



**Let's start out by stating that Just Because It's Natural Doesn't Mean It's Safe. Please take the time to read about any Essential Oil you would like to try or use. They can be wonderful. They can be not so wonderful. This list is for reference only and you should always consult a professional. This is a guide to start you along your Journey of Using Essential Oils.**

**Topical/Adult Use Only/Not Recommended If Pregnant or Breastfeeding**

## Ways to Use Oils

- Direct Inhalation
- Diffusion
- Topical Application
- **Ingestion - NOT RECOMMENDED! Consult Trained Professional Before Ingesting - Even a few drops can be fatal.**
- **Pregnant Women, Breastfeeding women and infants should consult trained professional before using any Essential Oil**
- **Use caution around pets.**

## Herbs/Essential Oils Guide Chart

Analgesic (pain killer)	Anti-Depressant	Anti-Fungal	Anti-Inflammatory	Anti-Scarring
Allspice, Basil, Bergamot, Black Pepper, Chamomile, Citronella, Clove, Eucalyptus, Frankin	Basil, Bergamot, Cinnamon, Clary Sage, Geranium, Grapefruit, Holy Basil, Jasmine,	Allspice, Angelica Root, Basil, Black Pepper, Chamomile, Cinnamon, Citronella, Clary Sage,	Basil, Black Pepper, Blue Cypress, Catnip, Chamomile, Cinnamon, Clove, Cypress, Echinacea, Eucalypt	Bergamot, Chamomile, Eucalyptus, Frankincense, Geranium, Helichrysum,

cense, Galbanum, Geranium, German Chamomile, Ginger, Jasmine, Juniper, Lavender, Lemongrass, Nutmeg, Peppermint, Roman Chamomile Rosemary, Rose Otto, Scots Pine, Spearmint, Tea Tree, Vetiver, Wintergreen	Lavender, Lemon, Orange, Patchouli, Rosemary, Sandalwood, Ylang-Ylang	Clove, Douglas Fir, Eucalyptus, Frankincense, Geranium, Helichrysum, Lavender, Lemon, Lemongrass, Myrrh, Neroli, Palmarosa, Patchouli, Peppermint, Rosemary, Rose Otto, Scots Pine, Spikenard, Tea Tree, Vetiver, Yarrow	us, Frankincense, Galbanum, Geranium, German Chamomile, Ginger, Helichrysum, Jasmine, Lavender, Lemon, Lemongrass, Marigold, Melissa, Myrrh, Neroli, Palo Santo, Patchouli, Peppermint, Peru Balsam, Roman Chamomile, Rosemary, Sage, Scots Pine, Spearmint, Spikenard, Tea Tree, Vetiver, Wintergreen, Yarrow, Ylang-Ylang	Lavender, Lemon, Patchouli, Rosemary, Tea Tree, Thyme
<b>Antiseptic</b>	<b>Antispasmodic</b>	<b>Aphrodisiac</b>	<b>Astringent</b>	<b>Calming</b>
Allspice, Basil, Bergamot, Black Pepper, Cardamom, Carrot Seed, Cedarwood, Chamomile, Cinnamon, Citronella, Clary Sage, Clove, Cypress, Douglas, Eucalyptus, Fir, Frankincense, Galbanum, Geranium, Ginger, Grapefruit, Helichrysum, Hyssop, Jasmine, Juniper, Lavender,	Angelica Root, Basil, Bergamot, Black Pepper, Cardamom, Catnip, Chamomile, Cinnamon, Citronella, Clary Sage, Clove, Cypress, Eucalyptus, Galbanum, Geranium, German Chamomile, Helichrysum, Hyssop, Jasmine, Juniper, Lavender, Lemon, Mandarin, Marigold, Melissa, Myrrh, Neroli,	Allspice, Cinnamon, Clary Sage, Jasmine, Neroli, Nutmeg, Patchouli, Rosemary, Rose Otto, Sandalwood, Ylang-Ylang	Bergamot, Catnip, Cedarwood, Cinnamon, Citronella, Clary Sage, Cypress, Eucalyptus, Frankincense, Geranium, Helichrysum, Hyssop, Juniper, Lemon, Lemongrass, Lime, Myrrh, Myrtle, Patchouli, Peppermint, Rosemary, Rose Otto, Sage, Sandalwood, Spearmint, Spruce, Yarrow	Basil, Clary Sage, Geranium, German Chamomile, Juniper, Lavender, Lemon, Sandalwood

Lemon, Lemongrass, Lime, Mandarin, Melissa, Myrrh, Myrtle, Neroli, Nutmeg, Oakmoss, Orange, Palo Santo, Palmrosa, Patchouli, Peppermint, Peru Balsam, Petitgrain, Roman Chamomile, Rosemary, Rose Otto, Sage, Sandalwood, Scots Pine, Spearmint, Spikenard, Spruce, Tanrerine, Tea Tree, Thyme, Vetiver, Wintergreen, Yarrow, Ylang- Ylang	Nutmeg, Orange, Peppermint, Petitgrain, Roman Chamomile, Rosemary, Sage, Spearmint, Tangerine, Thyme, Valerian, Vetiver, Wintergreen, Yarrow, Ylang- Ylang			
<b>Carminative</b>	<b>Clear/Stimulate Mind</b>	<b>Decongestant</b>	<b>Deodorant</b>	<b>Digestive</b>
Allspice, Angelica Root, Basil, Bergamot, Black Pepper, Cardamom, Carrot Seed, Catnip, Chamomile, Cinnamon, Clary Sage, Clove, Douglas Fir, Frankincense, Galbanum, Ginger, Holy Basil, Hyssop, Juniper, Jasmine, Lavender, Lemon, Mandarin, Melissa, Myrrh, Neroli,	Basil, Peppermint, Rosemary	Chamomile, Clary Sage, Eucalyptus, Geranium, German Chamomile, Juniper, Lavender, Lemon, Orange, Patchouli, Peppermint, Rosemary, Scots Pine, Spearmint	Bergamot, Citronella, Clary Sage, Cypress, Eucalyptus, Geranium, Lavender, Lemongrass, Patchouli, Petitgrain, Rose Otto, Scots Pine, Spikenard	Angelica Root, Basil, Bergamot, Cardamom, Chamomile, Clary Sage, Douglas Fir, Frankincense, Galbanum, Geranium, German Chamomile, Ginger, Helichrysum, Hyssop, Juniper, Lemon, Lemongrass, Manda- rin, Melissa, Orange, Palmarosa, Peppermint,

Nutmeg, Orange, Patchouli, Peppermint, Petitgrain, Roman Chamomile, Rosemary, Tangerine, Thyme, Valerian, Yarrow				Roman Chamomile, Rosemary, Sage, Spearmint, Tangerine, Yarrow
<b>Disinfectant</b>	<b>Diuretic</b>	<b>Expectorant</b>	<b>Febrifuge/Reduce Fever</b>	<b>Hormonal</b>
Bergamot, Douglas Fir, Eucalyptus, Geranium, Grapefruit, Helichrysum, Lavender, Lemon, Lime, Patchouli, Rosemary, Rose Otto, Scots Pine, Tree, Thyme, Wintergreen	Angelica Root, Bergamot, Cardamom, Carrot Seed, Cedarwood, Citronella, Cypress, Eucalyptus, Frankincense, Galbanum, Geranium, Grapefruit, Helichrysum, Holy Basil, Hyssop, Juniper, Lavender, Lemon, Mandarin, Patchouli, Rosemary, Rose Otto, Sage, Scots Pine, Spearmint, Spruce, Tangerine, Thyme, Valerian	Angelica Root, Basil, Bergamot, Black Pepper, Cedarwood, Clove, Cypress, Douglas Fir, Eucalyptus, Frankincense, Galbanum, Ginger, Helichrysum, Holy Basil, Hyssop, Jasmine, Myrrh, Myrtle, Peppermint, Peru Balsam, Rosemary, Spearmint, Spruce, Tea Tree, Thyme, Yarrow	Angelica Root, Basil, Bergamot, Black Pepper, Citronella, Cypress, Eucalyptus, Ginger, Helichrysum, Hyssop, Lemon, Lemongrass, Lime, Melissa, Palmarosa, Patchouli, Peppermint, Roman Chamomile, Sage, Spearmint, Yarrow	Basil, Chamomile, Clary Sage, Geranium, German Chamomile, Helichrysum, Peppermint, Rosemary, Ylang-Ylang
<b>Immune Boost</b>	<b>Relieve Red/Itching Skin</b>	<b>Sedative</b>	<b>Stimulant</b>	<b>Tonic</b>
Cypress, Echinacea, Frankincense, Ho; Basil, Palo Santo, Patchouli, Sandalwood, Tea Tree	Eucalyptus, Ginger, Juniper, Lemon, Rosemary	Bergamot, Catnip, Cedarwood, Chamomile, Clary Sage, Cypress, Frankincense, Geranium, Hyssop, Jasmine, Juniper, Lavender,	Allspice, Angelica Root, Basil, Bergamot, Black Pepper, Blue Cypress, Cardamom, Carrot Seed, Cinnamon, Citronella, Clove,	Basil, Bergamot, Black Pepper, Clary Sage, Cypress, Douglas Fir, Frankincense, Galbanum, Geranium, Ginger, Grapefruit,

		Lemongrass, Mandarin, Melissa, Myrrh, Myrtle, Neroli, Orange, Palmarosa, Palo Santo, Patchouli, Roman Chamomile, Rose Otto, Sandalwood, Spikenard, Valerian, Vetiver, Ylang-Ylang	Ginger, Grapefruit, Helichrysum, Juniper, Mandarin, Nutmeg, Palmarosa, Patchouli, Peppermint, Peru Balsam, Petitgrain, Rosemary, Spearmint, Tangerine, Tea Tree, Thyme, Vetiver, Wintergreen, Yarrow	Helichrysum, Hyssop, Jasmine, Juniper, Lemon, Lemongrass, Lime, Mandarin, Marigold, Melissa, Myrrh, Myrtle, Neroli, Nutmeg, Orange, Palmarosa, Patchouli, Petitgrain, Roman Chamomile, Rose Otto, Sage, Sandalwood, Spearmint, Spikenard, Spruce, Tangerine, Thyme, Vetiver, Yarrow, Ylang-Ylang
<b>Vulnerary/Heal Wounds</b>	<b>Anesthetic</b>	<b>Anti-bacterial</b>	<b>Antioxidant</b>	<b>Anti-viral</b>
Bergamot, Chamomile, Clary Sage, Eucalyptus, Frankincense, Geranium, Hyssop, Juniper, Lavender, Myrrh, Roman Chamomile, Rosemary, Vetiver, Yarrow	Allspice, Catnip, Chamomile, German Chamomile, Ginger, Spearmint	Allspice, Angelica Root, Basil, Bergamot, Cinnamon, Citronella, Clary Sage, Clove, Cypress, Eucalyptus, Geranium, Helichrysum, Holy Basil, Hyssop, Lavender, Lemon, Lemongrass, Lime, Melissa, Myrtle, Neroli, Palmarosa, Patchouli, Peppermint, Rosemary, Rose Otto, Sage, Scots Pine, Spearmint,	Allspice, Chamomile, Cinnamon, Clove, Frankincense, German Chamomile, Helichrysum, Holy Basil, Lemongrass, Marigold, Nutmeg, Rosemary, Sage, Vetiver	Allspice, Blue Cypress, Cinnamon, Clove, Echinacea, Holy Basil, Hyssop, Lemongrass, Lime, Melissa, Myrrh, Palmarosa, Palo Santo, Patchouli, Peppermint, Rose Otto, Sandalwood, Scots Pine, Tea Tree

		Spikenard, Tea Tree, Valarian, Vetiver, Yarrow		
<b>Depurative (Purifies, Detoxifies)</b>	<b>Diaphoretic (Induces Perspiration)</b>	<b>Euphoric</b>	<b>Emmenagogue (Stimulates or Increase Menstrual flow)</b>	<b>Nervine (Calms Nerves)</b>
Angelica Root, Carrot Seed, Grapefruit, Vetiver	Angelica Root, Catnip, Citronella, Echinacea, Marigold, Melissa, Rosemary, Spruce, Tea Tree, Yarrow	Clary Sage	Angelica Root, Basil, Carrot Seed, Cypress, Galbanum, Jasmine, Marigold, Myrrh, Roman Chamomile, Rosemary, Vetiver, Yarrow	Angelica Root, Basil, Cardamom, Douglas Fir, Rosemary, Spruce
<b>Laxative</b>	<b>Vermifuge (Expels Parasitic Worms)</b>	<b>Anti-Catarrhal (Removes Excess Mucous)</b>	<b>Warming</b>	<b>Insecticide</b>
Bergamot, Black Pepper, Cardamom, Ginger, Lemon, Mandarin, Nutmeg, Patchouli, Sage, Spikenard, Tangerine	Bergamot, Carrot Seed, Geranium, Hyssop, Lavender, Melissa, Roman Chamomile, Rosemary, Scots Pine, Vetiver	Black Pepper, Eucalyptus	Black Pepper, Cinnamon, Ginger	Blue Cypress, Catnip, Citronella, Clove, Cypress, Eucalyptus, Geranium, Lemongrass, Sage, Scots Pine, Tea Tree
<b>Cephalic (Cerebral Conditions)</b>	<b>Hepatic (Liver Conditions)</b>	<b>Anti-Rheumatic</b>	<b>Anti-Infectious</b>	<b>Anti-Coagulant</b>
Basil, Cardamom, Spearmint	Carrot Seed, Helichrysum, Roman Chamomile, Rosemary, Rose Otto, Spearmint	Catnip, Eucalyptus, Lemon, Rosemary, Wintergreen	Chamomile, Cinnamon, Eucalyptus, Palo Santo, Spikenard	Cinnamon, Clove, Wintergreen
<b>Anti-microbial</b>	<b>Anti-Parasitic</b>	<b>Anti-Aging</b>	<b>Antitussive (coughs)</b>	<b>Vasodilator</b>

Cinnamon, Clove, Echinacea, Galbanum, Juniper, Lemon, Lemongrass, Myrrh, Patchouli, Roman Chamomile, Rose Otto, Sage, Scots Pine, Spruce, Tangerine, Tea Tree, Vetiver	Cinnamon, Lemongrass, Peppermint	Clove, Eucalyptus	Douglas Fir	Douglas Fir, Lavender, Wintergreen, Ylang-Ylang
<b>Antibiotic</b>	<b>Hypotensive (Lower Blood Pressure)</b>	<b>Antidiabetic</b>	<b>Regenerative</b>	<b>Styptic (Stops Bleeding)</b>
Echinacea, Roman Chamomile, Spikenard	Galbanum, Valerine	Geranium	Geranium, Lime, Rosemary	Geranium, Lime
<b>Vasoconstrictor (Narrows Blood Vessels)</b>	<b>Antitumoral</b>	<b>Cleansing</b>	<b>Fat Dissolving</b>	<b>Metabolic</b>
Geranium	German Chamomile, Grapefruit, Lavender, Orange, Peppermint, Sandalwood	Grapefruit	Grapefruit	Grapefruit
<b>Adaptogen (smooths life's ups &amp; downs)</b>	<b>Hypertensive</b>	<b>Anti-Convulsant</b>	<b>Aperitif (Promotes Appetite)</b>	<b>Hypnotic</b>
Holy Basil	Hyssop, Rosemary	Lavender	Lime	Mandarin, Tangerine
<b>Lymphatic</b>	<b>Antihistamine</b>	<b>Cicatrizant (Promotes Healing by Scar Tissue)</b>	<b>Antiemetic (Eases Nausea)</b>	<b>Stomachic</b>
Mandarin	Melissa, Oakmoss	Myrrh	Patchouli	Patchouli, Roman Chamomile, Rosemary, Rose

				Otto, Sage, Valerian
<b>Anticarcinogenic</b>	<b>Arthritis</b>	<b>Rubefacient (Dilation of Capillaries under skin)</b>	<b>Antidiabetic</b>	
Peppermint	Rosemary, Yarrow	Rosemary, Vetiver	Ylang-Ylang	

Oil	Can Be Used For	Remarks	Goes Well With
Ajowan	sedative , whooping cough, toothaches, oral pain, bronchitis, asthma, sore, achy muscles, gas, digestive issues, arthritis, diarrhea, circulatory stimulant, anti-infectious, antibacterial, antiviral, anti-fungal, anti-parasitic, antiseptic, anti-nausea	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation	
Allspice	Cramps, Depression, Gas, Indigestion, Nausea, Stress, Tension, Nerve Pain, analgesic, anesthetic, antibacterial, anti-fungal, antioxidant, antiseptic, anti-viral, aphrodisiac, carminative, stimulant, eases stiffness, arthritis, rheumatism, , coughs, bronchitis, elevates mood	Can irritate skin and mucous membranes	Geranium, Ginger, Lavender, Orange, Patchouli, Ylang Ylang, Bay, Bergamot, Black Pepper, Carrot, Clove, Neroli
Ambrette Seed (Musk Mallow, Musk Seed)	Boosts Moods, Aphrodisiac, Calms		
Amyris (Candlewood, TorchWood)	Skin Conditions, Boost Immune System, Relaxes, Calms		Cedar Wood, Sandalwood, Myrrh, Frankincense, Sweet Orange, Tangerine, Lavender, Jasmine, Rose



Angelica	Stress, Calms, Soothes, Inspire Close and Intimate Connections, Supports Immune System, Minor Skin Irritations, Respiratory Issues, Support Nervous System,	Do Not Use if Pregnant or Breastfeeding, Could cause sensitivity to sunlight	Lemon, Grapefruit, Patchouli, Vetiver, Black Pepper, Cardamom, Juniper, Cedarwood, Lavender, Tea Tree, Clary Sage
Aniseed	Arthritis, Bronchitis, Colic, Cramps, Gas, Hangover, Indigestion, Migraine, Headaches, Muscle Pain, Stress, Tension, Vertigo, Whooping Cough.	Not recommended if you have cancer or estrogen-dependent cancer, Not recommended if you are pregnant or Breastfeeding. 40 - 60 min absorption. Aromatherapy Only. Should not be used on the skin.	Caraway, Cardamom, Cedarwood, Coriander, Dill, Fennel, Petitgrain, Rosewood, Tangerine
Arnica	Osteoarthritis, Sore Throat, Pain Killer, Bruising, Swelling, Antibiotic, Healthy Shiny Hair, Anti-Inflammatory, Anti-Bacterial, Hair & Scalp conditions,	Do Not Use when Pregnant or Breastfeeding	
Asafetida (Asafoetida, Devil's Dung)	Gas, Digestive Issues, Cough, Asthma, Bronchitis, Anxiety, Nervousness, Depression, Mood Swings, Insect Repellent, Anti-Microbial, Anti-Inflammatory, Tense Sore Muscles, Eliminate Parasitic Worms, Epilepsy, laxative, antibiotic	Do Not Use if Pregnant or Breastfeeding, <b>Can be used on bait to catch more fish. Just saying. :)</b>	Garlic, Onion, Basil, Bay, Caraway, Cardamom
Atlas Cedar	Respiratory, Dandruff, Pest Repellent, Skin Irritations, Anti-Bacterial, Antiseptic, Anti-Inflammatory, Deodorant	Not recommended while pregnant or Breastfeeding	Rosewood, Bergamot, Chamomile, Eucalyptus, Clary Sage, Cypress, Cassia, Jasmine, Juniper, Neroli, Labdanum, Frankincense, Ros

			emary, Vetiver, Ylang-Ylang, Lavender, Petitgrain, Palmarosa
Basil	Drug Addiction, Minor Back Pain, Acne, Allergies, Arthritis, Asthma, Bronchitis, Constipation, Gout, Insect Bites, Menstrual Issues, Migraine, Headaches, Nausea, Vomiting, Nervous Disorders.	Not recommended while pregnant or Breastfeeding, have cancer, Can have Stupefying effect, may irritate skin, May act as a sedative	Bergamot, Black Pepper, Caraway, Cedarwood, Clove, Fennel, Geranium, Ginger, Grapefruit, Lavender, Lemon, Lemongrass, Marjoram, Melissa, Neroli, Rose Geranium, Spearmint, Verbena
Bay Laurel	Arthritis, Circulatory Disease, Colds, Flus, Diarrhea, Hair Loss or Thinning Hair, Nerve Pain, Muscle Pain, Skin Infections	Not recommended if you have cancer, May irritate skin, Do not use when pregnant or Breastfeeding.	Cedarwood, Coriander, Eucalyptus, Geranium, Ginger, Lavender, Lemon, Orange, Rose, Rosemary, Thyme, Ylang Ylang
Benzoin	Acne, Arthritis, Bronchitis, Circulatory Issues, Colds, Coughs, Depression, Eczema, Muscle Pain, Psoriasis, Rashes, Scars, Stress, Tension, Wounds	May cause drowsiness, may act as a sedative.	Bergamot, Cedarwood, Cinnamon, Clove, Coriander, Eucalyptus, Frankincense, Lavender, Lemon, Myrrh, Neroli, Orange, Peppermint, Petitgrain, Rose, Sandalwood, Vetiver.
Bergamot	Acne, Oily Skin, Anxiety, Anorexia, Cystitis, Depression, Infections, Eczema, Psoriasis, Stress,	May cause skin sensitivity to the sun. May cause skin irritation.	Basil, Benzoin, Cajeput, Carrot Seed, Cedarwood,

	Tension, UTI, Wounds, Deodorant	40-60 min Absorption Time,	Chamomile, Citronella, Clary Sage, Coriander, Cypress, Dill, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum, Jasmine, Juniper, Lavandin, Lavender, Marjoram, Neroli, Nutmeg, Orange, Palma Rosa, Patchouli, Petitgrain, Rose Geranium, Rosemary, Rosewood, Sage, Sandalwood, Tangerine, Thyme, Vetiver, Ylang-Ylang
Bitter Almond	Spasms, Pain, Cough, Itch	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation	Amyris, Jasmine, Patchouli, Sandalwood, Ylang-Ylang, Vanilla
Bitter Orange	Weight Loss, Coughs, Colds, Indigestion, Heartburn, Fungal Infections, Liver Disorder, Acne, fungicidal	Could cause sensitivity to sunlight, Avoid if you have High Blood Pressure	Lavender, Bergamot, Clary Sage, Lemon, Myrrh, Cinnamon, Nutmeg, Black Pepper, Ginger, Vetiver, Neroli
Black Pepper	Anorexia, Arthritis, Circulatory Issues, Colds, Flus, Constipation, Exhaustion, Fever, Indigestion, Muscle Pain	Can irritate skin, Avoid if Pregnant or Breastfeeding	Basil, Bergamot, Cassia, Clary Sage, Clove, Coriander, Fennel, Frankincense, Geranium, Ginger, Grapefruit,

			Lavender, Lemon, Lime, Nutmeg, Orange, Sage, Sandalwood, Tangerine, Ylang- Ylang
Blue Cypress	Mild Pain, skin rashes, eczema, flu, colds, insect repellent, abdominal cramps, digestion, soothes mental irritation, promotes clear thinking		
Blue Tansy	Calm irritated skin, reduce heat, clear congested pores, acne, reduce redness. Antioxidant, anti- inflammatory, relaxation, regulating hormones, anxiety, antihistamine.	Do NOT Confuse with TANSY - TANSY is NOT SAFE,  Blue Tansy IS safe	
Boldo	Digestion, Water Retention, narcotic, stimulant, Reduces Inflammation, Prevents Sepsis, Relaxes Nerves, kills Intestinal worms. Stimulates Blood Circulation, Anti Inflammatory, Anti- rheumatic, Antiseptic, Insecticidal	Use With Caution- Could be Deadly if Swallowed Even in small amounts, Could be a carcinogen, Could Cause Immediate Skin Irritation, Do Not Use In a Home Remedy. Dr Prescription Only	
Borneol	Alleviate Pain and Inflammation, digestive Issues, Improve Circulation, Stress, Anxiety, Calms.	Can Irritate nose and throat, headaches, nausea, vomiting	Bergamot, Lavender, Lemon, Melissa, Rosemary, Sweet Marjoram, Pine
Boronia	Clears the mind, Lifts the spirit, meditation, grounding, insomnia, Strengthens Uterus, Bladder and Kidneys		Lavender, Peppermint, Lemongrass
Buchu	Bladder Infections, Kidney Issues, UTI, Promote Urine Flow, STDs	May increase menstrual flow, may cause liver damage, Do Not use if pregnant or	Cedarwood, Lemon, Citrus, Lavender, Frankincense, Patchouli, Rose

		breastfeeding, might slow blood clotting, may increase bleeding. Not recommended to use in aromatherapy	
Cabreuva	Rejuvenates Cells, Dry Skin, Burns, Wounds, Acne, Reduce Scars, Antiseptic		Blends well with many types.
Canadian Balsam (Balsam Fir)	Respiratory Issues, Stress		Citrus Oils, Cedarwood, Frankincense, Lavender, Rosemary
Cade	Psoriasis, Eczema, Parasite Skin Issues, Hair Loss, Scalp Conditions, Diarrhea, Peptic Ulcer Disease, diabetes, High Blood Pressure, Bronchitis, Pneumonia, Itching		Cedarwood, Clove, Labdanum, Rosemary, Thyme
Cajeput	Acne, Arthritis, Asthma, Bronchitis, Colds, Colic, Digestive Issues, Fever, Infections, Laryngitis, Muscle Pain, Psoriasis, Sinusitis, UTI, Vomiting.	May Irritate Skin in High Concentration, Could irritate mucous membranes.	Angelica, Bergamot, Clove, Geranium, Lavender, Thyme
Calamus	Insomnia, Headaches, Boost Metabolism, Nervous Spasms, Improves Blood Circulation, Boost Memory, Treat Neuralgia, Anti-rheumatic, Anti-spasmodic, Antibiotic		Amyris, Cinnamon, Atlas Cedarwood
Calendula	Bruises, Skin Care, acne, ulcers, varicose veins, allergies, dermatitis, skin rashes, eczema, Muscle spasm pain-swelling-redness, eye inflammation, fungal infections, athletes foot, candidiasis, ear infections, ringworm, hemorrhoids, Anti-Inflammatory, anti-		Cinnamon, Floral Scented Oils, Jasmine, Lavender, Lemon, Lime, Rose, Neroli, Oakmoss

	fungal		
Camphor	Insect Repellent, Kills Parasites, Relieve Pain, Relieve Itching, Chest Congestion, Inflammation	Could be a carcinogen, not recommended if you have epilepsy	Rosemary, Lavender, Cajeput, Basil, Eucalyptus,
Cananga	Asthma, Gout, Malaria, Rheumatism, Stomach Ailments, Stress, Anxiety, Soothes Nervousness, Aphrodisiac, Antiseptic		Bergamot, Cassia, Mimosa, Rose, Rosewood, Jasmine, Vetiver, Opopanax
Caraway	Acne, Asthma, Bronchitis, Bruises, Colic, Coughs, Gas, Itching, Lactation Issues, Menstrual Issues, Mental Fatigue, Nervousness. Scalp Issues, Stomach Issues, UTI	In High Concentration could cause skin irritation.	Aniseed, Basil, Cassia, Coriander, Dill, Frankincense, Ginger, Lavender, Orange
Cardamom	Ease Digestion, Breathing Issues, Stomach Discomfort, mental clarity, Inspires Sensuality		Bay, Bergamot, Black Pepper, Caraway, Cedarwood, Cinnamon, Cloves, Coriander, Fennel, Ginger, Grapefruit, Jasmine, Lemon, Lemongrass, Mandarin, Neroli, Orange, Palmarosa, Patchouli, Petitgrain, Sandalwood, Vetiver, Ylang-Ylang.
Carnation	Reduce Menstrual Pain, Toothaches, Calm Nervous System, Skin Rashes, Wrinkles, Eczema, Motion Sickness, Stress, Muscle Spasms, Heart Health, Hair Loss, Gas, Anti-Inflammatory	May cause drowsiness	Clary Sage, Coriander, Grapefruit, Jasmine, Lavender, Patchouli, Rose, Ylang-Ylang
Carrot Seed	Acne, moisturizer, Arthritis, Bronchitis, Edema, Flu, Gout,	Avoid during pregnancy or	Bergamot, Bitter Orange,

	Liver Issues	Breastfeeding.	Cedarwood, Geranium, Grapefruit, Lavender, Lemon, Lime, Orange, Rose Geranium, Tangerine
Cascarilla Bark	Used in Perfumes		Nutmeg, Pepper Family, Sage, Oakmoss, Vetiver
Cassia	Arthritis, Colds, Flu, Colic, Diarrhea, Digestive Issues, Fever, Gas, Nausea, Reduce Secretion of Milk, Improves Blood Circulation, Rheumatism, Arthritis , Strengthens Gums, Helps with Hair Loss, Lessens Wrinkles, Lessens Bleeding, Anti-Diarrhea, Anti-depressant, Anti-Emetic, anti-microbial, anti-rheumatic, Antiviral	Do Not Use in a Massage Oil Blend - it will irritate the skin and mucous membranes. Avoid if Pregnant or Breastfeeding.	Balsam, Black Pepper, Caraway, Coriander, Frankincense, Geranium, Ginger, Nutmeg, Rosemary
Catnip	Arthritis, rheumatism, minor pain, repels insects		Grapefruit, Lavender, Lemon, Marjoram, Orange, Peppermint, Rosemary, Spearmint
Cedarwood, Atlas	See Atlas Cedarwood	See Atlas Cedarwood	See Atlas Cedarwood
Cedarwood, Texas	Anxiety, Arthritis, congestion, Itching, Stress, Tension, UTI, Acne, Anti-Inflammatory, Anti-microbial	Could irritate the skin if used in high concentration, Avoid if Pregnant or Breastfeeding.	Aniseed, Basil, Bay, Benzoin, Bergamot, Carrot seed, Cinnamon, Cypress, Frankincense, Geranium, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Marjoram, Neroli, Pine,

			Rose, Rose Geranium, Rosemary
Cedarwood, Virginian	Sleep, Allergies, Aide in Breathing, Restlessness		Clary Sage, Cypress, Frankincense, Cedarwood, Bergamot, Cinnamon, Lemon, Patchouli, Sandalwood, Thyme, Vetiver
Cedarwood	Stress, Tension, Deodorant, Insect Repellent, Antiseptic, Astringent, Energy, Stimulant		Clary Sage, Cypress, Frankincense, Cedarwood, Bergamot, Cinnamon, Lemon, Patchouli, Sandalwood, Thyme, Vetiver
Celery Seed	Suppress Kidney Stones, Remove Toxins, Increase Urine Elimination, Remove Excess Salt-Fats-Uric Acid-Bile-Urea, Diuretic		Black Pepper, Coriander, Ginger, Lavender, Lovage, Oakmoss, Opopanax, Pine Tea Tree
Chamomile German	Arthritis, Allergies, Anxiety, Eczema, Gall Bladder Issues, Inflammation, Liver Issues, menopause issues, Menstrual issues, Pain, Psoriasis, Kidney Stones, Anti-Inflammatory	Can Stimulate menstrual Flow, Avoid if Pregnant or Breastfeeding.	Bergamot, Clary Sage, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Rose, Tea Tree, Ylang-Ylang
Chamomile Maroc	Most usually used in perfumes.	<b>Not a TRUE Chamomile</b>	Cypress, Lavender, Vetiver, Cedarwood, Oakmoss, Labdanum



Chamomile Roman	Abdominal Pain, Asthma, Gall bladder Issues, Hay Fever, Itching, Premenstrual Issues, Psoriasis, Rashes, Wounds, Anti-Inflammatory	Can stimulate menstrual flow, Avoid if Pregnant or Breastfeeding.	Bergamot, Clary Sage, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Melissa, Rose, Tea Tree, Ylang Ylang.
Chamomile	Anxiety, Depression, Irritability, Stress, Acne. Anxiety, Bee Stings, Anti-Inflammatory, Anti-Depressant, Disinfectant, Soothes, Diuretic	May cause drowsiness, Avoid if Pregnant or Breastfeeding.	Bergamot, Geranium, Jasmine, Lavender, Lemon, Lime, Ylang-Ylang
Cinnamon	Arthritis, Colds, Flu, Digestive Issues, Menstrual Issues, Respiratory Infections	Not recommended if you have cancer. Avoid if Pregnant or Breastfeeding. , may irritate skin	Benzoin, Cardamom, Cedarwood, Clove, Coriander, Frankincense, Ginger, Grapefruit, Lavender, Orange, Rosemary, Tangerine, Tea Tree, Thyme,
Citronella	Insect Repellent, Kills Parasites, Colds and Flu, Energy, Stimulant, Soothes, Antiseptic Air Freshener	Not recommended if you have estrogen-dependent cancer, may irritate skin  60-80 min absorption time	Bergamot, Geranium, Lavandin, Lavender, Lemon, Pine, Rose Geranium, Rosemary
Clary Sage	Moodiness, Anxiety, Restlessness, Stress, Tension, Acne, Minor Back Pain, Depression, Digestive Disorders, Insomnia, Kidney Issues, Labor Issues, Menopausal	Avoid if Pregnant or Breastfeeding. , have endometriosis, have breast, ovarian, or uterine cysts,	Bergamot, Bitter Orange, Chamomile, Clove, Cypress, Frankincense, Geranium, Grapefruit,

	<p>symptoms, Menstrual Issues, Muscle Pain, Tension, Anti-spasmodic, Calms, Relaxes, Soothes, Tonic, Warms</p>	<p>have estrogen dependent conditions (cancers), do not use with alcohol beverages - it could make the effects stronger, may cause headaches if too much is inhaled</p>	<p>Helichrysum, Hyssop, Jasmine, Juniper, Lavandin, Lavender, Lemon, Lime, Nutmeg, Orange, Patchouli, Pine, Rose Geranium, Sandalwood, Spikenard, Tagetes, Tangerine, Tea Tree</p>
<p>Clove</p>	<p>Insect Repellent, Kills Parasites, Arthritis, Acne, Asthma, Bruises, Burns, Cuts, Digestive Disorders, Pain, Antiseptic</p>	<p>Not recommended if you have cancer, may irritate the skin and mucous membranes so use only a small amount, Avoid if Pregnant or Breastfeeding.</p>	<p>Basil, Benzoin, Black Pepper, Cajeput, Cinnamon, Clary Sage, Ginger, Lavender, Myrrh, Orange, Rose, Sandalwood. Tangerine, Tea Tree,</p>
<p>Copaiba Balsam</p>	<p>Mostly used in Fragrance.</p>		<p>Cedarwood, Citrus Oils, Clary Sage, Jasmine, Rose, Vanilla, Ylang-Ylang</p>
<p>Coriander</p>	<p>Arthritis, Colds, Flu, Cramps, Gas, Mental Fatigue, Migraine, Headaches, Muscle Spasms, Stress, Tension</p>	<p>May act as a sedative.  100 - 120 min. absorption time</p>	<p>Aniseed, Bay, Benzoin, Bergamot, Black Pepper, Caraway, Cassia, Cinnamon, Ginger, Grapefruit, Lemon, Lemongrass, Neroli, Niaouli, Orange,</p>

Costus	Immune System, Digestion, Aging Skin, Eczema, Psoriasis, Dandruff, Skin Inflammation, Scrapes, Cuts, Scratches, Ingrown Toenails, Bug Bites, Eliminates Bacteria & Infections in Wounds, Clears Toxins.	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation, Use in Small Amounts	Patchouli, Ylang-Ylang
Cubebs	Swelling, Body Discomfort, Relieve Aging Joints, Digestive Issues, Alleviate Congestion, Aid in Breathing		Allspice, Cardamom, Clove, Cedarwood, Geranium, Lavender, Rosemary, Ylang-Ylang
Cumin	Improves Digestion, kills bacteria, Relieves Gas Symptoms, Promotes Sweating & Urination which eliminates toxins, Heals Wounds, Cramps, convulsions, coughs, minor pain, Regulates Menstruation, Depression, Bactericidal, Detoxifier, Diuretic, Anti-spasmodic	Could cause sensitivity to sunlight	Angelica, Cilantro, Coriander, Chamomile
Cypress	Acne, Oily Skin, Asthma, Minor Back Pain, Cellulite, Agitation, Bleeding, Coughs, Bronchitis, Emphysema, Sweating, Flu, Fluid Retention, Hemorrhoids, Varicose Veins, Whooping Cough, Deodorant	Avoid if Pregnant or Breastfeeding. , may cause skin irritation.	Bergamot, Bitter Orange, Clary Sage, Frankincense, Grapefruit, Juniper, Lavender, Lemon, Lime, Marjoram, Nutmeg, Orange, Pine, Rosemary, Sandalwood, Tangerine
Deertongue		May thin blood, may harm liver. UNSAFE FOR USE. Not even permitted in foods in the US	

Dill	Digestive Issues, Headaches, Lactation Issues, Stress, Tension, Wounds	Could cause sensitivity to sunlight, Avoid if Pregnant or Breastfeeding.	Aniseed, Bergamot, Bitter Orange, Caraway, Grapefruit, Lemon, Lime, Nutmeg, Orange, Tangerine.
Douglas Fir	Anxiety, Arthritis, Cleaning Home, Purifying Skin		Bergamot, Cedarwood, Cypress, Eucalyptus, Frankincense, Sandalwood, Juniper, Pink Grapefruit, Lavender, Lemon, Sweet Marjoram, Sweet Orange
Echinacea	Relieves Tension, headaches, immune system, relaxes the mind, cold, flu, insect bites, minor burns, rashes, eczema, acne, improves digestion, gas	Avoid if taking immune-suppressing medication	Ginger, Tea Tree, Niaouli, Thyme, Yarrow
Elecampane	Move phlegm, Improve Respiratory Issues, Eliminate Intestinal Bacteria., Stomach Issues, Soothes and Tones the Liver, Prevents the growth of tumors, Antispasmodic	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation, Not recommended on skin, diffuse instead.	Bergamot, Cananga, Cinnamon, Cedarwood, Cypress, Labdanum, Lavender, Mimosa, Patchouli, Sandalwood, Frankincense, Violet,
Eucalyptus	Frustration, Anger, Stress, Tension, Depression, Drug Addiction, Insect Repellent, Kills Parasites, Arthritis, Asthma, Chicken Pox, Circulatory Issues,	Not recommended if you have estrogen-dependent cancer, high	Bay, Benzoin, Lavender, Lemon, Lemongrass, Marjoram, Peppermint,

	Fever, Inflammation, Malaria, Migraines, Headaches, Muscle Aches, Muscle Pain, Respiratory Issues, Rheumatoid Arthritis, Antiseptic, Antiviral, Kills Bacteria, Decongestant, Expectorant, Stimulant	blood pressure or epilepsy. Excessive use may cause headaches.  20-40 min absorption time	Pine, Spearmint, Thyme
Evening Primrose	Can be used as a Carrier Oil  Relaxing and Gentle Carrier Oil		
Exotic Basil	Muscular Spasm and contraction, Rheumatism. Digestive Issues, Nausea, Gas, Menstrual Cramps, Headaches, Migraines, Tension, Stress, Exhaustion	Potential Carcinogen, May inhibit Blood Clotting	Bergamot, Camphor, Clary Sage, Cypress, Eucalyptus, Fennel, Fir, Geranium, Grapefruit, Helichrysm Lavender, Lemon, Lemongrass, Lime, Marjoram, Neroli, Peppermint, Pine, Rosemary
Fennel	Cellulite, Anorexia, Digestive Issues, Dysplasia, Hiccups, Liver Issues, Obesity, Skin Issues, Spleen Issues.	Not recommended if you have cancer or estrogen-dependent cancer. not recommended if you have epilepsy , or endometriosis. In large doses can have a narcotic effect	Aniseed, Basil, Black Pepper, Geranium, Lavender, Lemon, Myrrh, Niaouli, Rose, Sandalwood
Frankincense	Aging Skin, Sleep, Grief, Stress, Vulnerability, ADD/ADHD, Alzheimer's, Heartburn, Asthma, Skin Boils, Chapped Lips, Labor Issues, Anxiety, Heavy		Benzoin, Bergmot, Black Pepper, Caraway, Cassia, Cedarwood,

	Menstrual Flow, UTI, Wounds, Calms, Grounds, Tones		Cinnamon, Clary Sage, Cypress, Ginger, Grapefruit, Lavender, Lemon, Melissa, Orange, Pine, Sandalwood, Tangerine.
Galangal	Fatigue, Aids Circulation, Joint and Muscle Stiffness, Digestion, Congestion, Skin Issues, Cholera, Dyspepsia, Gas, Motion Sickness, Vomiting, Travel Sickness. Abdominal Discomfort, Rheumatoid Arthritis, Arthritis, Bronchitis, Cold, Flu, Gall Bladder Infections, tinea versicolor, Skin Fungal Infections. Helps Sleep.		Cardamom, Black Pepper, Carnation, Cedarwood, Cascarilla, Chamomile, Clove, Cinnamon, Coriander, Cypress, Cubeb, Elemi, Frankincense, Fennel Seed, Geranium, Ginger, Labdanum, Juniper, Laurel, Lovage, lavandin, Marjoram, Mace, Mimosa, Opoponax, Myrtle, Palmarosa, Patchouli, Rose, Pine, Rosewood, Sandalwood, Tumeric
Galbanum	Used in incense, cologne, perfume, Arthritis, Skin Infections, Fights Tumors, Abscesses, Acne, Blister,		Benzoin, Douglas Fir, Geranium, Ginger, Lavender,

	Boils, Cuts, Wounds, Inflammation		Oakmoss, Scots Pine, Spruce
Gardenia	Skin Health, wounds, prevent infections, Promotes Cell Reproduction, sedative, Antioxidant, Alleviate Mood, Help Treat Interstitial Cystitis, Aphrodisiac, Arthritis, ulcerative colitis, intestinal inflammation, Sepsis, anxiety, Jaundice, Blood Clotting, Bladder Infections, Headaches, Stress, Anti-bacterial, anti-viral, anti-fungal, Anti-inflammatory, Anti-Seizure		Cinnamon, Citrus, Clove, Jasmine, Neroli, Rose, Tuberose, Ylang-Ylang
Garlic	Insect Repellent, Kills Parasites, skin infections, Athlete's Foot, Jock Itch, Warts, Fungal Infections, Anti-Bacterial, anti-inflammatory	Could cause bad breath or body odor.	Rosemary, Peppermint, Cumin
Geranium	Insect Repellent, Kills Parasites, Anxiety, Asthma, Skin Boils, Breast Engorgement, Circulatory Issues, Head Lice, Nerve Pain, Premenstrual Issues, Ringworm, Skin Issues, Sore Throat, Tonsillitis, Stress, Ulcers.	May cause drowsiness, Avoid if Pregnant or Breastfeeding.	Allspice, Angelica, Basil, Bay, Bergamot, Black Pepper, Cajeput, Carrot Seed, Cassia, Cedarwood, Chamomile, Citronella, Clary Sage, Fennel, Grapefruit, Hyssop, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Lime, Melissa, Neroli, Nutmeg, Orange, Palma Rosa, Patchouli, Petitgrain, Rose, Rosemary, Sandalwood, Tea

			Tree
Ginger	Catarrh, Chills, Fever, Colds, Digestive Issues, Motion Sickness, Nausea, Sinusitis, Skin Sores, Sore Throat	Avoid if Pregnant or Breastfeeding. Could cause sensitivity to sunlight	Allspice, Basil, Bay, Bergamot, Bitter Orange, Black Pepper, Caraway, Cassia, Cinnamon, Clove, Frankincense, Grapefruit, Lemon, Lime, Neroli, Orange, Rose, Tangerine, Ylang-Ylang
Grapefruit	Freshen Air, Cellulite, Depression, Lethargy, Congestion, Acne, Oily Skin, Addiction Withdrawal, Colds, Flu, Hair Loss, Immune Supprssion, Muscle Fatigue, Obesity, Stress, Urine Retention, Energy, Freshens, Tonic	Could cause sun sensitivity,	Basil, Bergamot, Black Pepper, Carrot Seed, Chamomile, Cinnamon, Clary Sage, Coriander, Cypress, Dill, Frankincense, Geranium, Ginger, Jasmine, Juniper, Lavender, Neroli, Palma Rosa, Rose Geranium, Rosewood, Thyme, Vetiver, Ylang-Ylang
Guaiacwood	Tightens the skin, Leaves a Lustrous Glow on the Face, Relieves Joint and Muscle Pain, Arthritis, Gout, Rheumatism, Breathing Issues, Skin Disorders,	High doses may cause diarrhea and stomach	Bergamot, Chamomile, Vanilla, Jasmine, Rose Neroli, Sandalwood, Elemi,



	Syphilis, Anti-inflammatory		Cinnamon, Ylang-Ylang
Helichrysum	Alcoholism, Anemia, Varicose Veins, Skin Boils, Bruises, Chafing, Arthritis, Circulatory Issues, Digestive Issues, Respiratory Issues, Scars, Skin Issues.		Bergamot, Clary Sage, Lavender, Rosewood, Tangerine
Hemlock Spruce	Muscular Aches and Pains, Poor Circulation, Rheumatism, Asthma, Bronchitis, Coughs, Respiratory Weakness, Colds, Flu, Infections, Anxiety, Stress, Pain and Swelling of the mouth		Benzoin, Lavandin, Pine, Oakmoss, Cedarwood, Lavender, Amyris, Rosemary, Clary Sage, Galbanum
Holy Basil	Supports respiratory and digestive health, stimulates the mind, relieves stress, anxiety		Bergamot, Citronella, Citrus, Clary Sage, Geranium, Hyssop, Jasmine, Oakmoss, Rose Otto
Hops	Pain Relief, Sedative, Leg Ulcers, Anti-Inflammatory	May cause drowsiness	Citrus Oils, Copaiba Balsam, Nutmeg, Pine, Spice Oils
Horseradish	Weight Loss, Bone Health, Respiratory Infections, Diuretic, Lowers Blood Pressure, Boosts Immunity, Anti-Bacterial	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation	Lavender, Clary Sage, Bergamot, Frankincense, Fir Needle, Hickory Nut

Hyacinth	Acne, Anxiety, Depression, Sooth Muscle Pain, Sedative, Ease Grief & Sadness, Anti-Depressant, Antiseptic, Hypnotic	May cause drowsiness	Bergamot, Cypress, Grapefruit, Neroli, Orange, Petitgrain, Sandalwood, Ylang-Ylang
Hyssop	Black Toenail, Anxiety, Colds, Flu, Colic, Fatigue, Gas, Fluid Retention, Genital Conditions, Indigestion, Menstrual Issues, Respiratory Issues	Avoid if Pregnant or Breastfeeding. Not recommended if you have high blood pressure or heart rhythm problems. not recommended if you have epilepsy	Angelica, Clary Sage, Geranium, Melissa, Orange, Rosemary, Tangerine
Jaborandi		UNSAFE- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation	
Jasmine	Anxiety, Apathy, Depression, Nervousness, Tension, Shyness, Acne, Oily Skin. Erectile Dysfunction, Labor, Respiratory, Scars, Stretch Marks, Aphrodisiac, Anti-Depressant, Energy, Soothes, Invigorating	Avoid if Pregnant or Breastfeeding. may act as a sedative	Bergamot, Bitter Orange, Cedarwood, Chamomile, Clary Sage, Geranium, Grapefruit, Lavandin, Lemon, Lemongrass, Lime, Neroli, Orange, Rose, Rose Geranium, Sandalwood. Spearmint, Tagetes, Tangerine, Vetiver

Juniper	Confusion, Exhaustion, Emotions, Distress, Acne, Oily Skin, Cellulite, Arthritis, Digestive Issues, Fluid Retention, Gout, Menstrual Issues, Stress, Tension, Urinary Issues, Prostate Issues, Antimicrobial, Antiseptic, Astringent, Energy, Deodorant, Diuretic	Can stimulate the muscles of the uterus, Avoid if Pregnant or Breastfeeding. very good diuretic - can overstimulate the kidneys so do not use if you have inflamed or infected kidneys. Do not use if you have kidney disease.	Bergmot, Cedarwood, Clary Sage, Cypress, Geranium, Grapefruit. Lavandin, Lavender, Lemongrass. Lime, Vetiver
Labdanum	Bronchitis, Lung Infections, Diarrhea, Water Retention, Hernia, Tumors, Leprosy, Menstrual Problems, Chest Congestion, Prevents Viral Infections, Empties Bowels, Immune System, Wounds, Stress		Bergamot, Citrus Oils, Cedarwood, Cinnamon, Clary Sage, Cypress, Frankincense, Jasmine, Juniper, Lavandin, Lavender, Styrax, Oakmoss, Opopanax, Patchouli, Pine, Rose, Vanilla, Vetiver
Lavandin	Colds, Flu, Coughs, Muscle Pain and Stiffness.		Bergamot, Cinnamon, Citronella, Clary Sage, Jasmine, Juniper, Patchouli, Rine, Rosemary, Thyme
Lavender	Anxiety, Minor Burns, Sunburn, Earache, Fear, Insomnia, Hysteria, Depression, Panic, Restlessness, ADD/ADHD, Addiction Withdrawal, Alcoholism, Drug Addiction, Allergies, Asthma, Athlete's Foot,	May cause drowsiness  60 - 80 min absorption time	Allspice, Basil, Bay, Benzoin, Bergamot, Bitter Orange, Black Pepper, Cajeput, Caraway, Carrot Seed, Cedarwood,

	<p>Minor Back Pain, Agitation, Bee Stings, Chapped Lips, Analgesic, Antidepressant, Antimicrobial, Antiseptic, Kills Bacteria, Balances, Calms, Soothes, Anti-Inflammatory, Fungicidal, Deodorant</p>		<p>Chamomile, Cinnamon, Citronella, Clary Sage, Clove, Cypress, Eucalyptus, Fenne, Frankincense, Geranium, Grapefruit, Helichrysum, Juniper, Lemon, Lemongrass, Lemon Verbena, Lime, Melissa, Myrrh, Nerolli, Niaouli, Nutmeg, Orange, Patchouli, Peppermint, Petitgrain, Pine, Rose Geranium, Rosemary, Sage, Sandalwood, Spearmint, Spikenard, Tagetes, Tangerine, Tea Tree, Thyme, Vetiver, Ylang-Ylang.</p>
Lemon	<p>Refreshing, Nervous Conditions, Colds, Fevers, Hypertension, Acne, Oily Skin, Allergies, Anemia, Arthritis, Deodorant, Cellulite, Circulatory Issues, Constipation, Fever, Herpes, Insect Bites, Migraines, Headaches, Throat Infections, Anti-Infectious, Antiseptic, Anti-</p>	<p>May cause skin sensitivity to the sun. May irritate sensitive skin</p> <p>40 - 60 min absorption time</p>	<p>Basil, Bay, Benzoin, Black Pepper, Carrot Seed, Cedarwood, Chamomile, Citronella, Clary Sage, Coriander, Cypress, Dill, Eucalyptus,</p>

	Inflammatory, Anti-Viral, Kills Bacteria, Invigorating, Disinfectant		Fennel, Frankincense, Geranium, Ginger, Jasmine, Lavender, Neroli, Peppermint, Rose, Rosewood, Sage, Sandalwood, Spikenard, Tagetes, Tea Tree, Thyme
Lemongrass	Acne, Oily Skin. Anemia, Digestive Issues, Exhaustion, Fever, Headaches, Infectious Diseases, Jet Lag, Muscle Pain, Respiratory Infections, Stress, Deodorant, Insect Repellent	Not recommended if you have estrogen- dependent cancer, Avoid if Pregnant or Breastfeeding.	Basil, Cedarwood, Coriander, Eucalyptus, Geranium, Jasmine, Juniper, Lavender, Rosemary, Tea Tree
Lemon Verbena	Depression, Digestive Issues, Hangover, Heart Palpitations, Liver Issues, Sexual Dysfunction, Stress	Could cause sensitivity to sunlight	Lemon. Neroli, Palma Rosa
Levant Styra	Bronchitis, Colds, Coughs, Diarrhea, Eczema, Epilepsy, Parasitic Infections, Scabies, Skin Infections, Sore Throats, Skin Ulcers, Wounds		Frankincense, Myrrh, Sandalwood, Cedarwood, Vetiver, Patchouli, Citrus Oils, Geranium, Rose, Petitgrain, Neroli
Lime	Acne, Arthritis, Cellulite, Circulatory Issues, Cuts, Scrapes, Fever, Herpes, Insect Bites	Could cause sensitivity to sunlight	Black Pepper, Carrot Seed, Clary Sage, Cypress, Dill, Geranium, Ginger, Jasmine,

			Juniper, Lavender, Neroli, Niaouli, Palma Rosa, Rose Geranium, Rosewood, Ylang-Ylang
Linaloe	Improve Complexion, Rejuvenating, Tissue Regeneration, Aging Skin, Stretch Marks, Irritated Skin, Aphrodisiac, rashes, Calming Warm Ambiance, Anti-Inflammatory		Bergamot, Lavender, Tea Tree, Vanilla, Sandalwood, Copaiba Balsam, Orange, Chamomile, Patchouli, Yuzu, Ginger
Linden	Induces Sweating for fevers, throat irritation, cough, sedative, high blood pressure, itchy skin, nervous palpitation		Basil, Benzoin, Bergamot, Citrus Oils, Black Pepper, Cassie, Champaca, Cinnamon, Clary Sage, Coriander, Geranium, Grapefruit, Helichrysum, Jasmine, Lavender, Lemon, Mandarin, Melissa, Mimosa, Neroli
Litsea Cubeba	Stimulating and Balancing, Fresh Energy, Clear the Mind, Improve Focus, alleviate Stress, Gout, Fungal Infections, Insect Repellent, Memory Loss, Anti-Aging, Deodorant, Sedative, High Blood Pressure, Digestion, Acne, Reduces Inflammation, Gas, Respiratory Infections	Avoid if history or glaucoma, Avoid if pregnant or breastfeeding	Basil, Bay, Black Pepper, Cardamom, Cedarwood, Clary Sage, Cypress, Frankincense, Geranium, Grapefruit, Orange, Palmarosa, Patchouli, Sandalwood, Tea Tree, Thyme, Vetiver, Ylang-Ylang

Lovage	Digestive Aid, Gas, Stomach Discomfort, Strengthens Heart, Respiratory Aid, Diuretic, Kidney Stones, Blood Purifier		Lavender, Black Pepper Oakmoss, Opopanax
Mace	Digestive, laxative, Stimulate Heart and Circulation, Activate the Mind, Revive Fainting, Anti-rheumatic, Antiseptic	May cause drowsiness, might cause hallucinations.	Cedarwood, Sandalwood, Cypress, Rosewood Oils
Mandarin	Same as Tangerine	Same as Tangerine	Same as Tangerine
Marigold	Coughs, Cramps, Snake Bites, Anti-Oxidant		Bergamot, Juniper, Clary Sage, Lavender, Pine, Geranium, Sandalwood, Jasmine, Frankincense, Citrus Oils
Marjoram	ADD/ADHD, Drug Addiction, Asthma, Minor Back Pain, Bruises, Anxiety, Arthritis, Sex Drive, Hyperactivity, Insomnia, Menstrual Issues, Muscle Pain, Respiratory Issues, Stress	Avoid if Pregnant or Breastfeeding. May cause drowsiness	Basil, Bergamot, Cedarwood, Cypress, Eucalyptus, Peppermint, Tea Tree
Mastic	Expectorant, Diuretic. Pain Reliever, Arthritis, bronchitis, Anti-Inflammatory, Antibiotic, Anti-fungal, Anti-microbial, Antiseptic, Astringent, Balsamic		Allspice, Ambrette, Angelica, Benzoin, Bergamot, Citrus Oils, Black Pepper, Carnation, Carrot Seed, Cassie, Cedarwood, Chamomile, Cinnamon, Clary Sage, Clove, Coriander, Cypress, Fir, Frankincense,

			Galbanum, Geranium, Juniper, Labdanum, Lavandin, Lavender, Lemon, Lime, Mimosa, Nutmeg, Oakmoss, Orange, Patchouli, Petitgrain, Rose, Rosemary, Sandalwood, Vanilla, Vetiver, Ylang-Ylang
Melissa (Lemon Balm, Bee Balm)	Anxiety, Cold Sores, Depression, Digestive Disorders, Fever, High Blood Pressure, Migraines, Headaches	Use only in small concentration, Do not use while pregnant.	Basil, Chamomile, Frankincense, Geranium, Hyssop, Lavender, Rose, Ylang-Ylang
Mimosa	Anxiety, Relaxing, Oily Skin, Sensitive Skin, Skincare, Perfume		Bergamot, Chamomile, Citronella, Lemon, Pine
Mugwort	Menstrual Relief, Calming Effect on Brain and Nervous System, Digestive Health, Detoxification, Stimulant	Avoid if Pregnant or Breastfeeding. May cause uterus to contract inducing miscarriage.	Cedarwood, Clary Sage, Galbanum, Juniper, Lavandin, Oakmoss, Patchouli, Pine, Rosemary, Sage
Mustard	Block Microbial Growth, Skin Health, Hair Health, Relieve pain, Heart Health, Reduces Inflammation, Cold Symptoms	Can clog pores if left on the skin	



Myrrh	Chapped Lips, Digestive Issues, Hemorrhoids, Labor Issues, Menstrual Issues, Pulmonary Congestion, Sinusitis, Skin Issues, Fungicidal	Avoid if Pregnant or Breastfeeding.	Benzoin, Clove, Frankincense, Lavender, Patchouli, Sandalwood, Tagetes, Tea Tree
Myrtle		NOT SAFE, Can Cause Asthma Type Attacks, Nausea, Low Blood Pressure, Diarrhea	
Neroli	Anxiety, Depression, Digestive Issues, Headaches, Heart Palpitation, Insomnia, Scars, Stress, Stretch Marks, Vertigo	May act as a sedative	Basil, Benzoin, Bergamot, Bitter Orange, Cedarwood, Coriander, Geranium, Ginger, Grapefruit, Jasmine, Lavender, Lemon, Lemon Verbena, Lime, Orange, Rose Geranium, Rosemary, Sandalwood, Spikenard, Tangerine, Ylang-Ylang
Niaouli	Colds, Flu, Digestive Tract Infections, Neuralgia, Respiratory infections, UTI		Coriander, Fennel, Lavender, Lime, Peppermint, Pine
Nutmeg	Anorexia, Circulatory Issues, Constipation, Digestive Issues, Fainting, Gallstones. Muscle Pain, Reproductive Issues	Not recommended if you have cancer, May cause drowsiness	Black Pepper, Bergamot, Cassia, Clary Sage, Cypress, Geranium, Lavender, Orange, Rosemary, Tangerine, Tea Tree

Oakmoss	Stomach Disorders, Intestinal Disorders,		Most Oils
Onion	Acne, Eczema, Psoriasis, Kill bacteria, Prevent skin conditions from worsening, Antimicrobial, anti-inflammatory, antiseptic		
Opopanax	Breath, Chest, Head, Immune support, Muscles, joints, skincare, stress relief, relaxation, unshakable peace rooted in self-acceptance, Deeply Grounding, Mellow and Balance Emotions, Oily Skin		Frankincense, Grapefruit, Cinnamon, Sandalwood
Orange	Anxiety, Depression, Insomnia, Nervous Conditions, Stress, Acne, Oily Skin, ADD/ADHD, Addiction Withdrawal, Alcoholism, Digestive Issues. Fluid Retention, Immunosuppression, Tension, Cleanses, Anti-Depressant, Astringent, Calms, Mild Sedative, Tonic	May cause skin sensitivity to the sun	Allspice, Bay, Benzoin, Bergamot, Black Pepper, Caraway, Carrot Seed, Cinnamon, Clary Sage, Clove, Coriander, Cypress, Dill, Frankincense, Geranium, Ginger, Hyssop, Jasmine, Lavender, Neroli, Nutmeg, Rose Geranium, Rosewood, Sandalwood, Vetiver
Oregano	Acne, Immune System, Respiratory System, Digestion, Lower Cholesterol, yeast infections, Improve Gut		Peppermint, Lavender, Rosemary, Bergamot, Cypress, Cedarwood, Tea

	Health, Relieve Pain		Tree
Orris	Diarrhea, Cough, Lung Congestion, Pain, Halitosis, Fights Bacteria, Freshen Scalp		Vetiver, Frankincense, Rose, Jasmine, Ylang-Ylang, Lavender, Citrus, Oils, fir, Melissa, Carnation, Orange Blossom, Neroli, Marjoram, Sandalwood, Bergamot, Musk Mallow, Cedar, Geranium
Palmarosa	Acne, Aging Skin, Anorexia, Athlete's Foot, Digestive Issues, Exhaustion, Fever, Muscle Stiffness, Stress	Avoid if Pregnant or Breastfeeding.	Bergamot, Geranium, Grapefruit, Lemon Verbena, Lime, Petitgrain, Rose, Rosemary, Ylang-Ylang
Parsley Seed	Purifying, Diuretic, Uterine Health, Bruises, Cystitis, Arthritis, amenorrhea, Cellulitis, Indigestion, Pain, rheumatism, Toxin Build Up.	Avoid if Pregnant or Breastfeeding.	Rose, Orange, Tea Tree, Ylang-Ylang, Clary Sage
Palo Santo	Immune System, arthritis, rheumatism, muscle pain, inflammation, repels insects, kills ticks, release negative emotions, increases focus, alleviates confusion		Bergamot, Black Pepper, Camphor, Cinnamin, Cypress, Geranium, Grapefruit, Lavender, lemon, mandrin, neroli, orange,

			<p>palmarosa,          patchouli, rose otto,          sandalwood,          scots pine,          vetiver,          wintergreen,          ylang-ylang</p>
Patchouli	<p>Grounding, Anxiety,          Depression, Stress, Acne,          Oily Skin, Athlete's Foot,          Dandruff, ADD/ADHD,          Acne, Aging Skin, Sex Drive,          Fluid Retention, Infections,          Insect Bite, Wounds, Anti-Depressant,          Anti-Inflammatory, Antiseptic,          Aphrodisiac, Calms, Soothes,          Insecticidal, Fungicidal</p>	<p>May cause loss of appetite.</p>	<p>Allspice,          Bergamot, Clary Sage,          Geranium, Lavandin,          Lavender, Myrrh,          Spikenard</p>
Pennyroyal	<p>Muscle Spasms, Causes Sweating,          Increase Urine, Kill Germs,          Keeps Insects Away, Skin Conditions</p>	<p>Avoid if Pregnant or Breastfeeding.          Can Cause Liver and kidney damage.          Could cause Nervous system damage</p>	<p>Citronella,          Rosemary, Sage</p>
Peppermint	<p>Centering, Focus, Grounding,          Mental Acuity, Motion Sickness,          Awakening, Bronchitis, Colds,          Fatigue, Headache, Migraine,          Menstrual Cramps, Pain Relief,          Acne, Oily Skin, Allergies, Face Toner,          Anxiety, Asthma, Bee Stings,          Deodorant, Depression, Digestive Issues,          Menstrual Issues, Muscle Pain,          Nausea, Neuralgia, Respiratory Issues,          Skin Irritation, Stress, Sunburn,          Vertigo, Decongestant, Energy,</p>	<p>Avoid if Pregnant or Breastfeeding.          May irritate sensitive skin.          Not recommended if you have high blood pressure or heart rhythm problems.          Avoid Contact with Eyes, may irritate mucous membranes</p> <p>100 - 120 min absorption</p>	<p>Benzoin,          Eucalyptus, Lavender,          Lemon, Marjoram,          Niaouli, Rosemary</p>

	Stimulates, Anti-Inflammation, Anti-Viral, Anti-Spasmodic, Disinfectant		
Peru Balsam	Wounds, Burns, Bedsores, Frostbite, Leg Ulcers, Bruises, Hemorrhoids, Itchy skin, diaper rash, Bleeding		Black Pepper, Ginger, Jasmine, Lavender, Patchouli, Petitgrain, Rose, Sandalwood, Ylang-Ylang
Petitgrain	Acne, Oily Skin, Anger, Exhaustion, Insomnia, Oily Skin, Stress	May cause drowsiness	Aniseed, Benzoin, Bergamot, Lavender, Geranium, Palma Rosa, Rosewood, Sandalwood
Pine	Arthritis, Cuts & Scrapes, Perspiration, Fatigue, Gout, Insect Bites, Muscle Aches, Respiratory Issues, UTI	60 - 80 min absorption time, May cause skin irritation.	Cedarwood, Citronella, Clary Sage, Cypress, Eucalyptus, Frankincense, Lavandin, Lavender, Niaouli, Rosemary, Sage, Thyme
Rose	Anxiety, Anger, Asthma, Cardiac Issues, Conjunctivitis, Coughs, Depression, Hopelessness, Grief, Insecurity, Insomnia, Hay Fever, High Blood Pressure, Liver Issues, Menstrual Issues, Nausea, Menopause, Tension, Women's Reproductive Issues, Stress, moisturizer, Varicose Veins, Antidepressant, Aphrodisiac, Antiseptic,	Avoid if Pregnant or Breastfeeding.  Can Stimulate Menstrual Flow	Bay, Benzoin, Clove, Cedarwood, Chamomile, Fennel, Geranium, Ginger, Jasmine, Lemon, Melissa, Palma Rosa, Sandalwood

	Calms, Centers		
Rose, Geranium	Anxiety, Burns, Depression, Head Lice, Hormonal Imbalance, Oily Skin, Urine Retention, Wounds	Avoid if Pregnant or Breastfeeding.	Basil, Bergamot, Carrot Seed, Cedarwood, Citronella, Clary Sage, Grapefruit, Jasmine, Lavender, Lime, Neroli, Orange, Rosemary

Rosemary	Focus, Bronchitis, Colds, Fevers, Respiratory Issues, Skin Puffiness, Swelling, Varicose Veins, Concentration, Mental Acuity, Depression, Fatigue, Indecision, Procrastination, Hangover, Headache, Migraine, Tension, Muscle Stress, Arthritis, Face Toner, Menstrual Cramps, Pain Relief, Gout, Alcoholism, Minor Back Pain, Bruises, Cellulite, Circulatory Issues, Intestinal Issues, Muscle Pain, Analgesic, Antiseptic, Anti-Inflammation, Anti-Rheumatic, Anti-Spasmodic, Energy, Stimulates, Disinfectant	Avoid if Pregnant or Breastfeeding. Do Not Use if you have high blood pressure, epilepsy or heart rhythm problems	Bay, Bergamot, Cassia, Cedarwood, Cinnamon, Citronella, Cypress, Geranium, Hyssop, Lavandin, Lavender, Lemongrass, Neroli, Nutmeg, Palma Rosa, Peppermint, Pine, Rose Geranium, Sage, Spearmint, Thyme
Rosewood	Aging Skin, Colds, Coughs, Sex Drive, Fever, Headaches, Immunosuppression.	Avoid if Pregnant or Breastfeeding.	Aniseed, Bergamot, Bitter Orange, Grapefruit,

			Helichrysum, Lemon, Lime, Orange, Petitgrain, Tangerine, Tea Tree
Sage	Minor Back Pain, Cellulite, Depression, Dermatitis, Digestive issues, Grief, Menopausal Symptoms, Menstrual Issues, Skin Ulcers, Stiff Neck, Women's Reproductive Issues, Wounds, Antiseptic	Not recommended if you have high blood pressure or heart rhythm problems. not recommended if you have epilepsy , Avoid if Pregnant or Breastfeeding.	Bergamot, Black Pepper, Lavender, Lemon, Pine, Rosemary
Sandalwood	Apprehension, Depression, Shyness, Timidness, Calms, Sedates, Soothes Asthma, Antiseptic, Antibacterial Aphrodisiac, Astringent, Anti-Spasmotic, Bronchitis, Insomnia, Meditation, Nervous Conditions, Stress, Acne, Aging Skin, Oily Skin, ADD/ADHD, Anxiety, itching and Inflammation, Tension, UTI	May cause drowsiness	Benzoin, Bergamot, Black Pepper, Clary Sage, Clove, Cypress, Fennel, Frankincense, Geranium, Ginger, Jasmine, Lavender, Lemon, Myrrh, Neroli, Orange, Petitgrain, Rose, Vetiver, Ylang- Ylang
Santolina	Insect Repellent, Moth Repellent in Clothes, Pot Potpourri, Cough, Bronchitis, Perfumes, Asthma	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation	Citrus Oils, Chamomile, Yarrow, Juniper, Fir, Rosemary, Lavender, Clary Sage
Sassafras	Skin Conditions, Achy Joints, Rheumatism, Swollen Eyes, sprains, Insect Bites, Stings, Kill Germs, Head Lice,	Could be a carcinogen, Do Avoid if Pregnant or	

		Breastfeeding. Consuming just 5ml can kill an adult	
Savine		Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation, Avoid if Pregnant or Breastfeeding.	
Schinus Molle	Astringent, Antibacterial, Diuretic, Digestive Stimulant, Antiviral, Wounds, laxative, fractures, antiseptic, Toothaches, rheumatism, colds, hypertension, depression, irregular heart beat, menstrual disorders, respiratory infections, UTI		Bergamot, Clary Sage, Palmarosa, Frankincense, Orange, Lavender, Myrrh, Ylang-Ylang, Vetiver, Sandalwood, Juniper, Coriander, Geranium, Fennel
Snakeroot	Anxiety, High Blood Pressure, Insomnia, Constipation, Fever, Insect Bites, Liver Disease, Malaria, Schizophrenia, Poor Circulation, Anti fungal		
Spanish Broom	Constipation, Fluid Retention, Induces Vomiting, Improve heart functions,		Vetiver
Spanish Sage	Nerve tonic, Headaches, Fatigue, Nervous Exhaustion, Stress, Circulation, Arthritis, Menstrual Pain.		Citronella, Clary Sage, Juniper, Lemon.
Spearmint	Digestive Issues, Fatigue, Itching, Migraine, Headaches, Respiratory Issues, Skin Issues, Stress, Urine Retention.		Basil, Eucalyptus, Jasmine, Lavender, Rosemary



Spike Lavender	Insect Repellent, Kills Parasites	not recommended if you have epilepsy	
Spikenard	Aging Skin, Insomnia, Migraine, Stress, Tension	May cause drowsiness	Clary Sage, Lavender, Lemon, Neroli, Patchouli, Vetiver
Star Anise	Bronchitis, Colds, flu, digestion, muscular aches and pains, antibacterial, antibiotic	Not recommended if you have cancer or estrogen-dependent cancer, could cause seizures, hallucinations, and nausea.	Lavender, Cypress, Rose, Pine, Clove, Peppermint, Cinnamon
Summer Savory	Cough, Stomach pain, gas, diarrhea, loss of appetite		Geranium, Orange, Peppermint
Sweet Birch	Anti-Inflammatory, anti-fungal, anti-bacterial, skin infections, detoxification, diuretic, stimulant for digestive, nervous and excretory systems. Support Hormone related illnesses. Stimulates circulatory system, edema, swelling, arthritis, rheumatism. Circulatory diseases. Skin toner, reduce wrinkles and sagging, tighten skin, strengthens hair, strengthens gums, promotes sweating, joint and muscle pain, toothaches, headaches, cramping.		Eucalyptus, Peppermint, Rosemary, sandalwood, jasmine
Sweet Orange	Refresh the mind and spirit, depression, stress	Could make sensitivity to sunlight.	Patchouli, peppermint, clove, citrus oils, cedarwood atlas, virginian, cardamon, cinnamon, clary sage, coriander, frankincense, geranium, ginger,

			jasmine, lavender, nutmeg, rosemary, sandalwood
Sweet Marjoram	Asthma, Bronchitis, Colds, Depression, Headache, Migraine, Hypertension, Insomnia, PMS, Pain Relief, Menstrual Cramps, Muscle Stress, Nervous Conditions, Stress, Antibacterial, Anti-Rheumatic, Anti-Spasmodic, Calming, Disinfectant, Fungicidal	Avoid if Pregnant or Breastfeeding.	
Tagetes	Fungal Infections, Parasitic Infections, Wounds	Use Sparingly, Could cause sensitivity to sunlight	Clary Sage, Jasmine, Lavender, Lemon, Myrrh, Tangerine.
Tangerine	Aging Skin, Digestive Issues	May cause sensitivity to sunlight.	Aniseed, Bergamot, Black Pepper, Carrot Seed, Cinnamon, Clary Sage, Clove, Cypress, Dill, Frankincense, Ginger, Helichrysum, Hyssop, Jasmine, Lavender, Neroli, Nutmeg, Rosewood, Tagetes
Tansy		not recommended if you have epilepsy. Avoid if Pregnant or Breastfeeding. Can cause restlessness, vomiting, severe diarrhea, stomach pain, dizziness, tremors, kidney	

		or liver damage, bleeding, seizures	
Tarragon	Tension, Relaxation, muscle tension, queasiness, breath easy	Slow Blood Clotting, Increase risk of bleeding,	Anise, Basil, ginger, cardamom
Tea Tree	Athlete's Foot, Acne, Oily Skin, Infections, Psoriasis, Dandruff, Sinusitis, Bronchitis, Respiratory Issues, Disinfectant, Energy, Stimulates, Sunburn, Fevers, Anti-Fungal, Anti-Infectious, Antimicrobial, Antiseptic, Antibacterial, Anti-Inflammation Decongestant, Anti-Viral Wounds, Burns, Allergies, Arthritis, Deodorant, Calluses, Chafing	not recommended if you have epilepsy, avoid contact with eyes, avoid contact with mucous membranes	Chamomile, Cinnamon, Clary Sage, Clove, Geranium, Lavender, Lemon, Lemongrass, Marjoram, Myrrh, Nutmeg, Rosemary, Rosewood, Thyme
Thuja	Respiratory tract infections, bronchitis, skin infections, cold sores, osteoarthritis, nerve disorders	not recommended if you have epilepsy. Avoid if Pregnant or Breastfeeding.	Armoise, cedarwood, lemon, lavender, pine
Thyme	Acne, Animal Bites, Arthritis, Gout, Respiratory Issues, Sciatica, Antiseptic, Deodorant	Not recommended if you have high blood pressure or heart rhythm problems, Avoid if Pregnant or Breastfeeding.  20 - 40 min absorption time	Bay, Bergamot, Cajeput, Cinnamon, Eucalyptus, Grapefruit, Lavandin, Lavender, Lemon, Pine, Rosemary, Tea Tree.
Tolu Balsam	Cough, bronchitis, bedsores, minor skin cuts, cracked skin.	Avoid Use, Don't use if you have a fever. Don't use if you have swelling. Don't	Clove, cinnamon, vanilla, patchouli, petitgrain, rose, lavender, ylang-ylang

		use if you have kidney disease	
Tonka	Bath soaks, perfumes, mists. Antiseptic, Ear aches, expectorant, Anti-coagulant, aphrodisiac, insecticide	Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation	Vanilla, Clary Sage, Geranium, Jasmine
Tuberose	Aphrodisiac, home disinfectant, insect repellent, Increase skin health, insomnia, stress		Agarwood, Ambrette, Amyris, Bergamot, Citrus Oils, Boronia, Carnation, Carrot, Cassie, Clary Sage, Clove, Coriander, Ginger, Helichrysum, Jasmine, Lime, Mandarin, Mimosa, Opopanax, Orange, Patchouli, Rose, Sandalwood, Tumeric, Verbena, Vetiver, Ylang-Ylang
Turmeric	Promote clear skin, radiant skin, immune system support, healthy circulation, fight hair loss, anti-allergic, anti-bacterial, anti-microbial, anti-fungal, anti-parasitic		Cinnamon, Ginger, Cardamom, Orange, grapefruit, Ylang-Ylang
Turpentine	Joint pain, muscle pain, nerve pain, toothaches, reduce chest congestion	When taken orally - Headache, sleeplessness, coughing,	Bergamot, cedarwood, clary sage, cypress, eucalyptus, frankincense,

		bleeding in the lungs, vomiting, kidney damage, coma and death When applied to the skin possibly safe	grapefruit, juniper, lavender, lemon, marjoram, peppermint, rosemary, sandalwood, tea tree, thyme
Valerian	Stress, sleep aid, sleep disorders, anxiety	May cause drowsiness	Cedarwood, lavender, patchouli, petitgrain, pine, rosemary, tangerine
Vanilla	Relaxation, promotes sleep, respiratory health, defends against disease, aphrodisiac, relieves PMS symptoms, boosts skin and hair		Orange, lemon, neroli, chamomile, lavender, sandalwood
Verbena	Antioxidant, stress, increases white blood cell activity, depression, anxiety, insomnia, enhance concentration	Not recommended if you have estrogen-dependent cancer	Basil, bergamot, citrus oils, black pepper, boronia, cardamom, cedarwood, chamomile, cypress, elemi, frankincense, geranium, grapefruit, jasmine, juniper, lavender, lemon, lime, marjoram, neroli, orange, palmarosa, peppermint, petitgrain, rosemary, spearmint, tonka bean, vanilla, vetiver, ylang-ylang.
Vetiver	ADD/ADHD, Anger, Arthritis, Exhaustion, Insomnia, Muscle Aches,	May cause drowsiness	Benzoin, Bergamot, Grapefruit,

	Stress		Jasmine, Juniper, Lavender, Orange, Sandalwood, Spikenard, Ylang-Ylang.
Violet	Cough, headaches, insomnia, migraines, anti-inflammatory, diuretic, expectorant, asthma, bronchitis, infections of the mouth and throat.		Tuberose, clary sage, lavender, benzoin, cumin, basil, citrus oils, sandalwood, geranium, spice family oils
West Indian Bay	Digestion, constipation, hair growth, muscular pain, aches, boost circulation, nerve pain. Antibacterial, cleanse pores, astringent, relax body muscles and nerves. Stress, anxiety, depression		Bergamot, black pepper, cardamom, cinnamon, clove, coriander, eucalyptus, frankincense, geranium, ginger, grapefruit, lavender, lemon, mandarin, nutmeg, orange, petitgrain, rosemary, sandalwood, ylang-ylang
Wintergreen	Arthritis, Bee Stings, digestion, sore muscles, achy joints		Marjoram, peppermint, spearmint, thyme, oregano, Ylang-Ylang
Winter Savory	Cramps, indigestion, diarrhea, nausea, gas, cough, sore throat, reduces sex drive	Avoid if taking lithium.	Citrus oils, lavender, oak moss, pine, rosemary
White Birch	Anti-inflammatory, anti-bacterial, anti-fungal, skin infections, detoxification, diuretic, stimulates digestive, nervous, and excretory systems. Assist in		Benzoin, sandalwood, rosemary, jasmine

	hormone related illnesses.		
Wormwood	Digestive disorders, increase sexual desire, stimulates imagination, osteoarthritis, healing wounds, insect bites, reduce pain.	not recommended if you have epilepsy. Avoid if Pregnant or Breastfeeding.	Lavender, jasmine, orange
Yarrow	Stop bleeding from hemorrhoids and wounds, use in a sitz bath for painful lower pelvic cramps, bloating, gas, Anti-Inflammatory		Lavender, bergamot, grapefruit, chamomile, peppermint, eucalyptus, clary sage, cedarwood
Ylang Ylang	Depression, Hypertension, Insomnia, Nervous Conditions, Calming Stress, Acne, Oily Skin, ADD/ADHD, Anxiety, Sex Drive, Dry Skin, High Blood Pressure, Scalp Issues, Tension	May cause drowsiness, May cause Headache.	Allspice, Bay, Bergamot, Black Pepper, Chamomile, Grapefruit, Ginger, Lavender, Lime, Melissa, Neroli, Palma Rosa, Sandalwood, Vetiver
Yuzu	Improve blood flow, reduces tension, anger, fatigue, anxiety	Could cause sensitivity to sunlight	Clary Sage, lavender, jasmine, orange, ylang-ylang, rose, palmarosa, patchouli, frankincense, basil, grapefruit,