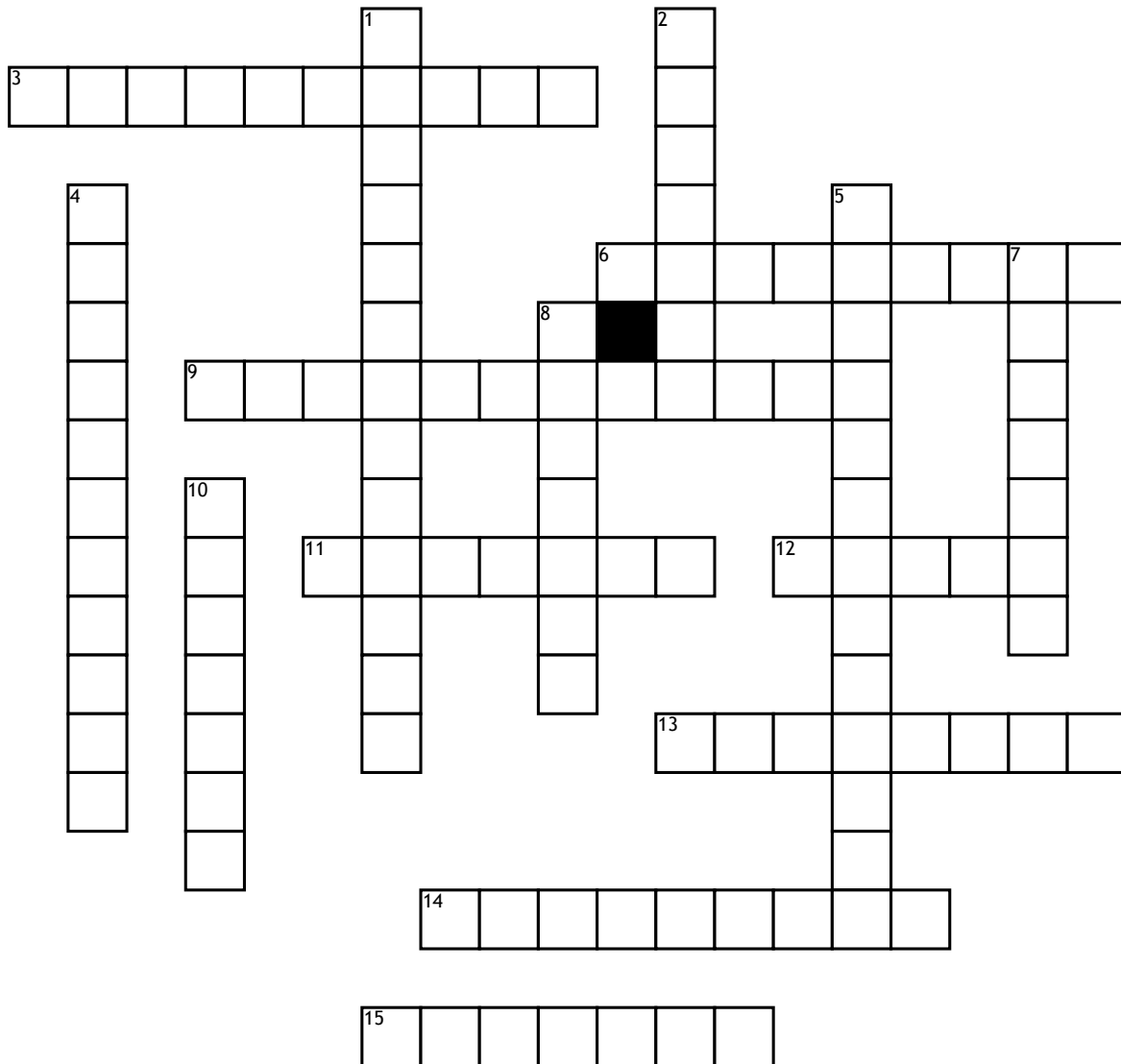


# Basic Essential Oils



**Across**

- 3. digestive and respiratory support, relieves tension
- 6. brings joy in times of anxiety, hopelessness, stress
- 9. cellular health, immune support, anti-aging
- 11. clears airways and mind, respiratory & sleep support
- 12. cleanses the body, mind and home

13. soothes skin, calms mind, sleep support

14. digestive support, motion sickness

15. grounding, for overwhelmed and tense feelings

**Down**

- 1. metabolism, encourages to respect and nourish body
- 2. soothes muscles and joints, aches and pains

4. energises and motivates, creativity

5. calming, for anger or upset

7. anti-bacterial, immune, respiratory & digestive support, hot oil

8. supports immune system and disinfects

10. rejuvenates skin and disinfects