

Introduction to the World of Essential Oils

What is an Essential Oil?

Essential oils are created in nature from plants, herbs, flowers and trees and form the very life force of the plant. These oils are found in various parts of the plant such as the leaves, seeds, flowers and bark. Essential oils protect the plant from insects, and other herbivores, from bacteria, molds, fungi, and other microorganisms, and also help to heal inflicted wounds. These healing properties help to purify and oxygenate our environment and will enhance and support the immune system, whether inhaled or topically applied.

How do Essential Oils Work?

Essential oils have a unique fat-soluble structure and can easily pass through cell membranes, particularly of the skin. Scientists have found that Essential oils work as natural chelators, bonding to metallic and chemicals, ferrying them out of the body. When applied to the feet, Essential oils can travel throughout the body and affect the cells, including the hair and nails within 20 minutes. Essential oils provide us with uplifting, protecting, calming and regenerative qualities that will rejuvenate and restore your health like nothing else.

Benefits of Aromatherapy

Aromatherapy has numerous benefits both physically and emotionally that can be subtle or dramatic. When used consistently it can diminish stress, promote relaxation, help alleviate depression, invigorate and promote alertness, stimulate sensory awareness, enhance and support the immune system and help relieve pain. For generations, cultures from all over the world have used botanicals, and still do as healing agents with safe and predictable outcomes. Fragrance is one of man's greatest enjoyments, bringing back memories, creating feelings of security, calming our emotions and giving us a feeling of well-being.

15 Ways to Use Essential Oils Everyday

1. **Add to Cosmetics Products** – Add to pre-made, fragrance-free products. Use 10-15 drops per 2 ounces of moisturizer; 20-30 drops per 8 ounces of lotion; 20-30 drops per 8 ounces of lotion; 20 drops per 8 ounces of shampoo; 20-30 drops per 8 ounces of conditioner.
2. **Bath** – Baths are unsurpassed for relieving stress, easing muscle strain, and pampering. Use 8-10 drops to a full tub of water. Add the essential oils after immersing yourself to receive the oils' full benefits.
3. **Body Oil** – Rich and emollient, body oils smooth, soften, condition and protect your skin, especially after a shower or bath. Mix 10-20 drops of essential oils in 2 ounces of carrier oil and apply.
4. **Chest Rub** – Chest rubs are a traditional way to ease congestion and assist respiration. Mix 10 drops of the appropriate oil in 1 tablespoon of carrier oil and massage upper chest and upper back.
5. **Compress** – Add 8-10 drops of essential oil to 2 cups of hot or cold water, (hot water relaxes, cold water invigorates). Agitate to disperse oils and briefly soak a clean cloth in water, wring, and apply to your skin. Hold in place for a few moments and then repeat as needed for up to 1 hour.
6. **Diffusion** – Diffusers disperse essential oils in the air with a cool air stream, or gentle warmth. They are ideal for cleansing and purifying the air, or for creating a fragrant environment. Use up to 20 drops on the replaceable pad for cool-air diffusion, 10 drops on the surface of the Aroma-Stone, for the Nebulizer, fill with the desired amount of essential oils and turn on diffuser for 5-15 minute intervals.
7. **Direct** – Inhale the aroma, 3 or 4 times through the nose, pausing in between, directly from the bottle or from a tissue sprinkled with 4 drops of essential oil.

8. **First Aid Application** – Certain situations require a specific, direct application. In these cases, a stronger dilution is used for a brief period of time. The essential oils can be diluted in carrier oil, or other substance such as aloe Vera or witch hazel. Experiment with the strength and adjust if there is skin irritation. To start use 10 drops of essential oil in 1 tsp. of carrier oil.

9. **Foot Bath** – Use 2-4 drops in a tub of water. Choose the temperature of water to suit your needs: cool water invigorates and energizes, warm water sedates and relaxes. Massage your feet while emerged in the water.

10. **Massage** – Massage combines the benefits of touch with the properties of essential oils to relieve stress, relax the muscles, and improve muscle tone and circulation. The standard dilution is 20-30 drops of essential oils to 2 ounces of base oil or lotion. Sensitive skin may require a lower amount, adjust oils as necessary.

11. **Meditation** – Diffuse in meditation area or put 4 drops on a tissue and inhale the aroma.

12. **Misting** – Fill an 8 ounce mister bottle with water. Add 20-30 drops of your choice of essential oil. Shake vigorously each time before misting. Use as a room mist or body spray.

13. **Perfume** – Mix 10 drops of desired essential oil in 1 tsp. jojoba oil. Apply to pulse points – behind ears, underside of wrist, inner elbow, behind knees and backs of ankles.

14. **Shower** – After showering, put 3-5 drops of desired essential oil in your hands and rub together. While your skin is still damp, quickly and evenly apply to arms, legs and torso.

15. **Sauna** – Put 1 drop essential oil on the hot rocks, or mix 5 drops of essential oil in one cup of water and pour over the rocks.

Favorite Uses of Essential Oils

1. Abrasions
2. Acne
3. Addiction
4. Air-Born Allergies
5. Antiseptic
6. Arthritis
7. Asthma
8. Athletes Foot
9. Boils
10. Bruises, Scratches, Minor Cuts
11. Bug Bites / Bee Stings
12. Burns
13. C.F.S.
14. Calming
15. Cold Sores
16. Colds
17. Congestion
18. Constipation
19. Cough
20. Dandruff
21. Depression
22. Detoxifying
23. Earache
24. Eczema
25. Eyes (Healing)
26. Hemorrhoids
27. Headache
28. Hyperactivity
29. Indigestion
30. Insomnia
31. Inspiration
32. Kidney Stones
33. Menstrual Problems and Cramps
34. Migraine
35. Moles
36. Muscle Aches and Pains
37. New Beginnings
38. Optimism
39. P.M.S.
40. Prostate Cancer
41. Psoriasis
42. Rash
43. Rhinitis
44. Ringing in Ears
45. Sinus Problems
46. Sinusitis
47. Sore Throat
48. Spring Cleaning
49. Stress
50. Sunburn
51. Toothache
52. Vaginitis
53. Wart
54. Workout Spritzer

Using Essential Oils every day For Common Complaints

Reference Guide

1. **Abrasions, Cuts and Wounds** – Clean the affected area, apply a few drops of **Lavender**, or **Tea Tree**, to the area. Cover with a bandage. Reapply the oil two to three times a day until the area has healed.
2. **Acne** – Add a few drops of one of the following essential oils to hot water for a facial steam: **Bergamot**, **Chamomile**, **Lavender**, or **Lemongrass**. These essential oils may also be diluted in 1 ounce of vegetable oil, (almond, sunflower, etc.), with 12-15 drops of essential oil and massage into the skin.
3. **Addiction** – All of the antidepressant essential oils can help in breaking addiction with **Bergamot**, **Chamomile**, **Clary Sage**, **Jasmine**, **Rose**, and **Ylang, Ylang** are the most useful. Detoxifying oil such as **Fennel**, and **Juniper** can also be helpful with cleaning the toxic residues out of the body. Best used as a massage or in a bath.
4. **Air-Born Allergies** – **Lavender Highland**, **Chamomile Blue**, (esp. **Atlas**), reduces inflammation, calms and relaxes. Put 2 drops of **Lavender** and 2 drops of **Chamomile** on a tissue and inhale the aroma through your nose. Pause and inhale again. Repeat as needed. To help relieve congestion, add a drop of **Eucalyptus**. You may also put 2 drops each of **Lavender** and **Chamomile** in a foot bath and Soak for 15 minutes then massage your feet.
5. **Antiseptic** – **Lemon**, put 1-2 drops on a dishrag and wipe down countertops or use as furniture polish. Add 1 drop of **Lemon** in 8-10 ounces of water and drink. Add 4-5 drops of **Purification** oil in an 8 gallon humidifier.
6. **Arthritis** – Detoxifying oils of **Cypress**, **Juniper**, and **Lemon**. Add 10-15 drops to an already full bath. Agitate water to fully disperse oils before getting in. Soak for 10-15

minutes. **Chamomile, Lavender, and Rosemary** are Anti-inflammatory and pain relieving oils. Use as a massage, add 12-15 drops of essential oil in 1 ounce of vegetable oil, (Almond, Sunflower, etc.). As a compress, add 8-10 drops of essential oil to 2 cups of hot or cold water and agitate to disperse oils. Briefly soak a cotton cloth, wring and place on skin. Repeat every 15 minutes for up to one hour. To improve circulation and relieve stiffness use **Benzoin, Eucalyptus, and Marjoram** as a massage.

7. **Asthma** - Put 3-8 drops of **Chamomile, Eucalyptus, and Lavender** into a bowl of hot water, cover head and bowl with a towel, inhale deeply for 2-5 minutes. * Do not use during asthma attacks.

8. **Athletes Foot** – Apply 2 drops of **Lavender** and 1 drop **Tea Tree** on a cotton ball and rub on your feet and in-between the toes. You may also add 10 drops of **Tea Tree** to a foot bath and soak feet for about 15 minutes.

9. **Boils** – Add 8-10 drops of **Bergamot, Chamomile, Lavender, Lemon** or **Thyme** to 2 cups hot or cold water and agitate to disperse oils. Briefly soak a cotton cloth, wring and place over the boil.

10. **Bruises, scratches, & minor cuts** – For immediate relief of pain and inflammation and to promote healing, mix 5 drops of **Lavender Highland, or Sweet, or Immortelle** (esp. for bruises), in 1 teaspoon of carrier oil and apply directly to the skin. You may repeat this hourly until discomfort subsides.

11. **Bug Bites / Bee Stings** – **Chamomile** can be applied to the area a few times a day to relieve pain, itching, and swelling. A combination of 1 ounce carrier oil, 4 drops **Pine**, 4 drops **Tea Tree**, 3 drops **Eucalyptus**, and 1 drop **Peppermint** works great as an insect repellent.

12. **Burns** – **Lavender** or **Tea Tree** can be applied directly to a burn to soothe and promote healing.

13. **C.F.S.** – Essential oils that combine immune-stimulant and antiviral properties include **Niaouli, Tea Tree, and Thyme.**

14. **Calming** – Add to a bath the following: 4 drops **Chamomile**, 2 drops **Clary Sage**, and 2 drops **Orange.**

15. **Cold Sores** – **Lavender** or **Niaouli** may be dabbed undiluted onto the sore to promote healing.

16. **Colds** – **Eucalyptus, Peppermint, Pine, Rosemary, Tea Tree, and Thyme** will help fight the infection and reduce congestion. Combine 3 drops of **Lemon**, 2 drops of **Tea Tree**, 1 drop **Eucalyptus**, and 1 drop of **Myrrh** to a hot bath, relax and inhale.

17. **Congestion** – **Peppermint** (1 drop) on facial sinuses and back of neck will relieve congestion.

18. **Constipation** – **Fennel, Marjoram, or Rosemary** are a pleasant way to relieve constipation. Massage a few drops diluted in vegetable oil, onto the abdomen.

19. **Cough** – Blend 3 drops of **Eucalyptus**, 2 drops of **Thyme**, and 4 drops **Pine** in 4 teaspoons of carrier oil. Apply this by massaging into the chest area. The best way to treat a cough is with steam inhalation. **Eucalyptus** is a good choice because it has a combination of expectorant and antimicrobial properties. Other useful expectorant oils include **Benzoin, Fennel, Hyssop, and Sandalwood.** **Thyme** is good when there are signs of infection.

20. **Dandruff** – **Cedar wood, Lavender, and Rosemary** can be diluted in a vegetable oil base such as almond or coconut oil and massaged into the scalp to eliminate Dandruff.

21. **Depression** – Add to a bath: 2 drops **Chamomile**, 3 drops **Lavender**, and 2 drops **Clary Sage**. Relax in the tub and inhale.

22. **Detoxifying** – Combine **Lemon**, **Eucalyptus**, **Cypress**, **Cedar**, and **Lavender**. Benefits: supports and increases circulation to cleanse, purify, and help in the elimination of wastes through the skin. How to use: mix 5 drops **Lavender**, 2 drops **Eucalyptus**, 2 drops **cypress**, 2 drops **cedar**, and 1 drop **Lemon** in 2 ounces of hazelnut carrier oil. Use about 1 tablespoon of the blend to massage arms, legs, and torso. Massage in the evening for 2 weeks.

23. **Earache** – **Chamomile** & **Lavender** can be effective in treating ear infections. Put a few drops on a piece of cotton wool and place it gently inside the outer ear. Alternatively use it as a compress over the ear area.

24. **Eczema** – Use 8 to 10 drops of **Chamomile**, **Lavender**, **Melissa**, or **Yarrow** in a bath, or dilute in 2oz of a vegetable-oil base and apply to the skin, or use as a compress. Recipe: for symptomatic relief of **Eczema** and **Psoriasis**, add 20 drops of **Bay**, 20 drops of **Lavender**, 5 drops of **Geranium**, and 5 drops of **Carrot Seed** oil to 4 ounces Carlson vitamin E cream, or Aloe Gel, and massage into the skin.

25. **Eyes (healing)** - **Juniper**, **Cypress**, and **Lemongrass**: Rub 1 drop at a time on eyebrow 2 times a day along with a **Heavy Metal Cleanse** to clean out toxic metals. This recipe is also good for **Glaucoma**. Add **Sandalwood** if you have **Cataracts**.

26. **Hemorrhoids** – A local compress of the essential oils of **Cypress**, **Frankincense**, **Lavender**, or **Myrrh** will be very soothing and healing. You may also add these oils to bath.

27. **Headache** – Massage oil into the temples using 3 drops of **Lavender**, 2 drops of **Peppermint**, and 2 drops of carrier oil.

28. **Hyperactivity** – For children, add 1 drop of **Chamomile** and 1 drop of **Lavender**, to a bath and let the child soak for a few minutes. For adults, a blend for the bath could include 3 drops of **Lavender**, 2 drops **Basil**, 2 drops **Fennel**, and 2 drops **Chamomile**.
29. **Indigestion** – **Peppermint** (1 drop) in a cup of tea or 1 drop on abdomen. You may also use **Cardamom**, **Fennel**, or **Peppermint** and dilute 8-10 drops in 1oz of carrier oil, then massage into the stomach area.
30. **Insomnia** – Add to a bath: 4 drops of **Chamomile**, 3 drops **Lemon**, 3 drops **Valerian**, and 1 drop **Basil**. Also a few drops of **Chamomile**, **Lavender**, **Marjoram**, or **Neroli** in an evening bath, or dropped onto a tissue and placed on the pillow can be very effective.
31. **Inspiration** – The following oils will uplift, encourage and inspire, **Eucalyptus Globulus** & **Radiata**, **Bay Laurel**, **Jasmine**, **Frankincense**, **Rose**, **Clary Sage**, & **Neroli**. How to use: put 3 drops on a tissue and inhale the aroma through your nose. Pause and inhale again, or diffuse into the room using a cool-air diffuser.
32. **Kidney Stones** – Use **Fennel**, **Geranium**, **Juniper**, & **Lemon**, dilute 8-10 drops in 1oz carrier oil and massage over the kidney area, or use in a bath.
33. **Menstrual Problems & Cramps** – Blend together 8 drops of **Peppermint**, 5 drops of **Lavender**, 5 drops of **Cypress**, in 2 Tablespoons of carrier oil. Massage into the lower back, abdomen, and shoulders. Take a few minutes to relax.
34. **Migraine** – Apply a warm or cold compress (whichever is preferred) of **Lavender**, **Marjoram**, or **Melissa** and apply to the back of your neck, or forehead and temples.
35. **Moles** – **Frankincense**, (1 drop) on mole twice a day until gone.

36. **Muscle Aches & Pains** – For exercise induced aches and pains try 4 drops of **Basil**, 4 drops of **Rosemary**, 3 drops of **Peppermint**, and 2 drops of **Ginger**. Blend with 1 oz. of carrier oil and massage into the affected areas.
37. **New Beginnings** – To uplift, promote creativity and a sense of renewal use **Geranium**, **Coriander**, **Rose**, & **Nutmeg**. Best used in a cool-air diffuser, or put 3 drops on a tissue and inhale the aroma.
38. **Optimism** – To uplift or promote a sense of optimism, joy, and hope use **Bergamot**, **Mandarin**, **Pine**, **Orange**, **Lemongrass**, & **Neroli**. Best used in a cool-air diffuser, or put 3 drops on a tissue and inhale the aroma.
39. **P.M.S.** – Add a few drops of any combination of the following to a warm bath: **Bergamot**, **Chamomile**, **Clary Sage**, **Geranium**, & **Juniper**. Massage oil for P.M.S. could include 8 drops **Chamomile**, 8 drops **Clary sage**, 4 drops **Fennel**, 3 drops **Geranium**, and 3 drops **Ylang, Ylang**, in 3oz's of carrier oil.
40. **Prostate Cancer** – Aggressive approach: Rectal application with a plastic tube of 10 drops **Frankincense**, 3 drops **Sage**, and 5 drops **Myrrh**. Do this protocol for 10 nights on and 4 nights off for 1 month.
41. **Psoriasis** – Use 8-10 drops of **Bergamot**, **Lavender**, & **Sandalwood** diluted in 1oz of a vegetable-oil base and massaged into the patches of **Psoriasis**.
42. **Rash** – **Lavender** (1-3 drops) on location until gone.
43. **Rhinitis** – **Basil** (1drop) in nose followed by rose ointment.

44. **Ring in Ears** – **Helichrysum**, apply 1 drop of oil on a cotton swab and rub around the ear canal, or you can apply the oil to the back of the ear and swab down the back of the lobe for 4-6 weeks.

45. **Sinus problems** – Blend the following oils and put them on a tissue or cotton ball so you can inhale the aroma: 2 drops **Rosemary**, 1 drop **Geranium**, and 1 drop **Eucalyptus**.

46. **Sinusitis** – Steam inhalations with the following essential oils can be very helpful: Add 2 or 3 drops of **Eucalyptus**, **Pine**, & **Thyme** to a pot of boiling water. Remove from the heat and cover your head with a towel over the pot. Inhale the steam for about 10 minutes, or until water cools down.

47. **Sore Throat** – The most effective steam inhalations include **Benzoin**, **Lavender**, **Sandalwood**, or **Thyme**. Add 2 or 3 drops to a pot of boiling water. Remove from the heat and cover your head with a towel over the pot. Inhale the steam for about 10 minutes, or until water cools down.

48. **Spring Cleaning** – Mix 10 drops **Lavender**, 20 drops **Orange**, 10 drops **Lemon**, and 10 drops **Tea Tree** in 1 tablespoon vinegar or vodka. Blend this mixture in 1 quart of water in a spray bottle. Shake well before using. Great for bathrooms, counter tops, mirrors, and windows.

49. **Stress** – Mix 4 drops **Cypress**, 2 drops **Geranium**, 2 drops of **Chamomile**, and 1 teaspoon carrier oil. Massage on the neck and shoulders and inhale the aroma.

50. **Sunburn** – **Lavender Hyland** or **Sweet, Chamomile Blue** – Hydrosols: **Lavender**, **Chamomile (Roman or Blue)**. Benefits: Eases pain, reduces inflammation, & cools the skin. How to use: Mix 6 drops of Essential oil in 1 tablespoon carrier oil, or fragrance free lotion. Apply as needed. Hydrosols: mist directly on skin as often as needed.

51. **Toothache** – Apply a drop of **Clove** on a cotton ball and place on infected tooth, or add to alcohol or tincture and use as a mouthwash.
52. **Vaginitis** – Add a few drops of **Chamomile**, or **Lavender** to a warm bath to sooth symptoms of itching or irritation. If signs of infection, add 2-3 drops of **Sandalwood, Tea Tree & Thyme** to a teaspoon of vodka and 1 liter of purified water, use as a douche.
53. **Warts** – Apply 1 drop of **Oregano** on the wart several times a day until gone.
54. **Workout Spritzer** – Add 20 drops **Eucalyptus**, 40 drops **Lavender**, 20 drops **Sweet Orange**, & 10 drops **Spearmint** or **Peppermint** to 7 & ½ ounces of distilled water in a bottle with a spray atomizer attachment. Shake vigorously before each use. Simply spritz your face lightly and inhale the fresh and invigorating aroma to get an energizing boost before a workout.

Quick Reference Guide

Air Quality – Bergamot – Cajeput – Cedar Atlas – Clove Bud – Lavender Highland – Lemon Yellow – Lime – Mandarin – Niaouli – Orange Sweet – Pine Cembra – Pine Sea – Pine Sylvester – Rosemary – Tea Tree, M.A. – Tea Tree, M.L. – Thyme Thymol – Ylang, Ylang.

Aphrodisiac – Bergamot - Cardamom – Cedar Himalayan – Chamomile, Wild – Clove Bud – Frankincense – Ho-Oil, (Ho-Sho) – Jasmine, (Absolute) – Jasmine, Sambac – Lavender, Extra – Myrrh – Patchouli – Rose Geranium – Rose Turkish – Vanilla- Ylang, Ylang, Complete – Ylang, Ylang, Extra.

Emotional Balance – Angelica Root – Bergamot – Cardamom – Cedar, Atlas – Cedar, Himalayan – Chamomile, Blue (Atlas) – Chamomile, Wild – Clove Bud – Frankincense – Fir Balsam – Fir Silver – Geranium – Geranium Rose – Immortelle – Juniper Berry – Lavender Hyland – Lavender Sweet – Mandarin – Myrrh – Myrtle – Orange – Palmarosa – Rose Turkish – Rosemary – Rosewood – Sage Clary – Sandalwood – Spikenard – Wintergreen – Ylang, Ylang.

Energy Enhancement – Basil – Bergamot – Cedar Atlas – Cypress – Eucalyptus – Fir Balsam – Geranium – Immortelle – Juniper Berries – Lemon Yellow – Lemongrass – Mint – Orange Sweet – Pine Sea – Rosemary – Rosemary Highland – Rosewood – Sage Clary – Ylang, Ylang.

Health Support – Anise – Cajeput – Cumin – Eucalyptus – Fir Balsam – Fir Douglass – Fir Siberian – Fir Silver – Geranium – Ginger – Lavender Hyland – Lavender Sweet – Mandarin – Niaouli – Orange Sweet – Pine Cembra – Pine Sea – Pine Sylvestre – Rosemary – Sage Clary – Tea Tree M.A. – Tea Tree M.L..

Meditation / Spirituality – Cardamom – Cedar Atlas – Cedar Himalayan – Cinnamon Bark – Cypress – Fir Balsam – Frankincense – Jasmine Sambac – Lemon – Myrrh – Rose Absolute – Rose Geranium – Rose Turkish – Rosewood – Sandalwood – Spikenard – Wintergreen – Ylang, Ylang.

Mood Enhancement – Angelica Root – Atlas cedar – Basil – Bergamot – Cinnamon Bark – Cinnamon Cassia – Clove Bud – Fir Balsam – Frankincense – Geranium – Jasmine (Absolute) – Lavender Extra Fine – Lavender Highland – Lavender Spike – Lavender Sweet – Lemon Yellow – Lemongrass – Mandarin Red – Marjoram Sweet – Mimosa (Absolute) – Mint – Myrrh – Nutmeg – Orange Bitter – Orange Sweet – Patchouli – Petitgrain Bergamot – Petitgrain Bigarade – Petitgrain Mandarin – Rose Turkish – Rosemary Highland – Rosewood – Sandalwood – Spikenard – Vanilla – Ylang, Ylang.

Muscle Strain & Fatigue / Circulation / Sports – Basil – Cedar Atlas – Cypress – Eucalyptus – Fir Balsam – Fir Douglass – Fir Siberian – Fir Silver – Frankincense – Juniper Berry – Lavender Highland – Lavender Sweet – Lemon – Mandarin – Marjoram Spanish – Marjoram Sweet – Orange – Pine Sea – Rose Geranium – Rosemary.

Skin Care / Beauty – Chamomile Roman – Chamomile Wild – Frankincense – Geranium – Jasmine – Lavender Extra – Lavender Highland – Lavender Sweet – Mandarin – Myrrh – Orange – Palmarosa – Rose Geranium – Rose Turkish – Rosewood – Sandalwood – Ylang, Ylang – Ylang, Ylang Extra.

Stress Relief – Angelica Root – Benzoin – Bergamot – Cardamom – Cedar Atlas – Chamomile – Chamomile Blue Atlas – Chamomile Roman – Chamomile Wild – Clove Bud – Eucalyptus – Frankincense – Geranium – Jasmine – Lavender Highland – Lavender Sweet – Mandarin – Marjoram Sweet – Myrrh – Myrtle – Orange Bitter – Palmarosa – Petitgrain Bergamot – Petitgrain Bigarade – Petitgrain Mandarin – Rose (Absolute) – Rosewood – Sandalwood India – Sage Clary – Vanilla – Ylang, Ylang (Complete).

Uplifting / Mild Depression Relief – Bergamot – Cedar Atlas – Eucalyptus – Fir Balsam – Frankincense – Geranium – Ho-oil – Jasmine (Absolute) – Jasmine Sambac (Absolute) – Juniper Berries – Lavender Sweet – Lemon – Lime – Mandarin – Mint – Orange Bitter – Orange Sweet – Petitgrain Bergamot – Pine Sea – Rose (Absolute) – Rosemary – Rosewood – Sage Clary – Ylang, Ylang.

Women's Health – Angelica Root – Fir Silver – Frankincense – Geranium – Lavender Highland – Lavender Sweet – Mandarin – Myrrh – Orange – Palmarosa – Rose Geranium – Rose Turkish – Rosewood – Sage Clary.

Emotional Rescue

Anger – Benzoin * Chamomile * Rose * Vetiver * Ylang, Ylang

Calm – Chamomile * Mandarin * Neroli * Sage Clary * Ylang, Ylang

Confidence – Bergamot * Cardamom * Cedar wood * Coriander * Cypress * Jasmine * Petitgrain * Pine * Rose * Rosemary * Sage Clary * Tuberose * Ylang, Ylang

Courage – Cedar * Cinnamon * Cypress * Frankincense * Marjoram * Rosewood

Creativity – Bergamot * Frankincense * Geranium * Jasmine * Juniper * Mimosa * Narcissus * Neroli * Orange * Rose * Sandalwood

Fear – Cypress * Lavender * Lemon * Neroli * Sandalwood * Vetiver

Grief/Loss – Benzoin * Bergamot * Frankincense * Marjoram Sweet * Rose * Vanilla

Loneliness – Benzoin * Bergamot * Immortelle * Neroli

Sadness – Bergamot * Frankincense * Geranium * Grapefruit * Jasmine * Lavender * Lemon * Mandarin * Neroli * Orange Sweet * Palmarosa * Peppermint * Petitgrain * Rose * Sage Clary * Sandalwood * Ylang, Ylang

Application

Number of Drops

Amount of Carrier

| | | |
|-----------------------------------|------------|-------------------------------|
| Bath ----- | 10-15----- | Tub of Water----- |
| Body Mist ----- | 10-20----- | 4 Oz Water----- |
| Capsules ----- | 1-3----- | 3 Drops in Vegetable Oil--- |
| Cleanser ----- | 25----- | 4 Oz Oil----- |
| Compress ----- | 5----- | 8 Oz Water----- |
| Douche ----- | 5----- | 1 Liter Purified Water----- |
| Facial Mask ----- | 2-3----- | 1 t Clay & 4 Drops Veg. Oil- |
| Facial Oil ----- | 6-8----- | 1/3 rd Oz Oil----- |
| Facial Sauna ----- | 2-5----- | Bowl of Water----- |
| Foot Bath ----- | 8-10----- | Bowl of Water----- |
| Hair Oil ----- | 25----- | 1 Oz Oil----- |
| Massage Oil / Lotion ----- | 50-60----- | 4 Oz Oil----- |
| Ointment ----- | 50-60----- | 2 Oz Oil----- |
| Room Spray ----- | 20-30----- | 4 Oz Water----- |
| Suppositories ----- | 4----- | 1 Gram Cocoa Butter----- |
| Topical ----- | 50-60----- | 1 Oz Oil----- |

1. Angelica Root
2. Anise
3. Basil
4. Basil, Sweet
5. Bay Laurel
6. Benzoin – (Absolute)
7. Bergamot
8. Cajeput
9. Cardamom
10. Cedar Atlas
11. Cedar Himalayan
12. Chamomile, Blue (Atlas)
13. Chamomile, Blue (German)
14. Chamomile, Roman
15. Chamomile, Wild
16. Cinnamon Bark
17. Cinnamon Cassia
18. Cinnamon Leaf
19. Clove Bud
20. Coriander
21. Cumin
22. Cypress
23. Eucalyptus
24. Fir, Balsam
25. Fir, Douglass
26. Fir, Siberian
27. Fir, Silver
28. Frankincense
29. Geranium
30. Geranium-Rose
31. Ginger
32. Grapefruit
33. Ho-oil (Ho-sho)
34. Immortelle
35. Jasmine (Absolute)
36. Jasmine Sambac (Absolute)
37. Juniper
38. Lavender Highland
39. Lavender Spike
40. Lavender Sweet
41. Lemon Yellow
42. Lemongrass
43. Lime
44. Mandarin Red

45. Marjoram Spanish

46. Marjoram Sweet

47. Mimosa (Absolute)

48. Mint

49. Myrrh

50. Myrtle

51. Narcissus

52. Neroli

53. Niaouli

54. Nutmeg

55. Orange Bitter

56. Orange Sweet

57. Palmarosa

58. Patchouli

59. Peppermint

60. Petitgrain Bergamot

61. Petitgrain Bigarade

62. Petitgrain Mandarin

63. Pine Cembra

64. Pine Sea

65. Pine Sylvestre

66. Rose (Absolute)

67. Rose Turkish

68. Rosemary Cineol

69. Rosemary Highland

70. Rosewood

71. Sage , Clary

72. Sandalwood, India

73. Spikenard

74. Tea Tree, M.A.

75. Tea Tree, M.L.

76. Thyme Thymol

77. Tuberose

78. Valerian

79. Vanilla

80. Vetiver

81. Wintergreen

82. Ylang, Ylang Complete

1. **Angelica Root** – This oil is helpful for **menstrual difficulties** due to its ability to ease **muscle spasms**. It **stimulates the Immune** and **Lymphatic** systems. Relieves **congestion** due to **colds, flu** and **bronchitis**. Eases **nervous tension** and **calms anxiety**. Encourages **sleep** and dreaming. Best used in a bath, for massage, (full-body, foot, or neck &

shoulder), in a diffuser or inhaled from a tissue. * Avoid direct sunlight, use highly diluted, avoid during pregnancy.

2. **Anise** – This warming oil eases **muscle spasms**, **coughing**, and **digestive disturbances**. Especially good for **menstrual cramps**, and to **induce menstruation** due to its mild hormonal activity. Known for its strong, **calming**, **relaxing** effect on the **nervous system**. Best used massaged over stomach or inhaled from a tissue. * Use highly diluted, avoid during pregnancy.
3. **Basil** – This oil is helpful to ease **menstrual cramps** and **digestive disturbances** such as **upset stomach**. It is useful for **colds**, **flu**, and **coughs** to loosen **congestion**. Dilute in carrier oil to soothe and refresh **tired, sore muscles**. Excellent to promote **mental clarity**, and ease **nervous tension**, **depression** and **fatigue**. Best used in a diffuser, after showering, for massage, (full-body, foot, or neck & shoulder) or inhaled from a tissue. * Use highly diluted, avoid during pregnancy.
4. **Basil, Sweet** – This gentler type of basil has a softer fragrance, and is a **tonic** for both **body** and **mind**. It is useful for **indigestion**, **nausea**, and **menstrual cramps**. It also relieves respiratory **congestion**, **muscle strain**, and **stiff joints**. Sweet basil is a good choice for **nervous tension**, **depression**, **stress**, and **anxiety**. Best used in a diffuser, after showering, for massage (full-body, foot, or neck & shoulder), in a diffuser or inhaled from a tissue. * Use highly diluted, avoid during pregnancy.
5. **Bay Laurel** – Bay Laurel aids **digestion** and **stimulates** the **appetite**. Use this oil at the onset of **colds** or **flu**. The diluted oil can be massaged into lymph glands to **stimulate** the **immune system** and speed recovery. Promotes **mental clarity** and **reduces stress**. Best used for massage (full-body, foot, or neck & shoulder), in a diffuser or inhaled from a tissue. * Use highly diluted, avoid during pregnancy.
6. **Benzoin, (Absolute)** – Benzoin is a warm, sweet-scented oil used in perfumes. Benzoin is warming when added to a massage blend, and helps to **control chills** at the onset of a **cold** or after exposure to chilly weather. It is especially useful to soothe **dry coughs** and **laryngitis**, and it is helpful for **dry, cracked hands** and **feet**. **Comforting** to the **emotions**, it eases **grief** and **loneliness**. Best used for massage, (full-body, foot, or neck & shoulder), in a bath or inhaled from a tissue. * Use highly diluted.
7. **Bergamot** – This refreshing citrus oil reduces **inflammation**, enhances **immunity**, and cools **fevers**. Add to a spray bottle of water and lightly spritz basements, carpets, and

damp areas to **remove mildew, pet, and household odors**. Bergamot is a key essential oil to ease **depression**, soothe **stress** and **anxiety**, and relieve **insomnia**. Best used in a bath, for massage, (full-body, foot, or neck & shoulder), in a diffuser, as a room mist, or inhaled from a tissue. * Avoid direct sunlight.

8. **Cajeput** – Cajeput has strong camphor – like, medicinal scent. Like tea tree, Cajeput is useful for **colds, flu, coughs**, and **infections**. It relieves **pain**, making it a wonderful addition to massage oils for **sore muscles** and **joints**. In addition, it **repels insects, rids head lice**, and acts as a natural **flea repellent** for **pets**. Best used for chest rubs, for massage, (full-body, foot, or neck & Shoulder), in a nebulizing diffuser, or inhaled from a tissue. * Avoid during pregnancy.
9. **Cardamom** – Cardamom aids the **digestive system** to relieve **nausea, heartburn, stomach ache**, and **indigestion**. It is useful to **ease coughing** and **muscle spasms**. Used in massage oils, it **warms** and **increases circulation**. It **calms nervousness**, and is valued for its **aphrodisiac** properties. Best used for massage, (full-body, foot, or neck & shoulder), in a bath or in a diffuser.
10. **Cedar Atlas (wood)** – Cedar has a smoky, woody scent, and can be added to closet or drawer sachets to **repel moths**, or used to refresh cedar closet blocks. Cedar is used to **relieve congestion** and **sore muscles**, and is helpful for **cellulite** and **dandruff**. It **eases stress** and **tension**, and has a **strengthening** effect on the **emotions**. Best used for massage, (full-body, foot, or neck & shoulder), in a bath, as a room mist, or inhaled from a tissue. * Avoid during pregnancy.
11. **Cedar Himalayan** – This oil has a sweet, woody scent, is **strengthening** and useful for **celebrations** or **meditation**. It is valued in men’s perfumery for its masculine scent. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), or in a bath. * Avoid during pregnancy.
12. **Chamomile, Blue (Atlas)** – This oil is useful for **inflammations, sensitive skin** and **allergic reactions** (due to its antihistamine properties). It **soothes sore muscles** and **joints, sciatica**, and **upset stomachs**. Chamomile has a **relaxing** quality that is helpful for **stress** and **anxiety**. Best used for massage, (full-body, foot, or neck & shoulder), or in a bath. * Avoid during pregnancy.
13. **Chamomile, Blue (German)** – This oil is useful for **inflamed** or **sensitive skin**, and other **inflammatory conditions**. **Rashes, acne**, and **allergic skin reactions** all respond to its

soothing qualities. It eases **muscle spasms, digestive disturbances,** and **menstrual cramps.** **Relaxing** oil that **relieves mild depression, anxiety,** and **stress,** especially when used in carrier oil for massage. Best used for massage, (full-body, foot, or neck & shoulder), in a bath or inhaled from a tissue.

14. **Chamomile, Roman** – This oil **soothes sore muscles, joints, digestive disturbances, colic,** and **menstrual cramps.** Its **anti-inflammatory** and **pain-relieving** qualities help **arthritis, sunburn, rashes, burns, insect bites,** and **stings.** Its **calming** properties are useful for **tension, anxiety, stress, headache, insomnia, migraine,** and **children’s tantrums.** It is an essential part of any first aid kit. Best used for massage, (full-body, foot, or neck & shoulder), in a bath, or inhaled from a tissue. * Avoid during pregnancy.
15. **Chamomile, Wild** – This oil is useful for **skin care,** especially **dry** and **sensitive.** It relieves **muscle spasms,** easing **menstrual cramps,** and helps with **menopausal difficulties.** It can be helpful for **stress,** and to **relieve nervous depression** and **insomnia.** Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), in a bath, as a body oil, or inhaled from a tissue.* Avoid during pregnancy.
16. **Cinnamon Bark** – This oil is warming with **antibacterial, antiviral,** and **antifungal** properties, making it valuable for **immune stimulating** and **anti-infectious** blends. It is helpful for **colds, flu, coughs, nausea,** and **digestion** via diffusion. It is **emotionally strengthening,** instills **courage,** and relieves **nervous depression.** Best used in a diffuser, as a room mist, or inhaled from a tissue. * May be hot or sensitizing to the skin, use highly diluted, avoid during pregnancy.
17. **Cinnamon Cassia** – Cassia is similar in fragrance and chemical composition to cinnamon bark. In the diffuser it helps to dispel **depression, apathy,** and **exhaustion.** Best used in a diffuser, as a room mist, or inhaled from a tissue. * May be hot or sensitizing to the skin, use highly diluted, avoid during pregnancy.
18. **Cinnamon Leaf** – Cinnamon leaf is a bit lighter in scent than the bark oil, and has similar, though slightly less aggressive, therapeutic properties. In the diffuser, it creates a **stimulating, purifying** atmosphere that **steadies** the **nerves** and **invigorates** the senses. * May be hot or sensitizing to the skin, use highly diluted, avoid during pregnancy.
19. **Clove Bud** – This sweet, spicy, warming oil has strong **antibacterial, antiviral,** and **antifungal** properties, making it useful for **infections, colds, flu,** and **coughs.** Historically it has been used to treat **toothaches.** A small amount used in massage oils is helpful for

sore muscles and **arthritis**. In the diffuser, it stimulates and **revives** a **tired mind** and body. Best used in a diffuser, as a room mist, for a foot massage, in a bath or inhaled from a tissue. * May be hot or sensitizing to the skin.

20. **Coriander** – This oil is **antibacterial** and **antiviral** making it useful for **colds, flu,** and **infections**. It **aids digestion** and helps with **nausea, indigestion,** and **upset stomach**. Its **warming** nature is helpful in massage oils for **muscular aches** and **arthritis**. Use in a diffuser to relieve **nervous tension**, and promote **confidence**. Valued for its **aphrodisiac** properties. * Avoid during pregnancy.
21. **Cumin** – Cumin’s aroma is warm and spicy. This oil has **antiseptic, anti-inflammatory,** and **anti-spasmodic** properties. It is useful for **coughs** and **relieves muscle pain**. It improves **circulation, eases indigestion,** and **stimulates** the **appetite**. It eases **nervous exhaustion** and is regarded as an **aphrodisiac**. Best used massaged over stomach or inhaled from a tissue. * May be hot or sensitizing to the skin, use highly diluted.
22. **Cypress** – This oil is helpful for **colds, coughs, muscle strain, poor circulation, cellulite,** and **oily skin**. It helps to **regulate menstruation**, both **scanty** and **excessive** periods. Its styptic action is useful for **small wounds** and **bleeding gums**. Its scent **strengthens, relieves tension,** and **promotes mental clarity**. Best used for massage, (full-body, foot, or neck & shoulder), before and after activity, in a diffuser, or in a bath. * Caution – avoid if you have high blood pressure, and during pregnancy.
23. **Eucalyptus** – Known for its ability to **open** the **respiratory passages** and **clear congestion**. It is ideal for **colds, coughs** and the **flu**. It has **antiviral, antibacterial,** and **antifungal** properties. In massage oil, it is useful for **muscle** and **joint pain,** and **sprains**. In the diffuser it **purifies** and **disinfects** the **air**. The aroma is **cooling** and **energizing**. Best used as a chest and back rub, for a massage, in a bath or in a nebulizing diffuser. * Caution – avoid if you have high blood pressure.
24. **Fir, Balsam** – This oil is soothing for **coughs, sore throats, colds** and **flu**, especially when there is **congestion**. It **warms** and **relieves sore, stiff muscles** and **joints**. Its **uplifting** quality makes it useful for **depression** and **stress**. Best used as a chest rub, for massage (full- body, foot, or neck & shoulder), as a room mist, in a bath or foot bath, or in a nebulizing diffuser.
25. **Fir, Douglass** – This oil is useful for **coughs, colds, bronchitis,** and the **flu**. In massage oil, it **stimulates circulation** and **relieves muscle aches** and **pains**. Emotionally, it **eases**

stress and **anxiety**. Best used as a chest rub, or in a nebulizing diffuser. * Avoid during pregnancy.

26. **Fir, Siberian** – This oil **stimulates** the **immune system**, and is useful for **respiratory complaints** associated with **coughs, colds**, and the **flu**. Its **anti-inflammatory** action helps relieve **sore muscles** and **joints**. It is a good choice for **environmental fragancing** due to its economical price and fine aroma. Best used as a chest rub, or in a nebulizing diffuser.
27. **Fir, Silver** – This oil **stimulates** the **immune system**, and is useful for **coughs, colds**, and the **flu**, especially when there is **congestion**. Use it in massage oil to relieve **muscle** and **joint pain**. It is a **tonic** for the **nervous system**, **relieving stress** and **uplifting the spirits**. Best used as a chest rub, in a nebulizing diffuser, for massage, (full-body, foot, or neck & shoulder), in a bath, or inhaled from a tissue.
28. **Frankincense** – This oil **slows** and **deepens** the **breath**, making it helpful for **meditation, tension**, and **coughing spasms**. Frankincense is **rejuvenating** for **mature, dry, or scarred skin**. It is also **balancing** for **menstrual** and **menopause difficulties**. It is effective for **relieving stress, calming** the **nerves**, and **uplifting** the **spirits**. Best used in a diffuser, as a room mist, for massage, (full-body, foot, or neck & shoulder), as a body oil, as a perfume, inhaled from a tissue, or for meditation.
29. **Geranium** – This oil has a rose-like aroma and is a favorite for **perfumery**. Geranium is useful for **respiratory problems**, helps **immune function**, and **improves circulation**. It is beneficial for **all skin types** and works well in **cellulite** massage oil. It **relieves anxiety, stress, depression**, and **premenstrual tension**. It is one of the key essential oils for women. Best used for massage, (full-body, foot, or neck & shoulder), in a bath, in a diffuser, as a body oil, or inhaled from a tissue. * Avoid during pregnancy.
30. **Geranium-Rose** – This oil has the same uses as Geranium. Try it in a bath, diluted in carrier oil for a **balancing** massage blend, in a facial steam, or in a diffuser as a prelude to a romantic evening. Best used in a diffuser, bath, for a massage, (full-body, foot, or neck & shoulder), as a body oil, or inhaled from a tissue.
31. **Ginger** – Ginger is useful for the **respiratory system**, (**colds** and **coughs** with **congestion**), **digestive system**, (**nausea, indigestion**, and **cramps**), **muscular system**, (**muscle** and **joint pain**), **circulatory system**, (**poor circulation**), **immune system**, (**Colds** and **flu**), **reproductive system**, (**cramps**), and **nervous system**, (**exhaustion**). It

stimulates and **warms** a **tired body, mind** and **spirit**. Best used massaged over stomach or inhaled from a tissue. * Avoid direct sunlight, may be hot or sensitizing to the skin, use highly diluted.

32. **Grapefruit** – Grapefruit can be used in massage oil for **cellulite** and **water retention**. Diffused, it is effective for **colds, flu, depression**, and **stress**. In the car, it is useful to **relieve** the **anxiety** and **fatigue** of long trips. * Avoid direct sunlight.
33. **Ho-Oil (Ho-Sho)** – This oil may be used as a substitute for rose-wood because of its similar scent and chemical makeup. It is useful for **respiratory ailments** such as **colds, flu**, and **coughs**, or for **muscular aches** and **pains** in massage oil. Best used in a diffuser, for a neck & shoulder massage, or inhaled from a tissue. * Use highly diluted, avoid during pregnancy.
34. **Immortelle** – Also known as Helichrysum or Everlasting. It is the most effective treatment for **bruises, inflammations**, and **scars**, (diluted in carrier oil). It is helpful for **colds, flu**, and **coughs**, as a chest rub, and for **sore muscles, sprains**, and **rheumatism** as massage oil. It relieves **emotional bruising, depression**, and **stress**. Best used for massage, (full-body, foot, or neck & shoulder), or in a bath. * Avoid during pregnancy
35. **Jasmine, (Absolute)** – This oil is helpful during **childbirth** to ease **labor pains**. It benefits **all skin types**, including **sensitive**. Jasmine is superior for **depression, PMS, anxiety**, and **stress**. It is a well-known **aphrodisiac**, and can be used in massage oils, lotions and anointing oils. It is **inspiring**, and helps to boost **confidence** and **creativity**. Best used for a massage, (full-body, foot, or neck & shoulder), as a body oil, in a bath, as a perfume, in a diffuser, or inhaled from a tissue.
36. **Jasmine, (Sambac)** – This Jasmine is from India and is like no other. Its deep, penetrating, warm, rich, floral scent is a must to experience. It shares the same uses as Jasmine, (Absolute), but its effect on the mind and emotions is more profound. Use it as an **anointing oil** to **celebrate** special occasions, to change your outlook on life, or as your own special signature scent. Best used for massage, (full-body, foot, or neck & shoulder), in a diffuser, for meditation, in a bath, or as a perfume.
37. **Juniper (Berries)** – This oil is useful for **colds** and **flu**, and is a good **disinfectant** used in diffusers. It encourages **circulation** and the elimination of fluid wastes. Used in massage oil, it relieves **muscle discomfort**, such as **menstrual cramps** or **rheumatism**. Juniper is helpful for **acne, oily skin, cellulite**, and **detoxifying**. It **clears** the **mind**, and relieves

anxiety, stress, and symptoms of **jet lag**. Best used for a foot massage, in a diffuser, inhaled from a tissue, in a foot bath, or for a neck and shoulder rub. * Avoid with kidney disease due to its strong **diuretic** action.

38. **Lavender Highland** – The most versatile of all essential oils. The diversity of this oil stems from its broad chemical composition. This fresh sweet, soft, floral-scented oil should be the basis of every first aid kit with its **calming, balancing, antiviral, antibacterial**, and **antifungal** properties. So gentle it can be used undiluted on the skin to help heal **minor cuts, bruises, burns, blemishes**, and **insect** bites. Diffuse for **colds, flu, coughs, stress**, or **insomnia**. Dilute in carrier oil for **sore muscles, menstrual cramps**, or **sunburn**. Lavender's **relaxing; stress-relieving** properties are wonderful in the bath. Best used in a bath, for massage, (full-body, foot, or neck & shoulder), in a diffuser, after showering, as a body oil, as a perfume, as a room mist, or inhaled from a tissue.
39. **Lavender Spike** – This Lavender is effective for **colds, coughs**, and **infections**, especially when there is **congestion**. Spike Lavender is also good for **insect bites, burns**, and **sore muscles** and **joints**. Best used in a diffuser, as a room mist, or inhaled from a tissue. * Avoid if you have high blood pressure, avoid during pregnancy.
40. **Lavender Sweet** – Lavender Sweet has a sweet and refreshing scent. It is considered the best replacement for true lavender, and is useful for **skin care, muscle relief**, and **emotional imbalances** such as **stress, anxiety**, and **depression**. Best used for massage (full-body, foot, or neck & shoulder), in a bath, inhaled from a tissue, as a chest & back rub, or in a diffuser.
41. **Lemon Yellow** – This oil is an important addition to a natural first aid kit due to its **antiviral, antibacterial**, and **antiseptic** properties. It is helpful for **colds, flu**, and **infections**, and **supports** the **immune system**. Add to a diffuser or water mister to **disinfect** a sickroom. It is also useful for **digestion, circulation, cellulite, oily skin**, and **acne**. Lemon has a **refreshing** and **uplifting** effect on the psyche, and **promotes mental clarity**. Best used in a diffuser, or as a room mist. * Avoid direct sunlight, may be hot or sensitizing to the skin, use highly diluted.
42. **Lemongrass** – This oil has a bright, lemony scent and is useful for **cellulite, muscle** and **joint pain**, and **digestion**. It **increases circulation**, and is **detoxifying**. Like Citronella, it **repels insects**, but has a finer scent. It acts as a **sedative, relieves stress** and **exhaustion**, yet also **refreshes** the **mind**. Best used in a diffuser, as a room mist, or inhaled from a tissue. * May be hot or sensitizing to the skin, avoid during pregnancy.

43. **Lime** – This oil is useful for **colds, flu, fever,** and **infection**. It is also good for **digestion** and **cellulite**. Try it in a diffuser or mister to **disinfect** a sick room, **remove** cooking **odors**, or create a **festive mood**. It combines well with other citrus oils. **Relaxing,** yet **refreshing** and **uplifting**. Best used in a diffuser, or as a room mist. * Avoid direct sunlight, may be hot or sensitizing to the skin.
44. **Mandarin Red** – This oil is useful for **digestion, upset stomach, water retention,** and **cellulite**. It makes an excellent **toner** for **oily, combination,** or **blemished skin**, and to help prevent **stretch marks**. It is a favorite to **calm** and **cheer-up children**, as well as to **relieve tension, anxiety,** and **insomnia**. Best used in a diffuser, bath, for massage, (full-body, foot, or neck & shoulder), chest & back rub, as a room mist, or inhaled from a tissue.
45. **Marjoram Spanish** – This oil is one of the gentler members of the thyme family, and is useful for relief of **respiratory congestion** and **infection**. It is also helpful for **sore muscles** and **joints**. Choose this marjoram when a more **stimulating** and penetrating quality is desired. Best used in a diffuser, after showering, in a bath, for massage, (full-body, foot, or neck & shoulder).
46. **Marjoram Sweet** – This oil is a wonderful addition to **pain-relieving** blends for **sore muscles** and **joints**, and is useful for **colds, cough spasms, indigestion,** and **menstrual cramps**. It can ease **migraines** and **headaches**, especially in combination with Lavender. This is the marjoram to choose when a **calming** influence is needed, such as for **stress** or **insomnia**. Marjoram **warms** and **comforts** in times of **grief** and **sorrow**. Best used in a diffuser, after showering, for a massage (full-body, foot, or neck & shoulder), or in a bath. * Avoid during pregnancy.
47. **Mimosa (Absolute)** – This oil is useful for general **skin care**, and is well suited for **oily** or **sensitive skin**. Its delicate fragrance is **soothing**, and helps **relieve over-sensitivity, nervousness,** and **stress**. It is a favorite among children, young women, and the young at heart. Best used in a diffuser, or as a room mist.
48. **Mint** – Its menthol content is particularly high, making it useful for **colds,** and **coughs**. When used in a scalp massage it can ease the **pain** of **headaches** and **migraines**. It soothes **inflamed** and **itching skin**, and is helpful for **indigestion**. The scent is **uplifting** and relieves **mental fatigue**. Best used in a diffuser, for a foot massage, inhaled from a

tissue, or as a room mist. * May be hot or sensitizing to the skin, use highly diluted, avoid during pregnancy.

49. **Myrrh** – Myrrh's smooth, sweet, warm scent has been used for centuries in **perfumery** and **religious ceremonies**. The oil is superior for **healing** the skin especially when the skin is **inflamed, weepy, or cracked**. **Gum problems** such as **gingivitis** respond well to Myrrh when a drop is added to a mouthwash. It soothes **sore throats** and **coughs**, and fights **fungal infections** such as **athlete's foot** or **toenail fungus**. **Mature skin** may benefit from this healing resin, helping to **prevent wrinkles**. It is a **calming** oil and often used for **meditation** and to **strengthen spirituality**. Best used in a diffuser, a massage, (full-body, foot, or neck & shoulder), inhaled from a tissue, as a room mist, in a bath, as body oil, or as a perfume. Good for meditation. * Use highly diluted, avoid during pregnancy.
50. **Myrtle** – This gentle oil has a clear, fresh, camphoraceous scent, similar to Eucalyptus. It is a good choice for **colds, coughs, and flu**, especially for **children** and the **elderly**. It is less stimulating than Eucalyptus. Try it in the diffuser at night to **open up the nasal passages** while enjoying a **restful sleep**. It can also benefit **oily or blemished skin**. It has a **sedative** effect on the psyche, helping to **balance** and **soothe** the **emotions**. Best used in a bath, for a massage, (full-body, foot, or neck & shoulder), or in a diffuser.
51. **Narcissus** – Narcissus is from France and has a sweet, herbaceous, floral fragrance used in **perfumery**. It has a **calming** effect on the **nervous system**. * Use highly diluted, avoid during pregnancy.
52. **Neroli** – This oil has a sweet, citrus, floral aroma. Neroli nourishes **all skin types**, especially **dry, mature, and sensitive skin**. It can help to **heal scars** and **stretch marks** when blended with Rosa Rubiginosa. Neroli is **emotionally soothing** and **strengthening**, and is important **anti-anxiety** oil.
53. **Niaouli** – Niaouli, otherwise known as MQV, is a relative of the Tea Tree. Its unusual, musty scent blends nicely with lemon to create a stimulating **tonic** for the body. It is an ally of the **immune system** as a strong **antiviral, antibacterial, and antifungal**. It is useful for **colds, flu, cold sores, coughs, and sore muscles and joints**. It is helpful for **oily, blemished skin**, and assists in **healing burns, cuts, and insect bites**. Best used as a chest rub, nebulizing diffuser, as a room mist, or inhaled from a tissue. * Avoid during pregnancy.

54. **Nutmeg** – Nutmeg has a sweet, spicy scent. It **soothes muscle** and **joint pain**, **increases circulation**, and is useful for **indigestion** and **nausea**. Diffuse it in the kitchen with ginger or vanilla to create a sweet, welcoming scent reminiscent of baking. Nutmeg is known to activate the mind and produce intense dreams. It is a mild **aphrodisiac**. Best used in a diffuser, or inhaled from a tissue. * Use highly diluted, avoid during pregnancy.
55. **Orange Bitter** – This oil is useful for **digestion**, **colds**, **flu**, and **water retention**. It has a **softening, regenerative** effect on the skin, and is good for **all skin types**. In the diffuser, it eases **anxiety**, and adds a **calming** element before sleep or in a child's playroom. It has an **uplifting** effect on the psyche, and **promotes mental clarity**. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), as a room mist, inhaled from a tissue, or in a bath. * Avoid direct sunlight.
56. **Orange Sweet** – Orange **aids digestion**, helps fight **colds** and **flu**, and helps with **cellulite** and **water retention**. It is a valuable **skin care** oil to **increase circulation**, help **prevent wrinkles**, **soften**, and **rejuvenate skin**. Its **antiseptic** properties make it popular in **cleaning** and **sanitizing** preparations for the kitchen and bathroom. Orange **relieves stress** and **tension**, and **uplifts the spirits**. Best used in a diffuser, bath, for massage, (full-body, foot, or neck & shoulder), as a room mist, or inhaled from a tissue.
57. **Palmarosa** – This oil is distilled from a tropical grass, and has **antiviral, antibacterial**, and **antifungal** properties. It is useful for **colds**, **flu**, **sinusitis**, and **coughs**. It is **balancing** and **regenerative** for **all skin types**, and is helpful for **scars**, **rashes** and **wrinkles**. It eases **morning fatigue** and **mild depression**, and is ideal for **stress** and **nervous exhaustion**. Best used in a bath, for massage, (full-body, foot, or neck & shoulder), as a body oil, or in a diffuser.
58. **Patchouli** – This oil is superb for **skin care**. It **soothes itchy, dry skin**, aids **scars** and **wrinkles**, and reduces **inflammation**. It has a **grounding, restorative** and **sensual** effect on the psyche. Patchouli relieves **stress**, **slows the breath**, **removes inhibitions**, and **clarifies the mind**. It is good for **meditation**. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), in a bath, as a room mist, also great as a perfume.
59. **Peppermint** – Peppermint is one of the most versatile essential oils. It helps with **digestion problems**, **nausea**, and **motion sickness**. It is useful for **colds**, **flu**, **bronchitis**, and **coughs**, easing **congestion** and fighting **infection**. In massage oil, it relieves **joint** and **muscle discomfort**, and is useful for **menstrual cramps**. Put a drop on your temples and back of neck to help relieve **headaches**. Add it to your favorite lotion for the ultimate

foot rub. Peppermint refreshes a **tired mind**, and eases **mild depression**. * May be hot or sensitizing to the skin, use highly diluted, avoid during pregnancy.

60. **Petitgrain, Bergamot** – This oil is useful for **inflammation**, and **sore muscles** and **joints**. While all Petitgrains are **relaxing** and **stress-relieving**, each has its own particular signature. Petitgrain Bergamot is excellent for **depression**, **anxiety**, **stress**, and **insomnia**. Best used for massage, (full-body, foot, or neck & shoulder), in a diffuser, in a bath, or inhaled from a tissue.
61. **Petitgrain, Bigarade** – This Petitgrain is useful for **respiratory infections** and **coughs**, and eases **muscle spasms** such as **menstrual cramps**. It is an excellent **tonic** for **all skin types**. Try it in massage oil for **scars** and **stretch marks**. As with the other Petitgrains, Bigarade **refreshes**, and **relieves anxiety** and **stress**-related problems. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), in a bath, or inhaled from a tissue.
62. **Petitgrain, Mandarin** – This oil is a good **digestive tonic**. It eases **menstrual cramps**, and can help minimize **stretch marks** and **scars**. It has an **uplifting** quality and **relieves anxiety**, **stress**, **tension**, and **insomnia**. Best used for massage, (full-body, foot, or neck & shoulder), in a diffuser, in a bath, or inhaled from a tissue.
63. **Pine, Cembra** – Pine Cembra has a fine, **stimulating** scent that can be used for **environmental fragrancing** to bring a **refreshing, outdoor ambience** indoors. It is useful for **colds**, **flu**, and **coughs**, as well as **sore muscles** and **joints**. Try it in the diffuser blended with Mandarin or Orange for **holiday festivities**. Best used in a diffuser, or inhaled from a tissue.
64. **Pine, Sea** – This crisp, fresh, woody-scented pine is useful for **colds**, **sinus congestion**, and **joint discomfort**. Try it in a diffuser to **open** up the **nasal passages**. It is an excellent **disinfectant** for counter tops, bathroom fixtures, and floors. Use it in a spray bottle to **freshen stale air** in a closet, basement, or sickroom. Best used in a chest rub, nebulizing diffuser or diffuser, as a room mist, or inhaled from a tissue. * May be hot or sensitizing to the skin, avoid during pregnancy.
65. **Pine, Sylvester** – Also known as Scotch pine, is more complex than the other pines, making it more versatile. It is very effective to **ease breathing** and **relieve congestion** due to **colds**, **flu**, **bronchitis**, and **sinusitis**. It helps to **boost** the **Immune System** for **infections**. It can be added to massage blends to **stimulate circulation**, and help **sore**

muscles and **joints**. Its **stimulating** quality **eases exhaustion** and **mental fatigue**. It **refreshes** the **mind**, helps alleviate **depression**, and **encourages strength** and **resilience**. Best used in a diffuser, or inhaled from a tissue. * May be hot or sensitizing to the skin.

66. **Rose, (Absolute)** – This ultra-feminine, spicy-sweet, floral scent from Morocco is known as the Queen of Essential Oils. It is ideal for **perfumery** to enhance and crown almost any fragrant creation. No imitation can come close to the exquisite beauty and complexity of true Rose. It is **super** when used in **skin care oil**, especially for **mature** or **sensitive types**. **Nurturing** and **comforting**, it is the best choice for **grief** or to **heal a broken heart**. Add a drop to synergies to **relieve stress, anxiety**, and **depression**. Best used for massage, (full-body, foot, or neck & shoulder), as a body oil, in a bath, in a diffuser, or for meditation.
67. **Rose, Turkish** – This oil can be used as a **heart tonic** for **circulation** and **palpitations**. It is helpful to speed the healing of **cold sores** and **gum problems**. A lovely oil for women, it eases **PMS, cramps, labor pains**, and **postpartum depression**. It is the ultimate treatment for **all skin types**. Rose lifts **depression**, and **eases grief, stress** and **tension**. Best used for massage, (full-body, foot, or neck & shoulder), as a body oil, in a bath, in a diffuser, as a perfume, or inhaled from a tissue.
68. **Rosemary, Cineol** - Rosemary has a strong, clean, herbaceous aroma similar to Eucalyptus. This cineol type is especially good for **respiratory ailments** and **infections** such as **colds, flu**, and **bronchitis**. Use it in the diffuser to **loosen congestion** and **boost immunity**. It can be added to witch hazel to create a **tonic** for **oily hair, oily scalp**, and **dandruff**. It helps to relieve **headaches** and **upset stomachs**. Rosemary's **stimulating** properties are ideal to awaken **fatigued minds** and **bodies**. It is an ally to those who work or study late into the night. Best used for a massage, (full-body, foot, or neck & shoulder), in a bath, as a chest rub, in a nebulizing diffuser, or diffuser, as a room mist, or inhaled from a tissue. * Avoid if you have high blood pressure, avoid during pregnancy.
69. **Rosemary, Highland** – This oil is from France and has a **refreshing**, refined aroma. It is an excellent choice to **soothe sore muscles** and **joints, stimulate circulation, ease indigestion**, diminish **headaches**, and relieve **menstrual pain**. It is also helpful for **colds, flu, coughs**, and other **respiratory problems**. Try this oil in the morning, in the diffuser or bath, for a fresh start, and to **alleviate fatigue**. Brush a few drops through the **hair** for **conditioning**. Rosemary **relieves stress, nervous exhaustion**, and **apathy** while at the same time **energizing** the **body, mind**, and **spirit**. Best used in a diffuser, as a room mist,

or inhaled from a tissue. * Avoid if you have high blood pressure, avoid during pregnancy.

70. **Rosewood** – This oil is useful for **colds, flu, and coughs**, and is gentle enough for **children** and the **elderly**. This versatile essential oil is **antibacterial**, and **antifungal**. Its gentle, **regenerative** action benefits **all skin types**, and is useful for **scars** and **wrinkles**. Rosewood helps relieve **jet lag**, and has **uplifting, strengthening** qualities. It supports, and promotes **courage** during stressful times. Best used in a bath, as a body oil, for massage, (full-body, foot, or neck & shoulder), in a diffuser, as a room mist or inhaled from a tissue.
71. **Sage, Clary** – Clary Sage, a gentle plant related to sage, has a sweet, warm, tea-like scent. It is useful for **indigestion, respiratory ailments**, and **muscle aches**. It is especially suited for women's **hormonal challenges** such as **PMS**, and **menstrual** and **menopausal discomfort**. It benefits **oily** and **mature skin types**, and is useful for **dandruff** and **oily scalp**. It relieves **depression, stress, tension**, and **post-partum depression**. Clary Sage is known for its **inspirational, euphoric** effects on the psyche, and is wonderful as romantic massage oil. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), in a bath or inhaled from a tissue. * Avoid during pregnancy.
72. **Sandalwood, India** – The silky, warm, woody scent of Mysore Indian Sandalwood is adored by both men and women. The oil is particularly soothing as massage oil or diffused for **dry coughs, laryngitis**, and **sore throats**. It also relieves **muscle spasms, heartburn**, and **nausea**. **All skin types** benefit from Sandalwood, especially **dry** and **mature**. Sandalwood is deeply **relaxing** and **stress relieving** – a good choice for centering or **meditation**. It **strengthens** the **emotions** and relieves **depression**. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), in a bath, or inhaled from a tissue.
73. **Spikenard** – Spikenard, also known as Narde, has an earthy-sweet, spicy aroma. It is **superb skin care oil, rejuvenating mature skin, calming allergic reactions, reducing inflammation**, and promoting **healthy skin**. Its **antifungal** properties make it useful for **athlete's foot** and **toenail fungus**. It is also helpful for **dandruff**. Its **grounding, relaxing** qualities **relieves anxiety, insomnia**, and **stress**. It is good **meditation** oil, **inspiring devotion** and **inner peace**. Best used in a diffuser, for a foot massage, or for meditation.
74. **Tea tree M.A.** – Australian Tea Tree has a medicinal, yet fresh, warm, and spicy aroma. It is **antiviral, antibacterial**, and **antifungal**, making it useful for a wide spectrum of

infections. It **supports** the **immune system**, and should be included in every first aid kit for home or travel. Diffuse Tea Tree for **colds, coughs, flu,** and **sore throats**, and to **purify** the **air** in a sick room. Massage into nails for **fungal infections**, or add to a foot cream for **athlete's foot**. It **disinfects** and soothes **cuts, blemishes,** and **insect bites**. A drop of Tea Tree diluted in water is effective for **cold sores** and **gum problems**. Tea Tree is **uplifting, energizing** oil, and is used to relieve **nervous exhaustion** and **depression**. Best used for chest rubs, in a nebulizing diffuser, or inhaled from a tissue.

75. **Tea Tree M.L.** – The scent of Melaleuca Linarifolia is more camphoraceous and closer to Eucalyptus than to Melaleuca Alternifolia. The oil is **antibacterial** and **antiviral**, and well-suited for **respiratory conditions** such as **colds, flu,** and **bronchitis**. It is helpful in massage lotion to ease **muscle pain** and **spasms**. Best used for chest rubs, in a nebulizing diffuser, or inhaled from a tissue.
76. **Thyme Thymol** – This warm, spicy herbaceous – scented oil is also known as Red Thyme. It has a broad spectrum of action against **infectious illness**, and is useful in diffusers for **colds, flu, coughs,** and **sore throats**. It can also be helpful for **indigestion, sore muscles,** and **poor circulation**. It's highly **stimulating** scent is **strengthening** and helps dispel **fatigue**. Best used in a diffuser, or as a room mist. * Avoid if you have high blood pressure, avoid during pregnancy, use highly diluted, may be hot or sensitizing to the skin.
77. **Tuberose** – The heavy, sweet aroma of Tuberose is valued for its use in **perfumery**. It blends well with Rose, Jasmine, Narcissus, and Ylang, Ylang. The scent helps to induce **relaxation,** and **relieve stress** and **anxiety**. * Use highly diluted.
78. **Valerian** – This oil is useful for nervous **headaches, indigestion,** and **muscle spasms**. It relieves **insomnia,** soothes **panic,** and eases **stress**. Valerian is especially helpful during an **emotional crisis**. Best used in a bath, for massage, or inhaled from a tissue. * Use highly diluted.
79. **Vanilla** – Vanilla's rich, sweet, **comforting** scent is wonderful for custom **perfumes** and body lotions, especially for romantic blends. Both men and women favor its aroma. It is useful for **children** to ease **home sickness** and **brighten** their **mood**. Vanilla has the ability to evoke **warm memories, calm** the **emotions,** and **ease tension** and **grief**. Try creating a delightful synergy by blending it with spicy essential oils such as ginger, nutmeg, or cardamom. (Vanilla is not an essential oil, but a concentrated extract.) Best

used in a diffuser, for massage, (full-body, foot, or neck & shoulder), as a perfume, in a bath, or as a room mist.

80. **Vetiver** – This oil **soothes tired, sore muscles** and **joints, strengthens** the **immune system**, and **eases painful menstruation**. It is excellent for skin care to **rejuvenate** and **soothe skin**. Use it in massage oils to **relieve muscle aches** and **stiffness**. Its **grounding, calming** qualities are useful for spacey, **nervous**, or **emotional exhaustion**.

81. **Wintergreen** – Wintergreen has a sweet, cool, almost fruity scent. The oil is extensively used as a flavoring for toothpaste, chewing gum, and soft drinks. It can be added in small amounts to massage blends for **sore muscles** and **joints**, and to relieve the discomfort of **arthritis**. Contains methyl salicylate, a **pain relieving** agent. Best used in a diffuser, for massage, (full-body, foot or neck & shoulder). * Avoid during pregnancy, may be hot or sensitizing to the skin, use highly diluted.

82. **Ylang, Ylang (Complete)** – This exotic floral is highly valued in **perfumery**. “Complete” refers to a total distillation of the flowers. Ylang, Ylang has an intensely sweet aroma and is a welcome base to feminine, romantic blends. It is useful for **skin care**, and **relieves anxiety, stress**, and **depression**. Best used in a diffuser, for massage (full-body, foot, or neck & shoulder), in a bath, as a perfume or body oil, as a room mist, or inhaled from a tissue. * Use highly diluted.

83. **Ylang, Ylang (Extra)** – Preferred for high-end **perfumes**, the fragrance of this Ylang, Ylang is slightly sweeter and more dense than the complete. The oil is obtained from the first distillation of the flowers. It is superb and **balancing** as skin care oil and suitable for **all skin types**, and is luxurious when added to **hair conditioners** and **shampoos**. Ylang, Ylang Extra super **relaxes** the **nervous system**, and **slows rapid breathing**. It is a favorite in romantic blends, and is considered a **euphoric**. It **relieves anxiety, stress, depression**, and helps to **calm anger**. Best used in a diffuser, for massage, (full-body, foot, or neck & shoulder), as a body oil, in a bath, or as a perfume. * Use highly diluted.

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