

Basil (sweet) <i>Ocimum basilicum</i>		
Plant family: Lamiaceae (Labiatae) Country of Origin: Asia, Africa, now also found in Italy, France and USA Oil source: Flowers & Leaves		
Method of extraction: Steam Distillation Note: Top to middle		
<p style="text-align: center;">Concentration, strengthening, trust – very versatile</p> <p style="text-align: center;">Blends well with lavender, geranium, bergamot, chamomile, clary sage, rose</p> <p style="text-align: center;">~</p> <p><i>Basil essential oil is renowned as an excellent aromatic stimulant, clearing the head and bringing strength and clarity to the mind, a good toning refresher for the skin, restorative for the nerves, aids concentration, insect repellent, prevents vomiting, and soothes itching. Basil has a beneficial action on the respiratory tract and is often used for asthma, bronchitis and sinus infections or to help with concentration. A good tonic for the treatment of nervous disorders and stress related headaches, migraines etc.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Cephalic <li style="width: 50%;">• Antidepressant <li style="width: 50%;">• Tonic <li style="width: 50%;">• Antispasmodic <li style="width: 50%;">• Prophylactic <li style="width: 50%;">• Emmenagogue <li style="width: 50%;">• Warming 	
Systems / conditions benefitted: Skin: <i>acne, reduces inflammation of wasp stings.</i> Muscular/digestive: <i>relieves muscle tightness esp. intestines & stomach.</i> Nervous system: <i>uplifting for depression, insomnia, stress; helps to focus the mind & aids concentration. Helps headaches, migraines.</i> Reproductive: <i>amenorrhea (absence of periods) or irregular/scanty menstruation.</i> Respiratory: <i>sinusitis</i>		
Typical methods of use: Room fragrance, bathing, hot compress, massage, inhalation.		
Safety Note: Do not use on sensitive skin, avoid during pregnancy.		

Benzoin*Styrax benzoin***Plant family:** Styracaceae**Country of Origin:** Sumatra, Java and Thailand**Oil source:** Resin from the tree**Method of extraction:** Solvent extraction**Note:** Base**Calming and uplifting. Confidence, deep sleep, warming**

Blends well with bergamot, coriander, frankincense, juniper, lavender, lemon, myrrh, orange, petitgrain, rose and sandalwood.

Benzoin essential oil is a warm energy giving oil that relieves tension and is used in many creams and balms as a natural preservative. Benzoin is used in creams and massage oils for dry hands, chapped skin, poor circulation or tired stiff muscles. A few drops can also be added directly to a bath or used in an oil burner and is said to ease general aches and pains, arthritis and rheumatism, and chronic bronchitis or coughing as well as been uplifting for the mind making it a great oil to use if down or feeling low. Benzoin is very thick, treacle like oil. Benzoin creates a feeling of euphoria, and has a warming effect on the whole body, especially the heart, lungs and circulation.

Significant chemical constituents:

- Ester

Therapeutic actions:

- Cordial
- Carminative
- Expectorant
- Vulnerary (healing of wounds)
- Warming
- Sedative

Systems / conditions benefitted:

Skin: reduced inflammation, good for dermatitis.

Skeletal: warming effect reduces inflammation caused by rheumatoid arthritis & gout.

Circulatory: warms heart and circulation.

Nervous: stress, relieves tension.

Digestion: aids digestion and relieves flatulence. Urinary: cystitis.

Respiratory: bronchitis, coughs, colds

Typical methods of use: Massage, steam inhalation, compress.

Safety Note: Sensitive skins may react to it.

<p>Bergamot <i>Citrus bergamia</i></p>		
<p>Plant family: Rutaceae Country of Origin: Asia and now found in northern and southern Italy Oil source: Peel/rind of fruit</p>		
<p>Method of extraction: Cold expression Note: Top</p>		
<p style="text-align: center;">Anti-depressant, motivation, cheerful & joy. Blends well with cypress, geranium, jasmine, neroli, rosemary.</p> <p style="text-align: center;">~</p> <p><i>Bergamot is an appropriate oil if you are the type of person who pursues goals with a determination to succeed at any cost. It is cooling and refreshing for the cross, critical, exacting person who begins to suffer from digestive and skin problems, and who's nerves become edgy and raw.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Analgesic • Antiseptic • Antiviral • Cooling • Relaxing • Sedative • Laxative • Vermifuge • Uplifting 	
<p>Systems / conditions benefitted: Skin: antiseptic- good for eczema, psoriasis & acne. Nervous: uplifting thus reduces anger, frustration, anxiety, stress & depression. Digestive: relieves flatulence, colic & painful digestion, helps regulate appetite. Respiratory: colds, flu & bronchitis. Reduces inflammation & infection such as tonsillitis & sore throats. Urinary: cystitis. Immune: strengthens system.</p>		
<p>Typical methods of use: Massage, bath, compress, vaporizer.</p>		
<p>Safety Note: Phototoxic.</p>		

<p>Black Pepper <i>Piper nigrum</i></p>		
<p>Plant family: Piperaceae Country of Origin: India, Indonesia and Greece Oil source: Dried berries</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p>Energising, stimulating, relieves aches and pains in muscles, stimulates appetite. Blends well with sandalwood, rosemary, lavender marjoram, frankincense, rose.</p> <p>~</p> <p><i>Black Pepper essential oil is obtained from the dried peppercorns and is lovely warm stimulating oil wonderful for massage oils it is known for treating poor circulation, sluggish digestion and constipation or neat in a bath for aching limbs, coughs and colds and muscle cramps. Black Pepper is one of the very oldest and highly revered spices, used in India for over 4,000 years, mainly for urinary and liver disorders. Black pepper is appropriate for chilly, weak and debilitated people, who are weary and suffer from feelings of hopelessness. The use of black pepper will help to strengthen such people and develop their physical and creative energy.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Analgesic • Antispasmodic • Stomachic • Rubefacient • Tonic (especially of the spleen). 	
<p>Systems / conditions benefitted: Respiratory: colds, flu, chills. Digestive: relieves feelings of sluggish, alleviates constipation, indigestion, flatulence, dyspepsia Circulatory: warming, aids poor circulation, helps cellulite, detoxifying, stimulates circulation and lymphatic system. Muscular: good for muscular aches, rheumatism. Nervous: stimulates and strengthens the nerves and mind.</p>		
<p>Typical methods of use: Bathing, compress, massage, inhalation, room fragrance</p>		
<p>Safety Note: Use in low concentrates, strong oil & excessive use may over stimulate kidneys. Do not use if breastfeeding. Can irritate a sensitive skin. Incompatible with homeopathic treatments.</p>		

Cedarwood (Atlas) <i>Cedrus atlantica</i>		
Plant family: Pinaceae Country of Origin: Algeria and Morocco Oil source: Wood stumps or sawdust		
Method of extraction: Steam distillation Note: Base		
<p style="text-align: center;">Inner strength, confidence, masculine, respiratory.</p> <p style="text-align: center;">Blends well with sandalwood, bergamot, frankincense, jasmine, neroli, juniper.</p> <p style="text-align: center;">~</p> <p><i>Cedarwood essential oil is soothing and harmonising It is one of the oldest aromatics known, used by Egyptians and valued with a very long history Cedarwood is used in the treatment of oily or itchy skin, acne & scalp problems. It is also helpful for cystitis and other urinary problems. Blend with citronella for a powerful insect repellent. Good to renew inner strength. Helps calm and balance energy, but also promotes spirituality. Supportive and grounding- good to use in meditation as its good for when you are working with the breath. To help fight viruses blend with black pepper.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Ketone 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Insecticide <li style="width: 50%;">• Antifungal <li style="width: 50%;">• Sedative <li style="width: 50%;">• Antiseborrhoeic <li style="width: 50%;">• Fungicide <li style="width: 50%;">• Astringent <li style="width: 50%;">• Mucoylitic <li style="width: 50%;">• Diuretic <li style="width: 50%;">• Nervine <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Tonic 	
Systems / conditions benefitted: Skin: dandruff, seborrhoea of scalp, acne, oily skin. Muscular: aches and pains, stiffness. Nervous: reduces anxiety, tension, and stress. Urinary: cystitis and urinary tract infections. Lymphatic system: cellulite and oedema. Respiratory: coughs, colds, catarrh, bronchitis		
Typical methods of use: Massage, bath, inhale, vaporize, local wash.		
Safety Note: Avoid during pregnancy		

<p>Chamomile (German) <i>Matricaria recutita</i></p>		
<p>Plant family: Asteraceae (Compositae) Country of Origin: Europe, especially Hungary, Bulgaria and Germany Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p>Relaxation, sleep, soft, peace, children, good for frail and elderly. Blends well with melissa, lavender, rose, cedarwood, neroli, geranium.</p> <p>~</p> <p><i>Chamomile German essential oil is renowned for its soothing properties and is especially useful for dry, problem and irritated skin. Chamomile German essential oil is also very effective for everyday aches and pains. It is a wonderful essential oil for promoting a good night's sleep.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Sesquiterpene 	<ul style="list-style-type: none"> • Analgesic • Anti-spasmodic • Anti-allergic • Antibiotic • Anti-inflammatory • Emmenagogue (mild) • Sedative (nervous system) • Stimulant (immune system) • Vulnerary • Vermifuge 	
<p>Systems / conditions benefitted: Skin: rashes, allergies, dry skin conditions: effective for eczema, psoriasis. Skeletal: soothes joint inflammations, arthritis, infant teething pains. Muscular: relieves aches and pains. Nervous: relaxing thus reduces tension and anxiety, stress, depression, insomnia. Digestive: regulates peristalsis – IBS, indigestion and nausea. Reproductive: antispasmodic - relieves premenstrual tension and menopause. Immune: Stimulates whole immune system.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, compress.</p>		
<p>Safety Note: Non-toxic, non-irritant, non-sensitising: however, it may cause reaction in some - skin patch test advised prior. Avoid during pregnancy.</p>		

<p>Chamomile (Roman) <i>Chamaemelum nobile</i></p>		
<p>Plant family: Asteraceae (Compositae) Country of Origin: Europe, especially England, Belgium, France and USA Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p style="text-align: center;">Relaxation, a good all-rounder oil. Good for children Blends well with melissa, lavender, rose, cedarwood, neroli, geranium.</p> <p style="text-align: center;">~</p> <p><i>Roman chamomile essential oil can be used with great effect on children and is found in some baby massage oils. It is also ideal for irritable, impatient, teething or colicky children. It is also renowned to relieve the symptoms of P.M.T and for throat infections and seen in many remedies for allergies, hay fever and asthma. In massage oils, creams or directly in the bath, Roman chamomile is great for the skin calming acne, eczema and dry skin while soothing itchy or irritable skin.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Analgesic • Anti-spasmodic • Antiseptic • Antibiotic • Anti-inflammatory • Bactericidal • Carminative • Emmenagogue • Sedative (nervous system) • Stomachic • Vulnerary • Vermifuge 	
<p>Systems / conditions benefitted: Skin: rashes, allergies, dry skin conditions: effective for eczema, psoriasis. Skeletal: soothes joint inflammations, arthritis. Muscular: soothes inflammation aches and pains. Nervous: stress, depression, insomnia, relaxing thus reduces tension and anxiety. Digestive: teeth abscesses, diarrhoea, nausea, upset stomach, nervous indigestion. Reproductive: premenstrual tension and fluid retention; relieves period pain and menopausal depression. Urinary: cystitis and other urinary infections.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, compress.</p>		
<p>Safety Note: Non-toxic, non-irritant, non-sensitising: however, it may cause reaction in some - skin patch test advised prior.</p>		

Clary Sage*Salvia sclarea***Plant family:** Lamiaceae (Labiatae)**Country of Origin:** England, Russia, Morocco, France, Italy, Spain**Oil source:** Flowers and leaves**Method of extraction:** Steam distillation**Note:** Top to middle

Mood enhancing, vitality; reduces PMS - encourages energy and optimism for life.

Blends well with lavender, sandalwood, jasmine, geranium, cypress, orange, rose.

Clary sage essential oil is a popular aromatic perfume with a warming, relaxing and long-lasting fragrance. It has properties that induce a sense of wellbeing and easing depression. Well known for reducing hot flushes, night sweats, P.M.T. and female functions in general. Clary sage is also used in massage oils for during labour. It makes a very relaxing bath oil, excellent tonic which strengthens nerves and is helpful for depression. A drop on your pillow encourages vivid dreams or may be used to enhance dream recall. Clary sage is known as the 'sacred feminine oil'- supporting a woman's journey. Mood enhancing, regulating, supportive. Can help with mood swings- good for teenagers.

Significant chemical constituents:

- Ester

Therapeutic actions:

- Anti-inflammatory
- Antispasmodic
- Relaxing
- Sedative
- Tonic
- Uplifting
- Hypotensive

Systems / conditions benefitted:

Skin: reduces inflammations, oily skin.

Muscular: relaxes muscles, reduces spasm, muscle fatigue, cramp, fibrositis.

Nervous: uplifts and promotes feeling of well-being/euphoria, soothes nervous tension, panic, and acts as a sedative, relieves headaches and migraine symptoms.

Respiratory: antispasmodic properties ease symptoms of asthma.

Reproductive/endocrine: balances hormones, relieves PMT, fluid retention and painful cramps, menopausal symptoms.

Immune: general tonic, strengthens the immune system - useful for the weak/convalescent.

Typical methods of use: Massage, bath, vaporiser.

Safety Note: Do not use alongside alcohol. Over-use of clary sage can induce feelings of euphoria. Can become spaced out if you use too much — unpleasant feeling. Avoid during pregnancy.

<p>Cypress <i>Cupressus sempervirens</i></p>		
<p>Plant family: Cupressaceae Country of Origin: France, Spain, Italy, Portugal, also parts of North Africa. Oil source: Leaves/needles and cones</p>		
<p>Method of extraction: Steam distillation Note: Middle to base</p>		
<p>Toning, calming and soothing. Strong astringent – controls body's production of liquids (excess sweat or oil), fluid retention, heavy menstrual bleeding. Blends well with bergamot, clary sage, juniper, pine, lemon, lavender, orange</p> <p><i>Cypress pure essential oil stimulates blood circulation and is restorative and calming. Cypress oil's powerful astringent properties make it effective for strengthening and toning the cardio-vascular and nervous systems and for relieving tension held deep within the body. Cypress oil is the essential oil most often used to strengthen and support healthy functioning of the heart and circulatory system. Its astringent action makes it effective for conditions associated with congestion of lymph or blood. This clear and fresh smelling essential oil is great to use during times of major upheavals and changes in your life, as it restores calm, soothes anger and making your life flow better.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Astringent • Antispasmodic • Diuretic • Tonic • Uplifting • Vasoconstrictive 	
<p>Systems / conditions benefitted: Cells & tissues of whole body: astringent, acts as a diuretic, acts on cellulite and water retention. Skin: controls water loss, oil and sweat production: good for excessive perspiration, oily and mature skin. Circulatory: narrows blood vessels so eases varicose veins, haemorrhoids and heavy bleeding. Reproductive: regulates problems related to menstruation (heavy periods, PMT, hormonal and menopausal problems).</p>		
<p>Typical methods of use: Massage, bath, vaporize, local wash.</p>		
<p>Safety Note: Generally safe and non-irritating</p>		

<p>Eucalyptus (Blue gum) <i>Eucalyptus globulus</i></p>		
<p>Plant family: Myrtaceae Country of Origin: Tasmania and Australia, Spain and Portugal Oil source: Leaves & young twigs</p>		
<p>Method of extraction: Steam distillation Note: Top</p>		
<p>Protects the whole body against disease and viruses by strengthening the immune system.</p> <p>Blends well with melissa, lavender, lemon, pine, thyme, chamomile</p> <p>~</p> <p><i>Derived from the leaves of the eucalyptus globulus tree. It is an important ally to fight against the common ailments of winter affecting the respiratory system (colds, sinusitis, bronchitis ...). This essential oil helps to calm the cough and evacuate bronchial sputum.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Oxide 	<ul style="list-style-type: none"> • Analgesic • Antiseptic • Antispasmodic • Antiviral • Depurative • Expectorant • Prophylactic • Stimulant • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: infections, dull, congested skin, wounds, outbreaks of spots. Skeletal: eases rheumatism. Muscular: relieves aches and pains. Nervous: clears the head, calms emotions, headaches. Respiratory: effective for all cold and flu symptoms as well as throat infections, catarrh, sinusitis, asthma, infections, coughs (expectorant- clears mucus by encouraging coughs). Urinary: cystitis. Immune: stimulates body's immunity against infection.</p>		
<p>Typical methods of use: Massage, bath, hot compress, steam inhalation.</p>		
<p>Safety Note: Do not overuse. It is incompatible with homeopathic treatments.</p>		

Eucalyptus (Lemon) <i>Eucalyptus citriodora</i>		
Plant family: Myrtaceae Country of Origin: Australia, South America, South Africa Oil source: Leaves		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Lemon-scented Eucalyptus citriodora is a good insect repellent. Blends well with benzoin, thyme, lavender, lemongrass, lemon, pine.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Distilled from the leaves of Eucalyptus citriodora citronnellifera tree. It is used for its anti-inflammatory, anti-infectious and anti-pain properties. This essential oil allows you to soothe muscle and joint pain (tendonitis, rheumatism ...) and skin disorders (shingles, inflammation ...).</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Aldehyde 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Insect repellent <li style="width: 50%;">• Antiviral <li style="width: 50%;">• Stimulant <li style="width: 50%;">• Insect repellent <li style="width: 50%;">• Uplifting 	
Systems / conditions benefitted: Skin: fungal infections, herpes, dandruff, insect repellent. Respiratory: asthma, throat infections. Immune: colds, influenza, infections.		
Typical methods of use: Massage, bath, hot compress, steam inhalation.		
Safety Note: Do not overuse. It is incompatible with homeopathic treatments.		

Eucalyptus (Peppermint) <i>Eucalyptus dives</i>		
Plant family: Myrtaceae Country of Origin: Australia and South Africa Oil source: Leaves		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Lemon-scented Eucalyptus citriodora is a good insect repellent. Blends well with benzoin, thyme, lavender, lemongrass, lemon, pine.</p> <p style="text-align: center;">~</p> <p><i>Eucalyptus Dives essential oil has a strong, sharp, penetrating mint scent with a balsamic woody undertone. It is considered to be uplifting and refreshing. Being low in Eucalyptol, this variety is excellent for skin and topical applications, and has also been used to treat colds and the flu.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Ketone 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Antiviral <li style="width: 50%;">• Mucoylitic <li style="width: 50%;">• Analgesic <li style="width: 50%;">• Stimulant <li style="width: 50%;">• Antifungal <li style="width: 50%;">• Uplifting <li style="width: 50%;">• Decongestant <li style="width: 50%;">• Rubefacient 	
Systems / conditions benefitted: Skin: fungal infections, wounds, sores. Skeletal: arthritis, rheumatism. Muscular: aches and pains, sporting injuries. Nervous: headaches, migraines. Respiratory: asthma, throat infections: bronchitis, coughs, catarrh. Immune: colds, flu, infectious illnesses		
Typical methods of use: Massage, bath, hot compress, steam inhalation.		
Safety Note: It is incompatible with homeopathic treatments.		

Eucalyptus (Smithii) <i>Eucalyptus smithii</i> RT Baker		
Plant family: Myrtaceae Country of Origin: Australia and South Africa Oil source: Leaves		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Good for skin infections and respiratory conditions, good for children and elderly. Blends well with thyme, lavender, lime, lemon.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Eucalyptus Smithii</i> is the mildest of all the <i>Eucalyptus</i> oils and is therefore suitable for use with children and the elderly. It has a rich, pungent scent and has a particular affinity with the respiratory system.</p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Oxide 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Analgesic <li style="width: 50%;">• Rubefacient <li style="width: 50%;">• Antiviral <li style="width: 50%;">• Stimulant <li style="width: 50%;">• Antibacterial <li style="width: 50%;">• Uplifting <li style="width: 50%;">• Decongestant <li style="width: 50%;">• 	
Systems / conditions benefitted: Skin: acne, boils, infections. Skeletal: arthritis, rheumatism. Muscular: aches and pains. Nervous: headaches, migraines. Respiratory: asthma, throat infections, bronchitis, coughs, catarrh. Immune: colds, infectious illnesses.		
Typical methods of use: Massage, bath, hot compress, steam inhalation.		
Safety Note: It is incompatible with homeopathic treatments.		

<p>Fennel (sweet) <i>Foeniculum vulgare</i></p>		
<p>Plant family: Apiaceae (Umbelliferae) Country of Origin: France, Italy and Greece Oil source: Crushed seeds</p>		
<p>Method of extraction: Steam distillation Note: Middle to top</p>		
<p align="center">Balance, cellulite, flatulence, constipation, cleans the body. Blends well with rose, sandalwood, juniper.</p> <p align="center">~</p> <p><i>Fennel essential oil is used for all cough related problems including whooping cough. Sweet fennel is found in cough drops, lozenges and is an ingredient in children's gripe water. It is good for the skin bringing dull skin back to life as well as helping with oily complexions and fighting wrinkles. Sweet fennel used directly in the bath can help with colic, feeling bloated, wind and digestion. It has a toning effect on the spleen and liver, that helps with the results of excess drink and food. This oil is used to boost your courage, resolve and strength in the face of adversity.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Phenol 	<ul style="list-style-type: none"> • Carminative • Antiseptic • Antispasmodic • Depurative • Diuretic • Emmenagogue • Galactagogue • Laxative • Antimicrobial • Tonic 	
<p>Systems / conditions benefitted: Skin: clears congestion, antiseptic qualities help bruises to heal and relieves pain and irritation from bites and stings. Skeletal: helps rheumatism. Circulatory: helps reduce cellulite. Lymphatic: oedema, eliminates toxins. Digestive: eases spasms in digestive tract, relieves colic, flatulence, constipation. Reproductive: eases PMT, amenorrhoea and menopausal issues, increases milk flow when nursing. Urinary: cleanses kidneys and stimulates them. General: detoxifies the body: good for hangovers.</p>		
<p>Typical methods of use: Bath, massage, inhalation.</p>		
<p>Safety Note: Use in moderation, do not use if epileptic, avoid during pregnancy.</p>		

Frankincense <i>Boswellia sacra</i>		
Plant family: Burseraceae Country of Origin: Africa, especially North East, Somalia and Ethiopia Oil source: Resin of the tree		
Method of extraction: Steam distillation Note: Base		
<p style="text-align: center;">Spirituality, meditation, rejuvenating, grounding, uplifting. Blends well with neroli, myrrh, sandalwood, citrus oils, vetiver.</p> <p style="text-align: center;">~</p> <p><i>Frankincense essential oil is beautiful oil of ancient repute and very popular in aromatherapy. Used in an oil burner frankincense is known to calm the mind and dispel anxiety, helps to create inner peace. It is also very rejuvenating, balancing and healing for the skin. It is good for colds and coughs, bronchitis, rheumatism, poor circulation, exhaustion, and heavy periods. Frankincense is emotionally balancing, producing a sense of calm. It is of benefit to people who have become cluttered in their atmosphere and who constantly wish they had the time for all the creative and spiritual pursuits that they are attracted to. Using frankincense helps you to reprioritize your life and to concentrate on those areas that will bring you greater satisfaction and happiness.</i></p>		
Significant chemical constituents: <ul style="list-style-type: none"> • Monoterpene 	Therapeutic actions: <ul style="list-style-type: none"> • Emmenagogue • Antiseptic • Expectorant • Sedative • Relaxing • Tonic 	
Systems / conditions benefitted: Skin: Rejuvenates mature skin by smoothing wrinkles and dry skins, balances oily skin. Nervous: comforting, warming, relaxing, great for meditation to help focus the mind, helps stress and anxiety. Respiratory: helps asthma, bronchitis, coughs, laryngitis; clears mucus and catarrh, calms breathing. Urinary: eases symptoms of cystitis. Reproductive: dysmenorrhea (painful periods), metrorrhagia		
Typical methods of use: Massage, bath, vaporizer, compress, inhalation.		
Safety Note: None		

Geranium*Pelargonium graveolens***Plant family:** Geraniaceae**Country of Origin:** South Africa, now in Europe, Russia and Egypt**Oil source:** Leaves, flowers and stalks**Method of extraction:** Steam distillation**Note:** Middle**Balancing, stimulates circulation, nurturing, emotionally uplifting.**

Blends well with bergamot, citronella, lemon grass, lavender.

Geranium essential oil is widely used in aromatherapy. In an oil burner geranium has a wonderful fresh scent that is both relaxing and refreshing that can ease stress, depression, anxiety, tension and one of the most important oil for menopausal problems. Geranium balances both mind and body, is emotionally uplifting and stimulates the circulation. Used in a cream, massage oil or directly in the bath geranium is good for eczema, burns, healing wounds, cellulite, ringworm and haemorrhoids. Geranium has an excellent reputation in skin care and is a popular ingredient of many creams and lotions. It has a regulating effect on the secretion of sebum, making it suitable for dry or oily skin types, and it is a useful antiseptic and anti-inflammatory in the treatment of acne. It is also used as an insect repellent especially good for mosquitoes as well as been a popular ingredient in soaps and perfumes. Blend with chamomile/melissa in the treatment of dry eczema.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antidepressant
- Astringent
- Diuretic
- Anti-inflammatory
- Balancing
- Haemostatic
- Vulnerary
- Vermifuge
- Stimulant
- Tonic
- Uplifting
-

Systems / conditions benefitted:

Skin: benefits all skin types, balances sebum, helps keep skin supple, tonifies dull, congested skin, improves circulation preventing chilblains, enlivening pale skin, bruises, eczema, broken capillaries.
Circulatory/lymphatic: improves circulation and stimulates lymphatic system, oedema, cellulite.
Nervous: tonic, lifts the spirits and relieves anxiety, depression and stress.
Endocrine/reproductive: balances the hormones, thus regulating PMT, menopause (especially the depression associated with this), and heavy periods.

Typical methods of use: Bathing, massage, vaporizer, fragrance, inhalation.**Safety Note:** Avoid on very sensitive skin. Otherwise, it is completely safe.

<p>Ginger <i>Zingiber officinale</i></p>		
<p>Plant family: Zingiberaceae Country of Origin: Asia especially India, Jamaica, West Indies and Nigeria Oil source: Dried, ground rhizome root</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p style="text-align: center;">Comforting, warming, strengthening and stimulating</p> <p>Blends well with lavender, orange, neroli, coriander, eucalyptus, frankincense, geranium, citrus oils.</p> <p style="text-align: center;">~</p> <p><i>Ginger essential oil is warming oil that is renowned for preventing vomiting, morning sickness and travel or motion sickness. Ginger is also good when used directly in the bath or massage blends for arthritis, muscle aches, lethargy, colds, flu and all winter chills as it warms the mind and body giving a feeling of wellbeing. It stimulates the circulation and wakes up sluggish, tired bodies. Its warming qualities are good to use for feelings of loneliness and winter depression, and its energizing properties make it a good aphrodisiac. Using ginger oil helps create a sense of determination and confidence, so that you can work through difficulties with a greater sense of your own inner power.</i></p>		
<p>Significant chemical constituents:</p> <ul style="list-style-type: none"> • (Sesquiterpene 	<p style="text-align: center;">Therapeutic actions:</p> <ul style="list-style-type: none"> • Stimulating • Tonic • Analgesic • Laxative • Warming • Rubefacient • Antispasmodic • Analgesic • Stomachic 	
<p>Systems / conditions benefitted:</p> <p>Skin: stimulates circulation thus helps heal bruises and chilblains. Skeletal: eases joint pain, arthritis, and rheumatoid arthritis. Muscular: relieves cramps, muscle spasms and sprains. Circulatory: stimulates the circulation which helps to ease blood vessel problems such varicose veins, warming to cold hands and feet. Nervous: warms emotions especially when lethargic and fatigued. Digestive: settles the stomach, nausea, motion sickness, stimulates appetite. Respiratory: eases flu and cold symptoms, especially catarrh, sore throats, fever runny nose. General: removes toxins, stimulates, and wakes up the body.</p>		
<p>Typical methods of use: Massage, warm compress, inhalation, vaporizer.</p>		
<p>Safety Note: On sensitive skin it can be phototoxic. Ginger is spicy and can thus be an irritant. Use in low concentration.</p>		

Grapefruit <i>Citrus paradisi</i>		
Plant family: Rutaceae Country of Origin: Tropical Asia, West Indies, USA Oil source: Fruit peel		
Method of extraction: Expression Note: Top		
<p style="text-align: center;">Energising, uplifting, benefits SAD or general fatigue.</p> <p style="text-align: center;">Blends well with other citrus oils, cypress, ginger, lavender, neroli, pepper and rosemary</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Grapefruit is a refreshing tonic and has an uplifting effect, thus helps combat depression (especially S.A.D), lethargy and general fatigue. It is good for tissue toning, treats congested skin, cellulites, diuretic, digestive, antiseptic, liver tonic. Relieves nervous exhaustion and stress, joyful and energizing. Using grapefruit will help to improve your sense of self-worth and help you to become more empowered and positive about yourself and what you can do.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Astringent • Depurative • Diuretic • Stimulant • Tonic • Uplifting 	
Systems / conditions benefitted: Skin: astringent for dull, oily skin and acne. Lymphatic: diuretic thus reduces water retention and oedema, helps cellulite. Nervous: uplifting and refreshing thus revives depressed and stressed minds. Immune: stimulates immunity and helps prevent colds and flu. General: fatigue, jet- lag, morning tiredness.		
Typical methods of use: Massage, bath, vaporizer.		
Safety Note: Phototoxic.		

Jasmine (absolute)*Jasminum grandiflorum***Plant family:** Oleaceae**Country of Origin:** China, Northern India, Egypt, France and any Mediterranean countries.**Oil source:** Flower**Method of extraction:** A concrete is produced by solvent extraction: further solvent extraction creates an absolute which may then be steam distilled.**Note:** Middle**Rejuvenates the skin, and soul, relaxes, soothes, uplifts.**

Blends well with neroli, sandalwood, rose, cedarwood bergamot, frankincense, geranium, citrus oils.

Good for depression, nervous exhaustion and stress related conditions, jasmine is said to produce a feeling of optimism, confidence, and euphoria. It is especially good in cases of apathy, indifference, or listlessness. Jasmine is also used for catarrh, coughs, hoarseness, laryngitis, dysmenorrhoea, labour pains, uterine disorders and other skin problems such as dry, greasy, irritated, sensitive skin and for muscular spasms and sprains. Is known to be a classic aphrodisiac. Jasmine rejuvenates the skin and the soul, relaxes, soothes and uplifts. The use of jasmine can help to encourage an acceptance of all the experiences of life and promote enjoyment and relaxation.

Significant chemical constituents:

- Ester

Therapeutic actions:

- Antidepressant
- Antispasmodic
- Galactagogue
- Parturient
- Relaxing
- Sedative
- Tonic (Uterine)

Systems / conditions benefitted:

Skin: encourages cell renewal thus heals scar tissues and reduces stretch marks; hydrates and soothes dry, mature skin and increases elasticity.

Nervous: improves self-confidence, optimism, lifts depression, calms nerves and warms emotions: eases nerve pain.

Reproductive/ endocrine: balances hormones in PMT and menopause: eases child labour pains and speeds up delivery.

Typical methods of use: Massage, vaporizer.**Safety Note:** Useful at the end of pregnancy as it strengthens uterine contractions, but therefore not recommended during pregnancy.

Juniper (berry)*Juniperus communis***Plant family:** Cupressaceae**Country of Origin:** Siberia, Canada, France, Italy, Hungary, Czechia and Slovakia**Oil source:** Dried Berries – cheaper oil from needles and wood is not recommended for aromatherapy use.**Method of extraction:** Steam distillation of berries**Note:** Middle**Detoxifies, cleaning our the body and mind of excesses, whether fluids, anxieties or toxins.**

Blends well with sandalwood, bergamot, geranium, rosemary, marjoram and citrus oils.

Juniper essential oil can be extracted from the berries which take three years to ripen or the needles and wood of the plant which is much cheaper oil. Always check when buying juniper, it states whether it is the berry oil. Used in an oil burner juniper berry is known to be great for hangovers, over indulgence and tension headaches. In massage oils, creams or used directly in the bath it is famed for eczema relief and is in many eczema remedies as well as other skin ailments including dermatitis, acne, blocked pores and psoriasis. Juniper detoxifies, cleaning out the body and mind of excesses, whether fluids, anxieties or the build up of toxins. The use of juniper promotes a more optimistic outlook and encourages a warmer and friendlier state of being.

Significant chemical constituents:

- Monoterpene

Therapeutic actions:

- Antiseptic
- Antispasmodic
- Emmenagogue
- Diuretic
- Depurative
- Tonic
- Relaxing
- Sedative
- Stimulant
- Rubefacient

Systems / conditions benefitted:

Skin: detoxifies blocked pores, acne, oily skin: good for dermatitis, psoriasis, and eczema.

Skeletal: warming effecting eases symptoms of arthritis, rheumatism, and gout.

Circulatory: aids cellulite.

Nervous: clears and stimulates the mind, relieves stress-related conditions and tension.

Urinary: cystitis: diuretic helps fluid retention.

Typical methods of use: Massage, bath, vaporizer, compress, inhalation**Safety Note:** Do not use with kidney disease, use in moderation as prolonged use can cause kidney damage. Abortifacient - so do not use during pregnancy. Can take more than 48 hours to be eliminated from the body.

<p>Lavender (true) <i>Lavandula angustifolia</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: France and England Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle to top</p>		
<p>Great all-rounder, useful for treating all conditions and relaxing and balancing the body. Blends well with most oils but particularly bergamot, orange, lemon, geranium, pine.</p> <p>~</p> <p><i>Lavender is the essential oil with wide ranging benefits and lovely aroma. Lavender is the most used essential oil in aromatherapy. The whole body can benefit from lavender. It is an all-rounder, useful for treating all conditions as well as relaxing and balancing the whole body. Used in oil burners, massage oils, as a bath oil, in creams and lotions or directly on the skin lavender is calming, balancing, aids a restful night's sleep, relaxing, hay fever, headaches, tension to name just a few. It is also used to sooth burns prevent blistering & scaring (cooks should always keep a small bottle to hand in the kitchen) as well as been an antiseptic used on spots, bites, and stings etc. as well as an insect repellent.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Antiseptic • Analgesic • Antidepressant • Anti-spasmodic • Anti-inflammatory • Antiviral • Cooling • Sedative • Detoxifying • Hypotensive • Balancing • Detoxifying • Fungicidal 	
<p>Systems / conditions benefitted:</p> <p>Skin: effective for all skin types and conditions- balances sebum in oily skin, promotes cell growth and rapid healing for scars and stretch marks, antiseptic for insect bites and stings, burns, sunburns, wounds, healing for dermatitis and psoriasis.</p> <p>Skeletal: eases rheumatism.</p> <p>Muscular: soothes and relieves aches, pains, and sprains.</p> <p>Circulatory: lowers high blood pressure and other stress-related conditions such as palpitations.</p> <p>Nervous: balances emotions, lifts depression, relieve headaches, migraine, tension, shock.</p> <p>Respiratory: relaxes breathing, eases bronchitis, laryngitis, antiviral effect on colds and flu.</p>		
<p>Typical methods of use: Bathing, massage, compress, room fragrance.</p>		
<p>Safety Note: No notes.</p>		

<p>Lavandin <i>Lavandula x intermedia</i></p>	
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Mediterranean but cultivated worldwide Oil source: Flower</p>	
<p>Method of extraction: Steam distillation Note: Middle</p>	
<p style="text-align: center;">A calming and relaxing oil good for balancing the body. Blends well with most oils but particularly bergamot, orange, lemon, geranium, pine.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Lavandin is a hybrid plant from a cross of true lavender and lavender spike.</i></p>	
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Antispasmodic • Analgesic • Antimicrobial • Mucolytic • Insecticide
<p>Systems / conditions benefitted: Skin: insect repellent. Circulatory: palpitations. Digestive: stimulates the appetite, soothes colic, flatulence. Respiratory: infections, colds, flu. Muscular: soothes aches and pains, antispasmodic. Nervous: stimulating and uplifting</p>	
<p>Typical methods of use: Bathing, massage, compress, room fragrance</p>	
<p>Safety Note: No notes.</p>	

Lavender (spike) <i>Lavandula latifolia</i>		
Plant family: Lamiaceae (Labiatae) Country of Origin: Mediterranean, particularly France and Spain Oil source: Flower		
Method of extraction: Steam distillation Note: Middle		
<p style="text-align: center;">A calming and relaxing oil good for balancing the body.</p> <p style="text-align: center;">Blends well with most oils but particularly bergamot, orange, lemon, geranium, pine.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Spike Lavender possesses usage applications similar to that of traditional Lavender Oil. However, it's greater percentage of the constituent camphor gives it stronger analgesic and expectorant properties. It is a better choice to ease headaches or use as an expectorant in the diffuser.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Oxide 	<ul style="list-style-type: none"> <li style="width: 50%;">• Analgesic <li style="width: 50%;">• Mucolytic <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Insecticide <li style="width: 50%;">• Uplifting <li style="width: 50%;">• Vulnery 	
Systems / conditions benefitted: Skin: insect repellent. Circulatory: palpitations. Digestive: stimulates the appetite, soothes colic, flatulence. Respiratory: infections, colds, flu. Muscular: soothes aches and pains, antispasmodic. Nervous: stimulating and uplifting		
Typical methods of use: Bathing, massage, compress, room fragrance.		
Safety Note: No notes.		

Lemon <i>Citrus limonum</i>		
Plant family: Rutaceae Country of Origin: Asia and India, Spain, Portugal Oil source: Fruit peel		
Method of extraction: Cold Expression Note: Top		
<p style="text-align: center;">Protects and stimulates the body's systems and lifts emotions.</p> <p style="text-align: center;">Blends well with lavender, ylang ylang, eucalyptus, fennel, juniper, cedarwood.</p> <p style="text-align: center;">~</p> <p><i>Lemon essential oil is well known to be very refreshing to both mind and body, clearing the mind helping decision making and uplifting the body. It is high in minerals and is often used to strengthen weak nails. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream lemon essential oil is good for colds, the voice, lack of energy, depression and clearing the mind while boosting the immune system and aiding digestion. Lemon has also been known as a painless treatment for warts and verrucae. Using lemon oil helps to tighten up your tissues and encourages you to feel healthier and cleaner with more self-confidence.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • anti-fungal • antiseptic • fungicidal • detoxifying • depurative • diuretic • hypotensive • tonic • uplifting • 	
Systems / conditions benefitted: Skin: useful for boils, warts, acne/other seborrheic conditions. Circulatory: tonifies blood and improves circulation, reduces pressure on varicose veins, lowers high blood pressure, slows external bleeding, including nosebleeds. Nervous: refreshes and stimulates the mind, allowing clarity of thought. Digestive: dyspepsia. Respiratory: protects against infections like colds and flu, lowers temperature. Immune: stimulates immune system to produce protective white blood cells.		
Typical methods of use: Dab with cotton swab, massage, inhalation.		
Safety Note: Phototoxic, use in low concentrations.		

Lemongrass*Cymbopogon citratus*

Plant family: Poaceae (Gramineae)
Country of Origin: Asia, West Indies and East India
Oil source: Leaves of the grass (both fresh and dried)

Method of extraction: Steam distillation
Note: Top to middle

**Stimulating for skin and muscles, refreshing.**

Blends well with lavender, eucalyptus, geranium, juniper, rose

Researchers have found that lemongrass holds antidepressant, anti-oxidant, antiseptic, astringent, bactericidal, fungicidal, nervine and sedative properties. It also can be used as a deodorant and body tonic. Lemongrass is helpful for treating certain skin conditions such as acne, rough skin patches, open pores and the link. Lemongrass is refreshing and stimulating for muscles and skin. Many have found that adding a few drops to skin treatment products had greatly enhanced them. Skin oils may also be made by mixing lemongrass with sweet almond or jojoba oil. Lemongrass oil revitalizes the body and relieves the symptoms of jetlag, clears headaches and helps to combat nervous exhaustion and stress-related conditions. It is a great overall tonic for the body and it boosts the parasympathetic nervous system, which is a boon when recovering from illness, as it also stimulates glandular secretions.

Significant chemical constituents:

- Aldehyde

Therapeutic actions:

- Antidepressant
- Antiseptic
- Astringent
- Stimulant
- Tonic
- Uplifting

Systems / conditions benefitted:

Skin, tonifies open pores, acne, oily skin: insect repellent.

Skeletal: useful for aching joints, gout, rheumatism.

Muscular: tonifies, aching muscles, tired legs, and veins, relieves muscle fatigue: useful for sports injuries.

Nervous: stimulates, revives, energises the emotions, and relieves stress-related conditions and nervous exhaustion.

Digestive: stimulates appetite, relieves indigestion and gastro-enteritis.

Respiratory: antiseptic effect on infections, sore throats, laryngitis.

Immune system: reduces fever.

Typical methods of use: Massage, vaporizer, foot bath, inhalation.

Safety Note: May irritate sensitive skin.

<p>Mandarin <i>Citrus reticulata</i></p>		
<p>Plant family: Rutaceae Country of Origin: Southern China and Eastern Asia Oil source: Peel Fruit</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p>Refreshing, happy, soothing, relaxing – good for children, the frail, and the elderly. Blends well with all citrus and spice oils, clary sage, geranium, juniper, lavender and neroli.</p> <p>~</p> <p><i>Mandarin essential oil is gentle and calming oil which is great for skin. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream it makes a lovely fruity air freshener that is relaxing, stress reducing and can aid a peaceful sleep. Known to be good for the skin especially stretch marks it is also good for digestion, circulation, diarrhoea, constipation, and flatulence.</i></p> <p><i>Mandarin is refreshing and happy, soothing, and relaxing and eases all aspects of nervous exhaustion and anxiety. Using Mandarin will encourage you to be more positive about your own attributes and strengths and will help you to develop a greater sense of self worth.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Anti-viral • Antispasmodic • Carminative • Sedative • Tonic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps cell growth for scar tissue and stretch marks, astringent for oily skin. Lymphatic: mild diuretic qualities help cellulite, oedema. Nervous: mandarin's refreshing aroma lifts anxiety and symptoms of depression as well as helping insomniacs. Reproductive: helps PMT. Digestive: tonifies digestion, expels wind, calms the stomach, and stimulates appetite.</p>		
<p>Typical methods of use: Massage, bathing, compress, inhalation.</p>		
<p>Safety Note: Mildly phototoxic. Safe for pregnancy after first trimester.</p>		

<p>Marjoram (sweet) <i>Origanum majorana</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Spain, France, Egypt and parts of North Africa Oil source: Dried flowers and leaves</p>		
<p>Method of extraction: Steam Distillation Note: Middle</p>		
<p style="text-align: center;">Restful sleep, soothing and comforting for over active minds, anxiety</p> <p>Blends well with lavender, bergamot, rosemary cypress, mandarin, chamomile roman, ylang ylang.</p> <p style="text-align: center;">~</p> <p><i>Marjoram essential oil comes from the same wild perennial as the herb oregano and is great for anxiety of any kind especially grief. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream can be used to calm hyperactivity, ease colds, bronchitis, coughs, headaches, tension, sinusitis and helping sleep. It is good for muscular pain, arthritis, back pain or period pains. Marjoram is warming oil and it is useful to counter chilblains and also has been used to disperse bruises. Helps you to relax and opens up the possibilities of a more fulfilling and enjoyable life.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Analgesic • Anti-spasmodic • Vasodilatory • Hypotensive • Emmenagogue • Relaxing • Tonic • Warming • Vulnerary • Laxative • Sedative 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps heal bruises.</p> <p>Skeletal: eases joint problems.</p> <p>Muscular: eases aches and pains, especially after sport, also helps period cramps.</p> <p>Circulatory: lowers high blood pressure, improves poor circulation, and prevents chilblains.</p> <p>Nervous: calms and soothes the emotions, especially in times of stress, grief, and loneliness: good for headaches, insomnia, and migraines.</p> <p>Digestive: eases stomach cramps, indigestion, and constipation.</p> <p>Respiratory: eases congestion in nose and sinuses, relieves asthma and bronchitis.</p>		
<p>Typical methods of use: Bathing, compress, inhalation, massage.</p>		
<p>Safety Note: Avoid during pregnancy.</p>		

Myrrh*Commiphora myrrha***Plant family:** Burseraceae**Country of Origin:** Red sea area and North-East Africa (Ethiopia, Sudan), South West Asia**Oil source:** Resin**Method of extraction:** Resinoid by solvent extraction/ essential oil by steam distillation**Note:** Base**Healer, stimulating, strengthening, good for respiratory infections.**

Blends well with spices, cedarwood, cypress, frankincense, lemon, patchouli and rosemary.

Myrrh is a healer, especially good for healing wounds, mouth and gum problems and infections of the respiratory system. The main action of this essential oil is on the respiratory system, where its tonifying properties make it helpful in the treatment of chronic lung conditions. It is also an excellent expectorant, particularly when there is thick, white mucus. It can be used to treat coughs, colds and bronchitis- especially as an inhalation. Myrrh is very stimulating, strengthening and highly antiseptic. Myrrh is appropriate if you are a purposeful and creative person but lack confidence in your ability to overcome difficulties and achieve what you want to. Using Myrrh helps put you back in touch with your purpose and supports the expression of love.

Significant chemical constituents:

- Sesquiterpene

Therapeutic actions:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Anticatarrhal • Anti-inflammatory • Antiseptic • Carminative • Cicatrisant • Cooling • Emmenagogue | <ul style="list-style-type: none"> • Expectorant • Fungicidal • Sedative • Vulnerary • Stimulant (digestive/pulmonary) • Tonic. |
|--|---|

Systems / conditions benefitted:

Skin: chapped skin, fungus infections like athletes' foot and ringworm, wounds, mature skin.

Nervous: stimulates and revives, relieving apathy, lack of motivation and general lethargy.

Reproductive: regulates menstrual cycle: relieves thrush.

Digestive: mouth and gum ulcers, gingivitis: stimulates appetite, aids diarrhoea, flatulence.

Respiratory: myrrh is good for helping all respiratory problems, anti-catarrhal and expectorant thus helps remove mucus from lungs, anti-septic, fights infections, colds, bronchitis and glandular fever.

Typical methods of use: Massage, bath, compress, room fragrance, inhalation.

Safety Note: Do not use in high concentrations or pregnancy. Do not use on a prolonged basis as it takes more than 24 hours to eliminate from the body.

<p>Neroli <i>Citrus Aurantium</i></p>		
<p>Plant family: Rutaceae Country of Origin: Italy, France, Spain, parts of North Africa and China Oil source: Orange blossom flowers</p>		
<p>Method of extraction: Solvent extraction or steam distillation Note: Top to middle</p>		
<p style="text-align: center;">Tonic for nervous system, rejuvenates body and soul.</p> <p>Blends well with rose, sandalwood, lavender, jasmine, lemon, bergamot, benzoin, ylang ylang.</p> <p style="text-align: center;">~</p> <p><i>Neroli essential oil is one of the more expensive essential oils but is well worth the money due to its great therapeutic properties and most incredible aroma. Neroli is also widely used in skin preparations for stretch marks or to prevent scarring. Its action of stimulating cell growth and cellular activity helps it to rejuvenate and regenerate the skin. The emotional aspect of this essence is that it is good for shock (nervous system — sedative and calming effect on central nervous system) but also livens people up so is a balancing oil, lifts depression, relieves stress. Neroli is wonderfully relaxing and uplifting, but not if a clear head and concentration is needed - can be rather hypnotic. Using Neroli helps you to relax and become more in touch with your heart, able to express your true emotions. Neroli helps you to sleep better, relax more and participate in life more fully.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Antidepressant • Antispasmodic • Cicatrisant • Detoxifying • Digestive • Sedative • Tonic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps cell regeneration (tonic) thus benefiting dry, mature skins, scars and stretch marks, thread veins, eczema, and psoriasis.</p> <p>Circulatory: tonic for circulation (especially varicose veins) and eases palpitations (due to calming effect)</p> <p>Nervous: lifts depression, relieves stress-related conditions, especially insomnia and anxiety: eases neuralgia, calms and soothes nerves and nerve endings.</p> <p>Reproductive: relieves PMT.</p>		
<p>Typical methods of use: Bathing, room fragrance, inhalation, massage.</p>		
<p>Safety Note: None</p>		

<p>Orange (bitter) <i>Citrus aurantium</i></p>		
<p>Plant family: Rutaceae Country of Origin: The Mediterranean, USA, South America Oil source: Fruit peel</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p style="text-align: center;">Bright, sunny, joyful: relieves stress.</p> <p>Blends well with spice oils, other citrus oils, clary sage, geranium, lavender, myrrh and rosemary.</p> <p style="text-align: center;">~</p> <p><i>Bitter Orange essential oil is derived from the outer peel of the orange fruit with the same tree also producing Petitgrain from the leaves and twigs, and Neroli from the fragrant white flowers. Bitter Orange essential oil has an enlivening effect on the emotions and has been associated with helping people to overcome rejection.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Antidepressant • Antispasmodic • Antiviral • Hypotensive • Sedative • Stimulant (digestive) • Stomachic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: skin tonic for dull, oily skins: refreshes and detoxifies. Circulatory: hypotensive thus lowers blood pressure. Lymphatic: relieves oedema and fluid retention. Nervous: provokes positive outlook, refreshes the mind, lifts and relieves depression, tension and stress. Digestive: calms the stomach, aids peristalsis: helps relieve digestive problems such as diarrhoea and constipation. Immune: helps protect against infections, flu and colds.</p>		
<p>Typical methods of use: Massage, bath, compress, room fragrance, inhalation.</p>		
<p>Safety Note: Phototoxic.</p>		

<p>Orange (sweet) <i>Citrus sinensis</i></p>		
<p>Plant family: Rutaceae Country of Origin: China, California, Florida, Spain, France and Italy Oil source: Fruit peel</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p style="text-align: center;">Sunshine, uplifting, warm, bright, restorative.</p> <p>Blends well with spice oils, other citrus oils, clary sage, geranium, lavender, myrrh and rosemary.</p> <p style="text-align: center;">~</p> <p><i>Thanks to its properties as an anti-inflammatory, relaxant and circulation booster, Sweet Orange Oil can promote better digestion, easing cramps and other stomach pains. Research suggests that this natural oil helps to calm the heart rate and reduce levels of cortisol secretion to help keep stress and anxiety to a minimum. It has been shown to be one of the most effective essential oils with regards to its ability to fight pain, infection and chronic inflammation.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Astringent • Antiseptic • Anti-inflammatory • Sedative • Tonic • Carminative 	
<p>Systems / conditions benefitted:</p> <p>Skin: oily, congested skin. Circulatory: water retention, palpitations. Nervous: stress, nervous tension, and tension headaches. Respiratory: bronchitis. Immune: colds, flu</p>		
<p>Typical methods of use: Massage, bath, compress, room fragrance, inhalation.</p>		
<p>Safety Note: Phototoxic.</p>		

<p>Patchouli <i>Pogostemon cablin</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Asia: Philippines, Indonesia, Malaysia, China, India Oil source: Leaves</p>		
<p>Method of Extraction: Steam distillation Note: Base</p>		
<p style="text-align: center;">Uplifting and sedating.</p> <p>Blends well with ylang ylang, rose, bergamot, lemon, geranium, jasmine, ginger, myrrh, neroli, rose.</p> <p style="text-align: center;">~</p> <p><i>Patchouli is very beneficial for the skin and may help prevent wrinkled or chapped skin. It is a general tonic and stimulant and helps the digestive system. It is also antimicrobial, antiseptic and helps relieve itching. Patchouli is both uplifting and sedative: a small amount stimulates the nervous system, a large amount is relaxing and soothing. Patchouli blends well with lavender to aid sleep. Patchouli will benefit a person lacking in energy and drive- somewhat weak, easily influenced and over-sensitive, finding it difficult to concentrate and focus on the requirements of everyday life. Using patchouli imparts a warmth and energy that helps stimulate and focus attention, increasing contact with the surroundings.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Sesquiterpene 	<ul style="list-style-type: none"> • Antidepressant • Anti-inflammatory • Cytophylactic • Diuretic • Anti-fungal • Sedative • Tonic • Anti-microbial • Nervine • Prophylactic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps cell growth, scarred tissue, chapped skin, insect repellent. Nervous system: relieves stress-related conditions, lethargy, anxiety. Digestive: stimulant, helps peristalsis, aids weight loss.</p>		
<p>Typical methods of use: Massage, warm compress, bathing, inhalation.</p>		
<p>Safety Note: Do not overuse and use in low concentrations since it may cause phototoxicity.</p>		

Peppermint*Mentha piperita***Plant family:** Lamiaceae (Labiatae)**Country of Origin:** USA but now grown worldwide**Oil source:** Leaves and flowers**Method of extraction:** Steam distillation**Note:** Top**Peppermint is cool, refreshing and good for digestion.**

Blends well with eucalyptus, lavender, marjoram, rosemary, benzoin, cypress, mandarin.

Peppermint is a lovely fresh and cooling oil, mixed with carrier oil and rubbed onto temples is wonderful for migraines or headaches plus mental fatigue and depression. Peppermint is appropriate for times of transition, when one phase of life is completed and a new one about to begin, such as changing schools or adapting to a new lifestyle. You may know that you need to leave a job or a relationship or move to a new house, but do not yet know which direction to take. Using peppermint will help you to make a break with the past and strengthen your resolve and courage to take the next step.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Analgesic
- Antiseptic
- Antispasmodic
- Antiviral
- Antipruritic
- Carminative
- Cephalic
- Cooling
- Digestive tonic
- Expectorant
- Stimulant
- Febrifuge
- Vermifuge
- Uplifting
- Vasoconstrictive

Systems / conditions benefitted:

Skin: vasoconstrictor thus reduces inflammations, itching: cooling effect on sunburn, hot flushes.

Nervous: wakes up and refreshes the mind, improves concentration, helps mental fatigue, headaches, and depression: cools and calms anger, hysteria, nervous trembling.

Digestive: effective for flatulence, indigestion, nausea, travel sickness.

Respiratory: decongests blocked sinuses, relieves asthma, cold and flu symptoms: encourages perspiration thus reducing fever.

General: relieves pain and cools-headaches, migraines, toothache, aching feet.

Typical methods of use: Inhalation, compress, massage, bathing.

Safety Note: Do not use before bedtime or if you suffer with insomnia, may irritate sensitive skin, peppermint counteracts the benefits of homeopathic remedies and should not be used with or even stored near them.

Petitgrain <i>Citrus aurantium</i>		
Plant family: Rutaceae Country of Origin: France, North Africa, Paraguay Oil source: Leaves and twigs		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Inspiration, hope, stress reliever, anti-depressant.</p> <p style="text-align: center;">Blends well with bergamot, lavender, geranium, rose, sandalwood</p> <p style="text-align: center;">~</p> <p><i>Petitgrain essential oil produced by steam distillation of the leaves and twigs of the bitter orange (citrus aurantium). Used in an oil burner, a few drops in the bath or blended as a massage oil or cream Petitgrain can help to calm anger and panic or soothe anxiety. Been such a relaxing oil it can even calm a rapid heartbeat and is good for insomnia. It is often used in blends for greasy skin but is also great for helping clear acne, scars, and blemishes.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Antiseptic • Anti-spasmodic • Anti-depressant • Digestive • Relaxing • Nervine • Stimulant (digestive, nervous) • Sedative • Tonic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: tonic for greasy skin and hair.</p> <p>Nervous: soothes anxiety tension, hyper-activity; sedates nervous spasms and physical problems relating to this such as rapid heartbeat and breathing, insomnia, fatigue.</p> <p>Digestive: calms stomach muscles, relieves indigestion, upset stomach and painful digestion.</p> <p>Immune: mild stimulant, which helps body recover after illness.</p>		
Typical methods of use: Inhale, massage, bath.		
Safety Note: None		

<p>Rose (cabbage) <i>Rosa x centifolia</i></p>		
<p>Plant family: Rosacea Country of Origin: Morocco, France, Italy and Tunisia Oil source: Flowers</p>		
<p>Method of extraction: Direct/ steam distillation. However, a lot of rose oil is solvent extracted, producing a concrete and then absolute. Note: Base</p>		
<p>Aphrodisiac– more than damask, balancing, love, relaxing – more so than damask. Blends well with neroli, sandalwood, jasmine, geranium</p> <p>~</p> <p><i>Rose essential oil has always been an expensive and luxurious oil due to the difficulty extracting it from the plant. It can take 40 tons of rose petals to extract just 300g of this beautiful oil. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream rose oil is a popular perfume and excellent antidepressant, calming the nerves and soothing the digestive system, it is especially beneficial for mature, dry, or sensitive skin. Rose is also known to be used for lack of confidence, is wonderfully uplifting, and is thought to help those who lack love in their lives, very important oil in aromatherapy. Cabbage rose is more aphrodisiac and relaxing than damask.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Antidepressant • Antiseptic • Antispasmodic • Antiviral • Relaxing • Emmenagogue • Astringent • Bactericidal • Depurative • Haemostatic • Sedative • Stomachic • Laxative • Tonic • Vulnery 	
<p>Systems / conditions benefitted: Skin: anti-inflammatory, tonic and astringent effect on broken capillaries and thread veins, dry, mature skin and wrinkle, eczema. Nervous: rose oil is an effective anti-depressant and helps relieve symptoms of nervous tension and stress as well as insomnia; stimulates positive emotions, thus combating jealousy, sadness, and grief, balancing. Reproductive: regulates menstrual problems and uterine disorders, calms PMT, increases semen production: relaxing thus helps impotence/low libido.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, inhalation.</p>		
<p>Safety Note: Do not use when breastfeeding.</p>		

<p>Rose (damask) <i>Rosa damascene</i></p>		
<p>Plant family: Rosacea Country of Origin: Asia, Bulgaria, Turkey and France Oil source: Flowers</p>		
<p>Method of extraction: Direct/ steam distillation. However, a lot of rose oil is solvent extracted, producing a concrete and then absolute. Note: Base</p>		
<p style="text-align: center;">Damask rose is especially effective for emotional and reproductive problems. Blends well with neroli, sandalwood, jasmine, geranium</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Damask rose (sometimes known as Bulgarian roose), like jasmine, is one of the best and most expensive essential oils. However, it can be used sparingly to great effect so it may be worth the investment. Distilled rose oil is known as rose otto.</p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Antidepressant • Antiseptic • Antispasmodic • Antiviral • Relaxing • Emmenagogue • Astringent • Bactericidal • Depurative • Haemostatic • Sedative • Stomachic • Laxative • Tonic 	
<p>Systems / conditions benefitted: Skin: anti-inflammatory, tonic and astringent effect on broken capillaries and thread veins, dry, mature skin and wrinkle, eczema. Nervous: rose oil is an effective anti-depressant and helps relieve symptoms of nervous tension and stress as well as insomnia; stimulates positive emotions, thus combating jealousy, sadness, and grief, balancing. Reproductive: regulates menstrual problems and uterine disorders, calms PMT, increases semen production: relaxing thus helps impotence/low libido.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, inhalation.</p>		
<p>Safety Note: Do not use when breastfeeding.</p>		

<p>Rosemary <i>Rosmarinus officinalis</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: France, Spain and Italy Oil source: Leaves and flowers</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p>Rosemary is a good all-round oil, stimulating both mind and body. Blends well with peppermint, lemon, bergamot, basil, cedarwood.</p> <p>~</p> <p><i>Rosemary essential oil is a powerful mental stimulant which aids memory and concentration, restores vitality, and invigorates. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream it can be helpful for congestion, alcohol over-indulgence, overwork, sinusitis, mental and physical tiredness. It furthermore stimulates the brain, improves memory, and promotes clear thinking. It is also used for muscular aches, cramps, pains, rheumatism, arthritis, coughs and colds, bronchitis, back pain, scalp disorders and sinusitis. It provides support in stressful situations, burn some in the room while revising or working.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Analgesic • Antiseptic • Antispasmodic • Antiviral • Astringent • Cephalic • Emmenagogue • Nervine • Vulnerary • Cordial • Uplifting • Diuretic • Hypertensive • Nervine • Stimulant • Tonic 	
<p>Systems / conditions benefitted:</p> <p>Skin: effective astringent, eases puffiness and clears congested dull skin. Skeletal: joint problems including arthritis, rheumatism, bursitis. Muscular: pain relief for sport/exercise related injuries/pain. Circulatory: rubefacient thus stimulates poor circulation, tonifies heart, improves low blood pressure. Nervous: refreshes and clears the mind; improves and aids memory; relieves mental fatigue and lethargy; also activates the brain and stimulates nerve endings (useful for stroke patients), relieves headaches, migraines, and vertigo. Respiratory: flu, colds, sinusitis, chest infections. General: diuretic thus aids fluid retention, obesity.</p>		
<p>Typical methods of use: Bathing, massage, cold compress, inhalation, vaporizer.</p>		
<p>Safety Note: Unsuitable for pregnancy or people with epilepsy or high blood pressure.</p>		

Sandalwood*Santalum album***Plant family:** Santalaceae**Country of Origin:** East India, Sri Lanka and Australia**Oil source:** Wood, inner heartwood and roots**Method of extraction:** Water or steam distillation**Note:** Base

A relaxing and soothing oil, especially good for calming irritations.

Blends well with frankincense, rose, jasmine, ylang ylang

Sandalwood has been used for medical and therapeutic purposes for over 4000 years. It is appropriate if you feel stuck in your life, or constantly experiencing repeating patterns. You may approach life in a rational, intellectual way without this being balanced by your intuitive, feeling side of your nature. Using Sandalwood helps you to come up with fresh solutions and actions- creating a wider vision of life. Santalum spicatum is sometimes used in place of Santalum album.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antidepressant
- Antispasmodic
- Antiseptic
- Bactericidal
- Cicatrisant
- Expectorant
- Aphrodisiac
- Relaxing
- Sedative
- Tonic

Systems / conditions benefitted:

Skin: soothes dry, irritated, chapped skins: eczema, sensitive skins, calms redness of broken capillaries and reduces high colouring.

Nervous: soothes tension, relieves stress, insomnia, and anxiety.

Respiratory: throat and chest infections, bronchitis; sedates dry, tickly coughs.

Urinary: infections, cystitis, cleansing effect on kidneys.

Typical methods of use: Inhalation, bathing, compress, massage.

Safety Note: None.

Tea Tree*Melaleuca alternifolia***Plant family:** Myrtaceae**Country of Origin:** Australia**Oil source:** Leaves**Method of extraction:** Water or steam distillation**Note:** Top to middle

The all-round first aid oil. It has been proven to combat bacteria, viruses, and fungi.

Blends well with lavender.



Tea tree essential oil is one of the most used essential oils in the world due to its outstanding healing properties. It can be used neat on spots, acne or insect bites and is also widely used to treat head lice. Tea tree is good to use if you are prone to complaints that are lingering and slow to heal. You may also have the feeling that you are never quite reaching your full potential, and that you are somehow disadvantaged and held back by circumstances beyond your control. Using tea tree will help you to realise that you can have an effect on your life and that you can take at least the next step towards a more fulfilling, happy, and purposeful existence.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antiseptic
- Anti-inflammatory
- Antiviral
- Bactericide
- Cooling
- Fungicide
- Stimulant
- Sudorific
- Immuno-stimulant
- Sudorific

Systems / conditions benefitted:

Skin: Any fungal or viral infections: cold sores and spots, (used neat) acne, athlete's foot, warts, verrucae: infected wounds or boils: blisters.

Lymphatic: glandular fever.

Nervous: Revitalises the mind.

Respiratory: flu, colds, catarrh promotes sweating so can reduce fever.

Urinary: thrush, cystitis, urinary tract infections.

Immune: boosts immune system, thus can help shorten time of illness by helping body's defences to fight back.

General: Useful to prepare body for an operation and to help it recover.

Typical methods of use: Massage, bathing, compress, room fragrance, local wash, neat.

Safety Note: Tea tree is a powerful oil and neat application to the skin must be done with care.

Thyme*Thymus vulgaris***Plant family:** Lamiaceae (Labiatae)**Country of Origin:** Mediterranean, Southern Italy**Oil source:** Leaves & flowers**Method of extraction:** Steam distillation**Note:** Top to middle**Powerful antiseptic, stimulates the immune system.**

Blends well with other strong antiseptic oils, such as eucalyptus, lavender, lemon and pine.

Thyme can strengthen the nerves and stimulate brain cells to help memory and concentration. It may help to release mental blocks at the same time. The thymol content of thyme works as an expectorant and cough suppressant and is frequently used in cough syrups prescribed for lung ailments like bronchitis. When combined with fenugreek, thyme works to relieve the pain of migraine headaches. The carminative properties of thyme make it an effective treatment for stomach upsets. By helping to eliminate excess uric acid from the body, gout, sciatica, arthritis, and rheumatism can be more easily combated.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antiseptic
- Antifungal
- Antispasmodic
- Astringent
- Digestive
- Expectorant
- Emmenagogue
- Hypertensive
- Mucolytic
- Nervine
- Stimulant
- Tonic

Systems / conditions benefitted:

Skin: Acne, oily skin, boils.

Muscular: Arthritis, sports injuries, and rheumatism.

Circulatory: Stimulates blood flow, thought to raise blood pressure.

Nervous: Headaches, stress, nerve tonic, and mental stimulant.

Digestive: Improves appetite, eases flatulence.

Immune: Stimulating, tonic for system.

Respiratory: coughs, colds, catarrh, bronchitis, flu.

Typical methods of use: Inhale, massage, bath.

Safety Note: May cause some sensitivity in some people, use in low dilution. Avoid in hypertension and pregnancy.

Vetiver*Vetiveria zizanioides***Plant family:** Poaceae (Gramineae)**Country of Origin:** South India and Indonesia, South America, Reunion, Java and Haiti**Oil source:** Root**Method of extraction:** Steam distillation**Note:** Base**Earthy, grounding, warming, tranquility.**

Blends well with clary sage, jasmine, lavender, patchouli, rose, ylang ylang.

Vetiver essential oil is a great balancing oil. It is wonderful for the skin helping reduce wrinkles and stretch marks while nourishing and moisturizing. Vetiver oil calms and soothes the mind; it helps to dispel anger, hysteria and irritability and reduce stress and tension. It is helpful for muscular aches and pains, as well as having a positive effect on hormonal imbalance, it can relieve insomnia. Vetiver is specifically beneficial for dry, irritated or dehydrated skin and is helpful in reducing wrinkles, stretch marks and to improve skin tone. It has a tranquilising grounding effect, bringing the user back down to earth, helping relaxation and the release of mental and physical exhaustion. Vetiver is most appropriate when you are feeling emotionally overwhelmed. You may be weepy, feeling under pressure and uncertain which direction to take. Using vetiver will help you to keep calm and deal with the stress of change so that you can begin to see new opportunities and directions.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Relaxing
- Rubefacient
- Sedative
- Stimulant
- Vermifuge
- Nervine
- Tonic

Systems / conditions benefitted:

Skin: helps heal acne scars.

Muscular: eases aches and pains.

Circulatory: increases blood flow, mild rubefacient.

Nervous: the mind benefits the most from vetiver: it calms the central nervous system, reduces tension, worry, anxiety and any stress-related symptoms; relieves insomnia and nervous debility.

Typical methods of use: Bath, massage.**Safety Note:** None.

Ylang ylang <i>Cananga odorata</i>		
Plant family: Annonaceae Country of Origin: Indonesia, the Philippines, Madagascar Oil source: Flower petals		
Method of extraction: Steam distillation Note: Base		
<p style="text-align: center;">Ylang ylang has a euphoric effect, promoting positive emotions.</p> <p style="text-align: center;">Blends well with sandalwood, lemon, orange, bergamot, jasmine, neroli, grapefruit, lavender.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Ylang ylang has a euphoric effect, promoting positive emotions in the user and is calming and sedating in times of stress. Ylang-ylang is most appropriate if you have pushed yourself to work hard and taken on many commitments until you are no longer in control of the stress in your life. Using ylang-ylang oil helps you to relax and reprioritise your life so that you can begin to enjoy yourself again.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Sesquiterpene 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antidepressant <li style="width: 50%;">• Hypotensive <li style="width: 50%;">• Aphrodisiac <li style="width: 50%;">• Sedative <li style="width: 50%;">• Relaxant <li style="width: 50%;">• Tonic 	
Systems / conditions benefitted: Skin: balances sebum production both for oily and dry skins: extractive effect on acne i.e draws out the spot and infection (so it will get worse before getting better). Circulatory: slows over- rapid breathing (hyperpnea) and heartbeat (tachycardia): reduces high blood pressure. Nervous: antidepressant, creates feelings of joy, calms central nervous system. Endocrine: regulates flow of adrenaline and thus slows its effects reducing stress, anger, frustration, panic, fear, and shock: balances hormones. Reproductive: tonic for womb: impotence, libido.		
Typical methods of use: Bathing, room fragrance, massage, inhalation, compress.		
Safety Note: Can cause headaches and nausea. It should therefore be used in moderation.		