



ESSENTIAL OILS

Order Toll-free: 877.828.7474, or Tel: 831.438.4702, Fax: 831.440.9524

100% PURE & NATURAL

The chart indicates only some of the many possible applications for the common use of Essential Oils.

ESSENTIAL OILS	\$	CAUTION	MEDICINAL	EMOTIONS	SKINTYPE
BASIL INDIA	11.50	In bath, irritant for sensitive skins	Headache, Migraine, Head cold, Mental fatigue, Antispasmodic, Tired muscles, Chest infections, Digestion, Jaundice, Scanty & painful periods	Uplifting, Aphrodisiac	Toner
BERGAMOT IVORY COAST	13.50	Photosensitizer Do not use in sunlight. Must be diluted if used in bath	Urinary track infection, Herpes simplex 1	Depression, Anxiety, Appetite regulator	Oily skin, Acne, Deodorant, Insect repellent
CEDARWOOD UNITED STATES	7.50	Not during pregnancy	Bronchial, urinary, vaginal infection	Stress, tension, Aphrodisiac	Acne, Astringent, Antiseptic
CHAMOMILE Roman UNITED KINGDOM	27.50		Anti-inflammatory, Digestion, Urinary infections, Inflammations, Fluid retention, Periods, Menopause, Insomnia	Tension, Anxiety, Depression	Sensitive, red, dry, Allergies, Urticaria, Eczema
CLARY SAGE HUNGARY	16.50	Never drink alcohol at the same time. Not during pregnancy	Powerful relaxant, Asthma, Migraines, Tonic, Convalescence, Warming, Digestion, Antispasmodic, Scanty periods, Excessive sweating,	Stress, Tension, Aphrodisiac	Excessive production of sebum (skin, hair)
CYPRESS AUSTRIA	12.50		Oedema, Varicose veins, Haemorrhoids, Perspiration, Heavy menstruation, Asthma	Fear of what others think	Astringent, Oily skins, Deodorant, Insect repellent
EUCALYPTUS CHINA	8.50	High Blood pressure, Epilepsy	Respiratory System Cooling, Clearing, Bacterial Growth, Arthritis, MusclePain	Balance Moods, Concentration	Problem Skin Inflammation Oily,
FRANKINCENSE FRANCE	20.50		Respiratory Infections, Asthma, Uterine tonic, Heavy periods, Elimination	Calming, Let go of past	Aging Skin, Toner, Wrinkles
GERANIUM EGYPT	12.50		Antiseptic, Haemostatic, Diuretic, Speed healing, Menopause	Antidepressant	Astringent, Balances sebum production
GINGER INDIA	9.50		Rheumatism, Arthritis, Muscular pain, Diarrhoea, Colds, Nausea		
GRAPEFRUIT	7.50	None	De-congestant Lymph, Stimulant, Tonic,	Depression Stress,	Congested, Oily,

UNITED STATES			Headache, Gall, Urinary Stones	Resentment	Acne, Tonic
ESSENTIAL OILS	\$	CAUTION	MEDICINAL	EMOTIONS	SKINTYPE
JASMINE INDIA	32.50	Use little at a time	Uterine tonic, Relaxant, Menstrual pains, Labor, Enlarged prostate, Sexual problems, Warming, Cough, Loss of voice	Anti-depressant, Aphrodisiac, Warming, Stimulant	Skin hot, dry, sensitive
JUNIPER CROATIA	22.50		Detoxification, Antiseptic, Diuretic, Urinary infections, Scanty or missing periods, Stimulate appetite, Cellulitis	Clear “waste” from the mind, Helps to recover when drained by other people	Astringent, Acne, Eczema, Dermatitis, Psoriasis, Slow healing,
LAVENDER BULGARIA	10.50	None	Cell Growth Anti-Inflammatory Immune System, Wound, Scare Burns, Balance	Creates Calm Stress, Fear, Insomnia, Migraine, ManicDepress.	All Skins, Acne, Dermatitis, Eczema, Burns
LEMON ITALY	7.50	Can cause Skin irritation, use only very diluted	Stimulate Production of white cells, Excellent Bactericide, Bronchitis, Flu, Gastric infections, Reduces temperature, Help stop bleeding, Tonic for digestion, liver, pancreas, Rheumatism, Arthritis, Varicose veins, High blood pressure		Oily skins Astringent, Spots, Acne
LEMONGRASS GUATEMALA	9.50	Can cause Skin irritation, use only very diluted	Powerful antiseptic & bactericide, Headaches, Tired feet, Excessive sweating, Insect repellent		
MARJORAM EGYPT	18.50	Do not use for long periods of time	Warming action, Asthma, Bronchitis, Colds, Sedative, Insomnia, High blood pressure, Heart, Muscular stiffness, Rheumatism, Arthritis, Digestion	Warming action, Loneliness, Grief	
MYRRH FRANCE	27.50	Do not use during pregnancy	Antiseptic, Healing, Anti-inflammatory, Fungicidal, Thrush, Gums, Chest infection, Cold, Soar throat, Diarrhoea		Eczema, Athlete’s foot, Cracked skin,
NEROLI TUNISIA	39.50		Antidepressant, Antiseptic, Antispasmodic, Aphrodisiac, Sedative, Spasms, Diarrhoea,	Anxiety, Shock, Insomnia	All skins, Stimulates growth of healthy new cells, Stretch marks
NIAOULI AUSTRALIA	11.50	Dilute	Antiseptic, Urinary infections, Respiratory track, Cancer radiation		Acne. Boils
ORANGE UNITED STATES	6.50	High doses: Sensitive skin	Detox Calm Nerves, Stomach, Intestines Lymph. System Insomnia, Cholesterol Detox, Muscle Pain	Sadness, Depression, Anxiety, Calming, Insomnia	Aging, Dry, Congested

PALMAROSA ITALY	7.50		Bactericide, Intestinal infection, Sluggish digestion	Stress	Balance sebum production, Hydrating, Cellular production, Acne, Skin infection, Dermatitis, Wrinkles
ESSENTIAL OILS	\$	CAUTION	MEDICINAL	EMOTIONS	SKINTYPE
PATCHOULI INDONESIA	12.50		Anti-inflammatory, Antiseptic, Fungicidal, Reduces fluid retention	Antidepressant Anxiety, Stress	Cell-regulator, Acne, Cracked-skin, Eczema, Athlete's foot, Skin allergies, Dandruff
PEPPERMINT UNITED STATES	8.50	Dilute, Pregnancy Nursing mother	Digestion, Fever Eczema, Psoriasis Cleanse, Detox Muscles Tension Varicose Veins, Hemorrhoids	Mental Fatigue Anger, Concentration Memory	Combination Dry, Blackhead, Itching, Inflammation
PINE AUSTRIA	20.50	Possible skin irritation if used in bath	Respiratory, Urinary infections, Muscular pain, Throat, Arthritis, Rheumatism, Refreshing, Deodorant	Stimulant	
ROSE ABSOLUTE MOROCCO	32.50		Female reproductive system, Antiseptic for eye infections	Antidepressant Sadness, Aphrodisiac,	Dry, Sensitive, Aging skin, Redness, Tonic, Astringent
ROSEMARY MOROCCO	8.50	High blood, Epilepsy, Pregnancy	Blood Circulation., Heart tonic, Hair Low Blood Press., Liver, Digestion, Muscle Fatigue	Memory, Headaches, Migraines	Astringent, Mature Skin, Oily Skin Boost Circulation
SANDALWOOD INDIA	28.50		Powerful urinary & pulmonary antiseptic, Sedative	Aphrodisiac	All skin types, Dry, Dehydrated skins, Oily skins, Acne, Slightly astringent
TEA-TREE AUSTRALIA	11.50		Antiviral, Antibacterial, Antifungal, Powerful immuno-stimulant, Cold Sores, Verrucae, Warts, Candida, Catarrh, Sinusitis	Post-operative shock	Acne, Athlete's foot,
THYME SPAIN	13.50	Never use undiluted	Digestive stimulant, Colds, Coughs, Sore Throats, Low blood pressure, Intestinal & urinary antiseptic, Memory	Depression, Lethargy	
YLANG YLANG COMORES	15.50	Can cause nausea/headache if used too long, or in high concentration	Slows down over rapid breathing or heartbeat, High blood pressure,	Shock, Fear, Anger, Anxiety, Antidepressant, Sedative, Aphrodisiac	Balance sebum production, Oily and Dry skins, Scalp tonic

Do not use the same essential oil continuously for more than two or three weeks

Bibliography: "Aromatherapy an A – Z", Patricia Davis