

Essential Oils for Health

Oil	Apply	Property	Caution	Scent	Uses
Lemon	TN, TD, D	AD, AS, AO	SS, SL	Citrus	Detox, cleansing, kidneys, liver, gallbladder, uplifting, cleaning
Lavender	TN, TD, D, O	AI, AB, AD		Mint	Calming, stress, anxiety, burns, minor cuts, itching, bruising
Peppermint	TD, D, O	AS, AI	PR, HBP, CS	Mint	Mood lifting, focus, concentration, stomach issues, fever, hormone balance, hot flashes
Tea Tree	TN, TD, D	AF, AI	CS	Shrubs, trees	Many skin problems, rashes, eczema, acne, topical fungal infections
Oregano	TD, D	AI, AB, AV	SS	Herbal	Respiratory infections, immune system support, reduce inflammation, warming, warts
Rosemary	TN, O	AG, AI, AO	PR, HBP, SZ	Mint	Memory, addictions, adrenal fatigue, infections
Clove	TD, O	AB, AG, AI	SS, CS	Shrubs, trees	Oral care, toothaches, drawing ability, quit smoking
Eucalyptus	TN, TD, D, I	AB, AV, AI	IA	Shrubs, trees	Cold, cough, bronchitis, respiratory infection or virus, sinus infection and congestion
Orange	TN, I, D	AD, AS	SL 12 hours	Citrus	Uplifting, increases alertness, calms, cleaning, anxiety, palpitations
Patchouli	TN, I, D	AI, AD, AS		Mint	Grounding, settles if scattered, diuretic, anxiety, allergies
Clary Sage	TN, I, D	AD, AS	PR, B	Mint	Emotional stress, hormonal imbalances, balancing in general
Frankincense	TN, I, D	AI, AB, AS, AD		Resinous Trees, Shrubs	Nervous system, irritability, concentration, depression, cancer, Asthma, headaches, high blood pressure, aging, wounds
Melissa	TN, I, O	AD, I, AV		Mint	Calming, uplifting, skin problems, nervous disorders, anxiety, Asthma, colds, fever, high blood pressure, insomnia
Helichrysum	TN, I, D, O	AB, AO, AV		Compositae	Abscesses, Earache, Bruises, dermatitis, stoke, sunscreen, viral infections
Chamomile	TD, I, D, O	AD, AI, AS	SS	Compositae	Nervous system, calming, hyperactivity, muscle spasms, rashes
Ylang Ylang	TN, I, D	AS, AD	CS	Tropical Trees	Calming, exhaustion, fear, hormonal imbalance, infections
Lemongrass	TN, TD, D, I	ASP, AB, AI	SS	Grass	Carpal tunnel, cramps, bladder infection, kidney stones, MD, sprains, whiplash, mental fatigue, Graves disease
Ginger	TN, I, O	AS, ASP	CS, C	Herbal	Gas, bloating, indigestion, morning sickness, nausea, RA, angina, infection airborne disease
White Fir	TN, O	AS, AG	SS	Conifer	Cartilage inflammations, sinusitis, muscle pain, sprains, bronchitis
Rose	TN, I, D	AI, AB, AD, I	PR	Rosaceae	Poison ivy or oak, elevates mood, digestive problems, PMS, headaches, skin disorders

Applications
TN – Topical Neat
TD – Topical Diluted
D – Diffuse
O – Oral if stated safe for oral use on package
I – Inhale, Not intended for children under 6

Properties	
AB – Antibacterial	AS – Antiseptic
AI – Anti-Inflammatory	AD – Anti-Depressant
AV – Antiviral	I – Invigorating
AF – Antifungal	ASP – Antispasmodic
AO - Antioxidant	AG – Analgesic

Cautions	
PR – Pregnancy	IA – If Allergic
SZ – Seizures	
SS – Sensitive Skin	
CS – Contact Sensitivity	
HBP – High Blood Pressure	