

### **Benzoin (Styrax benzoin)**

Strictly speaking, Benzoin is not an essential oil; it is a tree resin from the Styrax Benzoin tree from Thailand and neighboring countries. Like its Biblical cousins, Myrrh and Frankincense, it has been used for thousands of years as an ingredient of incense. Sweet smelling, (rather like vanilla), Benzoin is very soothing and can be used for a variety of different healing purposes. During massage, Benzoin is very useful in helping to eliminate aches and pains, it is an excellent circulatory stimulant; it warms the heart and soothes the skin, especially dry skin conditions. Benzoin is warm and cheerful, very calming on the nervous system, and can help in cases of loneliness or depression. It has a reputation for relieving symptoms of bronchitis, asthma, colds and sore throats. It also works well when inhaled in an oil burner, bath or vaporizer. Benzoin is an excellent tonic for releasing many unwanted ailments. It can give peace to an anxious mind and has a calming effect on the digestive and urinary systems. It blends well with chamomile, bergamot, frankincense, lavender, lemon, and many other oils.

### **Bergamot (Citrus bergamia)**

Bergamot is a very cheerful oil. It has a delicate, refreshing aroma and when used in a room fragrances can create a very uplifting environment. Its properties include: analgesic, anti-depressant, antiseptic, antispasmodic, deodorising, expectorant, insecticide, tonic. It is very effective for skincare complaints such as psoriasis and eczema, especially when linked to stress. On a mental and emotional level it is good for anxiety, depression and nervous tension. On a physical level it is good for respiratory infections including tonsillitis and bronchitis; it can also regulate appetite so may be useful for anorexia sufferers and convalescents recovering from illness. Bergamot blends with Chamomile, Eucalyptus, Geranium Juniper, Lavender, Lemon, Marjoram, Ylang Ylang and many others. **Safety precautions:** *Not to be used directly before going out in the sun, as it may have/has a phototoxic effect. It may irritate highly sensitive skin.*

### **Carrot Seed (Daucus carota)**

Carrot Seed is a lesser-known essential oil with many valuable properties. It has a cleansing effect on the mind and is excellent in times of stress or fatigue. Its detoxifying properties help cleanse the liver, bowels and joints. Excellent for arthritis, gout, aches and pains, fluid retention and cellulite. It has a beneficial effect on the reproductive system and helps PMS and regulates the menstrual cycle. Carrot Seed regenerates the skin, strengthens red blood cells; and can be used to treat eczema, dermatitis, psoriasis, scars, corns and dry skin. It has good results with wrinkles and is commonly used in anti-ageing products. Carrot Seed blends well with Bergamot, Cedarwood, Juniper, Lavender, Lemon, Geranium, Grapefruit, Rosemary and many others. **Safety Precautions;** *Avoid in pregnancy.*

### **Cedarwood (Juniperus mexicana)**

This variety of Cedarwood oil comes from Texas and is native to south Western USA, Mexico and Central America. It has a dry, woody smell. When inhaled it has a composing effect. Its most profound quality is the effect that it has on the respiratory system; its expectorant qualities dry up phlegm, clear the chest and the respiratory tract. It is therefore excellent when used for asthma, bronchitis or catarrh. In these cases it can be useful both in an oil burner or part of a massage oil blend. Cedarwood oil is also known to be good for nervous tension, stress and has a composing effect on scattered thoughts. Cedarwood can also help bring the body back into balance. It is said to be more effective with longstanding health problems and can be extremely useful in cases of painful arthritis and rheumatism. Cedarwood is excellent for oily skin and dandruff due to its astringent and antiseptic properties and can also help dermatitis and psoriasis. A blend of Cedarwood, Cypress and Frankincense can soften the skin. Cedarwood blends with Benzoin, Lemon, Frankincense, Cypress, Jasmine, Juniper, Patchouli, Vertiver, Sandalwood and Rosemary. **Safety Precautions:** *Avoid in pregnancy, use in smaller quantities.*

### **Chamomile Roman (Anthemis nobilis)**

A very useful, versatile essential oil. Its soothing action is excellent to ease anxiety, tension, fear and anger. Chamomile is useful for insomnia and can help calm restless children. Incredibly effective in massage for aches and pains, headaches, neuralgia and arthritis. It also brings relief to skin complaints, especially

eczema, psoriasis, burns, inflamed skin and nappy rash (especially in combination with Lavender). Its properties include: Analgesic, Anti-depressant, Anti-inflammatory, Anti-spasmodic, Digestive, Diuretic, Emmenagogue, Nervine and Tonic. Chamomile blends well with Benzoin, Bergamot, Lavender, Lemon, Patchouli and Ylang Ylang. **Safety precautions:** *Due to its emmenagogue effect chamomile should not be used in early months of pregnancy.*

### **Eucalyptus (Eucalyptus globulus)**

Eucalyptus oil is excellent for the colder months. Its antiviral action works well on the respiratory tract, eases coughs, colds, throat infections and bronchitis. It clears the head, kills germs and can bring down a fever. Eucalyptus relieves muscular aches and pains, rheumatism, arthritis, headaches and sciatica. It blends with Benzoin, Juniper, Lavender, Lemon, Lemongrass, and Pine. **Safety Precautions:** *Best avoided in cases of high blood pressure, epilepsy and when using homeopathic medicine. Best used in small doses and avoided late in the day due to stimulating effect.*

### **Frankincense (Boswellia carteri)**

Frankincense is a rejuvenating and refreshing oil. It brings the user and/or those in the environment (if used in a oil fragrancener) a great sense of calm, whilst remaining alert. A useful aid to meditation, Frankincense has been used for centuries in Religious ceremonies. As it slows down breathing, it brings great relief to anxious states of mind and soothes nerves, especially worrying thoughts about the past. On a physical level it is of great benefit to the respiration system; helping to clear the lungs and easing shortness of breath. It has a soothing action on head colds and bronchitis. In skincare, it is widely used for its anti-ageing effect on mature skin and wrinkles. Its properties include: Antiseptic, Astringent, Cytophylactic, Digestive, Diuretic, and Tonic. Frankincense blends well with Geranium, Grapefruit, Lavender, Orange, Patchouli and Sandalwood.

### **Geranium (Pelargonium graveolens)**

Geranium is a very balancing oil. It is strongly associated with dry skin conditions such as eczema and dermatitis, and women's issues, such as PMT, irregular menstruation and menopause and is excellent for balancing the hormones. It is very sweet smelling, floral with occasional minty undertones. Geranium helps the circulation and lymphatic system and can relieve fluid retention, jaundice and gall stones; it helps eliminate toxins from the kidneys and is generally very cleansing. It can also help overcome addictions. Mentally and emotionally, Geranium tones the nervous system, reduces depression and uplifts the spirits. It balances the entire system and reduces stress, thus positively affecting the entire body. Its properties include: Analgesic, Anticoagulant, Anti-depressant, Antiseptic, Astringent, Diuretic, Insecticide, Styptic and Tonic. Geranium blends well with Bergamot, Carrot Seed, Grapefruit, Lavender, Orange, Rose and Sandalwood. **Safety precautions:** *Not much of this oil is needed to be effective. May irritate highly sensitive skin especially if overused. Regulates hormones so best avoided during pregnancy.*

### **Grapefruit Essential Oil (Citrus paradisi)**

Grapefruit is a very versatile oil. It has a refreshing, tangy and uplifting aroma, making it a wonderful addition to any blend, oil burner or room spray. In a massage blend, it can help detoxify the body by unblocking congested skin. It is especially good for cellulite, muscle fatigue and water retention. It is excellent for acne and oily skin when used in moderation. Grapefruit can also treat the following conditions: anxiety, depression, headaches, nervous tension and stress. I find that Grapefruit in an oil burner can bring clarity and help you focus on those little jobs that are so easily put off for another day. It can help clear frustration and indecisiveness remarkably well! **Safety Precautions:** *Grapefruit is non-toxic and non-sensitizing but may be phototoxic, so it must not be used prior to going out in the sun or on a sun-bed. It can also not be used if you use certain types of Heart medication. Please check with your physician.*

### **Lavender (Lavendula augustifolia)**

Lavender is a very versatile oil. It has many different uses, and is a very useful addition to a first aid kit at home. It can be used for the following physical conditions: - acne, arthritis, bites, blisters, bruises, BURNS,

chilblains, cuts, dermatitis, eczema, headache tension or migraine, insect bites, insomnia, swollen joints, nausea, PMT, sprains, stings, sunburn, and many others. It can be useful in a burner/massage blend/a couple of drops on your pillow or pulse for the following psychological conditions: - fear, hysteria, hyperactivity, irritability, mood swings, nerves, restlessness, panic attacks, stress and worry. **Safety Precautions:** *Lavender should NOT be used in the first and second trimesters of pregnancy, or if you have very Low Blood Pressure. Lavender is the ONLY essential oil that can be used neat on the skin, but must be used in small quantities. It can be used for inhalation or as a room fragrancener in an oil burner (never to be left unattended), in a massage blend, as part of a compress for injuries (oil should be dispersed in water first), or in the bath (this can help for relaxation.)*

### **Lemon (Citrus limon)**

Lemon is a refreshing oil that helps brings life to the most sluggish of systems. Well known for it's antiseptic qualities; it is known for banishing warts, verucae and treating insect bites. The essential oil is produced from the rind of the fruit. Lemon has a tonic effect on the circulatory system, heart and blood; it can be used to ease varicose veins and can also lower high blood pressure. An excellent oil for muscular aches and pains, mental clarity, colds, sore throats, oily skin and hair, warts, wrinkles, fluid retention and *cellulite*. It is refreshing and cooling when feeling hot and bothered and can be very useful when studying or when concentration is needed as Lemon provides clarity of thought. **Safety precautions:** *Not to be used prior to going out in the sun due to possible photosensitivity, also may irritate sensitive skin. If you have extremely low blood pressure it is advisable not to use this oil. Not to be used within 4 – 6 hours of going to bed.*

### **Mandarin Essential Oil (Citrus reticulata)**

Mandarin is one of the safest essential oils on the market. It has a sweet tangy aroma with floral undertones. It is uplifting and can often help to banish depression and anxiety. On a physical level it can aid digestion, stimulate appetite and helps to regulate the metabolic process (by stimulating the liver.) It is particularly useful after illness or depression. Unlike the majority of essential oils, Mandarin can be used in smaller doses during pregnancy, on children and on anyone feeling a little fragile. It has a cheering action and a revitalising and strengthening effect. It is a good oil to be used (in an oil burner) for morning sickness. It is often used in combination with Neroli and Lavender for stretch marks.

### **Orange (Citrus sinensis)**

Orange is an uplifting oil that brings warmth and cheer to the user or environment. It is useful for those suffering from a lack of energy and brings about a feeling of radiance. It is a good skin tonic and helps eliminate toxins in both congested and dry skin, whilst eliminating waste from the body It can be used on all skin types. On a physical level, it is said to have a calming effect on the stomach, especially when caused by nerves or anxiety. An excellent immune system stimulant, with a high source of vitamin C for colds and flu. (Essential oils work their way through the system via the respiratory system and through the skin, whilst the fruit itself works via the digestive process.) It is also good for water retention. Its properties include: Anti-depressant, Antiseptic, Antispasmodic, Bactericidal, Carminative, Digestive, (Nervous) Sedative, (Lymphatic and Digestive) Stimulant, and Tonic. Orange blends with: Cinnamon, Frankincense, Geranium, Jasmine, Juniper, Lavender, Neroli, and Rose. **Safety Precautions:** *As with most citrus oils, Orange is best avoided before going out in the sun due to its possible phototoxic effect; and prolonged use or high doses may irritate sensitive skin.*

### **Patchouli (pogostemon cablin)**

Patchouli has a strong, earthy fragrance and can create a grounding and balancing effect on the mind, body and spirit. Its properties include: antidepressant, antiseptic, astringent, aphrodisiac, deodorant, diuretic, fungicide, sedative and tonic. It is good for water retention and cellulite. Well renowned for its use in skincare, it helps form scar tissue and is excellent for rough, cracked skin, sores and wounds. It helps treat acne, eczema, fungal infections and scalp disorders. It is a useful ingredient in many dry skin products. Patchouli blends with: Black Pepper, Frankincense, Geranium, Lavender, Lemongrass, Ylang Ylang and many other essential oils. **Safety Precautions:** *Said to be sedative in low quantities but stimulating in high quantities. May curb appetite, and its heady fragrance may be overpowering to some.*

**Rose Maroc (Rosa centifolia)**

Apart from its exquisite sweet and floral scent and fame in the perfume industry, Rose Essential Oil has many healing qualities on all levels. Rose is a very cleansing oil. On a physical level it is excellent for women's hormonal problems such as PMT and irregular menstruation, and can also help with infertility in both men and women. Also good for allergies and headaches, including migraine. Rose is suitable for all skin types, but particularly for dry, hard, sensitive and mature skin, due to its softening effect. It is also useful for thread veins. On a mental and emotional level Rose is good for nerves, regret, fear and sadness. Its properties include: Anti-depressant, Antiseptic, Antispasmodic, Aphrodisiac, Depurative, Diuretic, Emmenagogue, Laxative, Sedative, Tonic, and many more. Rose Blends with Bergamot, Chamomile, Geranium, Lavender, Orange and Sandalwood. **Safety Precautions:** *Best avoided in pregnancy due to its emmenagogue effect.*

**Rosemary (Rosemarinus officinalis)**

Rosemary is a refreshing, energising oil. It enlivens the brain cells, clears the head and aids memory and concentration. It can relieve pain, - aches and pains aswell as migraines, and helps to stimulate the circulation. In massage Rosemary acts as a liver decongestant and can help with arthritis, gout, menstrual cramps; and can also stimulate digestion. Rosemary has an astringent effect and is helpful for sagging skin, it has also been known to help improve dandruff and reduce hair loss. Rosemary blends well with Cedarwood, Frankincense, Ginger, Lemongrass, Lime, and Orange. **Precautions:** *Due to it's stimulating effect, do not use late in the evening. Not suitable for those with High Blood Pressure or Epilepsy. Not to be used in pregnancy due to it's emmenagogue effect. May antidote homeopathic remedies.*

**Tea Tree (Melaleuca alternifolia)**

Antiseptic, anti-bacterial and anti-fungal, tea tree oil can be used for a number of medicinal purposes. It can be used to treat acne, candida, nappy rash, thrush, verucae and many other common ailments. It is an ideal natural substance to include in any first aid kit. It is a powerful immune system stimulant. Tea Tree blends well with Cyprus, Eucalyptus, Ginger, Lavender, Lemon, Mandarin, Orange, Rosemary and many more. **Safety Precautions:** *May irritate sensitive skin. Best used in small quantities.*

**Ylang Ylang (cananga odorata)**

Ylang Ylang has a strong sweet and floral fragrance; it is uplifting and sensual. Ylang ylang's properties include: antidepressant, antiseptic, antidepressant, aphrodisiac, euphoric, hypotensive, regulator and sedative. It has a relaxing effect on the nervous system by regulating the adrenalin flow. It may calm feelings of anger, anxiety, fear, panic and shock. It can be used for high blood pressure, abnormal breathing (fast) and insomnia. Ylang Ylang blends well with Bergamot, Grapefruit, Lavender, Orange, Patchouli, Rosewood and Sandalwood. **Safety Precautions:** *May cause headaches & nausea in high dosage. May irritate highly sensitive skin. It is best used in small quantities.*