



Welcome to Essential Oils! This is your GO TO GUIDE for “What’s that Oil Used For???”

You can find TONS of uses for them with this handy chart.

Please take the time to read about any Essential Oil you would like to try or use. They ARE WONDERFUL when Used Correctly. 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.

You can use this guide to see what oils will Blend Well together also. Such a great resource this is!

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

Ways to Use Oils

- Direct Inhalation – You can inhale the scents right from the bottles.
- Diffusion – Diffuse your oils in water to fill the room with the oils’ Essence. Some oils can even clean the air.
- Topical Application – Apply topically either alone or with a Carrier Oil. Not all oils should be used as a NEAT (alone) Most oils are best mixed with a natural oil and spread on the skin.
- **Ingestion - NOT RECOMMENDED! Consult Trained Professional Before Ingesting - Even a few drops can be fatal. (There are many oils that are safe to ingest and of course it depends on your health also.) I personally will never recommend it to my readers because I am not a medical provider nor advisor.**
- **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
<p>Allspice, Basil, Bergamot, Black Pepper, Chamomile, Citronella, Clove, Eucalyptus, Frankincense, Galbanum, Geranium, German Chamomile, Ginger, Jasmine, Juniper, Lavender, Lemongrass, Nutmeg, Peppermint, Roman Chamomile, Rosemary, Rose Otto, Scots Pine, Spearmint, Tea Tree, Vetiver, Wintergreen</p>	<p>Basil, Bergamot, Cinnamon, Clary Sage, Geranium, Grapefruit, Holy Basil, Jasmine, Lavender, Lemon, Orange, Patchouli, Rosemary, Sandalwood, Ylang-Ylang</p>	<p>Allspice, Angelica Root, Basil, Black Pepper, Chamomile, Cinnamon, Citronella, Clary Sage, 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</p>	<p>Basil, Black Pepper, Blue Cypress, Catnip, Chamomile, Cinnamon, Clove, Cypress, Echinacea, Eucalyptus, 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</p>	<p>Bergamot, Chamomile, Eucalyptus, Frankincense, Geranium, Helichrysum, Lavender, Lemon, Patchouli, Rosemary, Tea Tree, Thyme</p>

Antiseptic	Antispasmodic	Aphrodisiac	Astringent	Calming
<p>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, 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</p>	<p>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, Nutmeg, Orange, Peppermint, Petitgrain, Roman Chamomile, Rosemary, Sage, Spearmint, Tangerine, Thyme, Valerian, Vetiver, Wintergreen, Yarrow, Ylang-Ylang</p>	<p>Allspice, Cinnamon, Clary Sage, Jasmine, Neroli, Nutmeg, Patchouli, Rosemary, Rose Otto, Sandalwood, Ylang-Ylang</p>	<p>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</p>	<p>Basil, Clary Sage, Geranium, German Chamomile, Juniper, Lavender, Lemon, Sandalwood</p>

Carminative	Clear/Stimulate Mind	Decongestant	Deodorant	Digestive
<p>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, Nutmeg, Orange, Patchouli, Peppermint, Petitgrain, Roman Chamomile, Rosemary, Tangerine, Thyme, Valerian, Yarrow</p>	<p>Basil, Peppermint, Rosemary</p>	<p>Chamomile, Clary Sage, Eucalyptus, Geranium, German Chamomile, Juniper, Lavender, Lemon, Orange, Patchouli, Peppermint, Rosemary, Scots Pine, Spearmint</p>	<p>Bergamot, Citronella, Clary Sage, Cypress, Eucalyptus, Geranium, Lavender, Lemongrass, Patchouli, Petitgrain, Rose Otto, Scots Pine, Spikenard</p>	<p>Angelica Root, Basil, Bergamot, Cardamom, Chamomile, Clary Sage, Douglas Fir, Frankincense, Galbanum, Geranium, German Chamomile, Ginger, Helichrysum, Hyssop, Juniper, Lemon, Lemongrass, Mandarin, Melissa, Orange, Palmarosa, Peppermint, Roman Chamomile, Rosemary, Sage, Spearmint, Tangerine, Yarrow</p>

Disinfectant	Diuretic	Expectorant	Febrifuge/Reduce Fever	Hormonal
<p>Bergamot, Douglas Fir, Eucalyptus, Geranium, Grapefruit, Helichrysum, Lavender, Lemon, Lime, Patchouli, Rosemary, Rose Otto, Scots Pine, Tree, Thyme, Wintergreen</p>	<p>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</p>	<p>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</p>	<p>Angelica Root, Basil, Bergamot, Black Pepper, Citronella, Cypress, Eucalyptus, Ginger, Helichrysum, Hyssop, Lemon, Lemongrass, Lime, Melissa, Palmarosa, Patchouli, Peppermint, Roman Chamomile, Sage, Spearmint, Yarrow</p>	<p>Basil, Chamomile, Clary Sage, Geranium, German Chamomile, Helichrysum, Peppermint, Rosemary, Ylang-Ylang</p>

Immune Boost	Relieve Red/Itching Skin	Sedative	Stimulant	Tonic
Cypress, Echinacea, Frankincense, Holy 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, Lemongrass, Mandarin, Melissa, Myrrh, Myrtle, Neroli, Orange, Palmarosa, Palo Santo, Patchouli, Roman Chamomile, Rose Otto, Sandalwood, Spikenard, Valerian, Vetiver, Ylang-Ylang	Allspice, Angelica Root, Basil, Bergamot, Black Pepper, Blue Cypress, Cardamom, Carrot Seed, Cinnamon, Citronella, Clove, Ginger, Grapefruit, Helichrysum, Juniper, Mandarin, Nutmeg, Palmarosa, Patchouli, Peppermint, Peru Balsam, Petitgrain, Rosemary, Spearmint, Tangerine, Tea Tree, Thyme, Vetiver, Wintergreen, Yarrow	Basil, Bergamot, Black Pepper, Clary Sage, Cypress, Douglas Fir, Frankincense, Galbanum, Geranium, Ginger, Grapefruit, Helichrysum, Hyssop, Jasmine, Juniper, Lemon, Lemongrass, Lime, Mandarin, Marigold, Melissa, Myrrh, Myrtle, Neroli, Nutmeg, Orange, Palmarosa, Patchouli, Petitgrain, Roman Chamomile, Rosemary, Rose Otto, Sage, Sandalwood, Spearmint, Spikenard, Spruce, Tangerine, Thyme, Vetiver, Yarrow, Ylang-Ylang

Vulnerary/Heal Wounds	Anesthetic	Anti-bacterial	Antioxidant	Anti-viral
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, Spikenard, Tea Tree, Valarian, Vetiver, Yarrow	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
Depurative (Purifies, Detoxifies)	Diaphoretic (Induces Perspiration)	Euphoric	Emmenagogue (Stimulates or Increase Menstrual flow)	Nervine (Calms Nerves)
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

Laxative	Vermifuge (Expels Parasitic Worms)	Anti-Catarrhal (Removes Excess Mucous)	Warming	Insecticide
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
Cephalic (Cerebral Conditions)	Hepatic (Liver Conditions)	Anti-Rheumatic	Anti-Infectious	Anti-Coagulant
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
Anti-microbial	Anti-Parasitic	Anti-Aging	Antitussive (coughs)	Vasodilator
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
Antibiotic	Hypotensive (Lower Blood Pressure)	Antidiabetic	Regenerative	Styptic (Stops Bleeding)
Echinacea, Roman Chamomile, Spikenard	Galbanum, Valerine	Geranium	Geranium, Lime, Rosemary	Geranium, Lime

Vasoconstrictor (Narrows Blood Vessels)	Antitumoral	Cleansing	Fat Dissolving	Metabolic
Geranium	German Chamomile, Grapefruit, Lavender, Orange, Peppermint, Sandalwood	Grapefruit	Grapefruit	Grapefruit
Adaptogen (smoothes life's ups & downs)	Hypertensive	Anti-Convulsant	Aperitif (Promotes Appetite)	Hypnotic
Holy Basil	Hyssop, Rosemary	Lavender	Lime	Mandarin, Tangerine
Lymphatic	Antihistamine	Cicatrizant(Promot es Healing by Scar Tissue)	Antiemetic(Eases Nausea)	Stomachic
Mandarin	Melissa, Oakmoss	Myrrh	Patchouli	Patchouli, Roman Chamomile, Rosemary, Rose Otto, Sage, Valerian
Anticarcinogenic	Arthritis	Rubefacient (Dilation of Capillaries under skin)	Antidiabetic	
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, antiviral, 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, Can be used on bait to catch more fish. Just saying. :)	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, Rosemary, 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, Tension, UTI, Wounds, Deodorant	May cause skin sensitivity to the sun. May cause skin irritation. 40-60 min Absorption Time,	Basil, Benzoin, Cajeput, Carrot Seed, Cedarwood, 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, Flu, 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 breastfeeding, might slow blood clotting, may increase bleeding. Not recommended to use in aromatherapy	Cedarwood, Lemon, Citrus, Lavender, Frankincense, Patchouli, Rose
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-fungal		Cinnamon, Floral Scented Oils, Jasmine, Lavender, Lemon, Lime, Rose, Neroli, Oakmoss
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-Y

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, Liver Issues	Avoid during pregnancy or Breastfeeding.	Bergamot, Bitter Orange, 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.	Not a TRUE Chamomile	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 symptoms, Menstrual Issues, Muscle Pain, Tension, Anti-spasmodic, Calms, Relaxes, Soothes, Tonic, Warms	Avoid if Pregnant or Breastfeeding. , have endometriosis, have breast, ovarian, or uterine cysts, 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	Bergamot, Bitter Orange, Chamomile, Clove, Cypress, Frankincense, Geranium, Grapefruit, Helichrysum, Hyssop, Jasmine, Juniper, Lavandin, Lavender, Lemon, Lime, Nutmeg, Orange, Patchouli, Pine, Rose Geranium, Sandalwood, Spikenard, Tagetes, Tangerine, Tea Tree
Clove	Insect Repellent, Kills Parasites, Arthritis, Acne, Asthma, Bruises, Burns, Cuts, Digestive Disorders, Pain, Antiseptic	Not recommended if you have cancer, may irritate the skin and mucous membranes so use only a small amount, Avoid if Pregnant or Breastfeeding.	Basil, Benzoin, Black Pepper, Cajeput, Cinnamon, Clary Sage, Ginger, Lavender, Myrrh, Orange, Rose, Sandalwood. Tangerine, Tea Tree,

Copaiba Balsam	Mostly used in Fragrance.		Cedarwood, Citrus Oils, Clary Sage, Jasmine, Rose, Vanilla, Ylang-Ylang
Coriander	Arthritis, Colds, Flu, Cramps, Gas, Mental Fatigue, Migraine, Headaches, Muscle Spasms, Stress, Tension	May act as a sedative. 100 - 120 min. absorption time	Aniseed, Bay, Benzoin, Bergamot, Black Pepper, Caraway, Cassia, Cinnamon, Ginger, Grapefruit, Lemon, Lemongrass, Neroli, Niaouli, Orange,
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

<p>Elecampane</p>	<p>Move phlegm, Improve Respiratory Issues, Eliminate Intestinal Bacteria., Stomach Issues, Soothes and Tones the Liver, Prevents the growth of tumors, Antispasmodic</p>	<p>Use With Caution- Could be Deadly if Swallowed, Could be a carcinogen, Could Cause Immediate Skin Irritation, Not recommended on skin, diffuse instead.</p>	<p>Bergamot, Cananga, Cinnamon, Cedarwood, Cypress, Labdanum, Lavender, Mimosa, Patchouli, Sandalwood, Frankincense, Violet,</p>
<p>Eucalyptus</p>	<p>Frustration, Anger, Stress, Tension, Depression, Drug Addiction, Insect Repellent, Kills Parasites, Arthritis, Asthma, Chicken Pox, Circulatory Issues, Fever, Inflammation, Malaria, Migraines, Headaches, Muscle Aches, Muscle Pain, Respiratory Issues, Rheumatoid Arthritis, Antiseptic, Antiviral, Kills Bacteria, Decongestant, Expectorant, Stimulant</p>	<p>Not recommended if you have estrogen-dependent cancer, high blood pressure or epilepsy. Excessive use may cause headaches.</p> <p>20-40 min absorption time</p>	<p>Bay, Benzoin, Lavender, Lemon, Lemongrass, Marjoram, Peppermint, Pine, Spearmint, Thyme</p>
<p>Evening Primrose</p>	<p>Can be used as a Carrier Oil</p> <p>Relaxing and Gentle Carrier Oil</p>		

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 Menstrual Flow, UTI, Wounds, Calms, Grounds, Tones		Benzoin, Bergmot, Black Pepper, Caraway, Cassia, Cedarwood, Cinnamon, Clary Sage, Cypress, Ginger, Grapefruit, Lavender, Lemon, Melissa, Orange, Pine, Sandalwood, Tangerine.

Galangal	<p>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.</p>		<p>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, Turmeric</p>
Galbanum	<p>Used in incense, cologne, perfume, Arthritis, Skin Infections, Fights Tumors, Abscesses, Acne, Blister, Boils, Cuts, Wounds, Inflammation</p>		<p>Benzoin, Douglas Fir, Geranium, Ginger, Lavender, Oakmoss, Scots Pine, Spruce</p>

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, Syphilis, Anti-inflammatory	High doses may cause diarrhea and stomach	Bergamot, Chamomile, Vanilla, Jasmine, Rose Neroli, Sandalwood, Elemi, 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, Minor Back Pain, Agitation, Bee Stings, Chapped Lips, Analgesic, Antidepressant, Antimicrobial, Antiseptic, Kills Bacteria, Balances, Calms, Soothes, Anti-Inflammatory, Fungicidal, Deodorant	May cause drowsiness 60 - 80 min absorption time	Allspice, Basil, Bay, Benzoin, Bergamot, Bitter Orange, Black Pepper, Cajeput, Caraway, Carrot Seed, Cedarwood, 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.
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Lemon	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-Inflammatory, Anti-Viral, Kills Bacteria, Invigorating, Disinfectant	May cause skin sensitivity to the sun. May irritate sensitive skin 40 - 60 min absorption time	Basil, Bay, Benzoin, Black Pepper, Carrot Seed, Cedarwood, Chamomile, Citronella, Clary Sage, Coriander, Cypress, Dill, Eucalyptus, 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 Styrax	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 Health, Relieve Pain		Peppermint, Lavender, Rosemary, Bergamot, Cypress, Cedarwood, Tea 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, palmarosa, patchouli, rose otto, sandalwood, scots pine, vetiver, wintergreen, ylang-ylang

Patchouli	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	May cause loss of appetite.	Allspice, Bergamot, Clary Sage, Geranium, Lavandin, Lavender, Myrrh, Spikenard
Pennyroyal	Muscle Spasms, Causes Sweating, Increase Urine, Kill Germs, Keeps Insects Away, Skin Conditions	Avoid if Pregnant or Breastfeeding. Can Cause Liver and kidney damage. Could cause Nervous system damage	Citronella, Rosemary, Sage
Peppermint	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, Stimulates, Anti-Inflammation, Anti-Viral, Anti-Spasmodic, Disinfectant	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 100 - 120 min absorption	Benzoin, Eucalyptus, Lavender, Lemon, Marjoram, Niaouli, Rosemary

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, Calms, Centers	Avoid if Pregnant or Breastfeeding. Can Stimulate Menstrual Flow	Bay, Benzoin, Clove, Cedarwood, Chamomile, Fennel, Geranium, Ginger, Jasmine, Lemon, Melissa, Palma Rosa, Sandalwood

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
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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-Spasmodic, 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 use if you have kidney disease	Clove, cinnamon, vanilla, patchouli, petitgrain, rose, lavender, ylang-ylang

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	<p>When taken orally -</p> <p>Headache, sleeplessness, coughing, bleeding in the lungs, vomiting, kidney damage, coma and death</p> <p>When applied to the skin possibly safe</p>	Bergamot, cedarwood, clary sage, cypress, eucalyptus, frankincense, 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, Stress	May cause drowsiness	Benzoin, Bergamot, Grapefruit, 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 hormone related illnesses.		Benzoin, sandalwood, rosemary, jasmine
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,