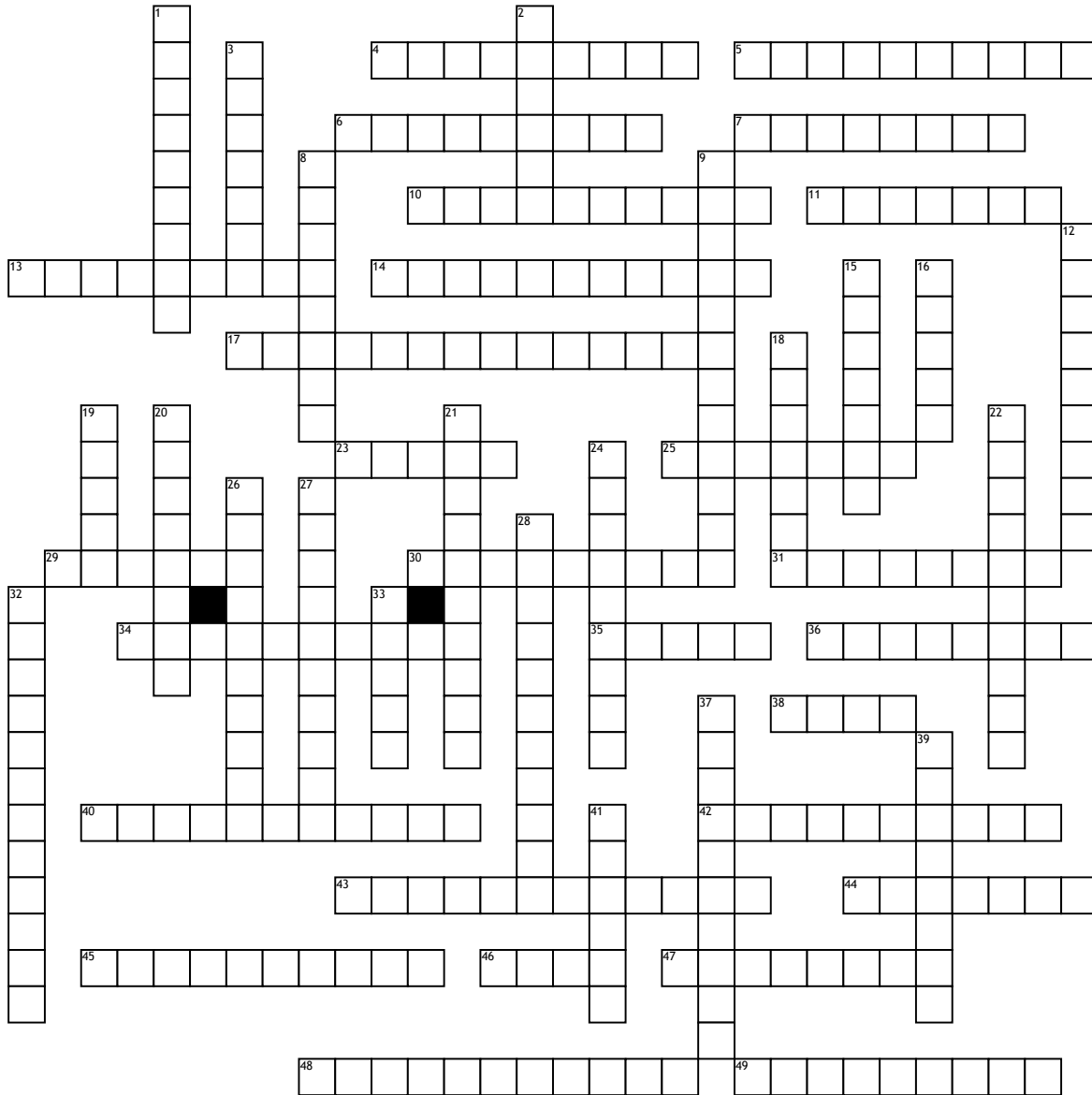


Name: _____

Name the oil



- Across**
- 4. From an annual herb that grows 3 feet high and is very aromatic. Promotes digestion and relaxation. Can help to maintain a clear complexion.
 - 5. From a renewable source in Hawaii, this essential oil produces a calming effect, as it soothes skin and promotes emotional well-being by dissipating tense feelings.
 - 6. It's uses date back to the Middle Ages, this essential oil includes relaxing and soothing properties that help with rejuvenation and calming of the skin.
 - 7. With its calming properties and positive effect on the human immune and nervous systems, this was once known as a symbol of joy and happiness in ancient cultures.
 - 10. Used to cleanse surfaces and the air, this essential oil can help promote feelings of relaxation and clear breathing.
 - 11. Similar to Black Pepper, this oil can help soothe anxious feelings and, when taken internally, supports a healthy immune and cardiovascular system.
 - 13. After a difficult day, diffuse this oil to create a relaxing environment. Naturally repels insects, promotes relaxation, and helps to keep skin looking healthy.
 - 14. From a tall, light in color, conifer tree native in Russia and Canada. With a fresh, woody scent, this essential oil can help balance your emotions and soothe anxious feelings.
 - 17. While providing a sweet, floral aroma, this oil can soothe body systems as it supports calming effects for the skin, mind and body.
 - 23. The cleansing, purifying, and invigorating properties of this oil make it one of the most versatile oils, not to mention it is one of the top-selling essential oils that doTERRA offers.
 - 25. With the ability to positively affect mood, this essential oil is often used to reduce tense feelings, promote relaxation, and calm feelings of nervousness.
 - 29. With several health benefits dating back to ancient Rome, this essential oil can still be used to promote healthy digestion and respiratory function, while exuding a unique licorice aroma and flavor.
 - 30. Chamazulene, a chemical component in this oil, provides the characteristic indigo color and is recognized for its skin soothing benefits.
 - 31. While it is frequently used for cooking, this essential oil has long been revered by many cultures for its internal benefits and energizing scent.
 - 34. A favorite oil for massages, this oil provides a pungent, smoky aroma, and offers purifying and toning benefits for the skin.
 - 35. While it is known to hold powerful cleansing properties, particularly for the throat and mouth, it can also be used to support well-being and emotional balance.
 - 36. In the Victorian era, which fresh leaves were placed at formal dining tables as decorative pieces?
 - 38. Known for its distinct aroma and taste, this oil provides cleansing benefits when taken internally or used topically—making it the perfect oil for purifying skin, air, and surfaces.
 - 40. Taken from the rural mountains of Nepal, the soothing and stimulating properties of this essential oil provide a fresh, uplifting aroma.
 - 42. Derived from the bitter orange tree, this essential oil delivers calming and relaxing benefits to ease feelings of tension and stress.
 - 43. From a tropical evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves and flowers. Supports healthy metabolic function, and helps to maintain a healthy immune system.
 - 44. Is best known for its purifying qualities, which make it useful for cleansing the skin and home surfaces, purifying the air, or promoting healthy immune function.
 - 45. Can provide an uplifting environment due to its invigorating and energizing aroma, while acting as a purifying agent when added to a skin care routine.
 - 46. This essential oil can be applied throughout the day to uplift your mood or as a part of your skin care routine to promote a healthy complexion. This oil is also used in doTERRA's Healing Hands lotion.
 - 47. Diffuse with citrus essential oils for a fresh, herbal aroma. Supports healthy digestion when taken internally. Powerful cleanser and detoxifier. Gives food a fresh and tasty flavor.
 - 48. Promotes healthy circulation, but should be used with caution when applied topically due to its strong warming sensation.
 - 49. A favorite among citrus oils, this essential oil has a refreshing and happy aroma.
 - 16. Known for its ability to cleanse teeth and gums, this essential oil is also a stimulating and energizing oil that produces a warm, woody aroma.
 - 18. With a unique, exotic aroma, this essential oil is known to provide a calming, grounding effect on emotions—making it ideal for massage therapy and promoting restful sleep.
 - 19. This essential oil was given to knights and warriors before they went into battle by ladies of the Middle Ages.
 - 20. Often considered a must-have oil to keep on hand at all times due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension.
 - 21. Sourced from young trees in New Zealand, this premium oil can help promote feelings of clear airways during aromatic use, and cleanse the skin when used topically.
 - 22. Sourced from the heartwood of the Thuja plicata tree. Powerful cleansing and purifying agent. Natural insect repellent.
 - 24. As a milder alternative to other mint essential oils, this essential oil is gentle enough to use topically or while cooking—without losing any of its freshness.
 - 26. Provides multiple health benefits and has an energizing aroma that can uplift the mind and body.
 - 27. Derived from unique star-shaped flowers, this oil is often used to support healthy skin and hair, while simultaneously providing a calming effect and promoting a positive outlook.
 - 28. Referred to as "The Everlasting Flower" because of its rejuvenating benefits for the skin and ability to improve the complexion.
 - 32. Often called the "king of oils."
 - 33. This spicy and herbal oil can be used to promote focus and alertness, or be added for a little extra flavor while cooking.
 - 37. The plant this oil is distilled from is a hybrid of watermint and spearmint and was first described by Carl Linnaeus in 1753. When ingested, promotes healthy respiratory function and clear breathing.
 - 39. Unique among citrus oils due to its ability to be both uplifting and calming, making it ideal to help with anxious and sad feelings.
 - 41. Newly sourced from Madagascar. When used as a kitchen spice, the hot, earthy nature of this oil adds flavor to a variety of dishes, and can help to support healthy digestion.