

## Essential oils Assignment

Answer the following assignment questions and email them to me at [info@lauracarpenter.co.uk](mailto:info@lauracarpenter.co.uk)

- 1. What are the herbal actions of the following essential oils?**
  - Lavender
  - Chamomile
  - Geranium
  - Eucalyptus
  - Thyme
  - Clary sage
- 2. What would you use the important essential oils (listed above) for?**
- 3. Name a remedy you would add an essential to safely at home?**

This is an example of one of the assignments in my Year Long Herbal Medicine course.