

ESSENTIAL OILS USES CHART



| OIL | PROPERTIES | BENEFITS/USES | HOW TO USE | PRECAUTIONS |
|-----------------|---|---|---|---|
| Basil | Spicy Warm Herbal | Concentration PMS Boost immunity | Direct Inhalation Diffuser Massage with carrier oil Drink diluted with water or tea | Avoid with pregnancy May irritate skin |
| Bergamot | Calming Soothing Vermifuge Antibiotic Antiseptic Deodorant Vulnerary Antispasmodic Sedative Analgesic Antidepressant Disinfectant Febrifuge | Improves blood circulation Prevents infections Reduces body aches Stress control Relaxation Aids digestion Skin care - heals scars, acne, smooth skin Eliminates bad odors Fever reducer Kills germs | Direct Inhalation Diffuser Massage with carrier oil In bath Internal – 1 drop for each 4 ounces of liquid | Phototoxic, avoid exposure to sun for 3 hours after use |

| | | | | |
|-----------------|--------------|-------------------------|--|------------------------------------|
| Black Pepper | Hot | Mood lifter | Diffuser | May irritate skin without dilution |
| | Potent | Digestive Aid | Massage with carrier oil | |
| | Fruity | Antioxidant Support | Internal – dilute 1 drop with 4 ounces of liquid for digestive health | |
| | Spicy | Promotes circulation | | |
| Cinnamon Bark | Spicy | Immunity | Direct Inhalation | May irritate skin without dilution |
| | Earthy | Digestive health | Diffuser | |
| | Woody | Healthy blood sugar | Massage with carrier oil | |
| | Warmly sweet | Muscle relaxation | Internal - 1 drop hot water or tea Cleaning – 3 to 4 drops with water in a spray bottle | |
| | Disinfectant | Sore throat Cleaning | | |
| | | Inspires confidence | | |
| Roman Chamomile | Floral | Stress | Direct Inhalation | May irritate skin without dilution |
| | Sweet | Calm | Diffuser | |
| | Calming | Peace | Massage | |
| | Soothing | Promotes sleep | Bath | |
| | Warm | Muscle pain | | |
| | | Arthritis | | |
| | | PMS | | |
| | Colic | | | |

| | | | | |
|----------------------------------|--------------|---|--|---|
| Eucalyptus (Globulus) | Herbal | Optimism | Direct Inhalation | Do not use with infants |
| | Purifying | Facial cleansing/Skin care | Diffuser | Not for internal use |
| | Refreshing | | Massage with carrier oil | May irritate skin with dilution |
| | Soothing | Mood lifter | | |
| | Light | Wellness/calm Asthma Respiratory health | | |
| Frankincense | Spicy | Scars/wounds | Direct Inhalation | Not for internal use with pregnant women |
| | Clean | Wrinkles | Diffuser | |
| | Warm | Stress | Bath | |
| | Tranquil | Colds/flu | Massage diluted with carrier oil for sensitive skin | |
| | Revitalizing | | | |
| | Calming | | | |
| Geranium | Floral | Intimacy/romance | Direct Inhalation | May cause contact dermatitis |
| | Sweet | Clear and healthy skin | Diffuser | |
| | Sensual | Insect repellant | Bath | |
| | Romantic | Hair vibrancy and strength | Massage diluted with carrier oil | |
| | Balancing | Relaxation | Internal - 1 drop into 4 ounces of liquid | |
| | | Hormone balancing | | |
| | | Adrenal health | | |
| | | | | |

| | | | | |
|-------------------|-------------------|----------------------------------|---|--|
| Grapefruit | Citrus | Boost mood | Direct Inhalation | May irritate skin without dilution |
| | Floral | Boost energy | Diffuser | |
| | Anti-septic | Cellulite | Massage with carrier oil | |
| | Cooling | Oily skin | Internal – dilute 1 drop with 4 ounces of liquid for digestive health | |
| | Refreshing | Weight loss/metabolism | | |
| | Energetic | Water retention | | |
| Lavender | Floral | Calming/reduces stress/wellbeing | Direct Inhalation | If pregnant, consult doctor before use |
| | Calming | Eases tension | Diffuser | |
| | Light | Promotes sleep | Bath | May irritate skin without dilution |
| | Anti-inflammatory | Headaches | Massage with carrier oil | |
| | Antifungal | Acne | | |
| | Antidepressant | Burns/minor skin irritations | | |
| | Antiseptic | Asthma | | |
| | Antibacterial | Colds/flu | | |
| | Antimicrobial | Air cleaner | | |
| | Antispasmodic | Soothes skin sensitivity | | |
| | Analgesic | | | |
| | Detoxifying | | | |
| | Hypotensive | | | |
| | Sedative | | | |

| | | | | |
|-------|------------------|--|--------------------------|--|
| Lemon | Bright and clean | Boosts energy | Direct inhalation | Phototoxic, avoid exposure to sun for 12 hours after topical use May irritate skin without dilution |
| | Stimulating | Relieves Nausea | Diffuser | |
| | Calming | Improves Digestion | Massage with carrier oil | |
| | Carminative | Nourishes Skin | | |
| | Anti-infection | May Promote Weight Loss | | |
| | Astringent | Purifies | | |
| | Detoxifying | Cleanses | | |
| | Antiseptic | Allergies | | |
| | Disinfectant | Oral Health | | |
| | Sleep-inducing | Cough | | |
| | Antifungal | Household cleaner/disinfectant | | |
| | Crisp | | | |
| | Fresh | Antimicrobial - cleanse your home of harmful pathogens | | |
| | Citrus | Dishwasher detergent | | |
| | | Laundry | | |
| | | Boosts immunity | | |
| | | Congestion/cough colds/flu | | |

| | | | | |
|-------------------|------------|------------------------|--------------------------|-------------------|
| Lemongrass | Citrus | Digestive tract spasms | Direct inhalation | May irritate skin |
| | Herbal | | | |
| | Smoky | Mental calm/clarity | Diffuser | |
| | Refreshing | Stomach pains | Massage with carrier oil | |
| | Antiseptic | Cough | | |
| | Analgesic | Painful joints | | |
| | | Fever | | |
| | | Cold/flu | | |
| | | Fatigue | | |
| | | Germ killer | | |
| | | Mild astringent | | |

| | | | | |
|---------------|-------------------|-------------------------|--------------------------|--|
| Orange | Antidepressant | Romance/libido | Direct inhalation | Phototoxic, avoid exposure to sun for 12 hours after topical use |
| | Antispasmodic | Household cleaner | Diffuser | |
| | Antiseptic | Disinfectant | Massage with carrier oil | |
| | Anti-inflammatory | Relieves Inflammation | | |
| | Aphrodisiac | Muscle relaxation | | |
| | Carminative | Anxiety | | |
| | Diuretic | Depression | | |
| | Tonic | Prevents Infections | | |
| | Sedative | Wound healing | | |
| | Cholagogic | Acne/dermatitis | | |
| | | Boosts immunity | | |
| | | Healthy skin/anti-aging | | |

| | | | | |
|-------------------|---------------|--|--|--|
| Peppermint | Fresh | Clarity | Direct inhalation | |
| | Minty | Concentration | | |
| | Energizing | Mental fatigue | Diffuser | |
| | Antispasmodic | Bad breath | Massage with carrier oil | |
| | | Nausea | Internal – 1 drop per 4 ounces of liquid | |
| | | Indigestion | | |
| | | Headaches | | |
| | | Sinuses | | |
| | | PMS | | |
| | | Relax GI muscles to relieve constipation | | |
| | | Relieves Sore Muscles | | |
| | | Urinary Tract Infections | | |
| | | Boosts circulation | | |
| | | Healthy skin | | |
| | | Bug repellent | | |
| | | Joint pain | | |

| | | | | |
|-----------------|-------------------|---------------------|--------------------------|--|
| Rosemary | Sweet | Clarity | Direct inhalation | Pregnant and breastfeeding should ask their doctors before use Consult a doctor before using for children |
| | Herbal | Cough | Diffuser | |
| | Floral | Headaches | Massage with carrier oil | |
| | Fruity | Indigestion | | |
| | Analgesic | Stress relief | | |
| | Antibacterial | Pain relief | | |
| | Anticatarrhal | Learning and memory | | |
| | Antifungal | Vaginal infections | | |
| | Anti-infection | Immune system boost | | |
| | Anti-inflammatory | Respiratory problem | | |
| | Antioxidant | | | |
| | Expectorant | | | |

| | | | | |
|-------------------|-------------------|--|---|------------------------------------|
| Sandalwood | Calming | Energy | Direct inhalation | May irritate skin without dilution |
| | Astringent | Skin care | Diffuser | |
| | Anti-viral | Cough/cold/flu | Massage with carrier oil | |
| | antiseptic | Gastritis | Internal – 1 drop into 4 ounces of milk | |
| | Anti-inflammatory | Mental clarity | | |
| | Expectorant | Stress control | | |
| | Uplifting | Relaxation/calm | | |
| | Carminative | Natural aphrodisiac | | |
| | Diuretic | Memory booster | | |
| | Disinfectant | Concentration | | |
| | Emollient | Antiseptic for skin to prevent acne and infections | | |
| | | Lowers cholesterol | | |
| | | Heals scars | | |
| | | Boosts immunity | | |

UTI

Skin care

Reduces anxiety

| | | | | |
|----------|---------------|--|--------------------------|-----------------------|
| Tea Tree | Antiviral | Acne and other skin conditions | Direct inhalation | NOT for Internal Use |
| | Expectorant | | | |
| | Fungicide | Dry scalp | Diffuser | NOT for use with pets |
| | Antibacterial | Antiseptic for minor cuts and scrapes | Massage with carrier oil | |
| | Antimicrobial | | | |
| | Antiseptic | Bacterial, fungal and viral infections | | |
| | Insecticide | | | |
| | Stimulant | Respiratory health | | |
| | Sudorific | Head lice | | |
| | | Natural deodorant | | |
| | | Bad breath | | |
| | | Hair health | | |
| | | Hand sanitizer | | |
| | | Direct inhalation | | |
| | | Diffuser | | |
| | | Massage with carrier oil | | |
| | | All-purpose cleaner | | |
| | | Dandruff | | |
| | | Athlete's foot | | |

| | | | | |
|--------------------|--|--|---|--|
| Vetiver | Warm Earthy Calming Tranquil | Grounding Centering PMS Hormone balancing Menopause | Direct inhalation Diffuser Massage with carrier oil | |
| Ylang Ylang | Antiseborrheic Antiseptic Aphrodisiac Nervine Sedative | Depression Eczema Minor skin irritations, burns and bruises Aphrodisiac Romance Lowers high blood pressure Stress control Anxiety Boosts nervous system health Anti-aging skin care Balances moisture and oils in skin | Direct inhalation Diffuser Massage with carrier oil | Nausea, headache and sensitivity may occur when taken in excessive amounts |