St. John's Wort

Diffused, St. John's Wort may relieve fatigue, anxiety, headache, low spirits, and sadness. Stimulating to the mind and the memory. Useful for depression, especially following injuries, fright, or shock. Used for sunburns, burns, bruises, varicose veins, and scars. The anti-inflammatory and nervine properties of this oil are particularly effective in nerve-rich areas of the body such as the brain, back of the neck, fingers, toes, and coccyx (tailbone).

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