



One of the best antidepressant oils; helpful in dealing with strong emotions, eliminates hostility, debility, hyperactivity such as fear, stress, anxiety, and nightmares. Treats depression, melancholia, chronic dissatisfaction, lessens mental strain, calms stressed nerves; promotes relaxation- enough to overcome exhaustion to get sleep. It has an estrogen-like hormone; regulates hormonal imbalance, menopause problems, PMS, and menstrual cramps. It's an aphrodisiac, helping to overcome frigidity and treat claustrophobia. Strengthens the immune system, and kidneys; treats respiratory issues; involving sore throat, bronchitis, and other infections. Antispasmodic; soothe asthma attacks. Is great for skin and hair care; treats seborrhea and hair loss, acne, and excessive sweating.

Caution: Never use this oil during pregnancy, it's really helpful at the last stages of labor because it helps stimulate and intensify contractions.