

## ESSENTIAL OIL HEALING



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step 6: after everything is completely melted, remove from heat and let it cool slightly before adding essential oils . step 7: add the following essential oils (75 drops in total) 15 drops frankincense essential oil. 25 drops lavender essential oil. 15 drops helichrysum essential oil. 20 drops tea tree essential oil. note: this is a 3% dilution.

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### **101 Essential Oil Uses and Benefits Dr Axe**

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