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.
<table>
<thead>
<tr>
<th>Favorite Uses of Essential Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Abrasions</td>
</tr>
<tr>
<td>2. Acne</td>
</tr>
<tr>
<td>3. Addiction</td>
</tr>
<tr>
<td>4. Air-Born Allergies</td>
</tr>
<tr>
<td>5. Antiseptic</td>
</tr>
<tr>
<td>6. Arthritis</td>
</tr>
<tr>
<td>7. Asthma</td>
</tr>
<tr>
<td>8. Athletes Foot</td>
</tr>
<tr>
<td>11. Bug Bites / Bee Stings</td>
</tr>
<tr>
<td>12. Burns</td>
</tr>
<tr>
<td>13. C.F.S.</td>
</tr>
<tr>
<td>14. Calming</td>
</tr>
<tr>
<td>15. Cold Sores</td>
</tr>
<tr>
<td>16. Colds</td>
</tr>
<tr>
<td>17. Congestion</td>
</tr>
<tr>
<td>18. Constipation</td>
</tr>
<tr>
<td>19. Cough</td>
</tr>
<tr>
<td>20. Dandruff</td>
</tr>
<tr>
<td>21. Depression</td>
</tr>
<tr>
<td>22. Detoxifying</td>
</tr>
<tr>
<td>23. Earache</td>
</tr>
<tr>
<td>24. Eczema</td>
</tr>
<tr>
<td>25. Eyes (Healing)</td>
</tr>
<tr>
<td>26. Hemorrhoids</td>
</tr>
<tr>
<td>27. Headache</td>
</tr>
</tbody>
</table>
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.

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. **Ringing 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 soothe 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


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
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<tr>
<th>Application</th>
<th>Number of Drops</th>
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<tbody>
<tr>
<td>Bath</td>
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<td>Facial Oil</td>
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</tr>
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<td>4 Oz Oil</td>
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</tr>
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<td>25</td>
</tr>
<tr>
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<td>Basil, Sweet</td>
<td>26</td>
</tr>
<tr>
<td>5</td>
<td>Bay Laurel</td>
<td>27</td>
</tr>
<tr>
<td>6</td>
<td>Benzoin – (Absolute)</td>
<td>28</td>
</tr>
<tr>
<td>7</td>
<td>Bergamot</td>
<td>29</td>
</tr>
<tr>
<td>8</td>
<td>Cajeput</td>
<td>30</td>
</tr>
<tr>
<td>9</td>
<td>Cardamom</td>
<td>31</td>
</tr>
<tr>
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<td>Cedar Atlas</td>
<td>32</td>
</tr>
<tr>
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<td>Cedar Himalayan</td>
<td>33</td>
</tr>
<tr>
<td>12</td>
<td>Chamomile, Blue (Atlas)</td>
<td>34</td>
</tr>
<tr>
<td>13</td>
<td>Chamomile, Blue (German)</td>
<td>35</td>
</tr>
<tr>
<td>14</td>
<td>Chamomile, Roman</td>
<td>36</td>
</tr>
<tr>
<td>15</td>
<td>Chamomile, Wild</td>
<td>37</td>
</tr>
<tr>
<td>16</td>
<td>Cinnamon Bark</td>
<td>38</td>
</tr>
<tr>
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<td>39</td>
</tr>
<tr>
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</tr>
<tr>
<td>20</td>
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<td>42</td>
</tr>
<tr>
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<td>43</td>
</tr>
<tr>
<td>22</td>
<td>Cypress</td>
<td>44</td>
</tr>
</tbody>
</table>
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 aid’s 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 repellant 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. 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 you 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 was 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 spacy, 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.
Index

A
Acne, 21, 25
Aid Digestion, 22, 28
Air Purifier, 22, 32
All Skin Types, 23, 24, 27, 28, 29, 30, 31, 33
Allergic Reactions, 20, 31
Allergic Skin Reactions, 21
Angelica Root, 19
Anise, 19
Anointing Oil, 24
Anti-Infectious, 21
Anti-Inflammatory, 21, 22, 23
Anti-Spasmodic, 22
Antibacterial, 21, 22, 25, 28, 31, 32
Antifungal, 21, 22, 25, 28, 31, 32
Antiseptic, 22, 25, 28
Antiviral, 21, 22, 25, 28, 32
Anxiety, 19, 20, 21, 23, 24, 25, 26, 27, 28, 29, 30, 32, 33
Apathy, 21, 31
Aphrodisiac, 20, 22, 24, 28
Arthritis, 21, 22, 33
Athletes Foot, 27, 32

B
Balance Emotions, 27
Balancing, 23, 25, 28, 33
Basil, 19
Basil, Sweet, 19
Bay Laurel, 19
Benzoin, 19
Bergamot, 20
Best Choice for Grief, 30
Bleeding Gums, 22
Blemishes, 25, 32
Body Lotion, 33
Body, Mind & Spirit, 19, 31
Boost Immune System, 30, 32
Bronchitis, 19, 23, 29, 30, 32
Bruises, Scratches, Minor Cuts, 24, 25
Burns, 21, 25, 28

C
Cajeput, 20
Calm Anger, 33
Calm Emotions, 33
Calming, 19, 21, 25, 26, 27, 28, 33
Calms Nervousness, 20, 23
Cardamom, 20
Cedar Atlas, 20
Cedar Himalayan, 20
Celebrations, 20, 24
Cellulite, 20, 22, 23, 24, 25, 26, 28
Chamomile Blue (Atlas), 20
Chamomile Blue (German), 21
Chamomile Blue (Roman), 21
Chamomile Wild, 21
Chest Rub, 22
Child Birth, 24
Children, 26, 27, 31, 33
Children’s Tantrums, 21
Chills, 19
Cinnamon Bark, 21
Cinnamon Cassia, 21
Cinnamon Leaf, 21
Circulation, 22, 23, 25, 26, 30
Circulatory System, 24
Clarifies the Mind, 25, 28, 29
Cleaning, 28
Clear Congestion, 22
Clears the Mind, 25
Clove Bud, 22
Cold Sores, 28, 30, 32
Colds, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32
Colic, 21
Comforting, 19, 26, 30, 33
Confidence, 22, 24
Congestion, 19, 22, 23, 24, 25, 26, 29, 30
Cooling, 22
Coriander, 22
Cough Spasms, 23, 26
Coughs, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32
Courage, 21, 31
Cracked Hands & Feet, 19
Cramps, 24, 30
Creativity, 24
Cumin, 22
Cuts, 25, 28, 32
Cypress, 22
Dandruff, 20, 31, 32
Depression, 19, 20, 21, 23, 24, 25, 29, 30, 31, 32, 33
Detoxifying, 25, 26
Digestion, 19, 21, 25, 26, 28
Digestive Disturbances, 19, 21, 29
Digestive System, 20, 24
Digestive Tonic, 29
Disinfectant, 22, 25, 26, 29, 32
Diuretic, 25
Dry & Mature Skin, 23, 27, 30, 31
Dry & Sensitive Skin, 21, 27
Dry Cough, 19, 31

E
Ease Breathing, 30
Ease Exhaustion & Mental Fatigue, 30
Ease Grief & Tension, 30, 33
Ease Indigestion, 22, 31
Elderly, 27, 31
Emotional Bruising, 24
Emotional Imbalances, 25, 32
Emotionally Strengthening, 20, 21, 27, 31
Encourages Strength & Resilience, 30
Energizing, 22, 32
Energizing Body Mind & Spirit, 31
Environmental Fragrancing, 23, 29
Eucalyptus, 22
Euphoric, 31, 33
Everlasting, 24
Exhaustion, 21, 24, 26, 28

F
Fatigue, 19, 24, 31, 32
Fatigued Mind & Body, 30
Festive, 26
Fleas, 20, 26
Fir, Balsam, 22
Fir,Douglass, 23
Fir, Siberian, 23
Fir, Silver, 23
Flea Repellant For Pets, 20
Flu, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32
Foot Rub, 29
Frankincense, 23
Freshen Stale Air, 30
Fungal Infections, 27, 32

G
Geranium, 23
Geranium-Rose, 23
Ginger, 24
Gingivitis, 27
Grapefruit, 24
Grief, 20, 26, 30
Grounding, 28, 32, 33
Gum Problems, 27, 30, 32

H
Hair Conditioning, 31, 33
Head Lice, 20
Headaches, 21, 26, 27, 29, 30, 31, 32
Heal a Broken Heart, 30
Healthy Skin, 32
Heart Tonic, 30
Heartburn, 20, 31
Helichrysum, 24
Ho-Oil, 24
Holiday Festivities, 29
Home Sickness, 33
Hormonal Challenges, 13
Household Odors, 20

Immortelle, 24
Immune Stimulating, 21, 23
Immune Support, 20, 23, 24, 25, 28, 33
Increase Circulation, 20, 26, 28
Indigestion, 19, 20, 22, 24, 26, 27, 28, 31, 32
Induce Menstruation, 19
Infections, 20, 22, 25, 26, 29, 30, 32
Infectious Illness, 32
Inflamed Itchy Skin, 27
Inflamed Sensitive Skin, 21
Inflammation, 20, 24, 28, 29, 31, 32
Inflammatory Conditions, 21
Inner peace, 32
Insect Bites, 21, 25, 28, 32
Insect Repellant, 26
Insomnia, 20, 21, 25, 26, 29, 32
Inspirational, Inspiring, 24, 31, 32
Invigorates, 22

J
Jasmine, 24
Jasmine, Sambac, 24
Jet Lag, 25, 31
Joint Discomfort, 29
Joint & Muscle Pain, 22, 23, 24, 26, 28, 29
Juniper Berries, 25

L
Labor Pains, 24, 30
Laryngitis, 19, 31
Lavender Highland, 25
Lavender Spike, 25
Lavender Sweet, 25
Lemon, Yellow, 25
Lemongrass, 26
Lime, 26
Loneliness, 20
Loosen Congestion, 30

M
MQV, 28
Mandarin Red, 26
Marjoram Spanish, 26
Marjoram Sweet, 26
Meditation, 20, 23, 27, 29, 31, 32
Menstrual Cramps & Pain, 19, 21, 25, 26, 29, 31, 33
Menstrual & Menopausal Difficulties, 19, 21, 23, 31
Mental Clarity, 19, 25
Mental Fatigue, 27, 30,
Migraines, 21, 26, 27
Mild Depression, 28, 29
Mildew, 20
Mimosa, 26
Mint, 27
Morning Fatigue, 28
Motion Sickness, 29
Muscle & Joint Pain, 22, 23, 24, 26, 28, 29
Muscle Relief, 25, 33
Muscle Spasms, 19, 20, 21, 29, 31, 32
Muscle Strain, 19, 22
Muscular Aches & Pain, 22, 23, 24, 31, 32, 33
Myrrh, 27
Myrtle, 27

N
Narcissus, 27
Nasal Passages, 27, 29
Nausea, 19, 20, 21, 22, 24, 28, 29, 31
Neroli, 27
Nerves, 22, 23

O
Odors, 26
Oily Hair & Scalp, 31
Oily & Mature Skin, 31
Oily or Blemished Skin, 25, 26, 27, 28
Oily or Sensitive Skin, 22, 26
Orange Bitter, 28
Orange Sweet, 28
Outdoor Ambience, 29
Over – Sensitivity, 26

P
PMS, 23, 24, 30, 31, 33
Pain – Reliever, 20, 21, 26, 33
Palmarosa, 28
Palpitations, 30
Panic, 32
Patchouli, 28
Peppermint, 29
Perfumery, 23, 27, 30, 32, 33
Pet Odors, 20
Petitgrain Bergamot, 29
Petitgrain Bigarade, 29
Petitgrain Mandarin, 29
Pine Cembra, 29
Pine Sea, 29
Pine Sylvestre, 30
Poor Circulation, 22, 24, 32
Postpartum Depression, 30, 31
Premenstrual Tension (PMS), 23, 24, 30, 31
Prevent Wrinkles, 27, 28
Promotes Courage, 31
Promotes Mental Clarity, 22, 25, 28
Purify Air, 22, 32

Relieve Congestion, 20, 22, 30
Relieve Mild Depression, 21, 23, 28, 31, 33
Relieve Muscle Pain, 22, 33
Relieve Tension, 22, 26, 28, 31
Religious Ceremonies, 27
Remove Inhibitions, 28
Repel Insects, 20, 26
Repel Moths, 20
Reproductive System, 24
Respiratory Conditions, 22, 23, 24, 31, 32
Respiratory Infections, 26, 29, 30
Restful Sleep, 27
Restorative, 28
Revives, 22
Rheumatism, 24, 25
Rose Absolute, 30
Rose Turkish, 30
Rosemary Cineol, 30
Rosemary Highland, 31
Rosewood, 31

Sage Clary, 31
Sandalwood India, 31
Sanitizing, 28
Scars, 24, 27, 28, 29, 31
Sciatica, 20
Sedative, 26, 27
Sensitive Skin, 20, 24, 30
Sensual, 28
Shampoo, 33
Sinus Congestion, 29
Sinusitis, 28, 30
Skin Balancing Oil, 28, 33
Skin Care, 21, 24, 25, 26, 28, 30, 31, 33
Skin, Inflamed, 27
Skin, Mature, Dry or Scarred, 23, 27, 31
Skin Rejuvenating, 28, 31, 33
Skin Tonic, 29
Sleep, 19
Slows Rapid Breathing, 28, 33
Slows and Deepens Breath, 23
Small Wounds, 22
Softening, 28
Soothes Emotion, 27
Soothes Itchy, Dry Skin, 28
Soothes Sore Muscles & Joints, 20, 21, 23, 25, 26, 28, 29, 30, 31, 33
Soothing, 21, 26
Sore Muscles, 19, 20, 22, 24, 25, 29, 32, 33
Sore Throats, 22, 27, 31, 32
Sorrow, 26
Spikenard, 31
Sprains, 22, 24
Stiff Muscles & Joints, 19, 22
Stimulates Appetite, 19, 22
Stimulates Circulation, 23, 30, 31
Stimulate Immune & Lymphatic, 19, 23
Stimulating, 22, 24, 26, 29, 30, 32
Stings, 21
Stomach Ache, 20
Strengthen Spirituality, 29
Strengthening, 20, 22, 27, 31, 32
Strengthens Emotions, 20, 21, 27, 31
Stress-Relieving, 19, 20, 21, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33
Stretch Marks, 26, 27, 29
Sunburn, 21, 25
Super Skin Care Oil, 30, 31

T
Tea Tree, M.A., 32
Tea Tree, M.L., 32
Tension Relief, 20, 21, 23, 30
Thyme Thymol, 32
Tired Mind & Body, 22, 24, 29
Toenail Fungus, 27, 32
Toner, 26
Tonic for Oily Scalp & Dandruff, 30
Toothaches, 22
Tuberose, 32
Uplifting the Spirits, 22, 23, 25, 26, 27, 28, 29, 31, 32
Upset Stomach, 19, 20, 22, 26, 30

Valerian, 32
Vanilla, 33
Vetiver, 33

Warm Memories, 33
Warms, Warming, 19, 22, 24, 26
Water Retention, 24, 26, 28
Weepy or Cracked, 27
Wintergreen, 33
Wrinkles, 27, 28, 31

Ylang, Ylang Complete, 33
Ylang, Ylang Extra, 33