

Download Essential Oils For Healing Guide

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3. The scent of this essential oil brings healing to your spirit. And it helps you to deepen in your spiritual work. *Essential Oils For Spiritual Healing*. Holy Basil – it is a sacred plant in Hinduism. This essential oil is used not only for religious purposes, but also in healing. Holy basil brings balance between your body, mind and spirit. Its scent warms your spirit and it brings spiritual clarity.

Essential Oil Contraindications. Because essential oils can act as a powerful form of natural medicine, there are a few instances where they are not recommended for usage: Pregnancy – Basil, cinnamon, clary sage, clove, cypress, fennel, jasmine, juniper, marjoram, myrrh, rose, rosemary, sage and thyme. The essential oils uses chart below does recommend some internal applications, but you may want to consult your health care provider before using any ingestion suggestions from this essential oils guide. - *Essential Oils For Healing Guide*