

ESSENTIAL OILS REFERENCE CHART

3

The numbers beside the illustrations indicate the preferred oils for blending.



NUTMEG

Myristica fragrans

GENERAL INFORMATION

Nutmeg essential oil, derived from the myristica fragrans tree's seeds, has a rich history in traditional Indian and Chinese medicine. Highly valued in Europe for its flavor and medicinal properties, nutmeg became a symbol of wealth and cultural exchange. Its warming and comforting effects continue to be prized in modern aromatherapy. The oil represents a sophisticated understanding of botanical healing, bridging ancient medical practices with contemporary wellness approaches. Its versatile therapeutic profile demonstrates the enduring significance of natural botanical remedies across diverse cultural and medical contexts.

PROPERTIES

Analgesic, Antibacterial, Anti-inflammatory, Antispasmodic, Antipruritic, Digestive Aid, Immune Booster, Pain Relief, Sedative, Stimulant, Stress Relief

NATURE

Uplifting, Warming

HOW TO USE

Cold Compress, Inhalations, Massage, Mouth Wash, Vaporizer

WARNING

Avoid contact with eyes, potential toxicity in high doses, pregnancy caution, skin irritation, undiluted use.



ORANGE

Citrus sinensis

GENERAL INFORMATION

Orange essential oil, extracted from the sweet orange peel, carries a profound historical legacy in traditional medicine. Ancient Chinese practitioners valued its uplifting and purifying properties, recognizing its therapeutic potential. During the 18th and 19th centuries, European cultures embraced orange oil for its remarkable aromatic qualities and comprehensive health benefits. Its versatile nature bridges traditional botanical knowledge with modern wellness practices, representing a sophisticated understanding of citrus-based healing. The oil's ability to support emotional and physical well-being across diverse cultural and medical contexts.

PROPERTIES

Antibacterial, Antiviral, Anti-inflammatory, Antipruritic, Antispasmodic, Calming, Decongestant, Digestive Aid, Immune Booster, Mood Enhancer, Skin Clarifier, Stress Relief

NATURE

Soothing, Uplifting

HOW TO USE

Bath, Inhalation, Massage, Vaporizer

WARNING

Avoid contact with eyes, avoid sun exposure, photosensitivity, pregnancy caution, skin irritation, undiluted use.



PATCHOULI

Pogostemon patchouli

GENERAL INFORMATION

Patchouli, deeply rooted in traditional Asian medicine, has been valued for centuries for its remarkable healing properties and natural insect-repellent qualities. Its therapeutic significance spans multiple cultural contexts, demonstrating a sophisticated understanding of botanical remedies. During the 19th century, particularly in the 1860s counterculture, patchouli gained widespread Western popularity, celebrated for its distinct earthy aroma and profound calming effects. The essential oil represents a complex botanical remedy that bridges traditional healing practices with contemporary aromatherapy, embodying the intricate relationship between natural plant essences and holistic well-being.

PROPERTIES

Antibacterial, Antidepressant, Anti-inflammatory, Antifungal, Aphrodisiac, Antipruritic, Calming, Immune Booster, Mood Regulator, Sedative, Skin Healing, Stress Relief

NATURE

Balancing, Soothing

HOW TO USE

Bath, Massage, Perfume, Vaporizer

WARNING

Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.



PEPPERMINT

Mentha piperita

GENERAL INFORMATION

Peppermint essential oil, with roots tracing back to ancient Egypt, embodies a rich tradition of medicinal and aromatic applications. Its therapeutic significance spans centuries, demonstrating profound botanical healing wisdom. European practitioners in the 18th century embraced peppermint for treating diverse health conditions including digestive issues, headaches, and respiratory ailments. Modern aromatherapy and natural medicine continue to value this versatile essential oil, recognizing its comprehensive healing potential. Bridging traditional botanical knowledge with contemporary wellness practices, peppermint oil represents a sophisticated approach to holistic health and natural healing.

PROPERTIES

Analgesic, Antibacterial, Antispasmodic, Anti-inflammatory, Antiviral, Cooling, Decongestant, Digestive Aid, Expectorant, Headache Relief, Muscle Relaxant, Stimulant

NATURE

Soothing, Uplifting, Warming

HOW TO USE

Bath, Inhalation, Massage Oil, Vaporizer

WARNING

Avoid contact with eyes, not for use on young children, pregnancy caution, skin irritation, undiluted use.



ROSE

Rosa canthina / *R. damascena*

GENERAL INFORMATION

Rose essential oil, derived from Rosa damascena petals, has a profound historical legacy in ancient Persian and Egyptian cultures. Its therapeutic potential spans multiple cultural contexts, demonstrating sophisticated botanical healing wisdom. During the Renaissance, European cultures elevated rose oil to perfume, skincare, and medicine. Priced for its multifaceted healing potential, rose oil represents a sophisticated understanding of botanical remedies across diverse cultural contexts. Modern aromatherapy continues to value this essential oil, recognizing its comprehensive therapeutic and aesthetic qualities.

PROPERTIES

Antibacterial, Antidepressant, Anti-inflammatory, Antifungal, Antipruritic, Antispasmodic, Calming, Immune Balancing, Mood Enhancer, Skin Regeneration, Stress Relief, Sexual Healing

NATURE

Harmonizing, Uplifting, Warming

HOW TO USE

Bath, Lavender, Massage Oil, Perfume, Vaporizer

WARNING

Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.



ROSEMARY

Rosmarinus officinalis

GENERAL INFORMATION

Rosemary, revered since ancient Greek and Roman times, embodies a rich legacy of medicinal and culinary significance. Its therapeutic potential spans multiple cultural contexts, demonstrating sophisticated botanical healing wisdom. Ancient practitioners believed rosemary could enhance memory and mental clarity. During the Middle Ages, European herbal medicine embraced this aromatic herb for treating ailments and promoting hair health. Its comprehensive wellness potential continues to be recognized, bridging traditional botanical knowledge with modern healing practices.

PROPERTIES

Analgesic, Antibacterial, Anti-inflammatory, Antipruritic, Antispasmodic, Circulatory Stimulant, Digestive Aid, Hair Growth Stimulant, Immune Booster, Memory Enhancer, Menstrual Aid, Stress Relief

NATURE

Stimulating, Uplifting

HOW TO USE

Bath, Inhalation, Local Wash, Massage, Vaporizer

WARNING

Avoid contact with eyes, avoid sensitive skin areas, not for use on young children, pregnancy caution, skin irritation.



SANDALWOOD

Santalum album

GENERAL INFORMATION

Sandalwood, used for over 4,000 years in ancient Indian and Egyptian cultures, embodies sacred and medicinal traditions. Revered for centuries in spiritual practices, this essential oil treats various ailments, including skin conditions and respiratory issues. Its calming effects and versatile therapeutic profile demonstrate sophisticated botanical healing wisdom. Continuing to be prized in perfumery and aromatherapy, sandalwood represents a profound connection between traditional healing practices and contemporary wellness approaches. Its enduring significance highlights the timeless value of natural botanical remedies.

PROPERTIES

Antibacterial, Anti-inflammatory, Antipruritic, Antispasmodic, Antiviral, Calming, Immune Booster, Mood Enhancer, Relaxant, Skin Health, Sedative, Skin Healing, Stress Relief

NATURE

Soothing, Uplifting

HOW TO USE

Aphrodisiac, Bath, Inhalation, Massage, Vaporizer

WARNING

Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.



YLANG YLANG

Cananga odorata

GENERAL INFORMATION

Ylang ylang essential oil, originating in Southeast Asia, carries a rich history of aromatic and therapeutic applications. Revered for centuries in spiritual practices, this essential oil treats various ailments, including skin conditions and respiratory issues. Its calming effects and versatile therapeutic profile demonstrate sophisticated botanical healing wisdom. The oil represents a profound connection between traditional healing practices and contemporary wellness approaches. Its enduring significance highlights the timeless value of natural botanical remedies.

PROPERTIES

Antibacterial, Antidepressant, Anti-inflammatory, Antipruritic, Antispasmodic, Calming, Immune Balancing, Immune Booster, Mood Enhancer, Sedative, Skin Healing, Stress Relief

NATURE

Aphrodisiac, Soothing, Uplifting

HOW TO USE

Bath, Massage Oil, Perfume, Vaporizer

WARNING

Avoid contact with eyes, potential headache or nausea with excessive use, pregnancy caution, skin irritation.

Reference For Essential Oils

Life Science Publishers



Reference For Essential Oils:

A Complete Essential Oils Reference Guide Nancy Connor, 2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more holistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life *Reference Guide for Essential Oils* Connie Higley, Alan Higley, 2013 [Essential Oils](#) , 2007 This book describes essential oils and gives their therapeutic use **Reference Guide for Essential Oils** , 1996

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