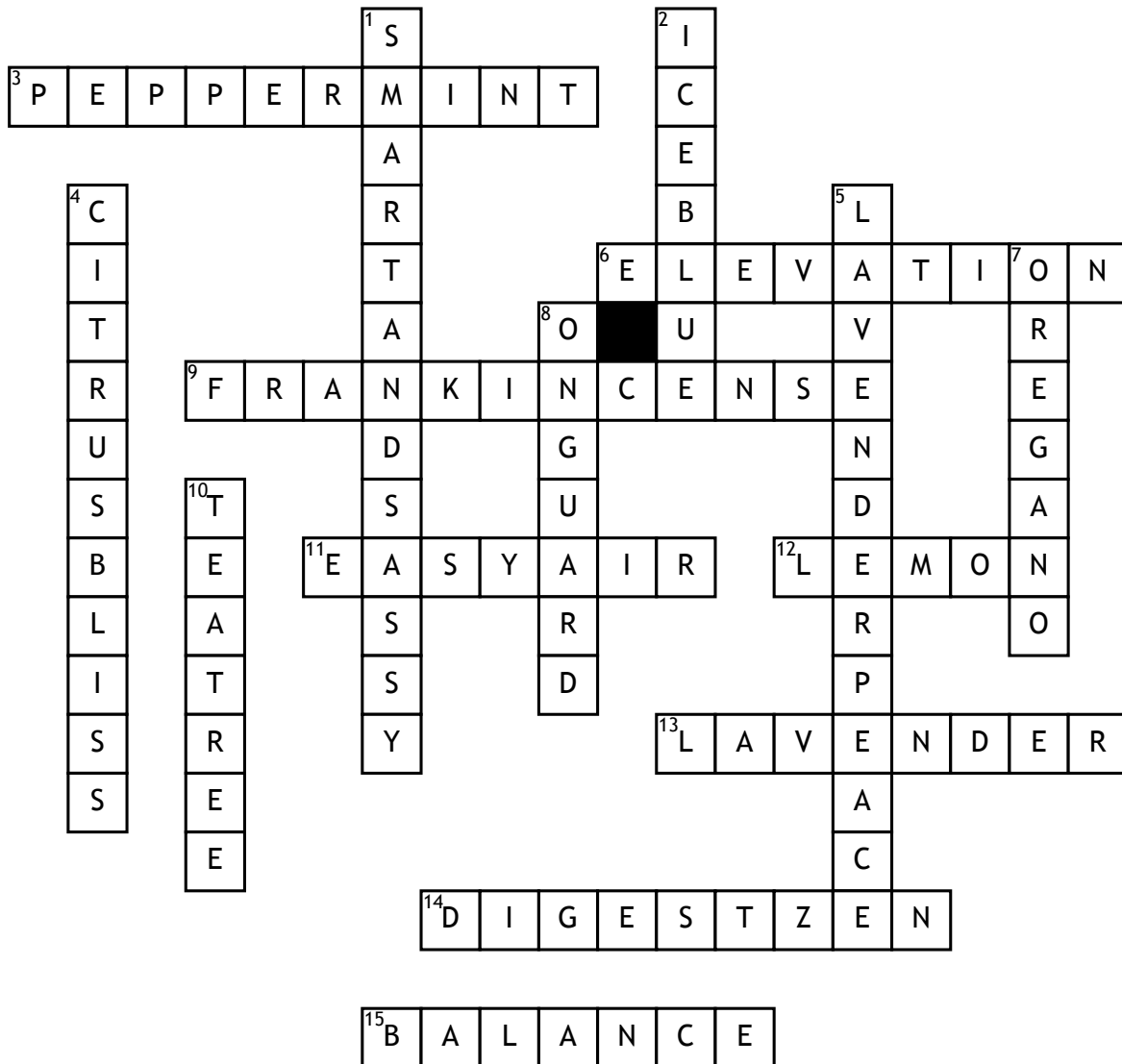


Name: _____ Date: _____

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