MATERIA MEDICA FOR ESSENTIAL OILS

ANGELICA (Angelic archangelica)

Family: apiaceae (parsley family)
Plant origin: France, Belgium
Extraction: steam distilled from the root
Aroma: Woody, peppery
Frequency: physical and emotional approx 85 Mhz
History:
Europeans called it "holy spirit root" or "oil of angels". It had healing powers so strong, was believed to be of divine origin. Given credit to help protect from plague; in the 1660 plague they chewed its stems to prevent infection. When burned, seeds and roots were said to purify the air.
Chemical Constituents:
73% monoterpenes: phellandrene, and pinenes, limonene (13%)
Esters
Terpene alkaloids
Coumarins: bergoptene
Action: Anticoagulant an sedating to the nervous system.
Other Uses: Reduces inflammation of intestinal wall.
Emotional Action: Stress, anxiety, Calming, assisting in release of pent up negative
History:
Europeans called it "holy spirit root" or "oil of angels". It had healing powers so strong, was believed to be of divine origin. Given credit to help protect from plague; in the 1660 plague they chewed its stems to prevent infection. When burned, seeds and roots were said to purify the air. Used to flavor Benedictine and Chartreuse liquors.
Warnings:
Do not use if epileptic.
Skin test for sensitivity.
Phototoxic oil. Several sources indicate that Angelica Root Oil contains bergapten, the same constituent that is responsible for the phototoxicity of Bergamot Essential Oil

ANISE (pimpinella anisium)

Family: Apiaceae
Anise oil is not the same as Star Anise, but they are similar.
Extraction: steam distilled from the seeds
Aroma: licorice
Constituents:
(E) – Anethole
(+) - Limonene
Estragole
Anisyl alcohol
Action:
Affect on liver. Expectorant, comes out of body through mucus membrane.

Other Uses:

Flatulence, stomach, colic, lactation, nausea.

Bronchitis, colds, coughs, flu, muscle aches, rheumatism. For bronchitis, use as compress with natural fabric by boiling 2 qt water, add 20 drops, wring out, put on chest and cover to keep heat in. For bloating: 5-10 Anise, 3 caraway, 3 coriander, 5 fennel.

Helps promote breast milk.

Emotional Action: Balancing, calming when used in very small dilutions

Warnings:

Do not use if epileptic.

Skin test for sensitivity.

Toxic if used internally, even small amounts can damage kidneys.

Use with caution if worried about estrogen related cancers

BASIL (ocimum basilicum) aka Sweet Basil

Family: Lamiaceae or Labiatae (mint)

Plant Origin: Egypt, India, Utah, France

Extraction: steam distilled from leaves, stems, flowering tops

Aroma: fresh, herbaceous, slightly sweet

Frequency: physically low, approx 52 Mhz.

Chemical Constituents:

75% Methyl chavicol (slightly caustic to skin)

12-14% linalool

Terpene alcohols: linalol, citronnellol

Terpene esters: fenchyle acetate, linalyl acetate

Phenols: eugenol, Phenols methyl-ethers (90%), Methyl chavicol (85-88%, methyl eugenol

Ketones: camphor

Oxides: 1,8 cineol

Action:

Warming. Antispasmodic. Anti-infectious. Antiviral. Anti-infalmmatory. Decongestant (veins, arteries of the lungs, prostate). Burns a little, powerful antispasmodic.

Other Uses:

Relaxes muscles. Soothes insect bites. Bronchitis and chest infections, sinus. Migraines, mental fatigue. Scanty menstrual periods. Nerve tonic. Hemmorhoids, varicose veins.

DIGESTION: intestinal problems, stomach/intest. antiseptic, anti-spasmodic, diarrhea (mix with tarragon, peppermint, ginger, rosemary)

BRAIN: Mental clarity. Poor memory and mental fatigue. Influence is to maintain an open mind. Stimulating but stupifies if used to excess. Sharpens senses, encourages concentration. Good for headaches, migraines.

NERVES: stimulant, adrenal cortex. Good tonic for nerves, esp. if feeling fragile. Calms hysteria and nervous disorders

- REPRODUCTIVE: good for scanty periods, menopausal problems, ovarian cysts (with geranium, cypress), as douche along with frankincense . Regulates female hormones, imitates estrogen.

ENERGY: for fatigue

EMOTIONAL: good for transition

VEINS: hemorrhoids, varicose veins (with cypress & hillicrysm, aromalife),

TISSUE: good for weak connective tissue, blend with lemongrass and lavender to heal after operation, scar tissue after operation.

SINUS/RESPIRATORY: nasal polyps and earaches. Could reduce allergies because of its affect on adrenal cortex. Sinus congestion, asthma, bronchitis, emphysema (excess air in

tissues), flue, whooping cough, restores sense of smell lost due to chronic catarrh
BITES: wasp and insect bites, snake bites, malaria, fevers
ACID LEVELS: may help minimize uric acid in blood and help relieve gout, muscular pain, stimulating blood flow, good for deep muscle spasm
IF INTERNAL: (2-5 drops 3/X day in alcohol or honey)
for nervous debility (mental fatigue), anxiety, nervous insomnia; gastric/intestinal spasm, painful digestion; whooping cough, spasmodic cough; migraine; some types of vertigo; gout; scanty menstrual periods; paralysis

Formulating/Blending:

Many use marjoram as enhancer for antispasmodics because it is less caustic. Perhaps use 60-80% marjoram as anti-inflammatory, 10-15% basil as equalizer. Also Peppermint is synergistic, pushes others and cools so include in formula. Cypress increases circulation so may want to include it also.
BLEND BASIL WITH: hellichrysm, marjoram, bergamot, clary sage, sage, lavender, all citrus, juniper, cypress, Ylang Ylang, Peppermint.
COMPANION OILS: Bergamot, birch, cypress, geranium, lavender, lemongrass and marjoram.

Emotional Action:

For transition

How to Apply:

Apply to tip of nose, on temples, on location of stings and bites.
For mental fatigue inhale first then apply to crown of head, forehead, heart, and navel.
May be added to food or water as dietary supplement.

Fragrant Influence:

Helps with mental fatigue.

History:

Used extensively in traditional Asia Indian medicine, basil's name is derived from basileum, the Greek name for king.
In the 16th century the powered leaves were inhaled to treat migraines and chest infections.
The Hindu people put basil springs on the chests of the dead to protect them from evil spirits.
Italian women wore basil to attract possible suitors.

Warnings:

If pregnant or under doctor's care, consult your physical.
Do not use if epileptic.
Skin test for sensitivity.

NOTE: Holy Basil (Tulsi – Ocimum sactum/tenuiflorum)
This is a different basil with different therapeutic properties.
Scent: Spicier, more clove-like than sweet basil
Key compounds: Eugenol (high), methyl eugenol
Safety: Use with more caution due to eugenol content
Best for: Adaptogenic support, immune function, respiratory health

Exotic Basil (Ocimum basilicum ct. Methyl chavicol)
Chemotype is higher methyl chavicol content
Stronger anise like scent
Methyl chavicol (estragole) is up to 85%
Requires more caution, especially during pregnancy
Use for short term and for specific therapeutic applications

Lemon Basil (Ocimumm citriodorum)
This is less common and has distinct citrus notes.
Scent is lighter than sweet basil, smells like citrus
More gentle, safer
Best used for uplifting spirits, used in summer aromatherapy

BAY (Pimenta racemosa)

Also known as West Indian Bay Essential Oil. This is not the same as Bay Laurel.
Family: Myrtaceae
Extraction: steam distilled leaves
Aroma: medium-stong. Medicinal, fruity, spicy, herbaceous
Action: Mildly narcotic, spicy, warming effect on emotions.
Uses:
DIGESTION: appetite stimulant; flatulence, stomach pain;
URINARY: tonic for kidney/liver, promotes flow of urine
PAIN: rheumatic pains, general aches, pains, sprains, esp. combined with rose and juniper
FEVERS: induces sweating thereby bringing fever down
RESPIRATORY: infectious diseases, bronchitis, tonic for respir.
REPRODUCTIVE: regulates scanty periods, speeds up childbirth
EARS: ear infections, dizziness, balance
Often used in hair care like dandruff, oily skin, poor circulation, poor circulation.
Warnings:
Do not use if epileptic.
If pregnant consult your physician
Skin test for allergies.

BENZOIN

Family: Altingiaceae
Benzoin, aka storax, is not the same as balsam of the same name. It is synthesized from benzaldehyde in the benzoin condensation.
History:
Resin comes from gum tree, heavy, fatty, in Thailand or East Indies
Constituents: mostly benzoic acid and siaresinotannol. Also has cinnamic acid, vanillin, styrol, styracin, phenyl-prophyl cinnamate and benzaldehyde.
Action:
Stimulant, tonic. Warming, soothing, cool and moist
Other Uses:
BRAIN: good for anxious mind
VOICE: good for loss of voice
STIMULANT: gets things moving, heart/circulation, rejuvenation, arthritis
SKIN: for cracked or irritated skin; elastizes dry cracked skin, helps rashes, chapped, sores, wounds, redness, dermatitis
RESPIRATORY: lung tonic, good for congestion
URINARY: cystitis, aids urine flow, leucorrhoea,
REPRODUCTIVE: premature ejaculation
MOUTH: mouth ulcers
DIGESTION: flatulence, strengthens pancreas, helps control blood sugar

fixative in potpourri
May improve circulation, relieve anxiety, prevent infections
Emotional Action:
Tension/stress, calms nervous system, brings comfort to said, lonely and depressed, helps let go of worries, instills confidence, eases exhausted emotional and psychic states.

BERGAMOT (Citrus bergamia)

Extraction Method: Cold pressed from the rind of citrus bergamia fruit.
Oil is taken by hand expressed, it is a fruit like orange, the plant grows outside Italy, it is the flavoring for Earl Grey Tea.
Steam distilled is available from some suppliers but its aroma is less d esirable.
Rectified and void of terpenes.
Produced by solvent extraction or vacuum distilled.
Aroma: sweet, citrus, slight floral
Chemical Constituents:
Monoterpenes, Limonene, Linalyl Acetate, Linalool, Beta-Pinene, Gamma-Terpinene, Bergapten (a Furanocoumarin), Apinene. Aldehydes: citrals 45%;
Furanocoumarins are natural plant compounds that make the skin more sensitive to sunlight, increasing the risk of burns when applied topically.
Action:
Calming, Antiseptic, anti-infectious, anti-inflammatory, hormonal support, anti-bacterial.
Analgesic, antidepressant, deodorant
INFLUENCE: physical energy and prosperity
Uses:
Stress, loss of appetite, indigestion, agitation, depression, infection, inflammation, intestinal parasites, rheumatism, insomnia, vaginal candida.
Insect repellent.
May help bronchitis, cold sores, oily complexion, anxiety, nervous tension, coughs, urinary tract infections, respiratory infection, sore throat, thrush, and tonsillitis.
Regulates appetite.
ENERGY: cooling
REPRODUCTIVE: hormonal balance esp. for female, vaginal candida
SKIN: skin care for eczema and acne, helps oily skin, psoriasis
Helps oily skin, esp. stress related eg. eczema, psoriasis, acne, scabies, varicose ulcers, wounds, herpes, seborrhoea. Good to combine with eucalyptus for skin sores.
DIGESTION: intest. parasites, infection, colic, loss of appetite; dyspepsia, painful digestion, gas, anorexia
URINARY: urinary tract infections (antiseptic action), inflammation, cystitis
RESPIRATORY: tonsillitis, bronchitis, tuberculosis
VIRUS: cold sores, chicken pox, shingles, T.B.
Insect repellent, discourages pets from plants.
Formulating/Blending:
BLENDS well with lavender, geranium or any flower
Emotional Action:
Sedative but not heavy, it is calming, uplifting, for depression or anxiety. Uplifts mind, nervous tension, anxiety, anger. Cools and refreshes, decreasing action of Sympathetic Nervous System
Jean Valnet recommends as antidepressant.

How to Apply:
Diffuse, apply to forehead, on temples, on location of stings and bites.
Apply where you would a deodorant.
May be added to food or water as a dietary supplement.
Fragrant Influence:
May help to relieve anxiety, stress, tension, has many constituents contribution refreshing, mood lifting qualities.
History:
Believed that Christopher Columbus brought bergamot to Begrime in Northern Italy from the Canary Islands.
A mainstay in traditional Italian medicine, bergamot has been used in the Middle East for hundreds of years for skin conditions associated with an oily complexion.
Bergamot is responsible for the distinctive flavor of the renowned Earl Grey Tea, and was used in the first genuine eau de cologne.
Warnings:
Citrus bergamia is very photo sensitizing and should not be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours. Result may be severe sunburn like reactions, blistering, hyperpigmentation.
If pregnant or under doctor's care, consult physician

BIRCH (Betula alleghaniensis)

Family: Betulaceae
Similar to Wintergreen.
Extraction Method: steam distilled from wood
Action: Analgesic. Antispasmodic. Anti-inflammatory.
Uses: Supports bone function.
Arthritis, rheumatism, Gout, inflammation, muscular pain, tendonitis, cramps. Stimulates sweat glands to detoxify.
Urinary tract infections.
Gallstones
Hypertension.
Contains active principle similar to cortisone and is beneficial for bone, muscle and joint discomfort.
Birch oil may be beneficial for cystitis, acne, bladder infection, gout, gallstones, edema, osteoporosis, skin diseases, ulcers, and urinary tract disorders.
Cleanses blood, stimulates sweat glands to release toxins, lymphatic cleanser good for infections
Increases flow of urine thereby helping eliminate waste and easing cystitis and clears albuminuria (protein in urine), dissolves kidney/bladder stones, diuretic, eliminates accum. uric acid relieving rheumatism, arthritis, muscle pain
Purported to have strong pain killing action
Formulating/Blending:
Companion Oils: Basil, cypress, geranium, juniper, lavender, lemongrass, marjoram, peppermint and Roman Chamomile.
Emotional Action:
Influence is to elevate and open, increase awareness in sensory system
How to Apply:
Safest to apply after diluting with massage oil or base oil.
It also may be applied neat to the bottom of the feet.

For baths add 3-5 drops to bath water with 1/2 oz of Bath Gel Base.

Fragrant Influence:

Stimulates and increases awareness in all levels of the sensory system.

History:

American Indians and early European settlers flavored their tea with birch bark.
Birch's main constituent, methyl salicylate, is also found in willow trees and is similar to the salicylic acid used in aspirin.

Warnings:

Do not use if epileptic.
Skin test for allergies.
If pregnant, or under doctor's care, consult your physician.

CAJEPUT/Myrtle (Melaleuca leucadendra)

Family: Myrtle

Extraction: Steam distilled after fermenting for a night

Characteristics:

Pungent, flammable, smells like mixture of turpentine, eucalyptus and camphor

Chemical Constituents:

Cineol 45-70%
Aldehydes: benzoic, butyric, valeric
Monoterpenes: pinene
Terpene Alcohols: terpineol

Action:

Antimicrobial, pain analgesic (mild), antispasmodic, antineuralgic, Antiseptic (pulmonary, urinary and intestinal). And as an expectorant Insecticidal.

Uses:

May help with arthritis, acne, respiratory infections, asthma, bronchitis, urinary complaints, coughs, cystitis, stiff joints, toothache, hay fever, bursitis, headaches, insect bites, intestinal problems, laryngitis, dysentery, psoriasis, rheumatism, sinusitis, oily skin, sore throat, viral infections.

Formulating/Blending: Companion Oils: Birch, eucalyptus, juniper, peppermint.

How to Apply:

Diffuse or rub on bottom of feet. Suggest diffusing into the air during cold and flu season.
Dilute well when using topically or may have skin irritation.

History:

In Malaysia and other Indonesian Islands, cajeput was used for respiratory infections, headaches, rheumatism, toothache, skin conditions, throat infections and sore muscles.
Cajeput derives its name from Malaysia word for white tree.

Warnings:

If pregnant or under a doctor's care, consult your physician.
Use with caution.
Do not use synthetic cajeput as it could cause further blistering and skin eruption.
Skin test for sensitivity.

CALAMUS (Acorus calamus)

aka sweet flag.
Extraction Method: Steam distillation from the root
Chemical Constituents: Asarone
Aroma: warm, spicy, sweet, earthy
Action:

Digestive problems	**Nervous complaints**	**Headaches**
Increase appetite	**Anti-inflammatory**	

Uses:

Singers can use to numb their throat so they can clear the phlegm and keep singing.
Increase appetite.
Scalp support, memory/mental clarity
Reduces desire for tobacco
Rub on feet to help foot odor
Asthma, bronchitis,
Colic,
Memory loss, stroke, depression

History:

Was an herb traditionally used in Egypt and India to help improve mental focus, wisdom and sexuality.
In China used to aid recovery from stroke.
Native Americans held piece of Calamus root in their mouths when running long distances to increase their endurance.
Mentioned in the bible Ezekiel 27:19 The Danites and Greeks traded wrought iron, cassia and calamus.

Warnings:

If pregnant or under a doctor's care, consult your physician.
Found one warning saying Calamus was toxic, not to use even in small amounts that it could damage kidneys!
May worsen heart conditions
can lower heart rate and blood pressure, dangerous if you have hypotension
Sedative effects can cause sleepiness

CAMPHOR (Cinnamonomum camphora)

aka White Camphor
Extraction method: Crude camphor is collected from the wood of camphor trees, steam distilled. There is also Brown Camphor oil and Yellow Camphor oil which is too toxic to use.
Uses:

Balances, sedates depressed nervy types, helpful in convalescence
Stimulates heart, respiration, circulation. Raises low blood pressure, clears congested lungs, good inhalant
Warms and cools the body where necessary
Calms digestion, good for constipation and diarrhea
Allows urination, relieves irritation of sex organs
Muscular pain, rheumatic pain (cold compresses for bruises and sprains)
Keeps infection down, good for cholera, pneumonia, tuberculosis
Insect repellent. Parasitic skin infections. Rashes. Acne.
On skin it cools inflammation. Also helps oily skins and may help acne, burns, ulcers, bruises.

Warnings:
Powerful, overdosing causes convulsions/vomiting
Do not take when pregnant, asthma, epileptic
Brown Camphor oil and Yellow Camphor oil contain significant quantities of the toxic constituent safrole and are not safe for use.

CANADIAN RED CEDAR (Thuja plicata)

Family: Cupressaceae (Cypress)
Plant Origin: B.C. (Vancouver Island) Canada
Part used: fresh foliage, branch tips
Aroma: deep woodsy cedar smell with green forest notes, rich, grounding
Extraction Method: Steam distilled from bark and sawdust
Chemical Constituents:
Thujle acid methyl ester, Terpinen - 4-ol
Sesquiterpene: B-caryophylline
Monoterpene ester: Linalyl acetate.
Action:
Antifungal, antibacterial, hair follicle stimulator, antiparasitic, insect repellent
How to Apply:
Diffuse. Often used as room sprays, and in soaps, candles
Dilute with carrier oil when applying to skin.
Apply on crown of head or on location
History:
It was traditionally used by Native Merican Indians to help them enter a higher spiritual realm. They used it to stimulate the scalp and as an antimicrobial and antiseptic agent. Cedar is traditionally used as smudging material on spiritual level for cleansing and purifying.
Warnings:
If pregnant or under a doctor's care, consult your physician.

CARDAMON (Elettaria cardamomum) middle note

Family: Zingiberaceae (ginger)
Aroma: sweet, usually combined with other oils
Chemical Constituents:
Monoterpenes: sabinene, mycene, limonene
Monoterpenols
Linalol, terpinene
Esters 40%
Linalyle acetate 3.4% terpenal acetate 30-45%
Terpene oxides 45%: 1.9 ceneole 40-45%
Action:
Antispasmodic (neuro muscular), antibacterial, expectorant, antiinfectious and combats worms.
Uses:
May help with indigestion, loss of appetite, coughs, debility, halitosis, mental fatigue, headaches, heartburn, nausea, sciatics.
May also alleviate menstrual problems and irregularities.

Formulating/Blending:
Companion oils: Bergamot, cedarwood, cinnamon, cistus, clove, neroli, orange, rose, ylang ylang.
Emotional Action: Used in Clarity formula. Uplifting.
How to Apply:
Diffuse, rub on bottom of feet, stomach, solar plexus, thighs
Fragrant Influence:
Uplifting, refreshing and invigorating.
History:
Has been used for paralysis, rheumatism, cardiacdisorders, epilepsy, spasms, pulmonary disease, digestive, intestinal and urinary complaints.
Warnings:
If pregnant or under doctor's care, consult your physician.

CASSIA (Cinnamonum cassia)

Note: while the aroma is similar to cinnamon and from the same Botanical family, cassia is chemically and physically quite different.
Considered one of the 50 fundamental herbs in traditional Chinese Medicine
Family: Lauraceae (laurel)
Aroma: bold
Plant Origin: An evergreen tree, native to China and Burma
Often overshadowed by its close relative, cinnamon.
Extraction Method: Steam distilled from bark
Chemical Constituents: t-cinnamaldehyde, benzaldehyde, t-cinamyl acetate, t-cinnamic alcohol
Action:
Antibacterial, antiviral, antifungal, anticoagulant.
Uses:
Used in Exodus II
Supports immune function
Digestive discomfort
Antidepressant, builds self-worth
Improved blood circulation
History:
It was part of the formula the Lord gave to Moses (Exodus 30:22-27) for protecting the Israelites.
Used extensively in indigenous and folklore medicine
Like frankincense and myrrh it is included in the Bible as an important essential oil.
Warnings:
If pregnant or under doctor's care, consult your physician.
Found one warming that it was toxic, do not use even small amounts which could damage kidneys (assuming taken internally).

CEDARWOOD (cedrus atlantica)

Family: Pinaceae (pine)
Plant Origin: Morocco, USA. Cedrus atlantica is the species most closely related to the biblical Cedars of Lebanon.
Extraction Method: Steam distilled from bark

Chemical Constituents:
Sesquiterpenes 50%: sesquiterpenols 30%
Sesquiterpenones 20%
Action:
Mildly antiseptic
Uses:
May be effective against hair loss (alopecia areata), TB, bronchitis, gonorrhea
Skin disorders such as acne and psoriases.
Can reduce hardening of artery walls.
High in sesquiterpenes which can stimulate the limbic region of the brain (center of our emotions).
May help stimulate the pineal gland which releasesmelatonin, an antioxidant hormone associated with deep sleep.
May help with acne, anxiety, arthritis, congestion, coughs, cystitis, dandruff, psoriasis, purification, respiratory system, sinusitis, skin diseases, fluid retention.
May help open pineal gland.
May help reduce skin oilness.
Bronchitis, tuberculosis
Urinary infections, as a diuretic
Arterioclerosis
Cellulite
Skin: acne, oiliness, dandruff, psor
Formulating/Blending:
Used in Brain Power, Grounding, Inspiration, Into The Future, Passion, Sacred Mountain and SARA
Companion oils: Bergamot, cypress, eucalyptus, juniper, rosemary.
Emotional Action:
Anxiety, Anger, Calms nervous tension
How to Apply:
Diffuse or apply topically on location
Fragrant Influence:
History:
Bible References:
Leviticus 14:4: then shall the priest command to take for him that is to be cleansed two birds alive and clean, and cedarwood, and scarlet and hyssop.
Leviticus 14:6: as for the living bird, he shall take it, and the cedarwood and the scarlet, and the hyssop, and shall dip them and the living bird in the blood of the bird that was killed over the running water.
Leviticus 14:49: and he shall take to cleanse the house two birds, and cedarwood and scarlet and hyssop.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Found a warming to use it with great caution.
Use with great caution.

CHAMOMILE (GERMAN) (Matricaria recutita)

Extraction Method: Steam distilled from flowers
Frequency: Approx 105 MHz (emotional level)
Chemical Constituents:

Sesquiterpenes: chamazulene
Sesquiterpenols: a bisabolol, farnesol
Sesquiterpene oxides
Sesquiterpenes lactones
Coumarins
Ethers

Action:

Sedating, calming.
Anti inflamatory, antispasmodic.
Decongestive.
Supports digestive, liver, gallbladder, reduces scarring, relieves allergies.

Uses:

Cleanser of blood, helps increase liver function and secretion, supports pancreas.
Promotes regeneration of skin and can be used for abscesses, burns, rashes, cuts, dermatitis, acne, eczema, infected nails, sores, wounds.
Teething pains, toothaches.
Chronic gastritis, ulcers,
Cystitis,
Inflamed joints,
Menopausal problems
Stress related complaints
Internally used for migraine, neuralgia, teething in children, vertigo, menopause, insomnia, loss of appetite, gastric and intestinal ulcers, enteritis, children's digestive problems (diarrhea, gastric and intestinal cramps), congestion of spleen and liver, nervous depression, hysterics, irritability, convulsions, menstrual flow, lumbar pains and headaches caused by influenza, intestinal parasites, fevers of nervous type
Externally used for rheumatism, gout, inflammation
Externally indicated for conjunctivitis, inflammation of eyelids, opthalmia, inflamed skin conditions, burns, boils, herpes, eczema, sores, wounds, rheumatic pains and gout

Formulating/Blending:

Used in Endoflex and Surrender
Companion Oils: Birth, fir, geranium, helichrysum, hyssop, lavender, lemongrass, marjoram, malaleuca, sandalwood, spearmint, spruce.

Emotional Action:

Clearing, stabilizing.

How to Apply:

Diffuse.
Add to food or water as dietary supplement.
Apply topically on location.

Fragrant Influence:

Dispels anger, stabilizes emotions, helps release emotions linked to past.
May also be used to soothe and clear the mind.

History:

Has been highly esteemed for over 3,000 years and has been used for many types of skin conditions and stress related complaints.
Internally used since ancient times as a tonic, antispasmodic, analgesic, mild sedative for children apertif, stimulant (increases production of white blood corpuscles), digestive stimulant, worms, emmenagogue, ulceration or irritation of intestine, bactericide, sudorific, cholagogue (aids evacuation of bile from gall-bladder), febrifuge (lowers fever)

Warnings:

If pregnant or under a doctor's care, consult your physician.
Among the gentlest oils used in aromatherapy, the chamomiles are suitable for use on children.

CHAMOMILE (ROMAN)

Family: Chamaemelum nobile
Plant Origin: Utah, Egypt
Extraction Method: Steam distilled from flowers
Chemical Constituents:
- Alcohols terpenes
- Esters 75-80%
- Acetates, isobutyrate d'isobutyle
- Terpene ketones
- Pinocarvone 13%
- Lactones sesquiterpenes

Action:
Calming for preanesthesia and tension, antispasmodic, anti inflamatory, antiparasitic, and skin regeneration

Uses:
Neutralizes allergies and increases the ability of the skin to regenerate.
Cleanser of blood and helps liver discharge poisons.
May help calm and relieve restlessness and tension.
Anti infectious properties benefit cuts, scrapes and bruises.
This oil may help with allergies, bruises, cuts, depression, insomnia, muscle tension, nerves (calming and promoting nerve health), restless legs, and skin conditions, such as acne, dermatitis, eczema, rashes and sensitive skin.

Internal:
Tonic, antispasmodic, analgesic, mild nerve sedative, apertif, stimulant (white blood corpuscles), stomachic, anti-anaemic, vermifuge, emmenagogue, sudorific
For migraines, neuralgia, teething, vertigo, insomnia, loss of appetite, difficult digestion, ulcers, anaemia, congested spleen/liver, nervous depression, irritability, convulsions, menstrual problems, lumbar pains, headaches during flu, intestinal parasites

External:
Antineuralgic (rheumatism, gout)
Inflammation of eyelids, ophthalmia, inflamed skin conditions, burns, boils, herpes, eczema, sores, wounds (minor and infected)
Eases tension, anger, fear, promotes relaxation, patience, peace, calms mind, helps insomnia
Analgesic property eases dull muscular pain esp. connected with nervous conditions, low back pain responds well, headaches, toothache, earache
Menstrual problems, regulating cycle, eases pain calms effects of pms
Soothes stomach, can relieve gastritis, diarrhea, colitis, peptic ulcers, vomitng, wind, inflammation of bowels, goods for irritable bowel syndrome
May help liver problems, jaundice
Repeated infections (stimulates production of white blood corpuscles), may help anemia
Soothes burns, blisters, inflamed wounds, ulcers, boils, therefore could help dermatitis, acne, herpes, psoriasis, broken capillaries, dry and itchy skin, puffiness, strengthens tissues, good skin cleanser

Formulating/Blending:

Companion oils: Clary sage, geranium, lavender, or rose.

Emotional Action:

Effectively minimize irritability and nervousness in hyperactive children.

How to Apply:

Diffuse.
Apply topically on bottom of feet, ankles, wrists or on location.
Add to food or water as a dietary supplement.

Fragrant Influence:

Because it is calming and relaxing, it can combat depression, insomnia, and stress.
It minimizes anxiety, irritability and nervousness.
It may also help to release emotions that are linked to the past.

History:

Roman chamomile is used extensively in Europe for the skin. For centuries, mothers have used chamomile to calm crying children, ease earaches, reduced fevers, soothe stomachaches and indigestion, and relieve toothaches and teething pain.

Warnings:

If pregnant or under a doctor's care, consult your physician.
Among the gentlest oils used in aromatherapy, all of the chamomles are suitable for use on children.
Emmenagogue, avoid in early months of pregnancy

CINNAMON BARK (Cinnamomum verum)

Family: Lauraceae (laurel)
Plant Origin: Sri Lanka, Madagascar, India
Extraction Method: Steam distilled from bark
Chemical Constituents:

Esters
Phenols
Aldehydes arom: cinnamaldehyde 63-76%, hydroxycinnamald
Coumarins

Action:

Highly antimicrobial, anti-infectious, antibacteria for large spectrum of infection, antiviral, antifungal (candida), general tonic, sexual stimulant, increases blood flow when previously restricted, and light anticoagulant.

Uses:

Sexual stimulant, tropical infection, typhoid, vaginitis.
May be beneficial for circulation, infections, coughs, exhaustion, respiratory infections, digestion, rheumatism, and warts.
Also fights viral and infectious diseases.

Formulating/Blending:

Found in Abundance, Christmas Spirit, Exodus II, Gathering, Magnify Your Purpose, and Thieves
Companion Oils:
All citrus oils, frankincense, cypress, juniper, geranium, lavender, rosemary, and all spice oils.

How to Apply:

Diffuse
Apply topically on bottom of feet, ankles and wrists.
May be added to food or water as a dietary supplement.

Fragrant Influence:
Thought to attract wealth
History:
One of the most antimicrobial essentials.
Has been produced in Sri Lanka for over 2,000 yhears.
Research has found that pathogenic micro-organisms cannot live in the presence of cinnamon oil (Yousef, 1980).
Exodus 30:23 take thou also unto thee principal spices of pure myrrh five hundred shekels and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels.
Proverbs 7:17: I have perfumed my bed with myrrh, ales, and cinnmon.
Song of Solom 4:14 Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Use with caution
It is best to give cinnamon diluted, in the form of enteric gelules.
It is best to prescribe cinnamon alone, because its active ingredient cinnamaldehyde, is a powerful oxydant and would denature the active ingredients of other essential oils.
W. Sellar
she prefers the leaf over the bark or bud because the bark or bud can cause skin reactions, even leaf needs careful use, avoid during pregnancy

CISTUS / ROCK ROSE (Cistus ladanifer)

Family: Cistaceae
Plant Origin: France, Spain
Extraction Method: Steam distilled from branches.
Aroma: Green/woody perfumery
Chemical Constituents:
Monoterpenes
a pinene 50%, camphene 4%
Aldehydes
Centones
Action:
Anti-infectious, antiviral, anti-bacterial, powerful anti-hemorraging agent, helps reduce inflammation, neurotonic for the sympathetic nervous system.
Uses:
May strengthen and support the immune system (due to phenol action).
Formulating/Blending:
Found in ImmuPower
Companion Oils: Bergamot, clary sage, cypress, juniper, lavender, lavandin, patchouly, pine, sandalwood, and vetiver.
Emotional Action:
Elevating.
How to Apply:
Diffuse
Apply topically mixed with massage oil
Fragrant Influence:
Calming to nerves, elevates emotions.
History:

Cistus is also known as "rock rose" and has been studied or its effects on the regeneration of cells.

Warnings:

If pregnant or under a doctor's care, consult your physician.

CITRONELLA (Cymbopogon nardus)

Family: Poaceae or Gramineae (grasses)
Plant Origin: Sri Lanka, Phillipines, Egypt
Extraction Method: Steam distilled from leaves
Chemical Constituents:

Terpene alcohols 35%: geraniol 18%, borneol 6%, citronnellol 8%
Aldehydes 5-15%: citronnellal 5%
Esters 9%
Phenols 9%: methyl isoeugenol 7%

Action:

Anti-bacterial, insect-repellent, antifungal, anti-inflammatory, antiseptic, antispasmodic, deodorant, insecticidal.

Uses:

Antiseptic to sanitize and deodorize surfaces.
Excellent insect repellent when combined with Cedarwood.

Formulating/Blending:

Found in Purification
COMPANION OILS:
Bergamot, Cedarwood, Geranium, Lemon, Orange, Pine.

How to Apply:

Diffuse
Apply topically on bottom of feet or on location diluted with massage oil.

Fragrant Influence:

Insecticidal and soothing to tissues.

History:

Various cultures have used this oil to treat intestinal parasies, digestive and menstrual problems, and as a stimulant.

Warnings:

If pregnant or under a doctor's care, consult your physician.

CLARY SAGE (Salvia sclarea)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Utah, France
Extraction Method: Steam distilled from flowering plant

Chemical Constituents:

over 250 constituents
Monoterpenes: a and b-pinenes, camphene, myracene, limonene

Sesquiterpenes
Monoterpenols 15%: linalol 6-16%, tgerpinene
Sesquiterpenols
Diterpenols: sclareol
Terpene esters 75%: linalyle acetate 62-75%
Ethers
Oxides: 1.8 cineol, linalol oxide
Ketones
Aldehydes
Coumarins
Clary sage distilled in Utah contains 5-7% sclereol.

Action:
Anti-diabetic, helps reduce high cholesterol, estrogen like, supports hormones, anti-infectious, antifungal, antispasmodic, relaxing, antibacterial, may help with epilepsy, menopause, PMS

Uses:
Menstrual problems, PMS, pre-menopause, menstrual cramps
Impotency, frigidity
Depression, headaches
Dandruff, dry skin
Insect bites
Insomnia
Kidney Disorders
Throat reaction
Ulcers, intestinal cramps, weak digestion
Circulatory problems, hemorrhoids, cholesterol, bronchitis
Whooping cough
Infections, genitales
This is an emmenagogue, induces menstruation.

Formulating/Blending:
Companion Oils: Bergamot, cedarwood, citrus oils, cypress, geranium, juniper, lavender, sandalwood

Emotional Action:
Influence is calming, enhances dream state, brings about feeling of euphoria

How to Apply:
Diffuse.
Topically to bottom of feet, ankles, wrists.
May be added to food or water as dietary suppolement.

Fragrant Influence:
Enhances one's ability to dream and is very calming and stress relieving.

History:
The name "clary" sage came from the nickname "clear eyes" given in the Middle aGes, for its ability to cure eye conditions.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Use caution with infants and children.
Not if breasts cysts.

CLOVE (Syzygium aromaticum)

Family: Myrtaceae (myrtle)
Plant Origin: Madagascar, Spice islands
Extraction Method: Steam distilled from bud and stem of clove tree
Chemical Constituents:
85% Eugenol Acetate, B-Caryophyllene, ester Eugenyl acetate, a-Humelene
Action:
High antimicrobial, antiseptic, analgesic, bactericidal, antioxidant, hemostatic (blood thinning), anti-inflammatory
Uses:
Jean Valnet says clove oil can prevent contagious disease and may treat arthritis, bronchitis, cholera, cystitis, dental infection, amoebic dysentery, diarrhea, tuberculosis, acne, fatigue, thyroid dysfunction, halitosis, headaches, hypertension, insect bites, nausea, neuritis, dermatitis, rheumatism, sinusitis, skin cancer, chronic skin disease, bacterial colitis, sores (speeds healing of mouth and skin sores), viral hepatitis, warts and lmphoma.
- toothache, pain
- memory deficiency
- intestinal parasites
- impotence
- infected wounds, anti-viral, anti-bacterial, anti-fungal, anti-tumoral
- respiratory system, strengthens
- Influence is healing, improving memory, protection, courage
- tonic effect on kidneys, stomach, spleen, intestinal disorders
- pain reliever for toothaches, rheumatism, arthritis, mouth sores, tension headaches. Works best locally rather on whole system.
- aphrodisiac useful with sexual problems like impotence and frigidity. Pain relief during childbirth
- mix with orange and lemon as insect repellent
- may alleviate infectious wounds, skin sores, leg ulcers, chronic skin disease lupus

Formulating/Blending:
Found in Abundance, En-R-Gee, lmmuPower, Melrose, PanAway,Thieves
COMPANION OILS:
Basil, bergamot, cinnamon bark, clary sage, clove, grapefruit, lavender, lemon, nutmeg, orange, peppermint, rose, rosemary, ylang ylang.
Emotional Action:

How to Apply:
Diffuse
Apply topically diluted with massage oil, add 1-2 drops in four oz water and use as gargle.
May be applied neat on palms of hands, bottom of feet and on gums and teeth.
May be added to food or water as dietary supplement.
For oral hygiene rub directly on gums surrounding an infected tooth

To break tobacco addiction, place dop on tongue with finger
For tickling cough, put a drop on back of tongue

Fragrant Influence:
May influence healing, serve as a mental stimulant, encourage sleep, stimulate dreams, create a sense of protection and courage.

History:
The people on the island of Ternate were free from epidemics until 16th century when Dutch conquerors destroyed the clove trees that flourished on the islands. May of the islanders died from the epidemics that followed. Eugenol, clove's principal constituent is used in the dental industry for the numbing of gums. Courmont et al demonstrated that a solution of . 05% eugenol from clove oil was sufficient to kill tuberculosis bacillus (Gattfosse 1990)

Warnings:
If pregnant or under a doctor's care, consult your physician. Repeated use can result in contact sensitization.
Skin test for sensitivity. Clove essential oil can act as a blood thinner and should be avoided if taking a pescription blood thinner such as Warfarin or Coumarin.

CORIANDER (Coriandrum sativum)

Family: Apiaceae or Umbelliferae (parsley)
Plant Origin: Russia, India
Extraction Method: Steam distilled seeds
Chemical Constituents:
Monoterpenes: Phellandrene
Aldehydes 85-95%
Octanal, decanal, undecanal

Action:
Anti inflammatory, sedative

Uses:
May help with arthritis, rheumatism, gout, muscular aches and pains, neuralgia
Indigestion, diarrhea, digestive spasms, nausea.
Poor circulation
Measles, General infections
Headaches
Skin conditions (acne psoriasis, dermatitis)
Stress.
May help during convalescence and after a difficult childbirth.
Because of estrogen content, coriander may regulate and help control pain related to menstruation.

Formulating/Blending: Companion Oils: Bergamot, cinnamon, citronella, clary sage, cypress, ginger, jasmine, neroli, petitigrain, pine, sandalwood and other spice oils.

Emotional Action:
Soothing, calming.

How to Apply:
Topically.
May be added to food or water as a dietary supplement or flavoring.

Fragrant Influence:
Soothing, calming.

History:
The seeds were found in the ancient Egyptian tomb of Ramses II.

This oil has been researched at Cairo University for its effects in lowering glucose and insulin levels and supporting pancreatic function. It has been studied for its effects in strengthening the pancreas.

Warnings:

If pregnant or under a doctor's care, consult your physician.
Use sparingly as coriander can be stupefying in large doses.

CUMIN (Cuminum Cyminum)

Family: Apiaceae or Umbelliferae (parsley)
Plant Origin: Egypt
Extraction Method: Steam distilled from seeds
Chemical Constituents:

Monoterpenes 30-60%: pinene 13-22%, paracymene 3-9%, terpinene 12-32%
Coumarins

Action:

Antiviral helps appetite and digestion and acts as a liver regular

Uses:

Immune stimulant, antiviral.
Poor circulation
Digestive spasms, indigestion
Headaches, migraines
Wound healing and scars.
Nigella damascena is more rare and expensive than the commonly used white cumin found in supermarkets. It is antiseptic, calming and powerful support to the immune system.

Formulating/Blending:

Companion Oils: Cinnamon, frankincense, jasmine, myrrh, patchouly, rose, sandalwood, ylang ylang

How to Apply:

Diffuse or apply topically.
Dilution may be required.
Skin test for sensitivity before using without carrier oil

Fragrant Influence:

Stimulates appetite

History:

Hebrews used cumin as an antiseptic for circumcision

Warnings:

If pregnant or under a doctor's care, consult your physician.
Avoid direct sunlight for up to 12 hours after use.
May need to dilute with carrier oil if skin sensitive.

CYPRESS (Cupressus sempervirens)

Family: Cupressaceae (cypress)
Plant Origin: France, Spain
Extraction Method: Steam distilled from branches
Chemical Constituents:

Monoterpenes: a-pinene

Sesquiterpenes
Sesquiterpenols
Diterpenols

Action:

Improves circulation, supports nerves, and intestines
Anti infectious, antibacterial, antimicrobial.
Anti spasm
Strengthens blood capillaries.
Acts as an insect repellant.

Uses:

Arthritis, circulation, rheumatism, spasms, varicose veins, muscular cramps, nervous tension
Pulmonary infections, tuberculosis, throat problems, bronchitis, asthma, throat problems, coughs, laryngitis, mucus
Hemorrhoids, strenthening capillaries, hemhorrhaging, bleeding gums, nose bleeds
Intestinal parasites, Strengthens capillary walls, eg. veins, heart
Menopausal problems, menstrual pain, ovarian cysts.
Pancreas insufficiencies, gallbladder, liver disorders
Fluid retention, edema, sweating, cellulite, lymphatic decongestant, prostate decongestant
Jean Valnet suggests might help some cancers.
Skin care, scar tissue.
Insomnia
Influenza, Infections, Bacteria
Effect on skin: exerts balancing action over fluids, controlling excess loss of water, therefore helpful to the mature skin. Sweaty and oily skin may also benefit and wounds seem to heal.

Formulating/Blending:

Companion Oils: Bergamot, clary sage, juniper, lavender, lemon, orange, sandalwood.

Emotional Action:

Effect on mind is calming, good for irritable, talkative people, sooths anger, cleanses spirit, removes psychic blocks
Eases feeling of loss, creates felling of security and grounding

How to Apply:

Topically with a massaging action toward center of the body.
Apply where you would wear a deodorant.
Use neat on varicose veins, needs to do frequently.
Few drops on pillow to help with coughing

Fragrant Influence:

Strengthening
Influences, strengthens, helps ease felling of loss.
Creates feeling of security, grounding, helps heal emotional trauma.

History:

One of the oils used for the circulatory system.
Isaiah 41:19-20 I will put in the desert the cedar and acacia, the myrtle and the olive.
Isaiah 44:14: he heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest: he planteth an ash and the rain doth nourish it.

Warnings:

If pregnant or under a doctor's care, consult your physician.

DAVANA (Artemisia pallens)

Family: Asteraceae or Compositae (daisy)
Plant Origin: India
Extraction Method: steam distilled from leaves and flowers
Aroma: rich, fruity, slightly woody
Chemical Constituents:
- Davanone

Action:
- Anti infectious M,NJ

Uses:
- Stimulates endocrine system.
- Improves hormone balance
- Soothes rough, dry, chapped skin

Other:

Bacterial Infection	Bronchial Congestion	Coughs	Colds
Influenza	Nervous Stomach	Indigestion	Nausea
Menstrual Cramps	Menopausal Symptoms	Anxiety	Stress
General Debility	Irritability	Tension	Wound Healing
Antiseptic			

Formulating/Blending: blends well with wood, spice, resin, floral and citrus
How to Apply:
- Diffuse.
- Apply topically.

Warnings:
- If pregnant or under a doctor's care, consult your physician.

DILL (Anethum graveolens)

Family: Apiaceae or Umbelliferae (parsley)
Plant Origin: Austria, Hungary
Extraction Method: Steam distilled from whole plant or seed
Chemical Constituents:
- Carvone, limonene, phellandrene (depending on extraction method, eugenol, pinene, and others

Action: Antispasmodic, antibacterial, expectorant, stimulant.
Uses:
- Researched at Cairo University for its effects in glucose and insulin levels and supporting pancreatic function.
- Bronchial.
- Indigestion, constipation
- Headaches
- Liver deficiencies
- Nervousness
- Normalize Insulin levels
- Promote milk flow in nursing mothers.
- Support pancreatic function.

Other: Dyspepsia, Flatulence, Indigestion, Bronchial Asthma, Dysmenorrhea

Formulating/Blending: Companion oils: Nutmeg, citrus oils
How to Apply:
Topically on abdomen and bottom of feet.
May be added to food or water as a dietary supplement.
Fragrant Influence:
Calms autonomic nervous system and when diffused with Roman chamomikle, may help calm fidgety children.
History:
Dill plant is mentioned in Papyrus of Ebers from Egypt (1550 BC).
roman gladiators rubbed their skin with dill before each match.
Used in European hospitals.
Warnings:
If pregnant or under a doctor's care, consult your physician.

ELEMI (Canarium luzonicum)

Family: Burseraceae (frankincense)
Plant Origin: Philippines
Extraction Method: Steam distilled from gum/resin of the Asian tree Canarium luzonicum
Chemical Constituents:
Monoterpenes
Sesquiterpenes
Alcohols sesquiterpenes: elemol
Action:
Antiseptic Antimicrobial.
Uses:
Stimulates glands.
Helps reduce scarring, protects and rejuvenates skin, reduces wrinkles, stimulates nerves.
Calms stomach, fights against amoebic dysentery.
Widely used for soothing sore muscles.
Wound care, cuts
Respiratory health: chronic coughs, catarrh, stress related bronchial
Skin infections
Fatigue
Emotional Action:
Conducive toward meditation.
How to Apply:
Topically
Diffuse
May be added to food or water as dietary supplement.
One of the gentlest oils, suitable for use on children.
History:
Used in Europe for hundreds of years in salves for skin and is included in celebrated healing ointments such as baum paralytique.
Used by 17th century physician JJ Wecker on the battle wounds of soldiers, elemi belongs to the same botanical family as frankincense (Boswellia carteri) and myrrh (Commiphora myrrha).
Egyptians used elemi for embalming and subsequent cultures used it for skin care.
Warnings:
If pregnant or under a doctor's care, consult your physician.
One of the gentlest oils, suitable for use on children.

EUCALYPTUS CITRIODORA

Family: Myrtaceae (myrtle)
Plant Origin: China
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Monoterpene alcohols: citronnellol 15-20%, trans-pinocarveol, geraniol
Terpene Esters
Terpene aldehydes: citronnellal 40-80%
Action:
Analgesic Antiseptic Antiviral Antibacterial Antifungal
Deodorant Expectorant Insecticidal.
Uses:
Asthma, Respiratory infections, laryngitis, sore throat.
Cuts, Infectious skin conditions, scabs, shingles, sores and wounds, herpes
Athlete's foot, other fungal infections, dandruff
Fevers
Insect bites, Insect repellent
How to Apply:
Diffuse or rub on bottom of feet or on location.
History:
Eucalyptus citriodora has been used to perfume linen closets and as an insect repellent, esp. for cockroaches and silverfish.
Warnings:
If pregnant or under a doctor's care, consult your physician.

EUCALYPTUS DIVES

Family: Myrtaceae (myrtle)
Plant Origin: Australia, Brazil
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Phellandrene, eucalyptol
Action:
This species has a different, more specific antibacterial action than other eucalyptus oils.
Uses:
Bacterial infections
How to Apply:
Topically
Diffuse
May be added to food or water as dietary supplement.
Avoid direct inhalation.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Avoid direct inhalation.

EUCALYPTUS GLOBULUS

Family: Myrtaceae (myrtle)
Plant Origin: Australia, Brazil
Extraction Method: Steam distilled from leaves
Chemical Constituents:
- Monoterpenes: a-pinenes 10-12%
- Sesquiterpenes: sesquiterpenols
- Terpene oxides: 1,8 cineole 70-75%

Action:
- Expectorant Mucolytic Antimicrobial Antibacterial
- Antifungal (candida) Antiviral Antiseptic

Uses:
- Asthma, respiratory infections, sinusitis, tuberculoses, coughs, bronchitis, decongestant, throat infections.
- Candida
- Vaginitis, gonorrhea, cystitis
- Acne, burns, skin infections, sores, wounds, ulcers, measles, herpes, shingles
- Aches, pains, rheumatism, headaches
- Malaria
- Lack of energy
- Hypoglycemia
- Formulating/Blending:
- Found in R.C.
- COMPANION OILS:
- Geranium, juniper, lavender, lemon, lemongrass, melissa, pine, sandalwood, thyme

Emotional Action:
- Sense of well being

How to Apply:
- Topically
- Diffuse or in humidifier
- May be added to food or water as dietary supplement

Fragrant Influence:
- Promotes health, well being, purification, healing

History:
- For centuries Austrialian Aborigines used the leaves as a disinfectant to cov er wounds.
- Shown by laboratory tests to be a powerful antimicrobial agent, E. globulus contains a high percentage of eucalyptol (a key ingredient in many antiseptic mouth rinses).
- Often used for the respiratory system, eucalyptus has been investigated for its powerful insect repellant effects (Trigg, 1996).
- Eucalpytus trees have been planted throughout parts of North Africa to successfully block the spread of malaria.
- According to Jean Valnet, a solution of 2% eucalyptus oil sprayed in the air will kill 70% of airborne staph bacteria.
- Some doctors still use solutions of eucalyptus oil in surgical dressings.

Warnings:
- If pregnant or under a doctor’s care, consult your physician.
- DO NOT TAKE INTERNALLY

EUCALYPTUS POLYBRACTEA

Family: Myrtaceae (myrtle)
Plant Origin: Australia
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Terpene oxides: 1,8 cineole 10%, Paracymene 30%, Sesquiterpenols.
Action:
Anti-infectious, Antiviral Antibacterial Anti-inflammatory
Expectorant Mucolytic Insect repellent.
Uses:
Acne
Cystitis
How to Apply:
Diffuse
Apply topically
Warnings:
If pregnant or under a doctor's care, consult your physician.

EUCALYPTUS RADIATA

Family: Myrtaceae (myrtle)
Plant Origin: Australia
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Monoterpenes 8%
a-pinene
Monoterpenols 20%: linalol, borneal, geraniol, a-terpinol 15%
Monoterpenals: terpene oxides: 1,8 cineol 62-72%
Action:
Anti-infectious, antibacterial, antiviral, expectorant, anti-inflammatory
Uses:
Conjunctivitis
Vaginitis
Acne
Sinusitis, bronchitis, ear inflammation, sinus and nasal congestion, sinusitis
When combined with bergamot, effectively for herpes simplex
Endometriosis
How to Apply:
Diffuse
Rub on bottom of feet or on location
History:
An antimicrobial oil studied for its action against viruses.
This oil is used extensively for respiratory infections.
Warnings:
If pregnant or under a doctor's care, consult your physician.

FENNEL (Foeniculum vulgare)

Family: Apiaceae or Umbelliferae (parsley)
Plant Origin: Australia, Spain
Extraction Method: Steam distilled from the crushed seeds
Chemical Constituents:
- Monoterpenes
- a-pinene, limonene
- Monoterpenols: fenchol
- Phenols: methyl chavicol
- Aldehydes
- Ketones, camphor, Oxides: 1.9 cineol
- Coumarins and furocoumarins

Action:
- Antiseptic, antispasmodic, analgesic
- Stimulates estrogen production
- Facilitates birthing, increases lactation
- Promotes digestion, reduces indigestion, expels worms
- Supports heart and respiratory system

Uses:
- Cystitis
- Sluggish Digestion, intestinal spasms, constipation, flatulence, vomiting
- Parasites
- Fluid retention, may break up fluids and toxins, cleansing the tissues
- Gout
- Nausea
- Menopause, pre-menopause problems, balances hormones, PMS
- Increasing lactation
- Stimulates cardiovascular
- Supports pancreatic function
- Stimulates respiratory system
- Urinary stones, gout, cystitis
- Carminative, gas (blend with equal parts of caraway, angelica, coriander tinctures)

Formulating/Blending:
- Di-Tone, Dragon Time, JuvaFlex, Mister
- COMPANION OILS:
- Basil, geranium, lavender, lemon, rosemary, sandalwood

How to Apply:
- Topically mixed with massage oil
- Add to food or water as dietary supplement or flavoring

Fragrant Influence:
- Influence is longevity, courage, purification

History:
- Fennel was believed to ward off evil spirits and to protect against spells cast by witches during medieval times.
- Sprigs were hung over doors to fend off evil spirits.
- For hundreds of years, fennel seeds have been used as a digestive aid to balance menstrual cycles.
- Recently it has been used in mouthwashes and toothpaste.

Warnings:
- If pregnant or under a doctor's care, consult your physician. Use caution if epileptic. In high doses causes convulsions (in direct contrast with aniseed).

FIR (Abies alba)

Family: Pinaceae (pine)
Plant Origin: Balkans
Extraction Method: Steam distilled from needles
Chemical Constituents:
Monoterpenes 90-95%
alpina-Pinenes 24%, camphene 21%, limonene 34%
Action:
Antiseptic Anti-catarrahal Stimulant
Uses:
Opens up respiratory, bronchitis, asthma, resp. congestion, fights airborne bacteria, sinusitis, coughs
Arthritis, rheumatism
Fatigue, energizes
Urinary tract infections
Formulating/Blending:
Companion Oils: Blue chamomile, cedarwood, frankincense, lavender, lemon, myrtle, rosewood.
Emotional Action:
Balances, grounds
How to Apply:
Diffuse
Apply topically
Fragrant Influence:
Influence is opening, connecting, protection
Grounding, stimulating to the mind, and relaxing to the body.
History:
Used today as the traditional Christmas tree.
Though highly regarded for its fragrant scent, the fir tree has been pirzed through the ages for its medicinal virtues in regards to respiratory conditions and muscular and rheumatic pain.
Has been researched for its ability to kill airborne germs and bacteria.
Isaiah 60:13 The glory of Lebanon will come to you, the pine, the fir and the cypress together, to adorn the place of my sanctuary and I will glorify the place of my feet.
2 Samuel 6:5 and David and all the house of Israel played before the Lord on all manner of instruments made of fir wood, even on harps, and on psalteries, and on timbrels, and on cornets, and on cymbals.
1 Kings 5:8 and Hiram sent to Solomon, saying, I have considered the things which thou sentest to me for: and I will do all thy desire concerning timber of cedar, and concerning timber of fir.
1 Kings 5:10 so Hiram gave Solomon cedar trees and fir trees according to all his desire.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Skin test for sensitivity

FIR DOUGLAS (Pseudotsuga menziessi)

Family: Albietaceae
Plant Origin: Idaho also known as Oregon Pine
Extraction Method: Steam distilled needles and twigs
Chemical Constituents:
Monoterpenes 70-80%: a-pinene, b-pinene, limonene(15%), camphene
Ketones: camphor
Terpene oxides: 1,8 cineole
Alcohols: borneol(8%), geraniol
Esters 6%: geranyl acetate, bornyl acetate
Aldehydes; citral
Action:
Anti-tumoral Anti-cancerous Anti-oxidant
Combats respiratory infections Anti-fungal
Uses:
Diarrhea
Cystitis
Colitis
Colds/flu
Emotion: uplifting
Formulating/Blending: blends well with other everygreens. Also blends well with orange, bergamot, grapefruit, lavender, peppermint.
How to Apply: topically, diffuse, on soles of feet
Warnings:
If pregnant or under a doctor's care, consult your physician.
Skin test for sensitivity.

FIR WHITE (Albies grandis)

Family: Albietaceae
Plant Origin: Idaho
Extraction Method: Steam distilled
Constituents: (12%), b-pinene(7%), limonene(15%), 3-carene (7%)
Terpene oxides 7%: 1,8 cineole
Esters 6%: bornyl acetate 10%
Action:
Anti-tumoral Anti-cancerous Anti-oxidant
Combats respiratory infections Anti-fungal
Warnings:
If pregnant or under a doctor's care, consult your physician.
Skin test for sensitivity.

FLEABANE (Conyza canadensis)

Family: Asteraceae or Compositae (daisy)
Plant Origin: Canada
Extraction Method: Steam distilled from stems, leaves and flowers
Chemical Constituents:
- Monoterpenes
- Sesquiterpenes: terpene alcohols
- Esters: lactones

Action:
- Stimulates liver and pancreas
- Anti-rheumatic
- Anti-spasmodic
- Hormone like
- Cardiovascular dilator

Uses:
- Has been used to treat children with retarded puberty

History:
- Still under study.

Warnings:
- If pregnant or under a doctor's care, consult your physician.

FRANKINCENSE (Boswellia carteri)

Family: Burseraceae (frankincense)
Plant Origin: Somalia
Extraction Method: Steam distilled from gum/resin
Chemical Constituents:
- Monoterpenes 40%
- a-pinene 43%, limonese
- Sesquiterpenes
- Alcohols terpenes: borneol

Action:
- Expectorant, anti-tumoral, immuno-stimulant, anti-depressant.
- Antiseptic, astringent
- Hellicrysm and Frankincense are the only two that are more powerfully used alone than blended.

Uses:
- May help with allergies
- Depression, CALMS
- Supports immune system. increases activity of leukocytes in defense of the body against infection. Combine with thieves and use on feet for immune help.
- Bites (insect and snake)
- Headaches
- Hemorrhaging
- Hemmorhoids
- Herpes
- High blood pressure

Inflammation
Massage into throat for lymphatic drainage
Respiratory infections, bronchitis, asthma, tonsillitis, expectorant. Put in kleenex and breathe up into nose or blow nose
Skin care, dull/aging wrinkled skin, use straight on herpes cold sores or mix with bergamot and calendula
Stress
Tumors, cancer
Typhoid
Ulcers
Warts

Formulating/Blending:
Found in Abundance, Acceptance, Brain Power, Exodus II, Forgiveness, Gathering, Harmony, Humility, ImmuPower, Inspiration, Into The Future, 3 Wise Men, Trauma Life and Valor.
Companion Oils: All oils.
Hellicrysm and Frankincense are the only two that are more powerfully used alone than blended.

Emotional Action:
High in sesquiterpenes, stimulates and elevates to the mind and helps in overcoming stress and despair.
Sesquiterpenes enable it to go beyond the blood brain barrier.
For meditation

How to Apply:
Diffuse
Apply topically
May be added to food or water as a dietary supplement.

Fragrant Influence:
Influence is spiritual awareness and meditation
Increases spiritual awareness and promotes meditation.
Frankincense may also help improve attitude and uplifr spirits, which may help to strengthen the immune system.

History:
Also known as "olibanum "or "Oil from Lebanon" the name frankincense is derived from the Medieval French word for "real incense".
Considered the "holy anointing oil" in the Middle East and has been used in religious ceremonies for thousands of years.
Was well known during the time of Christ for its anointing and healing powers and was one of the gifts given to Christ at His birth.
Used to treat every conceivable ill known to man, frankincense was valued more than gold during ancient times and only those with great wealth and abundance possessed it.

Researchers today have discovered that frankincense is high in sesquiterpenes, which shelps stimulate the limbic system of the brain (center of emotions) as well as the hypothalamus, pineal and pituitary glands.
The hypothalamus is the master gland of the human body, controlling the release of many hormones including thyroid and growth hormone.

Frankincense is now being researched and used therapeutically in European hospitals and is being investigated for its ability to improve human growth hormone production.
There are over 52 references to frankincense in the Bible.
Exodus 30:34 and the Lord said until Moses, Take unto thee sweet spices, stacte and onycha, and galbanum; these sweet spices with pure frankincense: of each shall there be a like weight.

Levitius 2:1 and when any will offer a meat offering until the Lord, his offering shall be of fine flour; and he shall pour oil upon it, and put frankincense thereon.
Leviticus 2:2 and he shall bring it to Aaron's sons the priests: and he shall take thereout his handful of the flour thereof, and of the oil thereof, with all the frankincense thereof; and the priest shall burn the memorial of it upon the altar, to be an offering made by fire, of a sweet savour unto the Lord.
Song of Songs 3:6 Who is this coming up from the desert like a column of smoke, perfumed with myrrh and frankincense made from all the spices of the merchant?

Warnings:
If pregnant or under a doctor's care, consult your physician.

GALBANUM (Ferula gummosa)

Family: Apiaceae or Umbelliferae (parsley)
Plant Origin: Iran
Extraction Method: Steam distilled from resin derived from stems and branches
Chemical Constituents:
Monoterpenes 65-85%
a-pinene 45-50%, camphene, limonene, myrcene, carvone
Sesquiterpenols
Esters
Coumarins
Action:
Anti-infectious Stimulant, supporting to the kidneys and menstruation,
Analgesic, Light Anti-spasmodic
Uses:
Antimicrobial
Abscesses, acne, scar tissue, cuts, wrinkles, wounds
Asthma, bronchitis, Chronic coughs
Indigestion
Inflammation, muscular aches, pains, rheumatism
Poor circulation
Stress
Formulating/Blending:
Although it has a low frequency, when combined with other oils, such as frankincense or sandalwood, the frequency rises dramatically.
How to Apply:
Topically
May be added to food or water as a dietary supplement.
Fragrant Influence:
Harmonic and balancing.
May help increase spiritual awareness and meditation.
History:
Mentioned in Egyptian papyri and the Old Testament (Exodus 30:34) it was esteemed for its medicinal and spiritual properties.
Dioscorides, an ancient Roman historian records that galbanum was used for its antispasmodic, diuretic and pain relieving properties.
Exodus 30:34-35 Then the Lord said to Moses 'Take fragrant spices – gum resin, onycha and galbanum – and pure frankincense, all in equal amounts, and make a fragrant blend of incense, the work of a perfumer.

Warnings:

If pregnant or under a doctor's care, consult your physician.

GERANIUM (Pelargonium graveolens)

Family: Geraniaceae
Plant Origin: Egypt, India
Extraction Method: Steam distilled from the leaves
Chemical Constituents:
Monoterpenes
Sesquiterpenes
Monoterpene alcohols 60-68%: linalol, citronnellol 33%, geraniol 25%, nerol, menthol,
Sesquiterpene alcohols
Terpene esters 20=33%
Oxides: 1,8 cineole: aldehydes: neral, geranial 9.8%
Ketones
Action:
Antispasmodic, antitumoral, adrenal cortex stimulant, anti-inflammatory, astringent, hemostatic (stops bleedign), anti-infectious, antibacgterial, antifungal,k revitalizes skin tissue, dilates bile ducts for liver detoxification.
Balances the sebum which is the fatty secretion in sebaceous glands of the skin that keep the skin supple.
Helps cleanse oily skin and restores and enlivens pale skin.
Uses:
Skin conditions (dermatitis, eczema, psoriasis, vitiligo), herpes, shingles, ringworm, shingles, bleeding, acne, burns, wounds
Gingivitis
Depression
Tumor growths,
Liver problems, hepatitis, jaundice, gallbladder problems
Hormone imbalances, sterility, menstrual problems
Digestion, diarrhea, gastric ulcer
Insomnia
Neuralgia, severe pain along nerve, regenerating tissue and nerves.
Pancreas imbalances, diabetes
Sore throats
Antiseptic, anti-inflammatory, mild analgesic
Urinary stones
Stimulates adrenal cortex
Bugs don't like geranium
Better not to use in the evening because it is a stimulant. If you do, cut it with lavender.
Combine with Rosemary for Lymphatic drainage
Formulating/Blending: Companion Oils: all
Emotional Action:
Blend with Bergamot for emotional states
How to Apply:
Diffuse
Apply topically
May be added to food or water as dietary supplement.

Apply where you would use a deodorant
Fragrant Influence:
May help to release negative memories.
May also help ease nervous tension and stress, balance the emotions, lift the spirit, and foster peace, well-being and hope.
Influence is letting go of negative past
Under influence of Venus, but not so obviously feminine as Rose. Middle between Bergamot & Rose.
Influence is letting go of negative past
Under influence of Venus, but not so obviously feminine as Rose. Middle between Bergamot & Rose.
History:
Geranium has been used for centuries for skin care.
Warnings:
If pregnant or under a doctor's care, consult your physician.

GINGER (Zingiber officinale)

Family: Zingiberaceae (ginger)
Plant Origin: China
Extraction MChemical Constituents:
Monterpenes: a pinene, camphene, b-pinene, myrcene, limonene
Sesquiterpenes: zingibedrene 30%
Hydrocarbons: onoterpene alcohols: Sequiterpene alcohols
Aldehydes
Ketones
Action:
Digestive tonic Sexual tonic Reduces pain Expectorant.
Uses:
Arthritis, rheumatism, chills, muscular aches/pains, rheumatism, sprains, tonsillitis
Respiratory infections, congestion, coughs, sore throats, sinusitis
Infectious diseases
Loss of appetite, nausea, digestive disorders, diarrhea, flatulence
Alcoholism
Motion sickness
Memory and digestion
Prevents contagious disease
Impotence
Scurvy
Angina
Parasitic
Formulating/Blending:
Companion Oils: All spice oils, all citrus oils, eucalyptus, frankincense, geranium, myrtle, rosemary, spearmint.
How to Apply:
Diffuse
apply topically
May be added to food or water as a dietary supplement or flavoring
Fragrant Influence:
Gentle, stimulating, endowing physical energy, courage.

Influence is enhancing physical energy, sex, love, money, courage
History:
Ginger is sued to combat effects of motion sickness and has been studied for its gentle, simulating effects.
Women in the West African country of Senegal weave belts of ginger root to restore their mates' sexual potency.
Warnings:
If pregnant or under a doctor's care, consult your physician.

GRAPEFRUIT (Citrus x paradisi)

Family: Rutaceae (citrus)
Plant Origin: California (grapefruit is a hybrid between Citrus maxima and Citrus sinensis)
Extraction Method: Cold press from rind
Chemical Constituents:
Monoterpenes: limonene 96-98%
Aldehydes
coumarins and furocoumarins
Action:
Antiseptic Disinfecting Detoxifying Diuretic
Like many cold pressed citrus oils, it has unique fat-dissolving characteristics.
It is exceptionally cleansing for oily skin.
Psychologically it is antidepressant and emotionally uplifting.
Uses:
Acne, cleanses kidneys, lymph system and vascular system
Depression, drug withdrawal, eating disorders,
Liver disorders
Migrane headaches
Pre menstrual tension, stress
Fatigue
Fluid retention, cellulite, lymph congestion
Digestive complaints, dyspepsia
Obesity
Formulating/Blending:
Companion Oils: Basil, bergamot, cedarwood, chamomile, cypress, frankincense, geranium, juniper, lavender, peppermint, rosemary, rosewood and ylang ylang.
Emotional Action:
Depression
Uplifting
Influences prevent one from drowning in ones own negativity
How to Apply:
Diffuse
apply topically
Add to food or water as dietary supplement or flavoring
Not photosensitizing unlike other oils with furocoumarins.
Fragrant Influence:
Rrefreshing and uplifting
History:

Warnings:
If pregnant or under a doctor's care, consult your physician.

HELICHRYSUM (Helichrysum italicum)
(aka Lmmortelle or Strawflower)

two types 1. Gemosatilluin (Immortelle)
2. Sarotonous (Starflower/Everlasting) - used in Aromalife, Paneaway, Juvaflex
Family: Asteraceae or Compositae (daisy)
Plant Origin: Yugoslavia, Corsica
Extraction Method: Steam distilled from flower
Frequency: 181 mghz
Chemical Constituents:
Sesquiterpenes
Monoterpenols: nerol
Terpene esters
Neryl acetate 75%
Ketones
Action:
Anticoagulant Anesthetic Dissolves hamatomas (blood clots)
Mucolytic Expectorant Stimulants liver
Antispasmodic Reduces scar tissue and skin discoloration
Balances blood pressure, chelates chemicals and toxins
Blood thinner, anti-coagulant
Uses:
Hematoma (swelling or blood filled tumor), bleeding
Arteriosclerosis, atherosclerosis, hypertension, congestive heart failure, cardiac arrhythmias, thrombosis, embolisms
Liver disorders
Phlebitis, sciatica
Reduces inflammation to allow more oxygen into system
Sinus infection, respiratory conditions, bronchitis, congestion, mucus
Skin conditions (eczema, dermatitis, psoriasis), scarring
May help with blood circulation, varicose veins
Hearing loss
Acute Pain (antiseptic properties), arthritic pain, other types of pain
Regenerates tissue, detoxifies and stimulates liver cell function
Blood thinner
Cholesterol problems
Yugoslavic brand is stronger, higher in trans vynlracolos and turpines.
Used in orient to reg. heart function and heart flow
Detoxifies, cleanses and normalizes blood, stimulates pancreas, lymph drainage, chelate metallics
Gallbladder infection
Sunscreen
Formulating/Blending:
Hellicrysm and Frankincense are the only two that are more powerfully used alone than blended.

How to Apply:
Diffuse
apply topically around outside of ear, temple, forehead, back of neck, or on location.
Fragrant Influence:
Uplifting to the subconscious
History:
Studied by European researchers for regenerating tissue and nerves and improving circulation and skin condition
Warnings:
If pregnant or under a doctor's care, consult your physician.

HYSSOP (Hyssopus officialis)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: France, Hungary
Extraction Method: Steam distilled from stems/leaves
Chemical Constituents:
Monoterpenes 25-30%
b-pinenes
Sesquiterpenes 12%
Sesquiterpenols 5-10%
Phenols methyl-ethers, methyl chavicol
Monoterpenones 45-58%
a and b thujones, camphor, isopinocamphone 31-32%
pinocamphone 53%
Action:
Atnicatarrhal Mucolytic Decongestant Expectorant
Cleansing Purifying
Helps reduce fats in the tissue
Raises low blood pressure, regulates menstrual flow and increases perspiration
Uses:
Anxiety
Arthritis, rheumatism
Asthma, respiratory infections, coughs
Cuts, dermatitis, wounds
Sore throats, viral infections
Parasites (expelling worms),indigestion
Fatigue, nervous tension
Formulating/Blending:
found in Exodus II, Harmony, ImmuPower, Releive It, White Angelica
COMPANION OILS:
All citrus oils, clary sage, fennel, geranium, myrtle, sage
How to Apply:
Diffuse and apply topically.
May be added to food or water as a dietary supplement
Fragrant Influence:
Stimulates creativity and meditation
History:
While there is some uncertainty that Hyssopus officinalis is the same species of plant as the hyssop

referred to in the Bible, there is no question that Hyssop officinalis has been used medicinally for almost a millennium for its antiseptic, disinfecting, and anti-infectious properties. It has also been sued for opening the respiratory system.

Exodus 12:22 and ye shall take a bunch of hyssop and dip it in the blood that is in the bason, and strike the lintel and the two side posts with the blood that is in the bason, and none of you shall go out at the door of his house until the morning.

Leviticus 14:4 then shall the priest command to take for him that is to be cleansed two birds alive and clean, and cedarwood and scarlet and hyssop.

Leviticus 14:6 as for the living bird, he shall take it and the cedar wood and the scarlet and the hyssop and shall dip them and the living bird in the blood the bird that was killed over the running water.

Psalm 5:7 Cleanse me with hyssop and I will be clean; wash me and I will be whiter than snow.

Warnings:

If pregnant or under a doctor's care, consult your physician.

IDAHO BALSAM (Abies balsamea)

aka Balsam Fir, Christmas Tree
Family: Pinaceae
Plant Origin: Idaho, USA
Extraction Method: steam distillation
Chemical Constituents: B-pinene; o3 carene; a pinene, limonene, B phellandrene, bornyl acetate, caryophyllene, a Humulene (so basically monoterpenes and Sesquiterpenes)
Action:

Antiseptic Reduces cortisol, increases estrogen

Uses:

- **antiseptic, significant action against Staph aureus**
- **reduces cortisol, increases estrogen levels in women**
- **heals burns as quick as lavender**
- **antidepressant, some may be able to go off prosac in as little as 48 hr**
- **painkiller equal to hellicrysm**
- **can use on baby's skin without burning**
- **put with frankincense, becomes powerful**
- **can take it in capsules, use externally**
- **DNA repair to homeostasis**
- **Inflammation**
- **anti-tumor**
- **insect repellent**

Emotional Action:
How to Apply:

Diffuse and apply topically. 2-4 drops
May be added to food or water as a dietary supplement
3-5 drops in bath
Household cleaner: 10-15 drops in 1 cup vinegar, 1 cup water, put into large spray bottom, mix.
Air freshner

Fragrant Influence: invigorating but calming
History:

Biblical oil included with frankincense and myrrh

First Nation in North America used as antiseptic, skin ointment for itches and infections, a laxative, treatment for heart disease, and as a cold remedy.

IDAHO TANSY (Tanacetum vulgare)

Family: Asteraceae or Compositae (daisy)
Plant Origin: Idaho, Washington
Extraction Method: Steam distilled from leaves
Chemical Constituents: Thujone, Camphor, Sabinene, Camphene
Action:
Insect Repellent Analgesic Anti-tumoral Hemostat Immune Stimulant
Uses:
Respiratory infections
Stomach conditions
Arthritis, gout
Irritable bowel, diarrhea
Aneurysm
Bruises
freckles
Formulating/Blending:
Found in ImmuPower, Into the Future
COMPANION OILS:
Birch, clary sage, elemi, hyssop, myrtle, pine, valerian, vetiver
How to Apply:
Diffuse
Topically
History:
This antimicrobial oil has been used extensively as an insect repellent.
According to E.Joseph Montagna's PDR on herbal formulas, it may help numerous skin conditions and tone the entire system.
Warnings:
If pregnant or under a doctor's care, consult your physician.

JASMINE (Jasminum officinale)

Family: Oleaceae (olive)
Plant Origin: India
Extraction Method: Absolute extraction from flower. Jasmine is actually an
Chemical Constituents:
Benzyl Acetate, Benzyl Benzoate, Methyl Anthranilate, Linalol, Phytol, Methyl Palmitate
Action:
Beneficial for skin
Antidepressant, stimulating, uplifting
Uses:
Dry, greasy, irritated or sensitive skin. Eczema when caused by emotions.
Anxiety, stress, depression, frigidity, labor pains
Laryngitis
Letharty (abnormal drowsiness)
Menstrual pain and problems, stress
Some think this is the masculine counterpart to rose oil???

Formulating/Blending:
Companion Oils: Bergamot, frankincense, geranium, helichrysum, lemongrass, mandarin, melissa, orange, palmarosa, rose, rosewood, sandalwood, spearmint
Emotional Action:
Uplifting, stimulating
How to Apply:
Diffuse an apply topically
May be added to food or water as a dietary supplement
Fragrant Influence:
Uplifting and stimulating in times of hopelessness and nervous exhaustion.
Helps reduce anxiety, apathy, depression, dilemmas that deal with relationships, indifference, listlessness.
When worn as a cologne, increases excitability.
History:
Has been nicknamed as the "queen of the night" an "moonlight of the grove".
For centuries women have treasured jasmine for its beautiful, seductive fragrance.
One pound of jasmine oil requires about 1,000 pounds of jasmine or 3.6 million fresh unpacked blossoms. The blossoms must be collected before sunrise or much of the fragrance will have evaporated. The quality of the blossoms may also be compromised if they are crushed.
A single pound of pure jasmine oil may cost between $1200 to $4500. In contrast, synthetic jasmine oils can be obtained for $3,50 per pound but they obviously do not possess the same therapeutic qualities as pure jasmine oil.

The properties mentioned here are based on pure jasmine oil, not synthetic oil.
Warnings:
If pregnant or under a doctor's care, consult your physician.

JUNIPER (Juniperus osteoperma and/or J. scopulorum)

Family: Cupressaceae (cypress)
Plant Origin: Utah
Extraction Method: Steam distilled from berries and twigs
Chemical Constituents:
Monoterpenes: a pinene 34-46%, sabinene 9-18%, myrcene 6-8%
Sesquiterpenes
Terpene alcohols
Aldehydes
Ketones mono and sesquiterpenes: camphor, pinocamphone
Action:
Antiseptic Astringent Digestive stimulant Purifying Detoxifying
Increases circulation through kidneys and promotes excretion of uric acid and toxins.
Uses:
Acne, dermatitis, eczema, wounds
Depression, fatigue
Liver problems, regulates appetite
Sore muscles, rheumatism, helps eliminate uric acid
Ulcers
Urinary infections, fluid retention

Detoxifier and cleanser, drives out toxins particularly when too much alcohol and rich food taken. Good to use in foot bath to take away toxins
Nerve Regeneration
Good for scanty periods, painful cramps
Purifies blood, good where disease type insects are

Formulating/Blending: Companion Oils: Bergamot, all citrus oils, cypress, geranium, lavender, melaleuca, melrose, rosemary

How to Apply:
Diffuse and apply topically
May be added to food or water as a dietary supplement

Fragrant Influence:
Invokes feelings of health, love, peace and may help to elevate one's spiritual awareness
Influence is health, love, peace, supports spirit in challenging situations, good for "helping professions"

History:
Bundles of juniper berries were hung over doorways to ward off witches during medieval times.
It has been used for centuries as a diuretic.
Until recently French hospital wards burned sprigs of juniper and rosemary to protect from infection.
Tibetan monks used juniper to prepare them to receive higher source
Job 30:45 who cut up mallows by the bushes, and juniper roots for their meat.
Psalm 120:4 He will punish you with a warrior's sharp arrows, with burning coals of the broom tree (broom tree is thought to be a juniper shrub that grows in Palestine.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Avoid if kidney disease, pregnant, and long term use

LAURUS NOBILISE (Bay Laurel)

Family: Lauraceae
Plant Origin: France
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Monoterpenes: a-pinene, b-pinene, sabinene
Sesquiterpenes
Monoterpenols: linalol 8-16%
Terpene Esters
Phenols: eugenol 3%
Oxides: 1,8 cineol 35-45%
Lactones sesquiterpenes

Action:
Antiseptic Antimicrobial Expectorant Mucolytic Anti-infectious Anticoagulant Antibacterial (strep, staph, e coli), candida,

Uses:
Nerve regeneration
Arthritis (rheumatoid), chronic bronchitis
Oral infections, viral infections
May help with loss of appetite

Asthmatic conditions
Hair loss (after an infection)
Lice, scabies

How to Apply:
Diffuse
Apply topically on abdomen or on location
Add to food or water as dietary supplement or flavoring.

Fragrant Influence:
Has been used as fragrance component in cosmetics and perfumes.

History:
Both the leaves ad the black berries were also used to alleviate indigestion and loss of appetite.
During the Middle Ages, it was used for angina pectoris, asthma, gout, migraine, palpitations and liver and spleen complaints.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Use in moderation.

LAVENDER (Lavandula angustifolia)

Family: Lamiaceae or Labiatae (mint)

Plant Origin: Utah, Idaho, France. Good lavender comes from higher up on the mountains of France, called Lavendula. Gary Young also grew his own in Idaho and has won first place in competition with his lavender in the world

Extraction Method: Steam distilled from flowering top. Should be steam distilled at 220°F for only 1 1/2 hr.

Chemical Constituents:
Monoterpene
a-pinene, b-pinene, camphene
Sesquiterpenes. - sesquiturpines access the brain, most lavender oil on the market doesn't contain it
Non terpene alcohols 45%, geraniol, borneol, lavandulol
Esters: linalyl acetate 30-34%
Lavanduyle, Oxides: 1,8 cineole
Ketones
Sesquiterpenones
Aldehydes
Lactones
Coumarins

Action:
Antiseptic Analgesic Anti-tumoral Anticonvulsant
Sedative Anti-inflammatory
Beneficial for cleansing cuts and wounds, for skin care since it prevents the build up of excess sebum a skin oil that bacteria feed on.
Clinically evaluated for its relaxing effects.
127 different properties

Uses:
Excellent burn medication, regeneration of tissue and cell renewal
Dandruff, hair loss, Seborrhea
Allergies, headaches

Indigestion, nausea, flatulence
Convulsions
High blood pressure
Menopausal conditions, Premenstrual conditions
Insomnia
Tumors
Phlebitis, anti-spasmodic, cramps, anti-inflammatory, anti-infectious
Skin problems (acne, dermatitis, eczema, diaper rash, psoriasis, rashes, stretch marks)
Cleanses cuts, helps bruises, skin irritations, insect bites
Herpes
Universal oil with many different applications
May help arthritis, bronchitis, heart palpitations, earaches, depression, convulsions, asthma, laryngitis, respiratory infections, throat infections
Nervous tension
Thrush
Mouth abscess
Fluid retention, assisting elimination of waste through lymphatic system (foot bath good)

Formulating/Blending:
Companion oils:
Most oils, esp citrus oils, chamomile, clary sage, geranium

Emotional Action:
Grounding
Balancing

How to Apply:
Diffuse
Topically
Apply where you would use as deodorant
May be added to food or water as dietary supplement

Fragrant Influence:
Calming, relaxing, balancing both physically and emotionally

History:
The French scientist Rene Gatefosse was the first to discover lavender's ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory accident.
Today lavender is one of the few essential oils to still be listed in the British Pharmacopoeia.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Safe for use on small children

LEDUM (Ledum groenlandicum)

Family: Ericaceae
Plant Origin: North America
Extraction Method: Steam Distilled
Chemical Constituents:
Monoterpenes
Sesquiterpenes
Esters terpene

Action:
Anti-inflammatory **Antitumoral** **Antibacterial**
Diuretic **Hepatoprotectant** **Decongestant**
Uses:
Liver dysfunctions, hepatitis, cirrhosis, fatty liver, obesity
Laryngitis, bronchitis, cough, hoarseness
Thyroid regulation
Influenza
Edema
All types of skin problems
Stomach discomfort
Prostate infection, congested prostate
Insomnia
Allergies
Formulating/Blending: Companion Oils: Frankincense Wintergreen/birch Goldenrod Lemon Sage
How to Apply:
Diffuse
Topically by diluting 1 drop to 1 tsp base oil
Dietary supplement dilute 1 drop oil in 4 oz soy/rice milk
Fragrant Influence:
Strongly aromatic
History:
Known colloquially as "Labrador tea", ledum is strongly aromatic herb that has been used for centuries in folk medicine.
Nature people of Eastern Canada used this her for tea, as a general tonic, to great variety of kidney related problems.
Has helps protect native people of North America against scurvy for more than 5,000 years.
Cree use it for fevers and colds.
Warnings:
If pregnant or under a doctor's care, consult your physician.
If using topically, dilute one drop essential oil in 1 tsp base or veg. Oil.

LEMON (Citrus limon)

Family: Rutaceae (citrus)
Plant Origin: California, Italy
Extraction Method: Cold pressed from rind. It takes 3,000 lemons to produce a kilo of oil.
Chemical Constituents:
Monoterpenes: limonene 54-72% **Sesquiterpenes**
Aldehydes **Coumarins and furocoumarins, contains flavonoids, carotenoids, steroids**
Action:
Anti-infectious **Disinfectant** **Antibacterial (spores)**
Antiseptic **Antiviral**
Lemon improves microcirculation, promotes white blood cell formation and improves immune function.
Uses:
Anemia, stimulates red and white blood cell formation
Asthma, colds

Herpes, warts
Shingles
Bleeding
Malaria
Parasites
Rheumatism
Throat infection
Ureter infection
Varicose Veins
Blood pressure
Digestive problems, respiratory infections
Sore throats
Helps promote leukocyte formation
Improves memory
Strengthens nails, cleans skin
Helps brighten pale, dull complexion by removing dead skin cells
Effective insect repellent
As cleanser to remove gum, wood stain, oil, grease spots.
Cleanses lymphatic
Burns off warts
Reduces fever
Varicose veins, gout, rheumatism, arthritis
Stimulates production of white corpuscles, good for immune system
Alkaline reaction, good if too much acidity
Gum tonic, use as mouthwash
Astringent, hemostatic, stops bleeding (2% in boiled water) good for nosebleeds

Formulating/Blending:

Companion Oils: Chamomile, eucalyptus, fennel, frankincense, geranium, juniper, peppermint, sandalwood, ylang ylang

Emotional Action:

Promotes sense of well being
Helps Anxiety

How to Apply:

Diffuse or add few drops to spray bottle to deodorize and sterilize air.
Add 2 drops to water for purification or combine with peppermint to provide a refreshing lift.
Add to food or water as dietary supplement or flavoring.

Fragrant Influence:

Promotes clarity of thought and purpose as well as health, healing, physical energy, and purification.
Fragrance is invigorating, enhancing and warming.
Influence is health, healing, physical energy, purification

History:

Lemon has antiseptic-like properties and contains compounds that have been studied for their effects on the immune function.
According to Jean Valnet, the vaporized essence of lemon can kill meninococcus bacteria in 15 minutes, typhoid bacilli in 1 hr, Staphylococcus aureus in 2 hr, and Pneumococcus bacteria within 3 hr. Even a .2% solution of lemon oil can kill diphtheria bacteria in 20 minutes and inactive tuberculosis bacteria.
Lemon oil has been widely used in skin care to cleanse skin and reduce wrinkles.

Warnings:

If pregnant or under a doctor's care, consult your physician.

Lemon oil is very photosensitizing so avoid applying it to skin that will be exposed to direct sunlight or UV light.
Using too much may burn skin.

LEMONGRASS (Cymbopogon flexuosus)

Family: Poaceae or Gramineae (grasses)
Plant Origin: India, Guatemala
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Alcohol monoterpenes
a-terpenol, borneol, geraniol
Alcohol sesquiterpenes: farnesol 12.8%
Monoterpene aldehydes 60-85%: citrals 75%, neral 27.7%, geranial 46.6%
Action:
Support digestion, tones and helps regenerate connective tissues and ligaments.
Dilates blood vessels, strengthens vascular walls
Promotes lymph flow.
Anti-inflammatory Anti-fungal Sedative
Uses:
Bladder infections
Digestive disturbances
Parasites
Torn ligaments
Edema, fluid retention, kidney disorders
Varicose veins
May help improve circulation
Eyesight
Infections
Respiratory problems, sore throats
Tissue regeneration
Digestive system, purifier
Good for the eyes
Regulates parasympathetic system
Strengthens vascular walls, helps connective tissue, lymphatic drainage, varicose veins
Bladder infection, kidney disorders, edema
Insect repellant, flea repellant, mold deterrant
Deodorant
Combine with Neroli and Bergamot for skin softening
Antidepressant, antiseptic, deodorant, insecticide, parasiticide, tonic, stimulant
Because clears mind, good for headaches
General tonic balances heart and nervous system
Kills germs
Helps rheumatic aches and pains
Formulating/Blending:
Companion Oils: Basil, cedarwood, eucalyptus, geranium, lavender, melaleuca, rosemary
Emotional Action:
Clears minds, uplifts depression
How to Apply:

Diffuse
Topical application

Fragrant Influence:
Promotes psychic awareness and purificationHistory:
Used for purification and digestion.
Research was published in Phytotherapy Research on topically applied lemongrass for its powerful antifungal properties.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Skin test for sensitivity

MANDARIN (Citrus reticulata)

Family: Rutaceae (citrus)
Plant Origin: Madagascar, Italy, China
Extraction Method: Cold press from rind
Chemical Constituents:
Monoterpenes
Limonene 65-94%
Esters
Aldehydes
Coumarins and furocoumarins
Flavonoids, carotenoids, steroids

Action:
Light antispasmodic **Digestive tonic**
Andiseptic **Antifungal** **Stimulates gallbladder**

Uses:
Acne, skin problems (congested and oily skin, scars, spots, tones the skin), stretch marks when combined with either jasmine, lavender, sandalwood, and/or frankincense)
Digestive problems, intestinal problems
Fluid retention
Insomnia, nervous tension, restlessness

Formulating/Blending:
Companion Oils: Cinnamon, clove, lavender, neroli, nutmeg, other citrus oils and spice oils

How to Apply:
Diffuse
Topical application

Fragrant Influence:
Appeasing, gentle, promotes happiness

History:
Fruit was triditionally given to Imperial Chinese officials named the Mandarins.

Warnings:
If pregnant or under a doctor's care, consult your physician. Avoid direct sunlight after use.
Recommended for children and pregnant women because it is very gentle.

MARJORAM (Origanum majorana)

Family: Lamiaceae or Labiatae (mint)
Same family as Lavender and Rosemary
Plant Origin: France
Extraction Method: Steam distilled from leaves
Chemical Constituents:
- Monoterpenes 40%
- a and b pinenes, myrcene
- Sesquiterpenes
- Monoterpenols 50%: linalol
- Terpene esters: terpenyl acetates, geranyle acetates

Action:
- Anti-infectious Antibacterial
- Dilates blood vessels
- Regulates blood pressure
- Soothes muscles
- Promotes intestinal peristalsis
- Tones the parasympathetic nervous system
- Supports the respiratory system

Uses:
- Aches, arthritis, rheumatism, sprains, migraine headaches, cramps, neuralgia
- Respiratory infections, expectorant, asthma, calms respiratory system
- Insomnia, Nervous Tension
- Constipation, indigestion, gas
- Relaxes and calms muscles, may calm muscles that constrict and contribute to headaches
- Anti-aphrodisiac
- Burns, sunburns, sores, cuts, shingles, ringworm
- Fungal and viral infections
- Circulatory Disorders - vasodilator of arteries
- Not a disciplined oil, sometimes can't make up its mind what it wants to do
- Spasms (menstrual cramps), migraine headaches (if headache is constricting)-
- Use peppermint and lavender with for migraines
- Great for the muscles, strengthens muscle tissue, good for over exerted muscles
- Regulates and balances
- Antispasmodic, increases tone of parasympathetic nerves
- Sedative, lowers blood pressure
- Helps intestinal peristalsis, digestive stimulant
- Energy: warming

Formulating/Blending:
- Companion Oils: Bergamot, cedarwood, chamomile, cypress, lavender, nutmeg, orange, rosemary, rosewood, ylang ylang

Emotional Action:
- Anxiety, nervous tension
- Grief, loneliness

How to Apply:
- Diffuse or apply topically
- Massage to calm stressed muscles
- Use in baths for arthritis and rheumatism
- Add to food or water as dietary supplement or flavoring

Fragrant Influence:
Assists in calming nerves
Peace, celibacy, sleep
History:
Was known as the herb of happiness to the Romans and "joy of the mountains" to the Greeks.
It was believed to increase longevity.
Warnings:
If pregnant or under a doctor's care, consult your physician.

MELALEUCA ALTERNIFOLIA (Tea Tree)

Family: Myrtaceae (myrtle)
Plant Origin: Australia
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Monoterpenes: a pinene, b pinene, myrcene
Sesquiterpenes
Monoterpene alcohols 45-50%
Terpene oxides
Action:

Anti-infectious	**Antifungal**	**Antiviral**	**Antiparasitic**
Antiseptic	**Anti-inflammatory**	**Cardiotonic**	**Immunostimulant**

Antibacterial (large spectrum action of gram positive and gram negative bacteria.
Decongestant of the veins, reduces phlebitis
Neurotonic, analgesic and protects against radiation.
Uses:
Athlete's foot, fungal infections, vaginal thrush, candida, warts
Bronchitis, respiratory infections, sore throats, tonsilitis, coughs, colds, flu
Heals wounds, rashes, sunburn, inflammation, skin healer, ingrown nails
Bactericidal, anti-viral, immuno-stimulant, anti-fungal
Gum disease,
Digestive, diarrhea
Formulating/Blending:
Companion Oils: All citrus oils, cypress, eucalyptus, lavender, rosemary, thyme
How to Apply:
Diffuse or apply topically
Fragrant Influence:
Influence is purity and cleansing
History:
High regarded as an antimicrobial and antiseptic essential oil.
High levels of terpinenol which is the key active constituent.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Safe for use on children and pets.
Repeated use can possibly result in contact sensitization.

MELALEUCA ERICIFOLIA
(formerly called Australian Rosalina)

Family: Myrtaceae (myrtle)
Plant Origin: Australia
Extraction Method:
Chemical Constituents:
a-pinene, 1,8 cineol, linalook, a-terpineol, limomene, para-cymene
Uses:
This oil is still under study. It has been found beneficial for bronchitis, asthma, respiratory infection, sinus infection
How to Apply:
Diffuse or apply topically
Warnings:
If pregnant or under a doctor's care, consult your physician.

MELALEUCA QUINQUENERVIA

Family: Myrtaceae (myrtle)
Plant Origin: Australia
Extraction Method: Steam distilled from leaves and limbs
Chemical Constituents:
Sesquiterpenes
Monoterpene alcohols: linalol
Sesquiterpene alcohols: +trans - nerolidol 81-21%, farnesols
Terpene oxides: 1.9 cineol
Action:

Male hormone like	Anti-inflammatory	Anti-infectious
Antibacterial	Antiviral	Antiparisitical

Uses:
Amoeba and parasites in the blood
Relieves mucous in the respiratory passages, urinary tract and genital organs
Digestive tonic
Reduces hypertension (high blood pressure)
May help with respiratory tract and respiratory allergies, infections and hemorrhoids.
How to Apply:
Diffuse
Apply topically
Fragrant Influence:
Sweet and delicate
Warnings:
If pregnant or under a doctor's care, consult your physician.
Repeated use can possibly result in contact sensitization.

MELISSA (Melissa officinalis)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Utah, Idaho, France
Extraction Method: Steam distilled from leaves and flowers
It takes 2 tons melissa leaves to produce 1 ounce of melissa. another source says it takes 4 ton to produce 1 litre of oil.
Chemical Constituents:
- Monoterpenols: linalol, nerol, geraniol, citronnellol, a terpineol
- Sesquiterpenols (over 25%)
- Terpene esters: geranial acetates, Terpene oxides: 1,8 cineole
- Monoterpenals: citrals, neral 15%, geranial 15%
- Coumarins

Action:
- Calming
- Sedative
- Hypotensive (low blood pressure)
- Fights against cholera
- Inflammatory

Uses:
- Gary Young believes Melissa is far superior to Rose Oil. It works on the DNA, viral level, immune modulator, increasing leukocytes.
- Dr. Dietrich Wabner, prof at Tech University of Munich reported a one time application of true melissa oil led to complete remission of Herpes Simplex lesions.
- Allergies, asthma, bronchitis, chronic coughs, respiratory infections, throat infections
- Cold sore blisters, eczema, insect bites
- Vertigo
- Insomnia
- Nervous tension, migraine, palpitations, hypertension
- Indigestion, nausea, dysentery
- Fevers
- Profoundly affects limbic area of the brain as well as hypothalamus and pituitary glands (the site of hormone production).
- Water extract is being studied for its inhibition of growth of viruses.

Formulating/Blending:
- Companion Oils: Geranium, lavender, other floral and citrus oils

Emotional Action:
- For the heart or emotions, Calming
- Use under the tongue for suicides.
- Helps negative under- minding thoughts affects and erases the templates in the cell and recreates patterns.

How to Apply:
- Diffuse
- Apply topically

Fragrant Influence:
- Brings out gentle characteristics within people.
- Calming and uplifting, may help to balance the emotions.
- May also help to remove emotional blocks and instill a positive outlook on life.

History:
- Has powerful anti-microbial constituents.
- The nature of the plant is very gentle and delicate and helps to bring out those characteristics in an individual.
- Anciently, melissa was used for nervous disorders and many different ailments dealing with

the heart or the emotions.
It was also used to promote fertility.
Was the main ingredient in the renowned Carmelite water, distilled in France since 1611 by the Carmelite monks.

Warnings:
If pregnant or under a doctor's care, consult your physician.

MOUNTAIN SAVORY (Satureja montana)

Family: Lamiaceae or Labiatae
Plant Origin: France
Extraction Method: Steam distilled from flowering plant
Chemical Constituents:
Monoterpenes: a thujene, a and b pinenes, camphene, sabinene, myracene, limonene
Sesquiterpenes
Monoterpenes: linalol
Terpene alcohols, Terpene esters
Phenols: thymol, carvacrol 25-50%, eugenol
Phenols methyl-ethers: methyl carvacrol;
Turpene oxides: 1,8 cineol
Ketone, camphor

Action:
Strong anti-infectious Anti-bacterial Antifungal Antiviral
Antiparasitic Immunostimulant General tonic and stimulant

Uses:
Due to high phenol content, it is very strong antiseptic and has been used to hasten the formation of scar tissue and help with abscesses, burns, cuts
Known to stimulate adrenal gland
The extract may have anti HIV activity.
Reduces acute pain.
Tonic for nerves and circulatory systems.

Emotional Action:
Energizer, motivates.

How to Apply:
Diffuse
Apply topically mixed with massage oil

Fragrant Influence:
May produce strong psychological effects and help revitalize and stimulate the nervous system.
Powerful energizer and motivator.

History:
Has been used historically as a general tonic for the body

Warnings:
If pregnant or under a doctor's care, consult your physician.
Dilution recommended when using topically.
Always skin test for sensitivity.

MUGWORT (Artemisia vulgaris)

Family: Asteraceae
Plant Origin: Europe
Extraction Method: Steam distilled from leaves and root
Chemical Constituents:
Alpha-Thujone, Beta thujone, cineole terpenes, tannin, camphene, camphone
Uses:
Supports digestion
Helps detoxify body
Stimulant
Infections
Increases appetite
Menstrual pain relief
Bacteria
Anti-aging
Flushes out toxins
Diuretic
Action:
Antispasmodic Antiseptic Diuretic
Effect on Emotion: calms brain and nervous system
Regular use relaxes stressed mind, gives tranqulity
How to use: Diffuse
Warnings:
If pregnant or under a doctor's care, consult your physician.
Can cause miscarriage if taken during pregnancy.

MYRRH (Commiphora myrrha)

Botanical: Commiphora molmol - means bitter in Arabic
Plant Origin: Arabian penninsula, Ethiopia, Somalia
Extraction Method: Steam distilled from gum/resin
Chemical Constituents:
Hydrocarbons
Sesquiterpenes
Sesquiterpenes furanics
Sesquiterpenones furanics
Ketones
Aldehydes
Action:
Anti-infectious Antiviral Antiparasitic
Hormone like Anti-inflammatory Antgihyperthyroid'
Soothes skin conditions
Supports immune system
Uses:
Bronchitis, asthma, coughs, anti inflammatory, sore throats
Diarrhea, dysentery, digestion

Ulcers
Vaginal thrush, athlete's foot, candida, fungal infection
Viral hepatitis
Stretch marks
Hyperthyroidism, hypothyroidism?
Used in perfumes, incense, medicine
Vaginal thrush (1% diluted), stretch marks
Used for embalming
Astringent, anti-inflamatory
Used for skin, chaped and cracked skin, wounds, wrinkles, ringworm
Use for sore gums, gum infections, gingivitis, mouth ulcers, mouth infections, mouthwash
Has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary and amygdala, the seat of our emotions.

Formulating/Blending:
Companion Oils: Frankincense, lavender, patchouly, sandalwood, all spice oils

Emotional Action:
Sedative, stimulating
Has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary and amygdala, the seat of our emotions.

How to Apply:
Topically on location or in a massage
May be added to food or water as a dietary supplement
Add a drop to toothpaste when brushing or use q-tip

Fragrant Influence:
Influence is spirituality and meditation
Purity and spirit

History:
Arabian people used myrrh for many skin condtions such as chapped and cracked skin conditions and wrinkles.
Has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary and amygdala, the seat of our emotions.
Myrrh is widely used today in oral hygiene products.
Genesis 37:25 and they sat down to eat bread and they lifted up their eyes and looked and behold, a company of Ismeelites came from Gilead with their camels bearing spicery and balm and myrrh, going to carry it down to Egypt.
Exodus 30:23: take thou also unto thee principal spices of pure myrrh five hundred shekels and of sweet cinnamon half so much even two hundred and fifty shekels and of sweet calamus two hundred and fifty shekels.
Song of Songs 4:14...with myrrh and aloes and all the finest spices.

Warnings:
If pregnant or under a doctor's care, consult your physician.

MYRTLE (Myrtus communis)

Family: Myrtaceae (myrtle)
Plant Origin: Tunsia, Morocco
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Monoterpenes: a pinene 24-25%, b-pinene
Sesquiterpenes

Monoterpene alcohols: linalol, geraniol
Terpene esters: linalyl acetate, geranyle, bornyl
Terpene oxides: 1,8 cineole 45%
Aldehydes: lactones

Action:

Expectorant	**Anti-infectious**	**Liver stimulant**
Prostate decongestant	**Light antispasmodic**	**Skin tonic**

Hormone like for the thyroid and ovary

Uses:

Asthma, respiratory infections, bronchitis, pulmonary disorders, tuberculosos, sinusitis, useful on children for chest complaints and coughs,
Thyroid hormone like effects, hormonal imbalances
Support immune system
Ureter infections, cystitis
Dyspepsia (impaired digestion), diarrhea, dysentery, gas, hemorrhoids
Skin conditions, acne, blemishes, bruises, oily skin, psoriases.
Deodorizing
Prostate decongestant, ovaries (hormone-like)
Insomnia

Formulating/Blending:

Companion Oils:
Bergamot, lavender, lemon, lemongrass, melaleuca, rosewood, rosemary, spearmint, thyme.

Emotional Action:

For anger

How to Apply:

Topically
Diffuse or use in humnidifier

Fragrant Influence:

Elevating and euphoric
To open to universal love and beauty

History:

Has been researched by Dr. Daniel Penoel for normalizing hormonal imbalances of the thyroid and ovaries as well as balancing the hypothyroid.
Has been researched for its soothing effects on the respiratory system.
Nehemiah 8:15 and that they should publish and proclaim in all their cities and in Jerusalem saying Go forth until the mount, and fetch olive branches, and pine branches, and myrtle branches and palm branches and branches of thick trees to make booths, as it is written.
Isaiah 41:19 I will plant in the wilderness the cedar, the shittah tree, and the myrtle, and the oil tree; I will set in the desert the fir tree and the pine and the box tree together.
Isaiah 55:13 Instead of a thorn shall come up the fir tree and instead of the brier shall come up the myrtle tree; and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off.

Warnings:

If pregnant or under a doctor's care, consult your physician.
Suitable for use on children.

NEROLI (Citrus aurantium)

Family: **Rutaceae (citrus)**

Plant Origin: Morocco, Tunisia
Extraction Method: Absolute extraction from flowers of the orange tree
From orange blossoms, take 6 tons to make 1 kilo
Chemical Constituents:
Monoterpenes 35%
a pinene, b pinenes 17.75%, limonene 11.45%
Alcols arom 40%
Linalol 30-32%
Esters
Aldehydes
Ketones: jasmone
Action:

Anti infectious	Antibacterial	Antiparasitic
Digestive tonic	Antidepressive	Hypotensive (lowers bl. press.)

Uses:
Digestive system, digestive spasms, chronic diarrhea
Fight bacteria, infections
Parasites, viruses
Poor circulation, veins, stretch marks, wrinkles, scars,
Headaches, palpitations, nervous tension, hysteria, insomnia,
Arrhythmia, palpitations, stress
Fear
Skin: works at cellular level to help shed old skin cells and stimulate new cell growth. Beneficial esp. for mature and sensitive, dry skin
Formulating/Blending:
Companion Oils: Cedarwood, geranium, jasmine, lavender, lemon, rose, sandalwood
Emotional Action:
For fear, nervous tension, shock, stress related conditions
Psychological: depression, insomnia, nervous tension
How to Apply:
Diffuse
Topically
Fragrant Influence:
As a natural tranquilizer, has some powerful psychological effects.
Has been used successfully to treat depression, anxiety, shock.
Calming and relaxing to bodya nd spirit
May also help strengthen and stabilize emotiosn and bring relief to seemingly hopeless stiuations.
Encoursges confidence, courage, joy, peace and sensuality.
Brings everythng into focus at the moment.
History:
Loved by the Egyptian people for its great attributes for healing the mind, body, and spirit
Warnings:
If pregnant or under a doctor's care, consult your physician.

NUTMEG (Myristica fragrans)

Family: Myristicaceae
Plant Origin: Tunsia, Indonesia
Extraction Method: Steam distilled from fruit and seeds
Chemical Constituents:
Monoterpenes: a and b pinenes 915-10%, myrcene 12%, sabinene 15%, limonene 4%

Monoterpenols: terpinene
Phenols

Action:

Antiseptic **Antiparasitic** **Analgesic** **Improves circulation**
Promotes menstruation **Reduces pain**

Uses:

Loss of appetite
Chronic debility
Digestion, helps with starch foods and fats, nausea, parasites, chronic diarreha
Severe nerve pain
Gallstones
Bacterial infection
Frigidity, impotence, menstrual problems
Halitosis
Rheumatism, gout, arthritis
Adrenal cortex like activity, helps support adrenals glands, increases energy
General cerebral and circulatory stimulant

Formulating/Blending:

Companion Oils: Cinnamon bark, clove, cypress, frankincense, lemon, melaleuca, melissa, orange, patchouly, rosemary

How to Apply:

Topically mixed with massage oil
Add to food or water as dietary supplement or flavoring

Fragrant Influence:

Influence is adding flavor, zest, fun and enchantment to life

History:

Has been used historically to benefit circulation to muscles and joints and relieve muscle pain.
Helps support nervous system, overcome fatigue, support immune.

Warnings:

If pregnant or under a doctor's care, consult your physician.
DO NOT USE IF EPILEPTIC.
Dilute with massage oil or only apply a single undiluted drop at a time when applied topically.

ORANGE (Citrus sinensis)

Family: Rutaceae (citrus)
Plant Origin: USA, South Africa, Italy, China
Extraction Method: Cold pressed from rind

Chemical Constituents:

Monoterpenes 90-92%
Limonene 90%
Esters
Aldehydres
Coumarins and furocoumarins
Flavonoids, b-carotene, steroids, acids

Action:

Calming **Sedative** **Anti-inflammatory** **Antitumoral**

Anticoagulant Improves circulation

Uses:

Palpitation, relaxed throat
Scurvy
Jaundice
Bleeding
Prolapse of uterus and anus
Calming to children especially
Diarrhea, blood in feces, constipation
Put in mulled wine
Aids digestive system, helsp appetite, reduces obesity, water retention
Insomnia, nervousness, sedative, false angina.cardiac spasm, palpitation
Appetite
Rickety bones
Bronchitis, respiratory infectiosn
Dilute for infants, helps inlants sleep
Dull and oily complexion, dermatitis, wrinkles
Mouth ulcers
Muscle soreness
Sedative
Tissue repair
Lowers high cholesterol

Formulating/Blending:

Companion Oils:
Cinnamon bark, clove, cypress, frankincense, geranium, juniper, lavender, nutmeg, rosewood.

Emotional Action:

Grounds to space
Warming, cheerful, anti-depressant, mild sedative

How to Apply:

Diffuse
Apply topically on location
Add to food or water as a dietary supplement flavoring

Fragrant Influence:

Influence is purification, joy, energy
Uplifting, works as an anti-depressant

History:

Palpitation, scurvy, jaundice, bleeding, heartburn, relaxed throat, prolapse of uterus and anus, diarrhea, blood in feces.

Warnings:

If pregnant or under a doctor's care, consult your physician.
Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or UV light within 72 hours.

OREGANO (Origanum compactum)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Utah, Turkey, France
Extraction Method: Steam distilled from leaves and flowers
Chemical Constituents:

Monoterpenes 25%: a and b pinenes, myrcene
Sequiterpenes
Monoterpenols: linalol
Monoterpene phenols 60-72%: carvacrol, thymol: Phenols: methyl chavicol
Monoterpene ketones: camphor

Action:

Powerful anti-infectious agent (for respiratory, intestines, genital, nerves, blood, lymphatics) with large spectrum action against bacteria, mycobacteria, fungus, vu=irus and parasites.
General tonic.
Immune stimulator.

Uses:

Asthma, bronchitis (chronic), pulmonary tuberculosis, whooping cough, Resp. infections, bacterial pneumonia as well as viral pneumonia.
Strengthens vital centers.
Digestive problems.
Rheumatism (chronic)
Colds, flus, any type of viral or bacterial infection
Parasites, fungus in general

Formulating/Blending:

Companion Oils:
Basil, fennel, geranium, lemongrass, myrtle, pine, rosemary, thyme

Emotional Action:

Mental Disease

How to Apply:

Topically neat to bottom of feet.

Mix with massage oil if applying elsewhere on skin.
May be used undiluted in Raindrop Therapy.
Add to food or water as dietary supplement or flavoring.

Fragrant Influence:

Creates feeling of security

Warnings:

If pregnant or under a doctor's care, consult your physician.
Skin test for sensitivity

PALMAROSA (Cymbopogon martinii)

Family: Poaceae or Gramineae (grasses)
Plant Origin: India, Conoros
Extraction Method: Steam distilled from leaves

Chemical Constituents:

Monoterpenes
Limonene
Alcohols: geraniol 35-65%
Monoterpenones
Carvone

Action:

Antimicrobial	**Antibacterial**	**Antifungal**
Antiviral	**Uterine tonic**	**Cardiotonic**

Uses:

Skin problems, rashes, stimulates new cell growth, regulates oil production, moisturizes,

speeds healing.
Candida
Cardiovascular, circulation
Digestion
Infection
Nervous system

Formulating/Blending:
Companion Oils: Basil, fennel, germanium, lemongrass, myrtle, pine, rosemary, thyme

How to Apply:
Apply topically.

Fragrant Influence:
Creates a feeling of security. It also helps to reduce stress and tension and promotes recovery from nervous exhaustion.
History:
Relative of lemongrass.
Antimicrobial and supportive to the nerves and circulation.

Warnings:
If pregnant or under a doctor's care, consult your physician.

PATCHOULY (Pogostemon cablin)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Indonesia, India
Extraction Method: Steam distilled from flowers
Chemical Constituents:
Monoterpenes: a and b pinenes
Sesquiterpenes 40-45%
Sesquiterpenolnes: pathoulenone
Acids
Sesquiterpenes alkaloids

Action:
Tonic and stimulant. Soothing to digestion. Decongestant
Anti-inflammatory Anti-infectious Antimicrobial
Antiseptic Soothes wrinkled or chapped skin

Uses:
Skin: dermatitis, eczema, to help prevent wrinkles, tissue regeneration, for chapped skin. relieves itching from hives, helps tighten loose skin, weeping wounds
Digestive: digester of toxic material, curbs appetite, stimulates, general tonic, hemorrhoids
Fluid retention, cellulite, congestion
Dandruff
Allergies

Formulating/Blending:
Companion Oils: Bergamot, clary sage, frankincense, geranium, ginger, lavender, lemongrass, myrrh, pine, rosewood, sandalwood

Emotional Action:
Helps Depression
Sedating, calming, relaxing, allowing it to reduce anxiety.

How to Apply:
Diffuse or apply topically

Fragrant Influence:

May have some particular influence on sex, physical energy, money.

History:

Has been used in past as being very beneficial for the skin, may help prevent wrinkles or chapped skin.

General tonic and stimulant for digestive system.

Antimicrobial, antiseptic, helps relieve itching.

Warnings:

If pregnant or under a doctor's care, consult your physician.

PEPPER (BLACK) (Piper nigrum)

Family: Piperaceae

Plant Origin: Egypt, India

Extraction Method: Steam distilled from berries

Chemical Constituents:

Monoterpene: a and b pinenes

Sesquiterpenes 85-90%

Terpene alcohols

Ketones

Acetophenones

Aldehydes

Action:

May help with toothache **Expectorant** **Reduces pain**

Stimulates digestive secretions **Dispels fever**

Uses:

Increase cellular oxygenation

Digestion: Supports digestive glands, loss of appetite, indigestion, diarrhea, flatulence (when combined with fennel), heartburn, nausea, vomiting, dysentery, constipation

Stimulates endocrine system, increases energy

Rheumatoid arthritis, chills, poor circulation,

Toothaches

Vertigo

Viruses, flu

Coughs, respiratory infections

Formulating/Blending:

Companion oils: Cumin, fennel, frankincense, lavender, marjoram, rosemary, sandalwood, other spice oils.

Emotional Action:

Comforting, stimulating

How to Apply:

Apply topically to bottom of feet.

Dilute with massage oil when applying topically elsewhere.

Add to food or water as a dietary supplement or flavoring

Fragrant Influence:

Stimulates, comforts

History:

Pepper was used by the Egyptians in mummification as evidenced by the discovery of black pepper in the nostrils and abdomen of Ranses II.

Indian monks ate several black pepper corns a day to maintain their incredible stamina and energy.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Skin test for irritation.

PEPPERMINT (Mentha piperita)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: North America
Extraction Method: Steam distilled from leaves, stems, flower buds.
Chemical Constituents:
Monoterpenes: a pinene, b pinene, limonene
Monoterpenols: menthos 38-48%
Monoterpenones: menthone 20-30%
Terpene oxides, 1,8 cineol
Terpene esters: menthol acetate;
Coumarins
Sulfurs: dimenthalsulfide
Action:

Anti-carcinogenic	**Supports digestion**	**Expels worms**
Decongestant	**Anti-infectious**	**Anti-bacterial**
Anti-fungal	**Mucolytic**	**Stimulant**
Hypertensive	**Cardiotonic**	**Stimulates gallbladder**
Pain relieving	**Expectorant**	**Cooling**

Anti-inflammatory for intestinal and urinary tract.
Can heighten or restore the sense of taste by stimulating the trigeminal nerve.
Pushes other oils
Uses:
Arthritis, inflammation, rheumatism, nerve regeneration
Aids Indigestion, food poisoning, morning sickness, diarrhea, motion sickness, hemorrhoids, nausea, halitosis
Depression, headaches, improving concentration, hysteria, elevate and open sensory system
Skin: eczema, psoriasis, dermatitis, hives
Respiratory: asthma, bronchitis
Menstrual Irregularity, hot flushes
Reduces fever
Pain reliever: toothaches, throat infections
Varicose veins
Tumor growth
Candida
Emotional Action:
To help focus, concentration.
For hysteria, depression.
How to Apply:
Diffuse
Massage on stomach or add to water or tea
Apply to bottom of feet or rub on temples to treat headaches.
To improve concentration, alertness and memory, place several drops on tongue.
Add to food as flavoring and preservative.

Fragrant Influence:
Purifying and stimulating to conscious mind
History:
Is one of the oldest and most highly regarded herbs for soothing digestion.
Jean Valnet studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled.
Dr. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy.
Alan Hirsch MD studied peppermint's ability to directly affect the brain's satiety center (the ventromedial nucleus of the hypothalamus) which triggers a sensation of fullness after meals.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Avoid contact with eyes, mucus membranes or sensitive skin areas.
Do not apply neat to a fresh wound or burn.

PETITGRAIN (Citrus aurantium)

Family: Rutaceae (citrus)
Plant Origin: Italy Orange trees
Extraction Method: Steam distilled from leaves and twigs
Chemical Constituents:
Monoterpenes 10%
Myrcene
Terpene Esters 50-70%
Linalyle 45-55%
Action:
Antispasmodic Anti-inflammatory Anti-infectious
Antibacterial
Uses:
Re-establish nerve equilibrium
Acne
Fatigue
Greasy hair
Insomnia
Excessive perspiration
Smells like orange but is not a sedative.
Formulating/Blending:
Companion Oils: Bergamot, cistus, clary sage, clove, geranium, jasmine, lavender, neroli, orange, palmarosa, rosemary
Mix with lavender or any of the flowers.
How to Apply:
Diffuse or apply topically
Fragrant Influence:
History:
Derives its name from the extraction of the oil, which at one time was from the green unripe oranges when they were still about the size of a cherry.
Warnings:

If pregnant or under a doctor's care, consult your physician.

PINE (Pinus sylvestris)

Family: Pinaceae)pine)
Plant Origin: Austria, Russia, Canada
Extraction Method: Steam distilled from needles
Chemical Constituents:
- Monoterpenes: a and b-pinenes, limonene 25-30%
- Sesquiterpenes
- Monoterpenols: borneol
- Sesquiterpenols
- Terpene esters: bornyle acetate

Action:
- Hormone-like
- Antidiabetic
- Cortisone-like
- Sexual stimulant
- Hypertensive (high blood pressure)
- Anti-infectious
- Antifungal
- Antiseptic

Uses:
- Asthma, pulmonary infections, bronchitis, coughs, sinusitis, dilates respiratory system esp bronchial tract.
- Diabetes
- Cuts, cysts
- Fatigue
- Gout
- Lice, scabies
- Nervous exhaustion
- Urinary infection
- May help increase blood pressure and stimulate adrenal glands and circulatory system.

Formulating/Blending:
- Companion Oils:
- Cedarwood, eucalyptus, juniper, lavender, lemon, marjoram, melaleuca, rosemary

Emotional Action:
- For stress, anxiety

How to Apply:
- Diffuse or apply topically.
- Dilute to avoid possible skin irritation.
- Put 2 drops in palms of hands, place over mouth and nose and inhale.
- Add 2-4 drops to warm bathwater. Disperse with bath gel base if desired.

Fragrant Influence:
- Helps sooth mental stress, relieve anxiety, freshen and deodorize a room, revitalize entire body.

History:
- Pine was first investigated by Hippocrates, the father of Western medicine, for its benefits to the respiratory system.
- In 1990 Dr. Penoel and Dr. franchomme described pine oil's antiseptic properties in their medical textbook.
- Pine is used for massage for stressed muscles and joints.
- It shares many of the same properties as Eucalyptus globulus, and the action of both oils is enhanced when blended.
- Native Americans stuffed mattresses with pine needles to repel lice and fleas.

It was used to treat lung infections and even added to baths to revitalize those suffering from mental or emotional fatigue.
Nehemiah 8:15 and that they shoud publish and proclaim in all their cities and in Jerusalem, saying, go forth unto the mouth and fetch olive branches and pine branches, and myrtle branches and palm branches and branches of thick trees, to make booths, as it is written.
Isaiah 4l:19: I will plant in the wilderness the cedar, the shittah tree, and the myrtle, and the oil tree; I will set in the desert the fir tree, and the pine, and the box tree together.
Isaiah 60:13 The glory of Lebanon will come to you, the pine, the fir and the cypress together, to adorn the place of my sanctuary; and I will glorify the place of my feet.

Warnings:
If pregnant or under a doctor's care, consult your physician.
Avoid oils adulterated with turpentine, a low cost but potentially hazardous filler.

RAVENSARA (Ravensara aromatica)

Family: Lauraceae
Plant Origin: Madagascar
Extraction Method: Steam distilled from branches
Chemical Constituents:
Monoterpenes: a and b pinene
Sesquiterpenes
Monoterpenols
Terpene esters: terpenyl acetate
Terpene oxides; 1,8 cineole
Action:
Anti-infectious **Anti-viral** **Anti-bacterial**
Expectorant **Antimicrobial**
Supports nerves and respiratory system
Uses:
Asthma, respiratory infections, pneumonia, strengthens the respiratory system, viral infections, rhinopharyngitis, sinusitis
Scrapes, wounds, burns, cuts
Cancer
Cystitis
Cholera, herpes
Infectious mononucleosis
Insomnia
Muscle fatigue
Shingles
Viral Hepatitis
How to Apply:
Diffuse or apply topically
History:
Ravensara is referred to by the people of Madagascar as the oil that heals.
It is antimicrobial and supporting to the nerves and respiratory system.
Warnings:
If pregnant or under a doctor's care, consult your physician.

ROSE (Rosa damascena)

Family: Rosaceae
The Bulgarian Rosa damascena (high in citronellol) is very different from Morrocan Rosa centifolia (high in phenyl ethanol). They have different colors, aromas and therapeutic actions.
Known the Queen of Flowers
Plant Origin: Bulgaria, Turkey
Extraction Method: Stem distilled from flower (a two part process)
1 drop of rose oil = 73 flowers; 60,000 roses for one ounce oil
Taken by effleurage
Chemical Constituents:
Hydrocarbures
Monoterponeols: geraniol
Sesquiterpene alcohols: farnesol
Terpene esters
Phenols: eugenol, methyl eugenol
Oxides: rose oxides
Action:
Anti-inflammatory
Prevents and reduces scarring and balances and elevates mind
Uses:
Asthma, chronic bronchitis
Herpes simplex
Impotence
Scarring, skin diseases, wrinkles
Sexual debilities
Good for female reproductive system
Cleansing, purifying, regulating, tonifying the uterus
Good for loss of muscle tone in uterus eg. prolapse
Depression, nervous tension, grief, insomnia
Precursor like Vit. B
Skin care, all types esp. dry, aging, sensitive
Tonic effect on capillaries
Careful, 1 drop is enough
Increases bile production
Good to use in baths, skin lotions
For the heart, stomach
For the liver add 2 drops to pint, massage in skin
2 drops on broken capillaries
Emotional Action: Overcoming securities, gives sense of well-being.
How to Apply:
Diffuse, apply topically
Fragrant Influence:
Its beautiful fragrance is intoxicating and aphrodisiac-like.
Helps bring balance and harmony, allowing one to overcome insecurities.
Stimulating and elevating to the mind, creating a sense of well-being.
History:
Rose has been used for the skin for thousands of years.

The Arab physician, Avicenna was responsible for first distilling rose oil, eventually authoring an entire book on the healing attributes of the rose water derived from the distillation of rose.
In Turkey the rose oil in diffusers date back before the 12th Century, as adjunct to worship services.
Throughout much of ancient history, the oil was produced by enfleurage, a process of pressing the petals along with a vegetable oil to extract the essence.
Today, however, almost all rose oils are solvent extracted.

Warnings:
If pregnant or under a doctor's care, consult your physician.

ROSEMARY CINEOL (Rosmarinus officinalis)

Family: Labiatae
Plant Origin: France, U.S.
Extraction Method: Steam distilled from leaves
Chemical Constituents:
Monoterpenes: a pinene 12%, b pinene, camphene 22%, myrcene 1.5%, a & b phellandrene, limonene .5-2% and 1 & y terpinenes, paracymene 2%
Sesquiterpenes: b caryophyllene 3%
Monoterpenols: linalol .5-1%, terpinen 1 ol 4, a-terpineol 1.5%, borneol 3.5%, isoborneol, cis and trans thujanol-4, p-cymene-8-ol
Terpene Esters: bornyl acetate .2%, a-fenchyl acetate
Terpene Oxides: 1,8 cineole 30% caryophyllene oxide, humulene epoxides I and II
Non-terpenes Ketones: 3-hexanone, methyl heptanone
Monoterpenones: camphor 30%, verbenone, carvone .4%

Action:

Antifungal	Antibacterial	Antiseptic
Antiparasitic	General Stimulant	Enhances Mental clarity

Supports nerves and endocrine gland balance

Uses:
Improves concentration
Stimulates scalp, hair loss (alopecia areata)
Rheumatism, arthritis, myalgia
Liver conditions, heptatis
Menstrual disturbances
Hypertension (weak doses), hypotension (strong doses)
Indigestion
Respiratory and lung infections, bronchitis, asthma
Indigestion

Formulating/Blending:
Companion Oils: Basil, eucalyptus, lavender, marjoram, peppermint, pine

Emotional Action:
Mental Fatigue, improves mental clarity and focus.

How to Apply:
Diffuse, inhale or apply topically on location.
May also be added to food or water as a dietary supplement.

Fragrant Influence:
Sharpens, focus

History:

Rosemary was part of the Marsielles Vinegar or Four Thieves Vinegar used by grave robbing bandits to protect themselves during the 15th century plague.

The name of the oil is derived from the latin words for dwe of the sea (ros + marinus).

According to folkore history, rosemary originally had white flowers; however they turned red after the Virgin Mary laid her cloak on the bush. Since the time of ancient Greece (about 1000 BC), rosemary was burnt as incense. Later cultures believed that it warded off devils, a practice that eventually became adopted by the sick who instead burned rosemary to protect against infection. Until recently French hospitals continued to use rosemary this way in order to disinfect the air.

Warnings:

If pregnant or under a doctor's care, consult your physician.

ROSEMARY VERBENON (Rosmarinus officinalis Verbenon CT) -

Family: Labiatae
Plant Origin: France, U.S.
Extraction Method: Steam distilled from leaves
Chemical Constituents:

Monoterpenes: a pinene 15-34%, b-pinene, camphene, myrcene, limonene a-terpinenes, terpinolene
Sesquiterpenes: b-caryophyllene
Monoterpenols: borneol (trace to 7%
Terpene Esters: bornyl acetate
Terpene Oxides: 1,8 cineole (trace to 20%)
Monoterpenones: verbenon 15-37%, camphor 1-15%

Action:

Muculytic	**Expectorant**	**Antispasmodic**
Antbacterial	**Antiseptice**	**Balance endocrine gland**

Uses:

Because of its lower camphor and higher verbenon content, this chemotype of rosemary is milder than the cineol chemotype and so is especially well suited for the chest, lung and sinus infections.
Skin care, hair loss, dandruff
Respiratory infections, bronchitis, anti-catarrhal, sinustitis, flus, colds
Arthritis and rheumatism
Cardiac arrhythmia
Nervous Tension
Viral hepatitis
Cystitis
Inflammation
Endocrine equilbrate, regulator of ovaries and testes, good for irregular periods, fluid retention
Cellulite, arthritis, low blood pressure

Formulating/Blending:

Companion Oils:
Basil, eucalyptus, lavender, marjoram, peppermint, pine

Emotional Action:

Clarifying emotions

Love, longevity

How to Apply:

Diffuse
Inhale or apply topically on location
May also be added to food or water as a dietary supplement

Fragrant Influence:

Less stimulating than rosemary cineol, Rosemary Verbenon can be clarifying for emotions and psychologically balancing

History:

The name of the oil is derived from the Latin words for dew of the sea (ros + marinus). According to folklore history rosemary originally had white flowers; however they turned red after the Virgin Mary laid her cloak on the busy.
Rosemary verbenon has been used to lower cholesterol.

Warnings:

If pregnant or under a doctor's care, consult your physician.
IF EPILEPTIC USE WITH CAUTION.

ROSEWOOD (Aniba rosaeodora)

Family: Lauraceae
Plant Origin: Brazil
Extraction Method: Steam distilled from wood
Chemical Constituents:

Monoterpenols: linalol 95%

Action:

Anti-infectious Antibacterial Antiviral
Antiparasitic Antifungal Soothing to skin
Rosewood has been researched at Weber State University for its inhibition rate against gram positive and gram negative bacterial growth.

Uses:

Acne, Eczema, dry skin, vaginitis. May create skin elasticity. Soothing to skin.
Candida of the skin, vaginitis
Slows aging process of skin
Cuts, tissue regeneration, wounds
Nausea
Depression
Oral infections
Helps to create a synergism with all other oils.

Formulating/Blending:

Found in Acceptance, Awaken, Clarity, Forgiveness, Gentle Baby, Harmony, Humility, Inspiration, Joy, Magnify Your Purpose, Sensation, Valor, White Angelica.
COMPANION OILS:

Emotional Action:

Depression

How to Apply:

Diffuse or apply topically

Fragrant Influence:

Soothing and nourishing to skin.

History:

Warnings:

If pregnant or under a doctor's care, consult your physician.

SAGE (Salvia officinalis)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Spain, Croatia, France
Extraction Method: Steam distilled from leaves and flowers
Chemical Constituents:
- Monoterpenes: a thujene, a pinene, b-pinene, camphene myrcene, limonene
- Sesquiterpenes
- Hydrocarbons
- Esters
- Phenols: thymol
- Oxides 15%: 1,8 cineole
- Monoterpenones 20-70%: a thujone 12-33% b-Thujone 2-14%, camphor 1-26%
- Aldehydes
- Coumarins

Action:
- Expectorant Mucolytic Anti-infectious
- Estrogen like Prevents and reduces scarring
- Fights against cholera Supports menstruation Anti-cancer
- Regulates circulation Soothes skin conditions Disinfectant
- Balances and detoxifies body
- Contains camphor which balances estrogen levels, providing support during PMS and Menopause.

Uses:
- Used in Europe for skin conditions like eczema, acne, dandruff, hair loss
- Used for strengthening vital center, metabolism, aiding in menopause, menstrual disorder may help improve estrogen, progesterone, testosterone balance
- General stimulant, activates nervous system and adrenal cortex
- Respiratory: chronic bronchitis, asthma, night sweats, pulmonary
- Illness of digestive and liver, urinary, sluggish digestion, gingivitis
- Glandular disorders, lymphatics
- Influence is relieving depression, mental fatigue
- Rheumatism
- Sores, sprains

Formulating/Blending:
- Companion Oils: Bergamot, lavender, lemon, peppermint, lemongrass, pine, rosemary

Emotional Action:
- Relieves depression, mental fatigue
- Balances pelvic chakra where negative emotions from denial and abuse are stored.

How to Apply:
- Diffuse or apply topically mixed with massage oil.
- Add to food or water as a dietary supplement or flavoring.

Fragrant Influence:
- Mentally stimulating and may help in coping with despair and mental fatigue.

History:
- Known as “herba sacra” or sacred herb by the ancient Romans, sage’s name, SALVIA, is derived from the word for “salvation”.
- Has been used in Europe for oral infections and skin conditions.
- Has been recognized for its benefits of strengthening the vital centers and supporting

metabolism.
Warnings:
If pregnant or under a doctor's care, consult your physician.
Sage is an oral toxins due to thujone content.
DO NOT USE IF EPILEPTIC.
Use caution if suffering from High Blood Pressure.

SANDALWOOD (Santalum album)

Family: Santalaceae (sandalwood)
Plant Origin: Indonesia, India
Extraction Method: Steam distilled from wood
Chemical Constituents:
Sesquiterpenes
Sesquiterpenols: a and b santalols 67%
Sesquiterpenals
Carbonic acid
Action:
High in sesquiterpenes that have been researched in Europe for their ability to stimulate pineal gland and the limbic region of the brain, the center of emotions.
Pineal gland is responsible for releasing melatonin, a powerful antioxidant that enhances deep sleep.
Sandalwood is similar to frankincense oil in its support of nerves and circulation.
Uses:
Mild oil but has strong smell as it gets warmed by the body
Used in orient and asia for thousands of years
Meditation, yoga
Beautiful for skin, for dry and aging skins too, acne, skin infections, herpes, skin tumors, dehydrated skin
Antiseptic, urinary, pulmonary, aphrodisiac, impotence, chronic bronchitis, obstinate diarrhea
Chest/throat infections, decongestant, bronchitis, pulmonary antiseptic
Cystitis, urinary tract infections.
Formulating/Blending:
Companion Oils: Cypress, frankincense, lemon, myrrh, patchouly, spruce, ylang ylang
Emotional Action:
Used for tense & anxious depression
How to Apply:
Diffuse or apply topically.
Add to food or water as a dietary supplement or flavoring.
Fragrant Influence:
Enhances deep sleep.
May help remove negative programming from the cells.
Meditation, sexual feelings, healing
History:
Has been used for centuries in Ayurvedic medicine.
Was used traditionally for skin revitalization, yoga, meditation.
Used extensively in the old bible days.
Warnings:
If pregnant or under a doctor's care, consult your physician.

SPEARMINT (Mentha spicata)

Family: Lamiaceae or Labiatae
Plant Origin: Utah
Extraction Method: Steam distilled from leaves
Chemical Constituents:
- Monoterpenes: a pinene, b pinene, camphene, myrcene, limonene
- Sesquiterpenes
- Monoterpenols: menthol, linalol, borneol,
- Sesquiterpenols: farnesol
- Terpene esters
- Terpene oxides: 1,8 cineol: Monoterpenones: carvone 55-65%

Action:
- Anti-inflammatory
- Antiseptic
- Calming
- Mucolytic
- Astringent
- Stimulants gallbladder
- Promotes menstruation

Uses:
- Bronchitis, respiratory aid
- Candida
- Cystitis, vaginitis
- Hypertension
- Balance and increase metabolism
- Glandular system help
- Nervous system help
- Acne, dry skin, eczema
- Poor appetite, bad breath, digestion, soothes intestines, excess weight, nausea, sore gums
- Balances and promotes easier labor in childbirth
- Headaches
- Menstruation (slow, heavy periods)
- Fever

Formulating/Blending:
- Companion Oils: Basil, lavender, peppermint, rosemary

Emotional Action:
- For emotional blocks

How to Apply:
- Diffuse or apply topically.
- Add to food or water as dietary supplement or flavoring.

Fragrant Influence:
- Hormone like activity may help open and release emotional blocks and bring about a feeling of balance and lasting sense of well being.
- Peace, happiness and clarity

History:
- Spearmint oil has been used to help support the respiratory and nervous systems.

Warnings:
- If pregnant or under a doctor’s care, consult your physician.

SPIKENARD (Nardostachys jatamansi)

Family: Valerianaceae
Plant Origin: India
Extraction Method: Steam distilled from roots
Chemical Constituents:
Sesquiterpenes 93%: bomyl acetate, isobornyl valerianate, borneol, terpinyl valerianate, terpineol, eugenol, pinene
Action:
Antibacterial Antifungal Anti-inflammatory Deodorant
Relaxing Skin tonic
Uses:
Treatment of allergic skin reactions
Allergies
Candida, indigestion
Insomnia
Menstrual difficulties
Migraine, Nausea
Rashes
Bacterial infections
Stress, tachycardia, tension. Strengthens heart and circulatory
Wounds that won't heal
Formulating/Blending:
Companion Oils: Cistus, lavender, patchouly, pine, vetiver
Emotional Action:
Destress
Fragrant Influence:
Relaxing, soothing, helps nourish and regenerate skin.
History:
Spikenard highly regarded in India as a perfume, medicinal herb and skin tonic.
Was one of the most precious oils in ancient times, used only by the priests, kinds or high intitates.
New testament says Mary of Bethany used salve of spikenard.
Song of Solomon 1:12 - while the kind sitteth at his table, spikenard sendeth forth the smell thereof.
Song of Solomon 4:13 - Thy plants are an orchard or pomegranates, with pleasant fruits; camphire, with spikenard.
Song of Solomon 4:14 - Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices.
Warnings:
If pregnant or under a doctor's care, consult your physician.

SPRUCE (Picea mariana)

Family: Pinaceae (pine)
Plant Origin: Canada
Extraction Method: Steam distilled from leaves, needles, twigs
Chemical Constituents:

Monoterpenes 50-55%: camphene 10-15%, tricyclene, a pinene 13-16%
Sesquiterpenes
Mnoterpenols: borneol
Terpene esters 30-37%: bornyl acetate 30-37%
Sesquiterpenols

Action:

Antispasmodic	**Anti-infectious**	**Antiparasitic**
Antiseptic	**Anti-inflammatory**	**Hormone like**
Cortisone like	**General tonic**	**stimulates thymus**

Releases emotional blocks

Uses:
Arthritis, rheumatism
Candida
Hyperthyroidism
Immune-depression
Prostatis
Aids nervous system, glandular system
General tonic, balances solar plexus
Opens up respiratory
Immuno-depression(chronic fatigue)

Formulating/Blending:
Companion Oils: Birch, eucalyptus, frankincense, helichrysum, ravensara

Emotional Action:
Anchors, grounds
Helps one think strong, grounded

How to Apply:
Diffuse, apply topically
Add to food or water as a dietary supplement or flavoring

Fragrant Influence:
Elevating, opening to bring about a balance of emotions

History:
The Lakota Indians used spruce tos trengthen their ability to communicate with the Great Spirit.

Warnings:
If pregnant or under a doctor's care, consult your physician.

TAMANU (Calophyllum inophyllum)

Family: Bintangor
Plant Origin: Tahiti
Extraction Method: Extracted by cold pressed method fro mthe nut of the Polynesian Tamanu tree.

Uses:
Use on scalp for healthy hair.
Mix with helichyrsum for burns and wounds
Use as natural sunscreen

History:
The natives of Tahiti believed tamanu oil was "sacred" gift of nature.
The Tahitian women used the oil as a moisturizing natural cosmetic on their faces and bodies.

It was also used as sunburn protection.
Warnings:
If pregnant or under a doctor's care, consult your physician.

TANGERINE (Citrus nobilis)

Family: Rutaceae (citrus)
Plant Origin: USA, South Africa
Extraction Method: Cold pressed from rind
Chemical Constituents:
Limoneme, a-pinene, b-pinene, mycene, linalol, nerol, p-cymene
Action:
Promotes happiness Helps with anxiety and nervousness
Uses:
May help dissolve cellulite, improve circulation
Digestive system disorders
Dizziness
Anxiety
Insomnia
Irritability
Liver problems
Parasites,
Stretch marks (smooths when blended with lavender)
Fluid retention, lymphatic system decongestant, cellulite,
Circulation
Formulating/Blending:
Companion Oils: Basil, bergamot, chamomile, clary sage, frankincense, geranium, grapefruit, lavender, lemon, orange.
Emotional Action:
Dizzy Anxious Irritable
Influence is helping bring about a sense of peace
How to Apply:
Diffuse
Take as dietary supplement or apply topically
Fragrant Influence:
Calming, helps with anxiety and nervousness
Warnings:
If pregnant or under a doctor's care, consult your physician.

TANSY, (BLUE) (Tanacetum annuum)

Family: Asteraceae or Compositae (daisy)
Plant Origin: Morocco, France
Extraction Method: Stem distilled from leaves and flowers.
Chemical Constituents:
Monoterpenes: limonene
Sesquiterpenes polyinsatures: chamazulene

Action:

Anti-inflammatory	**Reduces pain**	**Relieves itching**
Sedating to the nerves	**Antihistamine**	**Hormone like**

Hypotensive (helps with low blood pressure

Warnings:

If pregnant or under a doctor's care, consult your physician.

TARRAGON (Artemesia dracunculus)

Family: Asteraceae or Compositae (daisy)
Plant Origin: Slovenia, France
Extraction Method: Stem distilled from leaves
Chemical Constituents:

Methyl Chavicol 60-75%
Coumarins

Action:

Neuromuscular antispasmodic	**Anti-inflammatory**	**Anti-infection**
Antifermentation	**Reduces allergies**	**Anti cancer**

Uses:

Colitis, digestive complaints, nausea
Hiccups
Intestinal spasms, abdominal discomfort and spasms, hiccoughing, gas
Parasites
Rheumatic pain, arthritis, sciatica
Sciatica
Genital and urinary tract infection, premenstrual discomfort
Wounds
Balances autonomic nervous system
Parasites, colitis
Premenstrual
Anorexia

Formulating/Blending:

Companion Oils: Chamomile, clary sage, fir, juniper, lavender, pine, rosewood, orange, and tangerine

How to Apply:

Apply topically mixed with massage oil
Add to food or water as a dietary supplement or flavoring

Fragrant Influence:
Influence is allowing one to digest and assimilate new ideas
History:

Tarragon has been used in Europe for its antimicrobial and antiseptic functions

Warnings:

If pregnant or under a doctor's care, consult your physician.

THYME (Thymus vulgaris CT thymol)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Utah, Idaho, France

Extraction Method: Steam distilled from leaves, stem and flowers
Chemical Constituents:
- Monoterpenols: geraniol
- Terpene esters: geraniol acetate

Action:
- High antimicrobial Antifungal Antiviral Uterine tonic
- Cardiotonic

Uses:
- General tonic for nerves and stomach
- Bacterial infections
- Respiratory Infections, asthma, bronchitis, pleursy, tuberculosis
- Circulation
- Depression
- Vaginal candida
- Digestion
- Headaches
- Insomnia
- Rheumatism
- Sciatica
- Urinary infections, cystitis
- Viruses along the spine
- Dermatitis
- Anthrax
- Fatigue (general)

Formulating/Blending:
- Companion Oils: Bergamot, citrus oil, cedarwood, juniper, melaleuca, oregano, rosemary

Emotional Action:
- Fatigue

How to Apply:
- Topically mixed with massage oil

Fragrant Influence:
- May be beneficial helping to overcome fatigue and exhaustion after illness

History:
- Thyme has been used for respiratory problems, digestive complains , the prevention and treatment of infection, gastritis, bronchitis, pertussis, asthma, larngitis, and tonsillitis.
- The Egyptians used thyme for embalming.

Warnings:
- If pregnant or under a doctor's care, consult your physician.

THYME LINALOL (Thymus vulgaris CT linalol)

Family: Lamiaceae or Labiatae (mint) Gentlier than thyme CT thymol
Plant Origin: France
Extraction Method: Thymol
Chemical Constituents:
- Monoterpenols: geraniol
- Terpene esters: geraniol acetate

Action:
- Highly antimicrobial Antifungal Antiviral

Uterine tonic **Cardiotonic**

Formulating/Blending:

Companion Oils: Bergamot, citrus oil, cedarwood, juniper, melaleuca alternifolia, oregano, Rosemary CT cineol.

Warnings:

If pregnant or under a doctor's care, consult your physician.

TSUGA (Tsuga canadensis)

Family: Pinaceae

Plant Origin: Canada

Extraction Method: Steam distilled from needles and twigs of the conifer tree commercially known as hemlock.

Chemical Constituents:

a-thujene, a-pinene, b-pinene, camphene, limonene

Action:

Analgesic **Antirheumatic** **Astringent**
Blood cleanser **Stimulant**

Uses:

Coughs, respiratory conditions
Kidney ailments, urinary infections
Skin conditions
Venereal diseases

How to Apply:

Diffuse
Topically: apply dilutes 1 drop essential oil to 1 tsp of V6 Mixing Oil or Massage Oil Base.
May be added to food or soy/rice milk as a dietary supplement

Warnings:

If pregnant or under a doctor's care, consult your physician.
Repeated use can possibly result in contact sensitization.

VALERIAN (Valeriana officinalis)

Family: Valerianaceae

Plant Origin: Belgium, Croatia, France

Extraction Method: Steam distilled from root

Chemical Constituents:

Monoterpenes: a-pinene, camphene
Sesquiterpenes
Azulene
Monoterpenols: geraniol, a-terpineol, borneol
Terpene esters: acetate formiate, butyrate and bornyle isovalerate
Sesquiterpenals L valerenal
Sesquiterpenones: valeranon
Acids: isovaleric and acetoxyvaleric acid.

Action:

Sedative, tranquilizing to central enrvous system
Its warming properties can help with hypothermia.

Uses:
Nervous system influence, insomnia, nervous indigestion, migrane, restlessness, tension
Formulating/Blending:
Companion Oils:
Cedarwood, lavender, mandarin, patchouly, petitgrain, pein and rosemary
Emotional Action:
Relaxes
How to Apply:
Diffuse or apply topically, esp. in soothing massage
May be added to food or water as dietary supplement
Fragrant Influence:
Calming, relaxing, grounding and emotionally balancing; sleeping aid
History:
During the last three decades, valerian has been clinically investigated for its tranquilizing properties.
Researchers have pinpointed the sesquiterpenes valerenic acid and valerone as the active constituents that exerts a calming effect on the central nervous system.
The German Commission E have pronounced valerian to be an effective treatment for restlessness and for sleep disturbances resulting from nervous conditions.
Warnings:
If pregnant or under a doctor's care, consult your physician.

VETIVER (Vetiveria zizanioides)

Family: Poaceae or Gramineae
Plant Origin: Haiti, India
Extraction Method: Steam distilled from root
Chemical Constituents:
Ketones: Vitiverone
Terpenes: vitivene, cadinene
Terpene Alcohols: vetiverol
Action:
Antiseptic Antispasmodic Calming Grounding
Rubefacient (local warming) sedative (nervous system)
stimulant (circulatory, production of red corpuscles)
Uses:
Acne
Anxiety
Arthritis
Cuts
Depression (including postpartum)
Insomnia
Rheumatism
Stress
Skin care (oily, aged, tired, irritated)
Formulating/Blending:
Companion Oils:
Clary sage, jasmine, lavender, patchouly, rose, sandalwood, ylang ylang

Emotional Action:
Grounds, calms
How to Apply:
Diffuse or apply topically, esp. in a soothing massage
May be added to food or water as a dietary supplement
Fragrant Influence:
Vetiver has a heavy, earthy fragrance similar to patchouly witha touch of lemon.
It is psychologically grounding, calming, and stabilizing.
It helps us cope with stress and recover from emotional traumas and shocks.
History:
It is well known for its anti-inflammatory properties and traditionally used for arthritic symptoms.
Warnings:
If pregnant or under a doctor's care, consult your physician.

VITEX (Vitex negundo)

Family: Lamiaceae or Labiatae (mint)
Plant Origin: Turkey
Extraction Method: Steam distilled from the inner bark, small branches, and leaves of the Chaste tree.
Chemical Constituents:
a-Terpinyl acetate 1,8-Cineol, Caryophyllene Oxide, Limonene
How to Apply:
Diffuse or apply topically. Dilute with massage oil for massage.
Put in palms and inhale.
History:
Vitex has been extensively researched in Durope for its effects on Parkinson's and other neurological disorders.
Warnings:
If pregnant or under a doctor's care, consult your physician.

Note: Vitex negundo essential oil is different from the extract of the chaste berry, which is used for PMS symptoms and hormone balance.

WINTERGREEN (Gaultheria Procumbens)

Family: Ericaceae
Plant Origin: China
Extraction Method: Steam distilled from leaves
Chemical Constituents: Similar to Birch
Methyl salicylate
Action: Similar to Birch
Antispasmodic Anti-inflammatory Liver stimulant
Uses:
Arthritis, rheumatism, gout, inflammation, muscular pain, tendonitis, cramps
Hypertension
Contains an active principle similar to cortisone and is beneficial for bone, muscle and

joint discomfort.
Cystitis, bladder infection, urinary tract disorders
Acne, eczema, skin diseases
Edema
Gall stones

Formulating/Blending:

Companion Oils: Basil, birch (when available), cypress, geranium, juniper, lavender, lemongrass, marjoram, peppermint, Roman chamomile.

How to Apply:

Neat to bottom of feet.
Dilute with Oil when applying other parts of the body
Add 3-5 drops to 1/2 fl. oz of Bath Gell, add to bath water for soothing bath.

Fragrant Influence:

Stimulates and increases awareness in all levels of the sensory system.

History:

Leaves have been chewed to increase respiratory capacity by nature Americans when running long distances and performing difficult labor.
Settlers in early America had their children chew the leaves for several weeks each spring to prevent tooth decay.
Wintergreen was used as a substitute for Black Tea during the Revolutionary War.

Warnings:

If pregnant or under a doctor's care, consult your physician.
DO NOT USE IF EPILEPTIC.
Test skin for allergies.

WHITE LOTUS (Nymphaea lotus)

Family: Nymphaeceae
Plant Origin: Egypt
Extraction Method: Steam distilled from flower

Action:

Anticancerous

Uses:

Inflamed eyes
Jaundice
Kidneys
Liver spots
Menstruation (promotes)
Palpitations
Rheumatism
Sciatica
Sprains
Sunburn
Toothaches
Tuberculosis
Vomiting

Formulating/Blending:

Companion Oils: Most oils

Fragrant Influence:

Stimulates a positive attitude and a general feeling of well being

History:

Traditionally used by Egyptians for spiritual, emotional and physical application.
Research in China found that white lotus contains anticancerous and strong immune supporting properties.

Warnings:

If pregnant or under a doctor's care, consult your physician.

Note: This oil is only available periodically in very small amounts.

YARROW (Achillea millefolium)

Family: Asteraceae or Compositae (daisy)
Plant Origin: Utah
Extraction Method: Steam distilled from flowering top
Chemical Constituents:

Monoterpenes: a and b pinenes, campene, sabinene
Sesquiterpenes: chamazulene
Terpene oxides: 1,8 cineol 10%
Monoterpenones: isoartemisia ketone 9%, camphor 18%
Sesquiterpene lactones

Action:

Anti-inflammatory **Reduced indigestion** **Reduces or prevents scarring**
Promotes penetration **Promotes healing of wounds**

Uses:

Decongestant of prostate, balances hormones, prostitis
Acne, eczema
Amenorrhea, menstrual problems, vaginitis, pelvic infections, menopause problems
Lack of appetite, poor digestion, gastritis
Kidney/bladder weakness, urinary infections
Cellulite
Respiratory infections
Gallbladder inflammation
Gout, rheumatism, sprains,
Wounds, sunburn
Hypertension

Emotional Action: Balances
How to Apply: Diffuse or topical
Fragrant Influence:

Balances highs and lows, both external and internal.
May allow us to have our heads in the clouds while our feet remain firm on the ground.
Its balancing properties may also make it useful during meditation.
It is supportive to intuitive energies and helps reduce confusion and ambivalence.

History:

The Greek Achilles, hero of the Trojan War was said to have used yarrow herb to help cure the injury to his Achilles tendon.
Yarrow was considered sacred by the Chinese, who recognized the harmony of the Yin and Yang energies within it. It has been said that the fragrance of yarrow makes possible the meeting of heaven and earth.

Yarrow was used by Germanic tribes for the treatment of battle wounds.

Warnings:

If pregnant or under a doctor's care, consult your physician.

YLANG YLANG (Cananga odorata)

Family: Annonaceae (custard-apple)

Plant Origin: Commores, Indonesia, Philippines (flowering tree of Java)

Extraction Method: Steam distilled from flowers. Flowers are picked early in the morning to maximize oil yield. The highest quality oil is drawn from the first distillation and is known as ylang ylang. The last distillation, known as the tail, is of interior quality and is called "cananga".

Chemical Constituents:

Sesquiterpenes: a farnesene
Alcohols monoterpenes
Linalol 55%
Esters
Phenols

Action:

Antispasmodic Balances blood pressure Regulates heart beat

Uses:

Used in hair preparations to promote thick, shiny, lustrous hair, helps control split ends.
Skin conditions, insect bites
Hair loss
Labored Breathing, High blood pressure, heart arrhythmias, cardiac problems, tachycardia
Impotence
Arterial hypertension
Insomnia
Depression
Balance male/female energies so one can move closer towards being in spiritual attunement and allowing greater focus of thoughts, filtering out the ever present negative frequencies.
May help lower blood pressure, rapid breathing, balance equilibrium, frustration, balance heart function, impotence, intestinal problems, shock, skin problems.
Sedative, anti-depressant, antiseptic
For shock and panic
Calming, bringing about sense of relaxation
Diabetes, frigidity
Mental fatigue, anxiety, depression, insomnia
Nice to cut with Bergamot or lemon
Energy: cooling, calming, soothing

Emotional Action:

Balancing, focusing. Sexual love, aphrodisiac

How to Apply:

Diffuse or apply topically mixed with base oil.
Add to food or rice/soy milk as dietary supplement or flavoring

Fragrant Influence:

Influences sexual energy, enhances relationships.
May help stimulate adrenal glands.
Calming, relaxing, may help with anger and possibly rage and low self-esteem.

Brings back the feeling of self-love, confidence, joy and peace.

History:

Ylang Ylang means "flower of flowers". Ylang Ylang flowers have been used to cover the beds of newlywed couples on their wedding night.

Warnings:

If pregnant or under a doctor's care, consult your physician.

Repeated use can possibly result in contact sensitization.