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Before Reading this Book

*Important Notice Before Reading this Book:*

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Introduction

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Essential oils are delightful by-products of herbs, trees, and plants extracted by several methods, most typically by way of steam distillation. The steam is combined with the plant material and heated to the boiling point. This causes the oil to separate and condense when cooled, thus forming the highly concentrated scent agents. The science of the process is fascinating.

Aromatherapy uses these essential oils or "essences" to provide health benefits in a natural healing manner through their medicinal properties combined with their pleasing aromas. Ancient civilizations used crushed herbs as their medicines, and today research shows that these herbs and essential oils do promote healing and therapeutic benefits without many of the harsh side effects caused by manufactured drugs or synthetic medications.

Many people take pleasure in the essential oils in aromatherapy simply for the enjoyment and benefit of their smells (such as chamomile or lavender). Others use them for their healing properties and the therapeutic way they naturally change the body's condition (such as the relaxing and balancing qualities of geranium). Aromatherapists feel there are essential oils that are staples to keep on hand, and when blended with carrier oils or combined with other essential oils are effective in therapeutic healing. These include lavender, geranium, thyme, eucalyptus, peppermint, chamomile, rosemary, tea tree, clove, and lemon. These may be a good place to start for the beginner. With a little practice and experimentation, this becomes a science that will grow and change with the scientist.

Other uses of essential oils include bath and body scrubs, facial masks, foot and hand care items, massage products, lip balms, et cetera. The products are as diverse as the scents and fragrances involved with essential oils. Once under the spell of these mystifying and unforgettable essences, the desire to include them in all areas of life will develop.

The following comprehensive essential oil guide will help in making selections from this vast array of fragrance heaven that can be found in these powerfully potent vials of aromatic bliss.
Essential Oil Safety

You have an almost unending variety to choose from when it comes to giving fragrance to your creations. There are a few basic safety precautions you will want to become familiar with before beginning your essential oil adventure. In addition to properly storing and handling these specific oils, you will also learn which are considered safe for bath and body products.

An essential oil is a concentrated liquid compound derived from a plant. It will become a vapor at a relatively low temperature (volatile). These oils are also referred to as the "oil of" the plant from which it was extracted, such as oil of clove. "Essential" means that the oil carries the distinctive scent (or essence) of its original plant and not that it is crucial or specifically of central importance. These oils have no chemical properties that are similar except that they all have specific fragrances. They have no similarities whatsoever with essential fatty acids.

Essential oils do not always have the same therapeutic properties of the plant with which they originated. Therapeutic results are often the result of blended essential oils. No results can be guaranteed. The fun lies in experimenting and blending until you find the exact result you are hoping to achieve.

Distillation is the process through which essential oils are extracted from the plant material. Steam distillation is the most popular method and the most cost effective. Other methods include expression or solvent extraction. Essential oils are used in the cosmetics industry for perfumes and lotions. They are also important for flavoring products used in many foods and beverages. Even household cleaning products contain these important oils for pleasing scents along with antiseptic benefits.

Essential oils are very concentrated chemical substances and as such can cause adverse reactions on certain individuals who are sensitive. They should never be applied directly to the skin. Certain ingredients found in wormwood, wintergreen, sassafras, and pennyroyal oils may be hard for the body to process and may be toxic.
Essential oils that should be avoided by those who are pregnant are listed on the following chart *Figure 2 Oils to avoid during pregnancy*. Oils that may cause skin irritation are also listed *Figure 1 Known Skin Irritants*.

Other individuals who may want to avoid certain essential oils are those who suffer from high blood pressure, those who have epilepsy, and those who have skin that is very sensitive to sunlight.

Individuals suffering from high blood pressure should avoid the following essential oils: hyssop, rosemary, sage, and thyme.

Those with epilepsy should not use: sweet fennel, hyssop, sage, rosemary and wormwood.

Oils that are known to make skin more sensitive to sunlight include most concentrated citrus oils, angelica, bergamot, and lemon verbena.

Fragrance oils are unlike essential oils in that they do not possess the same unequaled ingredients that adapt themselves to an individual's unique sense of smell. Fragrance oils are considered to be less desirable when compared to essential oils.

By reading all the labels carefully and using only as directed under the care of a health provider, the greatest benefits will be achieved. Avoid using essential oils near young children or pets, and keep them out of their reach. Keep away from heat, fire, flame, or any other sources of ignition. Essential oils are flammable!
Known Skin Irritants

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<th>Known Skin Irritants</th>
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<tbody>
<tr>
<td>Angelica root</td>
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<table>
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<th>Known Skin Irritants</th>
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<td>Grapefruit</td>
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<th>Known Skin Irritants</th>
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*Figure 1 Known Skin Irritants*
# Oils to Avoid During Pregnancy

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<td>Aniseed</td>
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<td>Cedarwood</td>
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<td>Douglas fir</td>
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<td>Lemongrass</td>
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<td>Parsley seed</td>
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<td>Sweet marjoram</td>
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*Figure 2 Oils to avoid during pregnancy*
Essential Oil Guide

Essential oils have existed since the ancient times and are the precursors of our modern perfumes today. They are a key component to all products which hold deodorizing properties.

- **Agar Oil or Oodh**
  Agar Oil comes from the heartwood of large and rare Southeast Asian trees with produce a distinctive, dark, and aromatic fragrance. This rare essential oil gained great cultural and religious use in ancient civilizations and as a medicinal product with traditional Ayurvedic medicine. Uses of aromatherapy are: Sensual and mood-enhancing.

- **Ajwain Oil**
  Ajwain oil is derived from distilling the seeds of a small bush that grows in Egypt and Afghanistan. Its scientific name is Carum Copticum. The seeds contain protein, minerals, and iron. The Ajwain oil is near-colorless and is often used as a medicinal product in India and Arabian countries. Uses in aromatherapy: Restorative and purifying.

- **Allspice Berry**
  This is a dried fruit of the Pimenta dioica plant. This is also called the Jamaican Pepper or Pimiento Berry. When made into an essential oil, it has a warm, spicy sweet aroma used in masculine scents. This is used in aromatherapy for the benefit of warming, cheering, comforting and nurturing.

- **Ambrette seed**
  The seeds of this tropical shrub are steam-distilled to produce the oil with warm and musky undertones. It mixes well with massage oils to relax and relieve stress. Its masculine fragrance is stimulating when applied on the skin. Aromatherapy benefits include it as a gentle aphrodisiac, helps to relieve stress and depression.

- **Amyris**
  Amyris is also known as Candlewood or Poor Man’s Sandalwood. Its scientific name is Amyris Balsamifera. Amyris oil is made through steam distillation of its wood. This is an essential oil which is well known for its lingering scent after the oil has evaporated. It has an earthy scent that will make you one with nature. Uses of aromatherapy are: strengthening and centering.

- **Angelica**
  Angelica essential oil comes from perennial herbs found in countries as far north as Iceland. These plants have long been known to have protective and healing qualities even used at one time in exorcism incense. Its aromatherapy benefits: Joyful and cleansing protection.

- **Anise**
  Otherwise known as Aniseed, this is an important plant which also a part of Apiaceae tree. It primary substance is Anehole which is a sweet substance. Its aromatherapy benefits: cheerful and euphoric.
• **Anise Star**  
Similar and yet different from Anise, the Star Anise oil can be used in diffusers to help comfort during times of illness, colds, and congestive conditions. It has a similar licorice aroma. Derived from an evergreen tree which grows in Vietnam and China. Aromatherapy benefits: Comforting and cleansing.

• **Atlas Cedarwood**  
Having a balsamic aroma, this oil is steam-distilled from a tree in Morocco. It has a rich and woody fragrance and is used in skin lotions for healing acne, cellulite, and dermatitis. The powerful aroma makes it an important ingredient in incense sticks. Its aromatherapy benefits: Concentration and focus, relieves tension, aphrodisiac.

• **Balsam Peru**  
Originates from a tree grown in El Salvador and South America, the Myroxylon. Balsam of Peru comes from the resin of the tree and has a pleasant aroma resembling vanilla, clove, and cinnamon, with antiseptic and anti-inflammatory qualities. Aromatherapy benefits: Calming and stress-relieving.

• **Basil Oil**  
The seeds and leaves of this luscious plant are used worldwide for their medicinal and culinary purposes. When used in lotions, the oil improves skin tone and is used to treat infections. It has been used to relieve indigestion, cramps, and cold symptoms. Aromatherapy benefits: Energizing, concentration, renewing.

• **Basil, Holy**  
The Tulsi plant of India (known as Holy Basil), considered a sacred plant, has been used for thousands of years in healing medicine. It renews the immune system, aids in digestion, and helps detoxify the entire body. The spicy, warm aroma of Holy Basil provides benefits of enhanced stamina and release of stress.

• **Bay (laurel)**  
A component of fresh and spicy scents, it is used to produce bay rum perfume. It has that sweet and spicy scent. It has the aromatherapy benefit of warming and clarifying.

• **Benzoin**  
This oil is derived from several of the trees of the Styrax genus. It is used in making perfumes and incense and has a rich, sweet vanilla fragrance. It is also used as a flavoring in beverages, chewing gum, and soft candy. Benefits of aromatherapy: Uplifting and joyous.

• **Bergamot**  
Based from a peel of a ripe fruit, it gives out a fragrance of being fruity and sweet. It also called the scarlet bee balm and is used as a natural form of deodorant. It has the aromatherapy elements of uplifting, inspiring and confidence building.

• **Bergamot Mint**  
This delightfully scented oil has an aroma of soft mint with hints of citrus. It has long been used in fine perfumes and fragrances. The analgesic and
antispasmodic properties of Bergamot Mint are found to be calming and emotionally uplifting.

- **Birch**
  Birch oil is light yellow in color and has a sweetly balsamic aroma. White birch oil is extracted using steam distillation. It has been used for its skin-healing properties and also to relieve muscular pains and arthritis. Aromatherapy benefits: Invigorating and warming.

- **Bitter Almond**
  Bitter almond oil has been used for lotions, body creams, and essential oils because of its distinctive almond aroma. It has medicinal properties that heal and relax muscles and provides a relieving anesthetic quality to the skin. Aromatherapy benefits: Relaxing and therapeutic.

- **Black Pepper**
  With a crisp aroma, Black Pepper has been known to increase circulation and relieve aches and pains from sports injuries especially when combined with basil or camphor. Aromatherapy benefits: Emotionally uplifting and energizing.

- **Blue Cypress**
  Steam-distilled from the wood of the Australian tree, this oil was used for incense and preserving bodies for the life-after. Today it is enjoyed as a decongesting breathing aid and in fine perfumes. It has aromatherapy benefits of balance and spiritually uplifting.

- **Bois-de-rose**
  Also known as Rosewood, this tree produces oil with a woodsly, fruity aroma. It gives new life to dull or scarred skin. Add it to sandalwood or almond oil for the ultimate skin spa treat. Aromatherapy benefits: Mood-enhancing, restorative, and aphrodisiac.

- **Boronia**
  Beautiful and intoxicating fragrance with floral undertones, this oil is extracted from the flowers and petals of the Boronia megastigma. Aromatherapy benefits: Soothing, sedative, and warming.

- **Bursera Graveolens**
  Also called Palo Santo oil, this is a relative to Frankincense oil. Highly regarded for spiritual uses and calming qualities, it helps to clear negativity. Aromatherapy benefits: Immune-boosting and healing.

- **Cajeput**
  Cajeput oil is derived from an Australian tree related to the eucalyptus. It has traditionally been used for the treatment of colds and flu as well as arthritis and neuralgia. It has aromatherapy benefits of immune-boosting and warming.

- **White Camphor**
  It is a waxy transparent substance with strong aromatic odor. It also used to scented detergents, soaps, disinfectants, deodorants and other household products. It has the aromatherapy benefit of clarifying, energizing and purifying.
• **Cananga**
  This oil with a floral, slightly woody aroma resembles YlangYlang oil but is slightly less flowery. It is extremely effective in creating a sense of relaxation and release of feelings of tension. Aromatherapy benefits are that of antidepressant and aphrodisiac in nature.

• **Cardamom Seed**
  The oil has a spicy floral undertone. It conveys a warm scent to masculine and feminine perfumes. It is considered as the third most expensive spice by weight. It has the aromatherapy benefit of warming, controlling and alluring.

• **Carrot Seed**
  The oil is derived from the seed of a carrot. It gives off an aroma that dry-woody, somehow sweet and earthy. Carrot seed is appreciated for its use among fantasy and nature type perfumes. It has aromatherapy benefits of replenishing, nourishing and restoring.

• **Cassia Bark**
  This is sold as cinnamon in the United States. A type of cinnamon called the Ceylon cinnamon is considered the true cinnamon in the whole world. It contains cinnamic aldehyde as its main component. This bears the aromatherapy benefit of comforting, energizing and warming.

• **Catnip/Catmint**
  Catnip oil is steam distilled from the catnip herb grown in Canada and has a rich, mild floral aroma. It is used as a potent mosquito repellent and is often blended with Geranium or citronella for an agent more effective than even DEET. Aromatherapy benefits include relaxing and stress relieving.

• **Cedar (Atlas)**
  This essential oil is derived from Atlas Mountains of Morocco and Algeria. Its aroma is woody, oily and slightly animal like. This essential oil is highly used for its strong aroma and scents for lotions/perfumes. It can also be combined with woody and floral fragrances.

• **Cedarwood (Red)**
  This has been in popularity since aromatherapy was marketed. This balsamic woody aroma of cedarwood conveys the feeling of inner strength and centeredness. This is very useful in times of emotional stress and anxiety. It is also an ideal choice of aromatherapy for depressed patients and season dysthymic disorders.

• **Celery seed**
  A rather unknown medicinal in some areas, celery seed has been used for years in Ayurvedic medicine to treat colds, arthritis, and gout. Its warm and spicy aroma releases anger and creates a relaxing, calming effect.

• **Chamomile (German)**
  This essential oil is also known as blue chamomile. Its color before it is exposed to sunlight is light blue. Its odor is sweet and fruity like, it pretty much resembles a tobacco after scent. It provides warm and long lasting undertones in perfumes. This is one of the most common massage oil in most spas because of its calming and soothing benefits.
- **Chamomile (Roman)**
  One of the Saxons’ nine sacred herbs, this oil relaxes and calms the mind. Used in skin lotions, it has been a favorite for massage especially after exercise. The warm, sweet aroma is gentle enough to use with restless children. Aromatherapy enjoyed with this oil include calming and anxiolytic (relieves anxiety and tension).

- **Chocolate Peppermint**
  Created as a perfect oil scent for soaps, bath bombs, and scrubs, the aroma of Chocolate Peppermint smells as good as it sounds, a little more subtle than regular peppermint with a smooth hint of chocolate. Aromatherapy benefits providing cooling and mental sharpness.

- **Cinnamon Leaf**
  This essential oil is derived from distillation from the leaves which produces the cinnamon bark oil. This has great value in aromatherapy because of its warm, spicy musky smell. The health benefits of cinnamon leaf oil are its analgesic and antiemetic properties.

- **Citronella**
  This is a common essential oil among insect repellants and perfumes. They are two type of citronella oil: Ceylon and Java type. Both of them are derived from grasses that vary in composition and aroma. Its scent conveys a fresh and grassy scent.

- **Clary Sage**
  It has a spicy hay-like aroma. This type of essential oil is long lasting and is used as a main component for other perfumes. It conveys the feeling of visualizing and euphoria. It can be combined with other scents such as coriander, cardamom, sandalwood, and cedarwood.

- **Clove Bud**
  This is a beautiful essential oil, which is derived from whole dried flower buds of a clove tree. This conveys a spicy and fruity aroma and is an ideal component for most masculine scents. However, this oil is highly irritation to the skin and should be used with precaution. Its aromatherapy benefits are warming and comforting.

- **Coffee**
  With the aroma of freshly brewed coffee, this oil has a full and rich fragrance. Used in lotions, it helps to reduce the look of cellulite. Its antioxidant qualities improve both physical and mental outlooks. Aromatherapy benefits offered include healing and mental alertness.
• **Common Sage**
Used in spiritual settings, this oil has an herbaceous and camphor-like aroma. It is not recommended in aromatherapy except with high precaution or in diluted or blended concentrations.

• **Coriander Seed**
This essential oil brings about a delightful fragrance of spice and sweetness. This also blends well with clary sage and citrus. It has aromatherapy benefits of support and nurture. This is an ideal essential oil of choice for masculine scents and floral notes.

• **Cornmint**
Cornmint essential oil has a cooling, strong aroma that penetrates and soothes the throat. It helps to reduce temperature and has anti-congestive qualities that help relieve colds. Its sweet fragrance has a slight note of cooling menthol. This oil purifies and soothes in aromatherapy use.

• **Cumin**
Cumin oil is often used to flavor food or in perfumes because of its earthy, warm, and sensual aroma. It is an aid in digestion, as a diuretic, and in massage. Aromatherapy benefits derived include cleansing and purifying.

• **Cypress**
This essential oil has a refreshing, spicy scent of pine needles. An ideal modifier in pine fragrances, it also blends well with lavender and citrus. Its aromatherapy benefits include purifying and balancing.

• **Davana**
With a most unique aroma, Davana is considered one of the most useful oils. It has a sweet, slightly wood fragrance with a camphor-vanilla hint. This oil has been used to treat stress, depression, colds, coughs, and problematic menstruation. Its aromatherapy benefits include antidepressant and antiseptic.

• **Dalmation sage**
Used in spiritual settings, this oil has an herbaceous and camphor-like aroma. It is not recommended in aromatherapy except with high precaution or in diluted or blended concentrations.

• **Dill seed**
This fragrant oil is extracted from the stems and seeds of the dill plant and has been used for digestive problems and sleep disorders. Its dry, fresh, spicy aroma has immense benefit for its stimulating and revitalizing properties.

• **Douglas fir**
This lovely holiday-scented oil will bring memories of pine trees and family get-togethers. It soothes the nerves and promotes mental health. Combine and blend it with lemon or rosemary for an energizing and invigorating effect.

• **Elemi**
Said to be a skin rejuvenator, Elemi is from the same family as frankincense and myrrh. It has a spicy aroma with a hint of balsam. It soothes tired muscles after exercise. Aromatherapy benefits include emotional clearing and energizing.
• **Eucalyptus**
  This is the most well-known essential because it is incorporated in most massage oils. This has been used in topical preparations such as liniments and salves. Its major constituent is Cineole. The aromatherapy benefits are invigoration and purifying.

• **Eucalyptus, Lemon**
  This delightful lemony fresh oil has a sweet citronella scent. It has been reported to assist with sinusitis, arthritis, and cough. Used widely in fragrances, its aromatherapy benefits include calming and antiviral.

• **Eucalyptus Radiata**
  Because this version of eucalyptus is gentler and less irritating, it is often used in households with children. It may be used for diffusing and on the skin. Aromatherapy benefits include refreshing and cooling.

• **Fennel**
  Fennel has been known for its antioxidant properties as a vegetable and its essential oil has been used to reduce inflammation and protect against cancer. Its aromatic fragrance is reminiscent of licorice or anise. The aromatherapy benefits include balancing and vitalizing.

• **Sweet Fennel**
  With a sweet and spicy aroma similar to black licorice, Sweet Fennel oil is crushed from the seed of this herb. It is used to aid digestion and to increase lactation. Aromatherapy benefits are cleansing and stimulating.

• **Fir Needle**
  As the name suggests, Fir Needle has a woody fresh aroma and is known for its disinfectant characteristic. Made from several different tree species, the Douglas fir oil is used extensively for respiratory aid and also arthritis conditions. Aromatherapy benefits include uplifting and stimulating.

• **Frankincense**
  Also known as olibanum, today’s Frankincense is used in exclusive cosmetic lines because of its ability to reduce wrinkles and fine lines. It is also used in church settings because it creates an atmosphere of contemplation. Woody and spicy in fragrance, the aromatherapy benefits include mental peace, anti-aging, and grounding.

• **Galbanum**
  Excellent for relieving muscle aches and pain, Galbanum also helps to detox the body of excess fluids and salt. It gives skin a more youthful appearance when used topically and promotes wound healing. Earthy and uplifting aroma gives benefits of energy and grounding.

• **Geranium Oil**
  The flower lives on in the oil with a calming and flower-like aroma that uplifts and gives support to the nervous system. With a hint of mint and apple, this oil is extracted by steam distillation. Its aromatherapy benefits are relaxing and balancing.
• **German Chamomile**  
This essential oil is also known as blue chamomile. Its color before it is exposed to the sunlight is light blue. Its odor is sweet and fruity like, it pretty much resembles tobacco after-scent. It provides warm and long-lasting undertones in perfumes. This is one of the most common massage oils in most spas because of its calming and soothing benefits.

• **Ginger**  
This has a spicy wood odor that blends well with spice and citrus oils. Its aromatherapy benefits are warming, strengthening and anchoring. This can also be used as an antiemetic scent for those prone to nausea and seasickness.

• **Gurjun Balsam**  
Used in Ayurvedic medicine, Gurjun helps to relieve the pain and inflammation caused by rheumatism. It is also used in wound-healing and in the treatment of diaper rash and psoriasis. Gurjun has a nutty, fresh balsamic fragrance also used in perfumes. Aromatherapeutic benefits include soothing and anti-inflammatory.

• **Grapefruit**  
This oil is cold pressed from the skin of a grapefruit. It bears a sweet and fresh citrus aroma. This is also used to scent citrus perfumes and colognes. Its aromatherapy benefits are for refreshing and cheering.

• **Helichrysum**  
Often called “the blood manager” oil, Helichrysum supports hemorrhoids and varicose veins. Blended with rosemary and/or lemongrass, it is a natural stress reliever and skin protectant.

• **Holy Basil**  
With a deeper aroma than traditional basil, this oil is considered an aphrodisiac. It is also a sleep aid and in used in clearing the head. Aromatherapy benefits include clarifying and strengthening.

• **Hyssop**  
This herb before made into oil was regarded as a sacred plant because of its healing properties. Now, it is used as one of the essential oils in aromatherapy and has a woody sweet smell. It also blends well with clove, lavender and sage. Its aromatherapy benefits are refreshing and purifying.

• **Immortelle**  
Another name for Helichrysum. This oil blended with rosemary and/or lemongrass is a natural stress reliever and skin protectant.

• **Jasmine Absolute**  
This is also one of the main essential oils incorporated in perfumes, laundry soaps and bath soaps. Jasmine flowers need to be picked before dawn to ensure the quality of the scent and provides a long lasting note even when the oil has evaporated.
• **Juniper Berry**
This oil is derived from the dried ripe berry of the juniper tree. Juniper berry oil has a fresh pine needle odor. It is used with citrus oils in room sprays to deodorize the room. It also included in masculine and after shaves scents. Aromatherapy benefits: supportive, restoring.

• **Kanuka**
Similar to Manuka oil, Kanuka is lighter and penetrates muscle better, working as an anti-inflammatory and pain reliever. It has a sweet, herbaceous aroma that provides benefits of restful and peaceful.

• **Lavandin**
The oil has a woody and camphor aroma. It is used in colognes and blends well with cypress, geranium, thyme and patchouli. The scent does not have a potent property and requires the addition of another scent when required to last more than a few hours. Its aromatherapy benefits are balancing, clarifying and purifying.

• **Lavandula Abrialis**
Produced in France as a hybrid of lavender, this essential oil is pleasing to even those who are not staunch fans of lavender. Its gentle formulation is intended for children and babies because of its less camphorous aroma. Therapeutic benefits include calming and sleep-promoting.

• **Lavender**
Lavender oil is used as a perfume, cologne and massage oil. It has a sweet and floral aroma which mixes well with many oils including citrus and pine. Its aromatherapy benefits include balancing and soothing.

• **Lavender Spike**
It is used to scent for room sprays, disinfectants, and insect repellents. It blends well with rosemary, lavandin, and pine oils. Its aromatherapy benefits include purifying properties.
• Lemon
Lemon oil is cold-pressed from the skin of a lemon. This is why the scent is consists of the remnants of the fresh ripe peel. Lemon oil in the bath and massage oils should be well diluted as it can cause skin irritation. The aromatherapy benefits of lemon include uplifting, refreshing and cheering.

• Lemon Balm
Lemon Balm essential oil is used topically for treating skin afflictions such as shingles, herpes, and cold sores. Because of its sensitivity to light, it should be stored in amber-colored glass to protect it. Aromatherapy benefits include relief of stress and anxiety.

• Lemon Eucalyptus
This delightful lemony fresh oil has a sweet citronella note. It has been reported to assist with sinusitis, arthritis, and cough. Used widely in fragrances, its aromatherapeutic benefits include calming and antiviral.

• Lemongrass
Lemongrass oil is derived from a tropical grass native to Asia. It has a powerful aroma of both lemon and grass. It is used in insect repellents and detergents. Aromatherapy benefits include: vitalizing and cleansing.

• Lemon Myrtle
Lemon Myrtle has a bold, powerful lemon scent which may be used to enhance concentration. It is a natural source of citrus with antiseptic properties to boost the immune system and treat acne.

Aromatherapy benefits include uplifting and brightening.

• Lemon Verbena
A perfect oil to use by itself, it has a soft lemony fragrance. If you are feeling low, just breathe in this intoxicating up-lifter for an immediate change in apathy or fatigue. This is a bright-scented aromatic which will life your spirits and rejuvenate.

• Lime
Pressed oil is yellowish to green in color, with a fresh peel aroma. While pressed lime oil is produced in smaller quantities and is more expensive, it is more preferred in aromatherapy. Aromatherapy benefits include refreshing and cheering.

• Linden Blossom Absolute or CO2
Made from the beautifully fragrant flowers of the Linden tree, this oil is one of the most highly valued oil in the beauty industry and is used in perfumes, lotions, and body products of all types. With a warm, honey fragrance and slight citrus overtone, the therapeutic benefits of this smooth oil include calming and sleep-inducing.

• Lovage
The lovely purple color of this oil changes to a golden shade of amber brown at oxidation. The fragrance is similar to Angelica with a faint note of sweetness. The aromatherapy benefits include protective and centered.
• Mandarin
The floral, neroli-like undertones of mandarin are evocative and sensual. Mandarin is used in combination with other citrus oils in colognes and fantasy-type perfumes. Its aromatherapy benefits are uplifting, cheering and sensual.

• Mandravasaratra (Saro Oil)
The name of this oil means “what keep evil away” in the country of the tree’s origin, Madagascar. With a lemon-herbaceous aroma, this oil may be used in tea for improving congestion and asthma. Aromatherapy benefits include uplifting and expectorant.

• Manuka
With its main ingredient of leptospermone, Manuka oil may become an extremely effective natural herbicide in the near future. With demand for organic food and poor public reputation for harsh synthetic herbicides, this seems to be a natural alternative. Manuka oil has also been shown to be effective as a powerful antiseptic in killing MRSA infections. The gentle and sweet medicinal fragrance is used to benefit nervousness and seasonal wellness.

• May Chang
Flowers and fruits of the Chinese May Chang tree have been used to open up sinuses and regulate blood pressure and heart rate. Therapeutic effects include cheering, relaxing, and uplifting especially when blended with mandarin.

• Melaleuca (Tea Tree Oil)
Obtained from a tree native to Australia, Tea Tree oil has a fresh, camphor-like fragrance. It is known for its antimicrobial and anti-inflammatory qualities. Melaleuca in diluted form is often used in cosmetics and hair products. Aromatherapy benefits include immune-boosting and cleansing.

• Melissa
Also known as Lemon Balm, Melissa oil has been called the “elixir of life.” This essential oil has a light, refreshing lemon scent that is used topically to heal skin sores, and the aroma brings a revitalizing and uplifting effect to reduce anxiety and melancholy.

• Sweet Marjoram
Sweet marjoram is derived from the leaves and flowering tops of the same plant which produces the herb. The aroma of the oil is warm and spicy and is matched with a hint of nutmeg. It is used in masculine and herbal perfumes/colognes. Wild marjoram is often substituted for sweet marjoram, but the two are not interchangeable in aromatherapy. The aromatherapy benefits include warming and balancing.

• Myrrh
Natural myrrh resin is one of the oldest known perfumery materials and has been mentioned in the Catholic Bible as one of the gifts given by the three men for the newborn Jesus Christ. The oil has a balsamic warm and spicy aroma which blends well in oriental, woody and earth based perfumes. It is used in ointments and skin care products. Myrrh was used as incense and in embalming preparation in ancient Egypt as a main deodorizer. Its
aromatherapy benefits include centering, visualizing and meditative properties.

- **Myrtle**
Myrtle is an evergreen shrub that has been in proliferation throughout the Mediterranean. The oil has a distinct and spicy aroma. The good quality oils exhibit a sweeter and fresher note. Myrtle oil is often used to add a spicy and herbal component to outdoors and natural-type colognes. It blends well with bergamot, clary sage and lime oils. The aromatherapy benefits consist of clarifying and cleansing.

- **Neroli**
Oil of neroli is comes from the flowers of the bitter orange tree. It has a strong and floral aroma and is one of the widely used flower oils in perfumery. It is an ingredient in eau de cologne which blends well with citrus and floral oils. The aromatherapy benefits include calming, soothing and sensual properties.

- **Niaouli**
Because of Niaouli’s antiseptic characteristics it is often used in wound healing and protects against bacteria. It diminishes scars on the skin and speeds renewal of cell. With a fresh, earthy, camphor-like aroma, its benefits include anti-infectious and antibacterial.

- **Nutmeg**
Nutmeg oil comes from whole, dried nutmegs that have been cut into small particles and pressed to remove the fixed oil. The oil is aromatic and volatile of whole nutmegs. Nutmeg oil is a component in men’s fragrances and perfumes such as Old Spice. The aromatherapy benefits include rejuvenating, uplifting and energizing.

- **Oakmoss**
With an earth, woody fragrance, oakmoss essential oil uses antibacterial and antiseptic properties to use in massage settings as well as in incense and aromatherapy. Aromatherapy benefits include restorative and anti-aging.

- **Olibanum (Frankincense)**
An exotic fragrance, Olibanum has a warm, sweet aroma that blends well with Bergamot or Mandarin. Because of its fragrance, it is used in candles, soaps, and incense. Used in religious ceremonies for thousands of years, therapeutic benefits include comforting and centering.

- **Orange**
Two kinds of sweet orange oil are available: distilled or expressed. Distilled oil is a byproduct of juice making and has an inferior aroma. This is often used as an adulterant in expressed or pressed oil. It has a fruity and sweet aroma. It is often incorporated in fruity and eau de cologne fragrances. These oils are subjected to deterioration and should be stored in a cool, dry and dark area in full containers. Its aromatherapy benefits include cheering, refreshing and uplifting.
• **Orange, Bitter**

Bitter is used to describe the juice rather than the oil. This oil is actually sweeter than regular Orange essential oil. It is used to lose weight by subduing the appetite. Also used in men’s fragrances, the aromatherapy benefits derived include stress release and calming.

• **Oregano**

Oregano has a strong, herbaceous and medicinal scent. The middle note has spicy and medicinal purposes. The dry out is a sweet-phenolic scent which is woody and bitter-sweet. Oregano essential oil in aromatherapy functions as invigorating, purifying and uplifting.

• **Palmarosa**

Palmarosa comes from a grass closely related to citronella and lemongrass. The oil has a floral-rose grassy scent. This is used extensively in perfumes and soaps to enhance a rose note. Palmarosa is an astringent addition to skin care products such as bath and massage oils. Aromatherapy benefits include the ability to provide freshness.

• **Palo Santo (Bursera Graveolens or Holy Wood)**

From the Palo Santo tree’s heartwood, this essential oil is a sweeter, lighter version of Frankincense. It contains an antioxidant also found in the peels of citrus fruits used for immune-boosting qualities. Earthy, sweet balsam aroma with therapeutic benefits of grounding and antioxidant.

• **Patchouli**

Used in perfumes and fragrances, patchouli is noted for its long-lasting fragrance and fixative ability. The aroma is very intense and it can be described as earthy and spicy. Patchouli oil is one of the few essential oils that improve with age and it is best advised to store them properly. The aromatherapy benefits include romantic, soothing and sensual properties.

• **Parsley Seed**

Parsley seed oil has high concentrations of vitamin C and vitamin A. With an herb-like fresh scent combined with woody aroma, this oil is used for indigestion, arthritis, and to release toxins from the body. Aromatherapy benefits include stimulating and cleansing.

• **Peppermint**

This has a sweet and menthol aroma when inhaled undiluted, can make the eyes water and the sinuses tingle. Precautionary measures are often instituted. Its aromatherapy benefits include vitalizing, refreshing and cooling.

• **Pennroyal**

Highly antimicrobial, Pennroyal must be used sparingly as it is high in Pulegon, which is toxic when ingested. We do not suggest using this in aromatherapy even in small doses as it may produce lung and liver damage.
• Peru Balsam
Peru Balsam oil has a sweet and vanillalike aroma. It has outstanding staying power and is one of the best fixatives. It blends well with spicy and balsamic scents. The aromatherapy benefits include anchoring and strengthening properties.

• Petitgrain
While orange essential oil is extracted from the orange peels, petitgrain oil is extracted from the leaves and young twigs of the orange tree by steam distillation. Petitgrain oil is used as a flavoring agent and in perfumes and cosmetics. The aromatherapy benefits derived include soothing and protecting.

• Pimento Berry
Also known as Jamaican Pepper, Pimenta, or Allspice, this essential oil originates from dried and crushed fruits of a West Indian tree. It has a clove-like spicy aroma which has a warming effect on muscles to alleviate cramps. It is also used to relieve stress. Aromatherapy benefits include relaxing and warming.

• Pine
This has a fresh, resinous, pine needle aroma, just like pine needles. The oil is used to scent room sprays, detergents, vaporizer liquids, cough/cold preparations and masculine perfumes. When used in skin care preparations, pine oil should always be well diluted. Its aromatherapy benefits include providing a refreshing and invigorating feeling.

• Ravensara
Ravensara plants grow in Madagascar and produce an oil whose aroma is warm with a hint of spice. It is recommended for treatment of shingles in topical application and also is used for treating flu and viral infections. Aromatherapy benefits are uplifting and energizing.

• Roman Chamomile
One of the Saxons’ nine sacred herbs, this oil relaxes and calms the mind. Used in skin lotions, it has been a favorite for massage especially after exercise. The warm, sweet aroma is gentle enough to use with restless children. Aromatherapy enjoyed with this oil include calming and anxiolytic (relieves anxiety and tension).

• Rose Absolute
This is an economical alternative to distilled rose essential oils. Rose absolute works well for scenting purposes but for full experience of aromatherapy benefits, we recommend using rose otto. Rose absolute has a sweet and long-lasting aroma. It is used in perfumes for both its scent and fixative qualities. Its aromatherapy benefits are providing romantic and uplifting feelings.

• Rose Otto

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Rose oil is one of the oldest and best known of all the essential oils. The fragrance of rose is associated with the feelings of being amorous. It is warm, intense and rosy. It is used in perfumes to lend beauty and depth. The oil is used in skin creams, powders and lotions. The aromatherapy benefits of rose otto are bringing romantic, supportive and gently uplifting feelings.

- **Rosemary**
Rosemary is also known as the herb of remembrance. The plant produces an almost colorless essential oil with a camphor aroma. Rinses for dark hair often contain rosemary, along with room deodorants, household sprays, disinfectants and soaps. Its aromatherapy benefits include: clarifying and invigorating feelings.

- **Rosewood**
Rosewood is a tropical tree growing wild in the Amazon basin. It has a floral-nutmeg aroma that finds extensive use in fantasy-type perfumes and colognes. It is also used to scent soaps and massage oils. The aromatherapy benefits include gently strengthening and calming properties.

- **Sage**
This is the herb used to “smudge” rooms, thought to get rid of negative energy. It supports balancing women’s hormones and detoxing the body. This is a powerful essential oil and should be blended or used sparingly. It has a spicy herb-like aroma for positive energy.

- **Sage, Clary**
Also called Muscatel oil, this oil was used to flavor muscatel wine. Today it is used to clean the eyes and improve vision. A defender against insecurity and loneliness, clary sage oil can boost self-esteem and confidence. It increases libido and feelings of sexual desire. Aromatherapy benefits include euphoria and pleasure. Caution: Clary sage can enhance intoxicating effects of alcohol and narcotics.

- **Sage, Dalmation**
Used in spiritual settings, this oil has an herbaceous and camphor-like aroma. It is not recommended in aromatherapy except with high precaution or in diluted or blended concentrations.

- **Sage, Spanish**
Also called lavender sage, this oil eases inflammation and relieves headaches as well as lowers the blood sugar without changing the insulin levels. The Spanish community cooks with it as it helps to aid in digestive problems. Aromatherapy benefits include de-stressing and hormonal balance.

• **Mandravasarotra (Saro Oil)**
The name of this oil means “what keep evil away” in the country of the tree’s origin, Madagascar. With a lemon-herbaceous aroma, this oil may be used in tea for improving congestion and asthma. Aromatherapy benefits include uplifting and expectorant.

• **Sandalwood**
Sandalwood oil has a warm, balsamic aroma that improves with age. The essential oil blends wonderfully with rose and bergamot. Sandalwood oil is also an excellent cleansing and astringent addition to creams. Aromatherapy benefits cover relaxing, centering and sensual properties.

• **Savory**
Also referred to as Mountain or Summer Savory, this essential oil is known as a potent aphrodisiac. It should be diluted in a 20/80 concentration for safety. The sharply herb-like aroma motivates and energizes.

• **Scotch Pine**
Besides being the number one favorite trees in North America for Christmas trees, the oil of the Scotch pine tree is very aromatic with a crisp, fresh balsamic scent that is warmer than regular pine. It relieves fatigue and neuralgia and brings benefits of mental, physical, and sexual rejuvenation.

• **Spearmint**
Aromatherapists use spearmint to energize the mind and body. A few drops in bath water has a refreshing effect while a facial steam of spearmint oil helps cleanse and tighten pores. The aromatherapy benefits include refreshing, cooling and vitalizing properties.

• **Spikenard**
This aromatic oil was used by Mary of Bethany to anoint Jesus’ feet before the evening of the Last Supper. The earthy aroma is soothing, relaxing, and healing.

• **Spruce**
Several species of evergreen conifer trees are used to produce this pleasant, balsamic, sweet, evergreen-scented essential oil. The oil is used as a fragrance for household products with other pine needle oils to produce a fresh pine scent. Applications include air fresheners, room sprays and soaps. It blends well with galbanum, rosemary and all pine needle oils. Aromatherapy benefits cover clarifying and vitalizing properties.

• **St. John’s Wort**
Coming from a plant with bright yellow flowers, this essential oil is known to be a natural cure for insomnia, premenstrual tension, and depression. The soft balsamic aroma has benefits of calming and healing.

• **Sweet Orange**
Two kinds of sweet orange oil are available: distilled or expressed. Distilled oil is a byproduct of juice making and has an inferior aroma. This is often used as an adulterant in expressed or pressed oil. It has a fruity and sweet aroma. It is often incorporated in fruity and eau de cologne fragrances. These oils are subjected to deterioration and should be stored in a cool, dry and dark area in full containers. Its aromatherapy benefits include cheering, refreshing and uplifting.

- **Tagetes**
  Along with having a wild, fruity, almost vinegar smell with a sweet note, Tagetes oil has many practical purposes. Insect repellant, relief from cramps and diarrhea, eases congestion, anxiety, and depression. It is an incomparable foot oil for bunions, calluses, and athlete’s foot. It is not used widely in aromatherapy due to its toxicity.

- **Tangerine**
  Tangerine oil is pressed from the peel of ripe fruit. This is orange colored oil with the vibrant fragrance of fresh tangerines. The oil is used in colognes and occasionally in perfumes. The aromatherapy benefits include cheering and uplifting properties.

- **Tea Tree**
  The leaf of the tea tree had a long history of use by the indigenous peoples of Australia for medicinal purposes before tea tree was “discovered” by the crew of the famous English explorer James Cook. The aroma of the oil is warm and volatile. It is used to scent spicy colognes and aftershaves. It also blends well with lavandin, rosemary and nutmeg oils. The aromatherapy benefits include cleansing, purifying and uplifting properties.

- **Thuja**
  The origin of Thuja is a hardy evergreen tree grown in Canada and North America called red cedar. Its sweet and fruity aroma has stimulating and therapeutic effects. It must be diluted and blended, as it can be toxic in its full strength.

- **Thyme, Red**
  Red thyme oil is the natural essential oil produced from wild-growing thyme plants. It has an intense, sweet, herbal and spicy medicinal aroma. Both red and white thyme are used to scent soaps, colognes and aftershaves. A hint of precaution, thyme oil can be irritating to the skin and should be used cautiously. The aromatherapy benefits include cleansing, purifying and energizing.

- **Thyme, White**
  White thyme starts out as red thyme oil that has been further refined and redistilled to remove the constituents that produce the red color. The aroma and action of white thyme oil are a bit milder than that of red thyme. Both are used to scent soaps, perfumes, colognes and aftershaves. A hint of precaution though. Thyme oil can be irritating to the skin and should be used cautiously. The aromatherapy benefits include cleansing, purifying and energizing properties.

- **Tobacco Absolute**
  This is an oil obtained from Nicotiana tabacum L. It has a dark brown color and intensive warm, hay-like aroma. It is used mostly in perfumes and cosmetics.
Aromatherapy benefits include relaxing and calming.

- **Tsuga**
  Used by Native Americans for many years as an ingredient in poultices and teas, Tsuga Canadensis has a clean, fresh scent. Its therapeutic effect is used for respiratory conditions and skin afflictions. Aromatherapy benefits include analgesic, antirheumatic, and stimulating.

- **Tuberose Absolute**
  Grown in France, Egypt, and India, this oil is used in fine perfumes. It has a sensuous floral fragrance with a hint of peach leaf and soft spice. Benefits of this mood-enhancing oil include creativity, sensuality, and peace of mind.

- **Holy Basil**
  With a deeper aroma than traditional basil, this oil is considered an aphrodisiac. It is also a sleep aid and in used in clearing the head. Aromatherapy benefits include clarifying and strengthening.

- **Vetiver**
  The aroma is rich, woody, earthy and sweet but it also improves with age. Vetiver oil is used extensively in perfumery for its fixative effects as well as its fragrance. The aromatherapy benefits include supportive and grounding feelings.

- **Vanilla**
  It has a vanilla-like odor and is commonly used in perfumes, lotions and creams. It has the aromatherapeutic property of bring a sense of well-being and it also has a warm and sweet scent which makes it ideal to wear and can also be used to scent homes and offices.

- **Wintergreen**
  This oil was once an important perfumery and flavoring material but it has been replaced by less expensive and more reliable supplies of synthetic methyl salicylate. This essential oil is also used in toothpaste and mouthwash to promote the feeling of well-being. The aromatherapy benefits include bringing a refreshing, bracing and invigorating feeling, particularly when used as a mouthwash.

- **Violet Leaf Absolute**
  Violet Leaf Absolute essential oil is made from the leaves of the Viola odorata and is highly valued in the fragrance industry as well as herbal medicines used for treating headaches, insomnia, and bronchitis. Aromatherapy benefits include overcoming fears and shyness, soothing, and relaxing.

- **Virginia Cedarwood**
  Made from the heartwood of the Juniperus virginiana tree, this essential oil has a sweet, soft, and woody balsamic aroma. It is used to help treat varicose veins and hemorrhoids as well as used as a decongestant. Aromatherapy benefits include calming and stress relieving.

- **Wormwood**
  The product of the flower of Artemisia absinthium, this oil has a minty, spicy, warm fragrance famous for increasing sexual desires in both men and women as an imagination stimulant. It is a main ingredient in Absinthe, but should not be
used in aromatherapy because it is toxic and may cause brain damage.

- **Yarrow**
  A perennial herb is the source of yarrow oil which can be used as an anti-inflammatory, to calm coughing spasms, to treat headache, and for dry skin. The benefits of this fragrant oil include tranquilizing for sound and refreshing sleep and pain relieving.

- **Ylang-Ylang**
  Ylangylang oil is derived from the early morning and fresh-picked flowers of the cananga tree. The distillation process is interrupted at various points and the oil accumulates is removed. The first oil to be drawn off is the highest quality and is used for high quality oils made to exported worldwide. Ylangylang extra has an intense floral, sweet, jasmine-like and almost narcotic aroma. The aromatherapy benefits include sensual and euphoric properties.

- **Yuzu**
  Yuzu essential oil is hydro-distilled from the rind of the fruit which contains d-limonene, a strong antioxidant. Often used to relax and unwind before bed, it has benefits of clarity and calming.
## Properties of Essential Oils

<table>
<thead>
<tr>
<th>Property</th>
<th>Essential Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analgesic</td>
<td>Cinnamon, Tsuga, violet leaf absolute, yarrow</td>
</tr>
<tr>
<td>Anchoring &amp; Strengthening</td>
<td>Balsam Peru, Holy basil, rosewood</td>
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<tr>
<td>Anti-aging</td>
<td>Frankincense, oakhmoss</td>
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<tr>
<td>Antibacterial</td>
<td>Niaouli</td>
</tr>
<tr>
<td>Antidepressant</td>
<td>Cananga, davana</td>
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<tr>
<td>Antiemetic</td>
<td>Cinnamon, ginger</td>
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<tr>
<td>Anti-inflammatory</td>
<td>Gurjun balsam</td>
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<tr>
<td>Antioxidant</td>
<td>Palo Santo (Bursera Graveolens)</td>
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<tr>
<td>Antirheumatic</td>
<td>Tsuga</td>
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<tr>
<td>Antiseptic</td>
<td>Davana, parsley seed</td>
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<tr>
<td>Antiviral</td>
<td>Eucalyptus lemon</td>
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<td>Anxiolytic</td>
<td>Lemon balm, Melissa (lemon balm), Roman chamomile</td>
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<td>Aphrodisiac</td>
<td>Ambrette seed, Atlas cedarwood, bois-de-rose, cananga, Scotch pine</td>
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<tr>
<td>Balancing</td>
<td>Blue cypress, fennel, geranium, lavender, sweet marjoram</td>
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<tr>
<td>Calming &amp; Relaxing</td>
<td>Balsam Peru, bergamot, bergamot mint, catnip (catmint), celery seed, eucalyptus lemon, German chamomile, Roman chamomile Lavendula Abrialis, lavender, linden blossom absolute, may chang, neroli, orange bitter, pimento berry, rosewood, sandalwood, St. John's wort, tobacco absolute, Virginia cedarwood, Yuzu</td>
</tr>
<tr>
<td>Centering</td>
<td>Amyris, lovage, olibanum (Frankincense), rosewood</td>
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<tr>
<td>Function</td>
<td>Essential Oils</td>
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<tr>
<td>-----------------------</td>
<td>-----------------------------------------------------------------------------------------------------</td>
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<tr>
<td>Clarifying &amp; Invigorating</td>
<td>Douglas fir, eucalyptus, Holy basil, lavandin, myrtle, oregano, rosemary, spruce</td>
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<tr>
<td>Cleansing</td>
<td>Angelica, anise star, cumin, lemongrass, myrtle, parsley seed, red thyme, sweet fennel, tea tree (Melaleuca)</td>
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<td>Comforting</td>
<td>Allspice berry, anise star, cedarwood (red), olibanum (Frankincense)</td>
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<td>Concentration &amp; Focus</td>
<td>Atlas cedarwood, basil</td>
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<tr>
<td>Confidence-building</td>
<td>Bergamot</td>
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<td>Cooling</td>
<td>Eucalyptus radiata, chocolate peppermint, peppermint, spearmint</td>
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<td>Creativity</td>
<td>Tuberose absolute</td>
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<td>Energizing</td>
<td>Basil oil, black pepper, cassia bark, Douglas fir, elemi, galbanum, nutmeg, Ravensara, red thyme, savory, white camphor, white thyme</td>
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<td>Euphoria &amp; Pleasure</td>
<td>Clary sage</td>
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<td>Expectorant</td>
<td>Mandravasarostra (saro)</td>
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<td>Freshness</td>
<td>Palmarosa</td>
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<td>Grounding</td>
<td>Frankincense, galbanum, Palo Santo (Bursera Graveolens)</td>
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<td>Healing</td>
<td>Balsam Peru, lemon, spikenard, Bursera Graveolens, coffee, spikenard, St. John’s wort</td>
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<tr>
<td>Hormonal balance</td>
<td>Spanish sage</td>
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<tr>
<td>Immune-boosting</td>
<td>Bursera Graveolens, cajeput, Melaleuca (tea tree)</td>
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<tr>
<td>Insect Repellant</td>
<td>Citronella, lemongrass</td>
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<td>Category</td>
<td>Essential Oils</td>
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<tr>
<td>Invigorating &amp; Refreshing</td>
<td>Birch, Douglas fir, pine, wintergreen</td>
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<td>Meditative</td>
<td>Myrrh, Frankincense</td>
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<tr>
<td>Mental Sharpness</td>
<td>Chocolate peppermint, coffee, elemi, Frankincense, Scotch pine, Yuzu</td>
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<tr>
<td>Mood Enhancing</td>
<td>Bois-de-rose</td>
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<td>Overcoming Fears &amp; Shyness</td>
<td>Violet leaf absolute</td>
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<tr>
<td>Protective</td>
<td>Lovage, petitgrain</td>
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<tr>
<td>Purifying &amp; Balance</td>
<td>Ajwain, cornmint, cypress, lavender spike, oregano, red thyme, tea tree</td>
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<tr>
<td>Refreshing &amp; Cheering</td>
<td>Grapefruit, hyssop, lemon, lime, mandarin, orange, peppermint, pine</td>
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<tr>
<td>Relaxing</td>
<td>Geranium, pimento berry, spikenard, tobacco absolute, violet leaf absolute</td>
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<tr>
<td>Rejuvenating</td>
<td>Lemon verbena</td>
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<tr>
<td>Restful &amp; Peaceful</td>
<td>Kanuka</td>
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<tr>
<td>Restoring &amp; Purifying</td>
<td>Ajwain, bois-de-rose, oakmoss, cumin</td>
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<tr>
<td>Romantic</td>
<td>Patchouli, rose absolute, rose otto</td>
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<td>Sense of Well-being</td>
<td>Vanilla</td>
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<tr>
<td>Sensual</td>
<td>Agar, neroli, patchouli, sandalwood, tuberose absolute, Ylang-Ylang</td>
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<tr>
<td>Sexual Rejuvenation</td>
<td>Scotch pine</td>
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<tr>
<td>Skin Protectant</td>
<td>Helichrysum (Immortelle)</td>
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<tr>
<td>Sleep-Inducing</td>
<td>Boronia, Lavendula Abrialis, linden blossom absolute, yarrow</td>
</tr>
<tr>
<td>Category</td>
<td>Essential Oils</td>
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<tr>
<td>--------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
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<tr>
<td>Soothing</td>
<td>Boronia, cornmint, gurjun balsam, German chamomile, patchouli, petitgrain, spikenard, violet leaf absolute</td>
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<tr>
<td>Stamina Enhancing</td>
<td>Holy basil</td>
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<tr>
<td>Stimulating &amp; Revitalizing</td>
<td>Dill seed, fir needle, parsley seed, sweet fennel, Tsuga</td>
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<tr>
<td>Stress Relieving</td>
<td>Ambrette seed, Balsam Peru, catnip (catmint), Helichrysum, Holy basil, lemon balm, manuka, orange bitter, Spanish sage, Virginia cedarwood</td>
</tr>
<tr>
<td>Supportive &amp; Nurturing</td>
<td>Coriander seed, juniper berry, rose otto, vetiver</td>
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<tr>
<td>Tension Relieving</td>
<td>Atlas cedarwood</td>
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<tr>
<td>Uplifting &amp; Cheering</td>
<td>Anise, benzoin, bergamot, bergamot mint, black pepper, blue cypress, fir needle, lemon, lemon myrtle, lemon verbena, Mandravasarotra (saro), May Chang, nutmeg, orange, oregano, Ravensara, rose absolute, rose otto, tangerine, tea tree</td>
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<tr>
<td>Visualizing</td>
<td>Myrrh</td>
</tr>
<tr>
<td>Vitalizing</td>
<td>Fennel, myrtle, peppermint, spearmint, spruce, tea tree</td>
</tr>
<tr>
<td>Warming</td>
<td>Bay (laurel), birch, boronia, cajeput, cardamom seed, clove bud, pimento berry, sweet marjoram</td>
</tr>
</tbody>
</table>

*Table 1 Properties of Essential Oils*
Matches Made In Heaven
(Timeless Combinations of Essential Oils)

Blending essential oils is the beginning of the adventure.
The end result is your creation.
Below are some well-known and well-loved combinations you may want to consider. The manner in which they are combined will affect the final outcome, so if you choose to change the fragrance, just add another drop or two!

1. Lavender and Roman chamomile.
2. Neroli, bergamot, and geranium.
3. Orange, cinnamon, ginger, and clove.
4. Bergamot and vanilla.
5. Bois-de-rose and sandalwood.
6. Frankincense, juniper, and lemon.
7. Rose and lemon.
8. Neroli and geranium.
9. Patchouli and lavender.
10. Lemon, eucalyptus, lavender, and cedarwood.
11. Rose, sweet orange, vanilla, geranium, and grapefruit.
12. Lavender, ginger, grapefruit, and patchouli.

*Remember there are no rules. Let your nose guide you and enjoy!*
## Resources

### United States

<table>
<thead>
<tr>
<th>Resource</th>
<th>URL</th>
</tr>
</thead>
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<tr>
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<td>Nature’s Gate</td>
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<td>Simplers Botanicals</td>
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<td>Aromantic</td>
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Conclusion

Thank You!

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