

TOP 10 ESSENTIAL OILS FOR DETOX



1. LEMON

This citrus oil stimulates white blood cells to defend the body against infection. Essential oils can permeate the cellular membrane so they can go to work inside the cells to aid in detoxification and regeneration. This oil aids in weight loss by stimulating digestion. It's also uplifting for mood management and it aids in bringing clarity to the mind and emotions.

Everyday use: Add 2 drops of lemon to water every morning to boost metabolism and aid in detoxification of the lymphatic system. If you are not comfortable with ingesting essential oils (more info on that [here](#)), then simply add 1-2 drops of lemon oil to the bottom of your feet to enhance liver detox and stimulate the lymphatic system.

2. LAVENDER

Lavender essential oil is calming which makes it an excellent tonic for the nerves and decreasing the stress response, therefore decreasing inflammation. It helps in treating migraines, headaches, anxiety, depression, nervous tension and emotional stress. The calming aroma decreases nervous exhaustion restlessness. It's great for a deep, restorative sleep and for decreasing pain.

Everyday use: Put two drops on the wrists twice a day to support the adrenals or apply to the soles of the feet before bedtime.

3. GRAPEFRUIT

Grapefruit is antiviral, antiseptic, diuretic, and can aid the digestive system and skin. It refreshes the mind, relieves anxiety, is reviving, uplifting, and helps disperse negative energy. Grapefruit is ideal for supporting the body in decreasing unwanted mucus during detoxification.

Everyday use: Add to Dry Skin Brushing Regimen and/or massage into belly with fractionated coconut oil to boost metabolism and stimulate detoxification.

4. PEPPERMINT

This is a fabulous oil for cleansing the lymphatic system, releasing weight gain and a sluggish digestion. When applied topically peppermint helps support the gallbladder, and decreases inflammation as well.

Everyday use: Place 1 drop into palm of hand and inhale through nose and mouth to open airways and clear congestion. Push 1 drop into roof of mouth for energy, to reduce headache pain and for fresh breath!

5. OREGANO

This is a powerful anti-bacterial oil; many of us are harboring pathogens, bacteria, parasites and more. This oil is high in antioxidants and works wonders if feeling like you're getting sick.

Occasional Use: Place 2 drops in empty capsule to boost immunity.

6. LEMONGRASS

Lemongrass is essential for cleansing and for drainage within the body. Some of the therapeutic properties of lemongrass include: analgesic, anti-fungal, anti-inflammatory, antioxidant, anti-parasitic, antiseptic, astringent and sedative.

Everyday use: A wonderful addition for reducing inflammation by using it before your Deep BLue Rub. Lemongrass can be applied directly to the skin or added to your body lotion or other carrier oil.

7. WILD ORANGE

Cold-pressed from the orange peel, wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma. For aromatic, topical, or internal use.

Everyday use: Place 2-3 drops in a glass of water, then swish and spit or add 2-3 drops to a bowl of hot water for a steam inhalation to help colds and coughs. Also makes an excellent [household cleanser](#).

8. GINGER

Ginger is a well-known stomach soother often use to aid digestion and eliminate motion sickness and nausea. You can find ginger essential oil in [Slim & Sassy](#), which includes grapefruit, lemon, peppermint, ginger and cinnamon essential oils and is safe for internal use. The blend is ideal for cleansing the liver, balancing blood sugar, and improving metabolism. Everyday use: Add 8 drops of Slim & Sassy to 16 ounces of water and drink between meals throughout the day to help manage hunger, calm your stomach and lift your mood.

9. JUNIPER

Juniper helps the body to throw off toxic wastes, improves elimination and supports liver function. Can be found in the [Zendocrine](#) essential oil blend of tangerine, rosemary, geranium, juniper berry, and cilantro essential oils that supports the body's natural ability to rid itself of unwanted substances.

Everyday use: Add 2 drops to wrists twice a day to detox the liver, kidneys, colon, lungs and skin.

10. FENNEL

Fennel helps with nausea, flatulence and constipation and is wonderful as an afternoon tea. Can be found in [DigestZen](#), a blend of anise, caraway, coriander, fennel, ginger, peppermint and tarragon that helps alleviate congestion, constipation, diarrhea, heartburn, indigestion, motion sickness, nausea and stomach aches.

Everyday use: DigestZen can be taken internally as well as applied topically to the abdomen when stomach upset occurs and can be used safely by the entire family.

11. BERGAMOT

Stress is a major contributor to illness and disease. Bergamot creates a sense of well-being and relaxation and also regulates craving and lifts spirits.

Everyday use: Apply to the bottom of the feet at bedtime to promote restful sleep or add to a warm bath.