ESSENTIAL OILS USES CHART



OIL	PROPERTIES	BENEFITS/USES	HOW TO USE	PRECAUTIONS
Basil	Spicy	Concentration	Direct	Avoid with
			Inhalation	pregnancy
	Warm	PMS	D:ff	NA i i i
	Herbal	Roost immunity	Diffuser	May irritate skin
	Tierbai	Boost immunity	Massage with	
			carrier oil	
			Drink diluted	
			with water or	
			tea	
Bergamot	Calming	Improves blood	Direct	Phototoxic,
	Soothing	circulation	Inhalation	avoid exposure to sun for 3
	Sootiiiig	Prevents	Diffuser	hours after use
	Vermifuge	infections	Diriusei	Hours arter use
	J		Massage with	
	Antibiotic	Reduces body	carrier oil	
		aches		
	Antiseptic		In bath	
	Deederont	Stress control	Internal 1	
	Deodorant	Realxation	Internal – 1 drop for each 4	
	Vulnerary	Realxacion	ounces of	
	ramerary	Aids digestion	liquid	
	Antispasmodic		•	
		Skin care - heals		
	Sedative	scars, acne,		
		smopoth skin		
	Analgesic	Fliminates had		
	Antidepressant	Eliminates bad odors		
	, and acpi coount	34013		
	Disinfectant	Fever reducer		
	Febrifuge	Kills germs		

Black	Hot	Mood lifter	Diffuser	May irritate skin
				without dilution
Pepper	Potent	Digestive Aid	Massage with	
	For site o	Antiquidant	carrier oil	
	Fruity	Antioxidant	Internal –	
	Spicy	Support	dilute 1 drop	
	эрісу	Promotes	with 4 ounces	
		circulation	of liquid for	
			digestive	
			health	
Cinnamon	Spicy	Immunity	Direct	May irritate skin
			Inhalation	without dilution
Bark	Earthy	Digestive health		
			Diffuser	
	Woody	Healthy blood		
	Manalusausat	sugar	Massage with	
	Warmly sweet	Muscle relaxation	carrier oil	
	Disinfectant	Muscle relaxation	Internal - 1	
	Distillectant	Sore throat	drop hot water	
		Cleaning	or tea	
		J	Cleaning – 3 to	
		Inspires	4 drops with	
		confidence	water in a	
			spray bottle	
Roman	Floral	Stress	Direct	May irritate skin
Chamomile			Inhalation	without dilution
Chambine	Sweet	Calm	Diffusor	
	Calming	Peace	Diffuser	
	Callling	reace	Massage	
	Soothing	Promotes sleep	Widssage	
			Bath	
	Warm	Muscle pain		
		Arthritis		
		DN 46		
		PMS		
		Colic		
		COIIC		

Eucalyptus	Herbal	Optimism	Direct	Do not use with
			Inhalation	infants
(Globulus)	Purifying	Facial		
		cleansing/Skin	Diffuser	Not for internal
	Refreshing	care		use
			Massage with	_
	Soothing	Mood lifter	carrier oil	May irritate skin
	11.1.1	NA (a III a a can d a call a c		with dilution
	Light	Wellness/calm		
		Asthma		
		Astillia		
		Respiratory health		
Frankincense	Spicy	Scars/wounds	Direct	Not for internal
Fidikilicelise	- /		Inhalation	use with
	Clean	Wrinkles		pregnant
			Diffuser	women
	Warm	Stress		
			Bath	
	Tranquil	Colds/flu		
			Massage	
	Revitalizing		diluted with	
	Calada		carrier oil for	
•	Calming Floral	Intimacy/romanco	sensitive skin	
Geranium	FIOIAI	Intimacy/romance	Direct Inhalation	May causo
	Sweet	Clear and healthy	IIIIaiatiOii	May cause contact
	Sweet	skin	Diffuser	dermatitis
	Sensual			3.31.113.616.3
		Insect repellant	Bath	
	Romantic	·		
		Hair vibrancy and	Massage	
	Balancing	strength	diluted with	
			carrier oil	
		Relaxation		
			Internal - 1	
		Hormone	drop into 4	
		balancing	ounces of	
		Adronal backs	liquid	
		Adrenal health		

Grapefruit	Citrus	Boost mood	Direct	May irritate skin
Graperrait			Inhalation	without dilution
	Floral	Boost energy		
	A . 11 11 .	C. II. I'I.	Diffuser	
	Anti-septic	Cellulite	Massago with	
	Cooling	Oily skin	Massage with carrier oil	
	Cooming	Olly Skill	Carrier on	
	Refreshing	Weight	Internal –	
		loss/metabolism	dilute 1 drop	
	Energetic		with 4 ounces	
		Water retention	of liquid for	
			digestive	
	Fland	Calcaina dua dua a	health	16
Lavender	Floral	Calming/reduces stress/wellbeing	Direct Inhalation	If pregnant, consult doctor
	Calming	Stress/ Wellbeilig		before use
	Cuming	Eases tension	Diffuser	before ase
	Light			May irritate skin
		Promotes sleep	Bath	without dilution
	Anti-			
	inflammatory	Headaches	Massage with	
	A 4: f	A	carrier oil	
	Antifungal	Acne		
	Antidepressant	Burns/minor skin		
	7	irritations		
	Antiseptic			
		Asthma		
	Antibacterial			
	Austinatous Islani	Colds/flu		
	Antimicrobial	Air cleaner		
	Antispasmodic	All cleaner		
	1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Soothes skin		
	Analgesic	sensitivity		
	Detoxifying			
	Llungtonsin			
	Hypotensive			
	Sedative			

Lemon	Bright and	Boosts energy	Direct	Phototoxic,
	clean		inhalation	avoid exposure
		Relieves Nausea		to sun for 12
	Stimulating		Diffuser	hours after
		Improves	_	topical use
	Calming	Digestion	Massage with	
		N I. GI.	carrier oil	May irritate skin
	Carminative	Nourishes Skin		without dilution
	Anti-infection	May Promote		
	Anti-infection	Weight Loss		
	Astringent	Weight Loss		
	/ Stringent	Purifies		
	Detoxifying			
		Cleanses		
	Antiseptic			
		Allergies		
	Disinfectant			
		Oral Health		
	Sleep-inducing			
		Cough		
	Antifungal			
		Household		
	Crisp	cleaner/disinfecta		
		nt		
	Fresh	Antimicrobial -		
	Citrus	cleanse your		
	Citias	home of harmful		
		pathogens		
		1 0		
		Dishwasher		
		detergent		
		Laundry		
		Boosts immunity		
		Congosticus		
		Congestion/cough		
		colds/flu		

Lemongrass	Citrus	Digestive tract	Direct	May irritate skin
		spasms	inhalation	
	Herbal		7.66	
		Mental	Diffuser	
	Smoky	calm/clarity	N.4	
	Dofroching	Stamach nains	Massage with carrier oil	
	Refreshing	Stomach pains	carrier on	
	Antiseptic	Cough		
	7	5548.1		
	Analgesic	Painful joints		
		Fever		
		Cald /fl		
		Cold/flu		
		Fatigue		
		Germ killer		
		Mild astringent		

Orange	Antidepressant	Romance/libido	Direct	Phototoxic,
	A . 1	11 1 1.1	inhalation	avoid exposure
	Antispasmodic	Household	D:tt	to sun for 12
	A . 1.* 1.*.	cleaner	Diffuser	hours after
	Antiseptic	D: : C		topical use
	A	Disinfectant	Massage with	
	Anti-	D . I'.	carrier oil	
	inflammatory	Relieves		
	A solo so ali ai a a	Inflammation		
	Aphrodisiac	NAala valavatian		
	Camainatina	Muscle relaxation		
	Carminative	Aminto		
	Diuretic	Anxiety		
	Diuretic	Depression		
	Tonic	Depression		
	Torric	Prevents		
	Sedative	Infections		
	Scaative	inicetions		
	Cholagogic	Wound healing		
		Acne/dermatitis		
		Boosts immunity		
		Healthy skin/anti- aging		

Peppermint	Fresh	Clarity	Direct inhalation
	Minty	Concentration	Diffuser
	Energizing	Mental fatigue	Massage with
	Antispasmodic	Bad breath	carrier oil
		Nausea	Internal – 1 drop per 4
		Indigestion	ounces of liquid
		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	Pregnant and
•			inhalation	breastfeeding
	Herbal	Cough		should ask their
			Diffuser	doctors before
	Floral	Headaches		use
			Massage with	
	Fruity	Indigestion	carrier oil	Consult a doctor
				before using for
	Analgesic	Stress relief		children
	Antibacterial	Pain relief		
	Anticatarrhal	Learning and		
		memory		
	Antifungal			
		Vaginal infections		
	Anti-infection			
		Immune system		
	Anti-	boost		
	inflammatory			
		Respiratory		
	Antioxidant	problem		
	Expectorant			

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

Tea Tree	Antiviral	Acne and other	Direct	NOT for Internal
rea rice		skin conditions	inhalation	Use
	Expectorant			
		Dry scalp	Diffuser	NOT for use with
	Fungicide			pets
		Antiseptic for	Massage with	'
	Antibacterial	minor cuts and scrapes	carrier oil	
	Antimicrobial	•		
		Bacterial, fungal		
	Antiseptic	and viral		
	·	infections		
	Insecticide			
		Respiratory health		
	Stimulant	. ,		
		Head lice		
	Sudorific			
		Natural deodorant		
		Bad breath		
		Hair health		
		Hand sanitizer		
		Direct inhalation		
		7.66		
		Diffuser		
		Massage with		
		carrier oil		
		All purpose		
		All-purpose		
		cleaner		
		Dandruff		
		Athlete's foot		

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