



Essential Oils that Aid in Detoxification

Are you an essential oil fanatic? Maybe you're a skeptic. Check this list out.



When somebody brings up essential oils there's often a mixed-response. Regardless of what you think about them, there are some real benefits to essential oils. Essential oils can even be used to support the body's detox pathways. Essential oil blends can be used to support detoxification of the liver and can even promote lymphatic drainage. Here are some essential oils known for their detoxifying properties. **Make sure to use therapeutic-grade essential oils, and always do a test patch when using for the first time.**

Citrus Oils (Liver & Lymphatic Detox)

1. **Lemon** – Supports liver function, stimulates lymphatic drainage.
2. **Grapefruit** – Aids in fat metabolism and lymphatic cleansing.
3. **Orange** – Boosts circulation and digestion.

Herbal & Spice Oils (Digestive & Circulatory Support)

4. **Ginger** – Stimulates digestion and detoxifies the gut.
5. **Turmeric** – Supports liver detox and reduces inflammation.
6. **Peppermint** – Aids digestion and relieves bloating.
7. **Fennel** – Flushes out toxins and supports kidney function.

Woody & Earthy Oils (Kidney & Lymphatic Support)

8. **Cypress** – Promotes lymphatic drainage and circulation.
9. **Juniper Berry** – Supports kidney function and detoxifies the blood.
10. **Frankincense** – Aids cellular detox and overall immune support.

Floral Oils (Gentle Detox & Emotional Support)

11. **Lavender** – Calms the nervous system and supports gentle detox.
12. **Geranium** – Helps balance hormones and detoxify the liver.

Liver & Lymph Detox Blend (massage into skin or use diffuser)

- 4 drops **Grapefruit**
- 3 drops **Lemon**
- 2 drops **Cypress**
- 2 drops **Juniper Berry**
- Mix with 1 tablespoon of carrier oil for massage, or add to a diffuser with water.