

Essential Oils Descriptions & Uses

Amyris

Amyris Essential Oil (*Amyris balsamifera*), Haiti. This steam distilled essential oil is commonly referred to as West Indian Sandalwood oil; however, it is not a true replacement for Sandalwood essential oil. The oil is extracted from wood chips of the tree. Its aroma is sweet and smoky and is used as a scent fixative in perfumes and in soaps. You will find among its properties when used in aromatherapy: Antiseptic, balsamic, sedative, calming and an aid to stress relief. Many believe that it has sedative properties and assists during meditation. Flashpoint >200° F.



Anise



Pimpinella anisum, steam distilled seed, China. Spicy, warm, licorice-like aroma. Fishermen use it to mask human scent while fishing. Well known for its effect on the digestive system. May have a good effect on asthma and breathing difficulties. Anise has estrogenlike properties, is an emmenagogue, aids childbirth, increases milk secretion, and is antispasmodic for nerves and muscles. Anise is indicated for lack of menstruation, menopause, colitis, and poor breathing due to nerves. Blends well with fennel, petitgrain and rosewood. Flash point: 182° F.

BASIL

Ocimum basilicum, steam distilled herb, India. Our basil EO has contents of 70–72% of methyl cavicol and 15–18% of linalool. Warm, spicy and herbal, with a hot, somewhat anise tasting "bite." Generally used as an antispasmodic, anti-inflammatory, pain reliever, decongestant of the veins, antibacterial. Basil is a wonderful addition to many perfume blends, it works as a brain and memory stimulant and soothes stress, depression, and mental fatigue. Blended with Rosemary verbenon makes an excellent blend to be used as an external application on the hair and scalp to stimulate growth and condition hair. Basil is also indicated for urinary infections, rheumatoid arthritis and insufficient digestive enzymes. Good for tired, overworked muscles, as a mouthwash for mouth sores and infected gums, for chest infections and digestive problems. Blends well with bergamot, lavender, neroli and verbena. Flash point: 167° F.



Bergamot



Bergamot (bergaptene free) essential oil Citrus bergamia, cold pressed peel, Italy. Its aroma is uplifting, spicy, sweet scent; like orange and lemons with floral overtones.....citrus spice with a high floral note. Inhaled, it relaxes the nervous system and acts as a digestive. Also used as an expectorant, gargle for a sore throat, inhaled for anxiety and depression, used for a variety of skin problems. It may be used as an inhalation for respiratory tract infections such as tonsillitis and bronchitis. It is a valuable antiseptic for the urinary tract and infections and inflammation such as cystitis. Combined

with tea tree it is used as a treatment for cold sores, chicken pox and shingles. Used in douches and sitz baths, bergamot oil has proved successful in gonococcal infections, leucorrhoea, vaginal prurities and urinary infections; add no more than 2–3 drops to some warm water. Its antiseptic properties make it ideal for treating wounds, herpes, acne and oily skin conditions. Bergamot imparts that unusual flavor to Earl Grey tea. It was and still is an important ingredient in the classic Eau de Cologne formula. Blends well with chamomile, lavender, neroli and rosemary. Regular Bergamot is a photosensitizer (increases the skin reaction to sunlight and makes it more likely to burn). Our Bergaptene-free Bergamot has had the chemical bergaptene removed and this greatly reduces the risk of photosensitization when exposed to the sun after use. We recommend this product for use in end products that will be used directly on the skin and which will remain on the skin for a long period of time. Flash point: 136° F.

Cinnamon

Cinnamon Bark: *Cinnamomum zeylanicum*, steam distilled bark, Madagascar. Oil distilled from the bark contains mainly Cinnamaldehyde (@70%) and Eugenol. Cinnamaldehyde is a skin irritant so while the bark oil has a superior fragrance, it is not recommended for topical use in aromatherapy. Bark oil is in great use commercially in foods, mouth preparations, soaps and toiletries. Warm, spicy and sweet aroma. Used as an insecticide, emmenagogue, antispasmodic, antibacterial, aphrodisiac and antifungal particularly against *Candida* and *Aspergillus*. Indicated for tooth care, blends for vaginitis, impotence in men, respiratory blends for the lungs. Eases colds and breathing difficulties. As an inhalation, it is excellent for exhaustion, feelings of depression and weakness. It is a very effective antiseptic, digestive and anti-rheumatic and is regarded as one of the strongest antiseptic oils. Useful for preventing infectious and contagious diseases. Not recommended for skin care. Traditionally used in clearing warts. The leaf oil is relatively non-toxic. Very powerful, should be used with extreme care, could be a skin irritant for certain persons. Blends well with clove, frankincense, ginger, lavender, orange and thyme. Flash point: 200° F.





Citronella

Citronella Essential Oil: *Cymbopogon nardus*, steam distilled grass, Java. Slightly sweet, powerful and lemony scent. Its most useful quality seems to be as an insect repellent and may also help pets get rid of fleas. Also known to clear the mind, may be useful for headaches and migraines. Its deodorant and stimulating properties always refresh sweaty tired feet. Blends well with citrus oils, cedarwood, eucalyptus, peppermint, and eucalyptus. Flash point: 170° F.



Clary Sage

Salvia sclarea, steam distilled flower/leaf, France. Its scent is fruity, floral, herbaceous, nutty and heavy. This is a relaxing, warming oil which eases nervous tension. Known as a hormone balancer, it may regulate scanty periods. Its well known for its euphoric action and is an extremely valuable oil for treating nervousness, fear, paranoia and depression. Its antispasmodic and emmenagogue properties make it useful for helping with uterine problems such as easing PMS, regulating scanty periods and easing painful cramps in the lower back. Also encourages labor, enabling the expectant mother to relax and eases post-natal depression. Studies have found Clary Sage to be beneficial for its analgesic and relaxing effects and its ability to accelerate labor. It inhibits prolactin which tends to dry up breast milk. Useful during menopause. Also soothes digestive problems. Not to be used during pregnancy! Blends well with bergamot, lavender, lime, and geranium. Flash point: 125° F.



Clove

Clove: *Eugenia caryophyllata*, clove bud steam distilled, Indonesia. Clove oil has a sweet, rich, warm, spicy and penetrating aroma with a fruity top note and a woody base note. Highly irritant to the skin, must be diluted, clove bud oil is safer to use than clove leaf due to its lower eugenol content. It should never be used directly on the skin or in large concentrations. Clove oil lifts depression and is recommended as an inhalation when feeling weak and lethargic. It's excellent as an antiseptic because of the high proportion of eugenol. It helps stimulate digestion, restores appetite and relieves flatulence. The dental value of cloves is well known, the oil has been traditionally used to relieve toothaches. Clove oil is not used in skin care except to treat infectious wounds, skin sores and leg ulcers. Beneficial to the digestive system, effective against diarrhea, vomiting and spasms. Can help toothache, rheumatism, arthritis and mouth sores. Blends well with basil, cinnamon, citronella, orange and peppermint. Flash point: 200° F.

Cypress essential oil Cypress: *Cupressus sempervirens*, steam distilled leaf/cone, Spain.

Cypress has a woody and slightly spicy aroma. It is anti-infectious, spasmolytic and a venous decongestant. This cypress is indicated for colitis or infections of the gut, to decongest the prostate and to stimulate pancreas and has primary use in the respiratory and circulatory systems. This is a warming, stimulating and uplifting oil and when inhaled just before bedtime can be soothing and relaxing. Seems to have a soothing effect on anger. Useful for sweaty palms or feet. As with many of the evergreen oils, it is useful to



reduce fluid retention and cellulite and for aching muscles and arthritis pain. Useful after the loss of loved ones or endings of relationships. It is inhaled for strength and comfort. Its wonderful effect on varicose veins is well known (diluted in a carrier oil and massaged lightly into the legs every day). A few drops of this oil on a cotton ball placed under the pillow can help stop coughing. Regulates menstrual cycle, promotes and increases periods in conditions associated with dysmenorrhoea. It helps relieve painful periods and reduces abnormally heavy blood loss, particularly when it happens in the early stages of menopause. Soothes anger. Blends well with bergamot, grapefruit, lavender, lemon, pine and sandalwood. Flash point: 114° F.

Eucalyptus



(*Eucalyptus globulus*, steam distilled leaf, China) Commonly known as blue gum. Its scent is camphorous with a woody sweet undertone. Some of this oil's properties are expectorant, decongestant, insecticide, analgesic, antirheumatic and antiseptic. Inhibits proliferation of the cold virus. Deters mosquitoes and other insects. Cools emotions, aids concentration. Effective in all types of fever, lowers the temperature, makes breathing easier, loosens phlegm. It is one of the most valuable oils for treating the respiratory system. According to research, the spraying of a 2% emulsion containing eucalyptus oil kills off 70% of local, airborne staphylococci. Helps with cystitis. Clears up sinus congestion. Blends well with basil, cedarwood, lemon, vetiver, peppermint and clary sage. Flash point: 109° F.

Geranium

Geranium: *Pelargonium graveolens*, steam distilled leaf, Egypt (standard cultivation). Sweet, heavy aroma, somewhat like rose with a minty overtone. Among its properties are analgesic, antidepressant, antiseptic, cicatrisant, diuretic and insecticide. Calms anxiety, lifts the spirit, assists with depression. Useful for all conditions of the woman's reproductive system as an inhalant and massage application, beneficial for PMS. May assist with menopausal problems such as vaginal dryness and heavy periods. Assists with breast inflammation. Helps clear the body of toxins and this may be helpful with addictions. Stimulates the lymphatic system which keeps infection at bay. Eases neuralgia. Indicated for all problems of the nervous system such as anxiety and nervous fatigue. The oil is a diuretic and a



lymphatic stimulant which can help relieve congestion, fluid retention and swollen ankles. Useful for all skin conditions as it balances sebum. Good for oily skin. It's an excellent remedy for burns, wounds and ulcers. Blends well with basil, bergamot, carrot seed, jasmine, lavender and rose.

Flash point: 185° F

Ginger



Ginger essential oil, *Zingiber officinale*, steam distilled root, China. Spicy, woody, warm, with a hint of lemon and pepper. It is antiseptic, analgesic, expectorant, laxative, and aphrodisiac. Aids memory, cheers one up. Eases sore throats. Settles the digestive system, effective against nausea, hangovers, jet lag, sea and travel sickness. Relieves cramps, rheumatic pains and muscle spasms. A valuable remedy in cases of impotence. Blends well with cajeput,

cinnamon, eucalyptus, frankincense, geranium, orange and verbena. Flash point: 130° F.

Helichrysum gymnocephalum

This oil's aroma is clean and fresh, some may say with a slightly floral and spicy aroma although others claim the aroma is more of honey and tea. Researchers in Madagascar think that the essential oil of rambiazina has potential in aromatherapy, considering it useful for the treatment of rheumatism, herpes, hematoma, varicose ulcers, dermatitis, gingivitis, gout, herpes, bronchitis and goiter. Avoid during pregnancy. Among its uses are aphrodisiac, stimulating and antiseptic. Flash point: 118° F.



Juniper Berry

Juniperus virginiana, steam distilled wood, U.S.A. Also known as Red cedar, it is from the family Cupressaceae. Although this tree is from this family and not from the family Pinaceae, it is still called Virginia Cedar. Its scent is sweet and woody, sometimes reminiscent of sandalwood. Calms nervous tension and states of anxiety. Expectorant, dries phlegm. Recommended for hemorrhoids. Deters moths and other insects, usually in drawers and closets. Care should be taken that garments do not directly touch wood treated with Cedarwood essential oil. Blends well with

bergamot, cinnamon, frankincense, rose, sandalwood and rosemary. Flash point: 200° F.



French Lavender

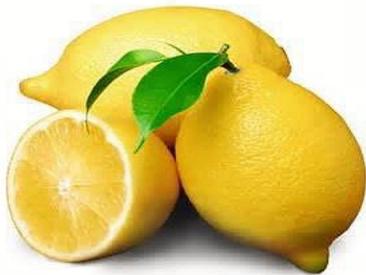
Lavender French/Fine Essential Oil: *Lavandula angustifolia*, steam distilled flowering top, Provence, France. Our Lavender Fine/French is grown at 600–800mts above sea level. Lavender's aroma is floral, herbaceous, light with woody undertones. Among its many properties, it's known to be analgesic, antidepressant, antirheumatic, antiseptic,

antispasmodic, antiviral, bactericide, cicatrizant, decongestant, deodorant, diuretic, fungicide, sedative. Soothes the spirit, relieves anger, valuable in manic–depressive cases.

Lavender has a sedative action on the heart, assists in bringing down high blood pressure, relieves insomnia and muscular spasms and rheumatic pains. This is the first essential oil one should reach for in the case of minor burns and sunburn, keep a bottle in the kitchen (away from open flame!). Useful with menstrual problems, bronchitis and headaches, helps lower blood pressure. Useful in a diffuser in the delivery room to calm and relax everyone in the room.

May be useful with nausea, vomiting and colic. Keeps insects away. Purifies the air. Promotes growth of new skin cells, great healing effect on burns and sunburn, acne, psoriasis, boils, fungal growths and scarring. Lavender is one of the safest essential oils to use with children and the elderly. Blends well with bergamot, chamomile, citronella, lemon, and pine. Flash point: 156° F.

Lemon



Lemon essential oil: *Citrus limon*, cold pressed peel, U.S., standard cultivation. Clean and sharp citrus aroma. Among its many properties are antacid, antineuralgic, antirheumatic, antiseptic, astringent, bactericide, cicatrizant, diuretic, emollient, insecticide, and laxative. Helps to clear thoughts, helps with concentration, lifts the spirits. Tonic to the circulatory system, liquefies the blood and aids flow, thereby easing pressure on varicose veins. Is used to bring down high blood pressure. Eases painful cold sores and

herpes. May be helpful with constipation and cellulite. Has a tonic effect on the circulatory system. Blends well with chamomile, eucalyptus, lavender and rose. Flash point: 115°F.

Lemongrass

(*Cymbopogon flexuosus stapf/citratus*) Country of origin: Guatemala. Sweet, herbaceous, smoky and lemony aroma. It is tonic, digestive and vasodilator with anti-inflammatory and sedative properties. Stimulates the mind, lifts the spirit, clears the head. Stimulates appetite, helpful with colic and indigestion. Prevents spread of contagious diseases. Great for aching muscles, relieves tired legs. Relieves fatigue, assists with jet lag. Aids in the flow of milk in nursing mothers. May be a dermal irritant. Blends well with



cedarwood, basil, lavender, neroli, niaouli and tea tree. Flash point: 160° F.

Lime



Lime Persian, Mexico. Its aroma is sharp, citrus, tart and sweet with some spice. It is antiseptic, antiviral, astringent, disinfectant, insecticide, restorative. Very stimulating in cases of apathy, depression and anxiety. Eases coughs and chest congestion. Encourages appetite, may assist in anorexia. Assists in treating alcoholism because of its disinfecting and detoxifying properties. Lime oil has extensive use in the body-care industry and forms, along with Lavender oil, a great deal of men's fragrances. Blends

well with bergamot, geranium, lavender, rose and ylang ylang. Flash point: 115° F.

Marjoram

Marjoram essential oil, 1/2 oz. Marjoram: *Marjorana hortensis*, steam distilled herb, Egypt. Not to be confused with sweet marjoram, commonly mistaken for oregano. Warm, penetrating and slightly eucalyptus-type aroma. It is analgesic, antiseptic, antispasmodic, digestive, emmenagogue, expectorant, sedative and laxative. Due to the higher 1,8-cineole content of Spanish marjoram, this oil is more effectively used as an expectorant for respiratory tract infections and spasms. Marjoram has a calming effect on the nervous system, relieves anxiety and stress. It is effective for insomnia, especially when there's high blood pressure. Prolonged use may diminish sexual desire. Very effective in dealing with painful muscles, mostly in the lower back area. Assists with swollen joints, good as an after-sports rub. Seems to lower high blood pressure. Soothes digestion, may help with stomach cramps, constipation and flatulence. May be effective against sea sickness. Alleviates stuffed-up feeling during colds. May be useful in relieving painful periods. Blends well with bergamot, cedarwood, orange, and rosewood. Not to be used during pregnancy. Flash point: 125° F.



Myrrh

Myrrh essential oil (*Commiphora myrrha*, both hydro-distilled and solvent extracted oleoresin/tears, India). Smoky and slightly musky aroma.

Myrrh is antiseptic, astringent, deodorant, disinfectant and diuretic and is one of the most renowned incenses along

with frankincense.

It is thought to enhance spirituality and may be used either in an oil burner or inhaled directly. It's particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives. Seems to lift feelings of weakness, apathy and lack of incentive and also has a

cooling effect on heated emotions.

Due to its drying action is effective against excessive mucous in the lungs. Recommended in cases of bronchitis, colds, sore throats, and coughs. Excellent for mouth and gum disorders; it is the best treatment for mouth ulcers, gingivitis and bleeding or spongy gums. Eases flatulence and hemorrhoids. Stimulates and invigorates the immune system. Of great benefit in cases of scanty periods, leucorrhea and clearing obstructions in the womb.

The efficacy of myrrh for the treatment of chronic wounds and ulcers is legendary. This is due to its antiseptic, astringent, anti-inflammatory and antiphlogistic properties. It is specially valuable for wounds that are slow to heal and for weepy eczema and athlete's foot. Blends well with clove, frankincense, lavender and sandalwood. Not recommended to be used during pregnancy. Flash point: 200° F.

Palmarosa

Palmarosa Essential Oil: *Cymbopogon martinii*, steam distilled leaf/grass, India. Powdery, floral, herbaceous, perhaps with a hint of rose. It is antifungal and antiviral. Indicated for bronchitis, birthing, regeneration of the skin, and regulating oil production of the skin. Useful in treating skin infections. Blends well with bergamot, citronella, jasmine, lavender, petitgrain and rose. Flash point: 193° F.



Patchouli

(*Pogostemon patchouli*, steam-distilled leaf, Indonesia) A strong, earthy, smoky, spicy and musky scent. It is antidepressant, antiseptic, aphrodisiac, astringent, deodorant, fungicide and insecticide. May cause loss of appetite. Its odor may be little too persistent for some people. Due to its strong astringent and cicatrisant properties, may be helpful for loose skin, especially after dieting, used in many anti-wrinkle products. Its diuretic properties are useful in cases of fluid retention and cellulite. Well known to increase libido, considered an aphrodisiac. Relieves effects from insect bites, protects clothes from moths. It is known as a tissue regenerator which helps stimulate regrowth of skin cells and the forming of scar tissue. Heals rough, cracked skin. Useful for treating acne, eczema, fungal infections and scalp disorders including dandruff. Blends well with black pepper, clary sage, frankincense, geranium, lavender and myrrh. Flash point: 215° F.

Peppermint

Peppermint Essential Oil: *Mentha piperita*, steam distilled leaf, U.S.A.. This oil is distilled from peppermint grown in Yakima, Washington, one of the highest quality peppermint found in the marketplace. Its aroma is strongly piercing, refreshing, minty and very herbaceous. Among its properties are: Cooling, analgesic, antispasmodic, anesthetic, decongestant, emmenagogue, expectorant, febrifuge, insecticide and stimulant. Should be kept away from eyes, likely to irritate skin and mucous membranes. Best avoided by pregnant women and nursing mothers as it could discourage flow of milk. May antidote homeopathic remedies.



Helps people become clear headed and refreshes the spirits. Helpful for people who are unable to concentrate or who have mental fatigue. Said to relieve states of anger, hysteria and nervous trembling, excellent for depression. On the body, it has a dual action: cooling when hot and warming when cold. As a remedy for colds, it halts mucous and fevers and encourages perspiration. Extremely important for its effect on the digestive system (1 drop on a sugar cube or on a teaspoon of honey).

Has a slightly anesthetic effect on stomach muscles. Good for travel sickness, vomiting, diarrhea, constipation, colic, nausea and to keep drivers alert while on the road. Its cooling and pain relieving action seems to ease headaches, migraines and toothaches. Used in liniments for the relief of muscle pain, lumbago, bruises, joint pain and insect bites. Can be used to relieve any kind of skin irritation or itching but should be used in a dilution of 1% or less or the irritation could be made worse. Not much liked by insects and vermin, great for getting rid of ants and rodents. Blends well with cedarwood, cypress, lavender, niaouli and pine. Flash point: 151° F.



Pink Grapefruit

Grapefruit, Pink: *Citrus paradisi*, cold pressed peel, organic, South Africa. Has a fresh, sweet, sharp and citrusy aroma. It is antidepressant, antiseptic, diuretic and disinfectant, stimulant. Invaluable in times of stress and depression as it uplifts and revives the spirit. May have an effect on obesity and fluid retention, is useful for treating water retention and is detoxifying. Ideal for treating cellulite. It has a stimulating effect on the digestive system. Helpful in treating acne, congested and oily skin. Relieves migraine and premenstrual tension and jet lag. Ideal for disinfecting rooms and in spray blends. Blends well with bergamot, cedarwood, frankincense, and lavender. According to *The Complete Guide to Aromatherapy* by Salvatore Battaglia, this essential oil is non-irritant, non-sensitizing and non-phototoxic. Flash point: 111° F.

Rosemary

Rosemarinus officinalis, steam distilled flowering top/leaf, Morocco) Strong, clear, penetrating, camphoraceous and herbaceous aroma. It is analgesic, antidepressant, antirheumatic, antiseptic, antispasmodic, astringent, cicatrisant, digestive, diuretic, hypertensive and rubefacient. Not suitable for people with epilepsy or high blood pressure. Avoid in pregnancy since it is an emmenagogue. Might antidote homeopathic remedies. Clears the head and aids memory, good for mental strain. Helps ease gout and tired, overworked muscles, tired or weak legs and circulatory problems of extremities, as well as cold feet. Since it stimulates blood circulation, it is a good remedy for low blood pressure. It's an excellent tonic for the liver and gall bladder. Helps lower high blood sugar. Used in shampoo and hair treatments, it helps stimulate blood circulation to the scalp, thus being beneficial for promoting hair growth. Blends well with basil, cedarwood, frankincense, ginger, grapefruit, orange and peppermint. Flash point: 104° F.



Spearmint



Spearmint essential oil Spearmint: *Mentha spicata*, steam distilled leaf, U.S.A. Very similar to peppermint, slightly sweeter. Antispasmodic, emmenagogue, insecticide, parturient and stimulant. Indicated for all sorts of respiratory problems, sinusitis, and chronic bronchitis. If used in full body massage, use only a minute amount; massage in local areas may be preferable. Possibility of eye irritation, as well as an irritant on sensitive skin. Stimulates a tired mind. Helpful with digestive problems such as

vomiting, flatulence, constipation and diarrhea. Seems to relax stomach muscles, relieves hiccups and nausea. May help with travel sickness. Good oil to use externally on children with digestive problems such as nausea, constipation and diarrhea. Blends well with basil, grapefruit, lemon and rosemary. May be used to relieve pruritus. Don't use during pregnancy. Flash point: 142° F.

Spruce

Spruce essential oil *Tsuga canadensis*, steam distilled branch/leaf, Canada (a/k/a Eastern Hemlock). This is not Black Spruce (*Picea mariana*). Fresh pine, bitter orange peel aroma. Recommended for relief of stress and anxiety. Also recommended for muscle aches and pains, aching joints, poor circulation, muscle spasms. Inhaled for the respiratory system, helpful for bronchitis or asthma. Blends well with Orange, Lavender and Clary sage. Flash point: 108° F.





Tea Tree

Tea Tree essential oil: (*Melaleuca alternifolia*, steam distilled leaf/twig, Australia) Fresh and antiseptic, rather pungent aroma, some might characterize it as medicinal. This is a "must have" essential oil. It is antibiotic, antiseptic, antiviral, bactericide, cicatrizant, expectorant, fungicide, insecticide and sudorific. Although it may cause irritation on sensitive areas of skin, along with Lavender it is just about the only oil that many recommend to be used neat or straight from the bottle without dilution.

Tea tree has extensive applications in medicine and veterinary medicine (rarely, if ever, used on cats or birds, use caution). Its most important usage is to help the immune system fight off infectious diseases. Activates the white corpuscles to form a defense against invading organisms and helps to shorten the duration of illness. Indicated for influenza, cold sores, and gingivitis.

A series of massage with this oil before surgery may help to fortify the body. Its strong antiviral and germicidal properties are useful in repeated infections. Its fungicidal properties help clear vaginal thrush and is of value with genital infections generally. Alleviates urinary tract problems such as cystitis. Gives relief to genital and anal itching as well as general itching from chicken pox to rashes caused by insect bites. Said to give some protection against x-ray therapy in breast cancer. It will apparently reduce scarring when applied before treatment as the protective film will guard against very deep penetration of the x-rays. Helps to ease otitis. Reduces pus in infected wounds. Clears blemishes caused by chicken pox and shingles. Useful with minor burns, sores, sunburn, ringworm, warts, tinea, herpes and athlete's foot. Helpful with dry conditions of the scalp as well as dandruff.

Blends well with cinnamon, clove, cypress, eucalyptus, ginger, lavender, and thyme. Flash point: 130° F.

Thyme

Thymus vulgaris, steam distilled herb/flower and leaf (red), Spain. A rather sweet and strongly herbal fragrance. It is well known as being antirheumatic, antiseptic, antispasmodic, aphrodisiac, cardiac, cicatrizant, diuretic, emmenagogue, expectorant and insecticide. This is a very potent oil, one of the strongest antiseptics and toxicity is possible with prolonged use. Not to be used in cases of high blood pressure nor in pregnancy. Activates brain cells, thereby aiding memory and concentration.



Revives feelings of exhaustion and combats depression. Fortifies the lungs when treating colds, coughs and sore throats particularly tonsillitis, laryngitis and the like. Rather warming and helps to eliminate phlegm. Helps the body fight disease. Raise low blood pressure. Since its stimulating effect facilitates the removal of uric acid may be recommended for rheumatism, gout and arthritis. May stop nosebleeds. Helps with sluggish digestion and wind. Speeds delivery in childbirth and expelling the afterbirth, could cause miscarriage. A tonic for the scalp and may be effective with dandruff and hair loss. Blends well with bergamot, cedarwood, chamomile, and lemon. Flash

point: 131° F.



Vetivert

Vetivert: *Vetiveria zizanoides*, steam distilled roots, Indonesia. Deep, smoky, earthy aroma. In aromatherapy, some people can barely tolerate the smell while others are affected quite deeply by its aroma, which can be likened to the smell of a damp forest floor. It is considered antiseptic, aphrodisiac, sedative, nervine. It is a calming oil, excellent for stress and tension. Settles the nerves. May be useful in helping people ease off tranquilizers. This oil is considered a classic for physical, mental and emotional burnout which may result in total exhaustion. On an emotional level, vetiver helps to soothe states of irritability, anger and hysteria. Vetivert is recommended for dry, dehydrated skin. May

assist with acne. Its vulnerary and cicatrisant properties are utilized to prevent and reduce wrinkles and stretch marks during pregnancy. Said to cleanse the aura (the energy field around the body) and to strengthen the auric shield which can be instrumental in keeping out disease. Very helpful in cases of mental and physical exhaustion. It assists with increasing blood flow which, thereby being able to alleviate muscular aches and pains. A tonic to the reproductive system and its relaxing quality seems to have some effect on tension underlying sexual problems. Helpful in cases of insomnia. Blends well with frankincense, geranium, grapefruit, jasmine, lavender, rose, sandalwood and ylang ylang. Flash point: 240° F.

Wintergreen

Wintergreen essential oil, *Gaultheria procumbens*, steam distilled leaf. Very refreshing aroma, woody and wintergreen, very similar to Birch. Use with caution, the EO is approximately 99% salicylate, the main ingredient in aspirin (irritant, sensitizing). Many aromatherapists try to stay away from this oil. Methyl salicylate has been incorporated into liniments and ointments for muscular skeletal problems. Use tiny amounts in muscle/joint blends, patch test. Not recommended for usage in persons who take aspirin regularly or who are allergic to aspirin. Not to be used on children, the elderly, pregnant women and pets. Blends well with pine, peppermint, and lemon. Flash point: 200° F.



Ylang Ylang

Ylang Ylang: *Cananga odorata*, steam distilled flower, Indonesia (standard cultivation). Sweet, floral, heavy aroma. There are several grades or qualities of this essential oil. The large flowers of Ylang Ylang are subjected to fractional steam distillation, yielding, in succession, ylang-ylang extra, I, II, and III. The grades (Extra, I, II and III) indicate from

which fraction of the steam distillation process the oil was obtained. Ylang Ylang III is an excellent oil for aromatherapy and soapmaking Properties: Both relaxes and arouses; in Europe, therapists use this oil for sexual dysfunction. Eases frigidity and impotence. It is antidepressant, antiseptic, aphrodisiac, sedative. Excessive use may lead to headaches and nausea. Could possibly irritate sensitive skins and is indicated against use on inflammatory skin conditions and dermatitis. Could well ease feelings of anger, anxiety, shock, panic and fear. Useful with rapid breathing and heartbeat; its sedative properties could help bring down high blood pressure. Soothes anger. Has a tonic and stimulating effect on the scalp promoting a more luxurious hair growth. Blends well with bergamot, citronella, jasmine, lavender, lemon, rose, sandalwood and verbena. Flash point: 167° F.