

Essential Oils Legend

Benefits: N – nerves C – circulation M – muscles R – respiratory S – skin E – endocrine D – digestion G/U – genital/ urinary
 L – lymph I – immune Sk – skeletal REP – reproductive MEN – Mental CARD – cardiovascular
 * insecticide

Usage: T – top note = 4 drops M – middle note = 3 drops B – bottom note = 1 drop (1 drop of a base note is equal to 4 drops of a top or 3 drops of a middle)
*****Never uses more than total of 12 drops** eg. a) 3 drops of a base note = 12 drops

Best blends = *Synergistic* 1 top, 1 middle, 1 base = 8 drops *Chronic condition use* 2 middle, 1 base *Acute condition use* 1 top, 2 middle
 A condition that a person has had for many years will take three months plus 1 month for every year the person has had it. Eg. 10 year knee problem will take approximately 13 months to clear.

Oil	Botanical	Family	Note	Prod	Sym/Para	Benefits	Contra-Indications
Aniseed	Pimpinella anisum	Apiaceae	T	S/D	P	D, C, R, Rep, I	Avoid during pregnancy, stupefying with possible brain damage with prolonged use. May irritate sensitive skin, do not use on children under 5
Basil	Ocimum basilicum	Lamiaceae	T	S/D	S	D, R, N, M, G/U	Avoid during pregnancy, may irritate sensitive skin.
Bay	Laurus nobilis	Lauraceae	T	S/D		D, G/U, I, M,	Avoid during pregnancy, may irritate skin
Benzoin	Styrax benzoin/tonkinesis	Styraceae	B	Res	P	G/U, R, S, N, C	may irritate skin
Bergamot	Citrus bergamia	Rutaceae	T	Express	B	G/U, N, S, D, M	may irritate skin, Increases photosensitivity
Black pepper	Piper nigrum	Piperaceae	M	S/D	B	C, G/U, D, Sk, M	Avoid with severe kidney disease, may irritate skin
Cajeput	Melaleuca cajeputi	Myrtaceae	T	S/D	A	R, M, G/U, I, Sk	May irritate skin
Camphor (White)	Cinnamomum camphora	Lauraceae	M	S/D	B	S, M, R, N, D	Avoid during pregnancy, Avoid with seizure disorders Avoid with high blood pressure, Avoid with asthma May antidote homeopathic remedies, Do not used on children under 5 or animals.
Cardamom	Elettaria cardamomum	Zingiberaceae	T	S/D		D, N, C, G/U, M	NONE
Cedarwood	Cedrus atlantica	Abietaceae	B	S/D	B	R, N, C, G/U, S	Avoid during pregnancy, Avoid with severe allergies
Cedarwood (Texas)	Juniperus ashei	Cupressaceae	B	S/D		C, N, S, M, G/U	Avoid during pregnancy, May irritate skin, May interfere with sleep patterns.
Cedarwood (Virginian)	Juniperus virginiana	Cupressaceae	B	S/D		C, N, S, M, G/U	Avoid during pregnancy, May irritate skin, May cause sensitization on some people.

Oil	Botanical	Family	Note	Prod	S/P	Benefits	Contra-Indications
Chamomile G	Chamomilla recutita	Asteraceae	M	S/D	P	L, M, S, N, C,	Avoid during 1ST trimester of pregnancy, may irritate skin
Chamomile R	Chamaemelum nobile	Asteraceae	M	S/D	P	L, M, S, N, C,	Avoid during 1ST trimester of pregnancy, may irritate skin
Clary Sage	Salvia sclarea	Lamiaceae	T	S/D	P	D, R,, G/U, C, N	Avoid during pregnancy, low blood pressure, alcohol, heavy flow, Avoid if concentration is required.
Clove	Syzygium aromaticum	Myrtaceae	B	S/D	S	D, R, Sk, D, N	Avoid during pregnancy, may irritate skin
Coriander (Seed)	Coriandrum sativum	Apiaceae	T	S/D	P	R, N, D, I, M	Can be stupefying in large dosages
Cypress	Cupressus sempervirens	Cupresaceae	M	S/D	B	R, G/U, C, N, L	Avoid during pregnancy
Eucalyptus	Eucalyptus globulus	Myrtaceae	T	S/D	S	R, I, M, C, S	Avoid during pregnancy, Avoid if epileptic, high blood pressure, may antidote homeopathic remedies
Fennel (Sweet)	Foeniculum vulgare var. Dulce	Apiaceae	M	S/D	S	L, D, C, G/U, S	Avoid during pregnancy, Avoid if epileptic, Narcotic in large doses
Fir	Abies balsamea/Abies alba	Abietaceae	M	S/D	A	R, M, N, I, G/U	Skin irritant (minor)
Frankincense	Boswellia carteri	Burseraceae	B	S/D	P	R, S, G/U, N, D	NONE
Geranium	Pelargonium graveolens	Geraniaceae	M	S/D	S	E, S, G/U, N, C	Avoid during pregnancy, may irritate skin Causes wakefulness in large doses.
Ginger	Zingiber officinale	Zingiberaceae	B	S/D	P	S, D, C, L, M	May irritate skin, slightly increases photosensitivity
Grapefruit	Citrus paradisi	Rutaceae	T	C-Ex	B	D, L, S, U, N	Increases photosensitivity, may irritate skin
Hyssop	Hyssopus officinalis	Lamiaceae	M	S/D	B	R, REP, D, S, I	Avoid during pregnancy or breast feeding, Avoid if epileptic, high blood pressure
Immortelle	Helichrysum angustifolium	Asteraceae	B	S/D,) A-sol (co2	B	L, N, R, D, S	Avoid during pregnancy, on children under 5, Do not use in large dosages or over extended periods of time may impact negatively on blood coagulation.
Jasmine	Jasminum officinale	Oleaceae	B	S/D	S	N, G/U, E, S, M	Avoid during pregnancy
Juniper (berry)	Juniperus communis	Cupressaceae	M	S/D	A	D, C, G/U, L, S	Avoid during pregnancy, avoid with kidney disease
Lavandin	Lavandula x intermedia	Lamiaceae	M	S/D		S, ,I, N, M, C	Avoid during pregnancy, Overuse or large dosage may cause sensitization or irritation high blood pressure, children under 5.

Oil		Botanical	Family	Note	Prod	P/S	Benefits	Contra-Indications
Lavender		Lavender angustifolia	Lamiaceae	M	S/D	B	all systems,	Avoid during 1st trimester in pregnancy, avoid with low blood pressure, Over use may cause sensitization.
Lavander (Spike)		Lavandula latifolia	Lamiaceae	M	S/D		S, I, N, M, C	Avoid during 1st trimester of pregnancy, Avoid with very low blood pressure, Overuse may cause sensitization
Lemon		Citrus limon	Rutaceae	T	C-Ex	S&B	I, C, D, R, S	Increases photosensitivity, may irritate skin
Lemongrass		Cymbopogon citratus	Poaceae	T	S/D	P	S, I, D, N, M	May exacerbate auto-immune disorders, skin irritation, increase Photosensitivity, do not use on children under 2.
Lime		Citrus citrata/aurantifolia	Rutaceae	T	S/D, C-Ex		S, C, D, R, I	Photosensitivity, May irritate sensitive skin
Linden Blossom		Tilia europaea	Tiliaceae	B	En	P	R, C, G/U, S, N	Allergic reaction to sensitive skin, avoid when need concentration
Litsea Cubeba		Litsea cubeba	Lauraceae	T	S/D	B	S, D, Rep, C, R	Increase risk of photosensitivity, May irritate sensitive skin, Avoid in Prostatic Hyperplasia, Avoid with Glaucoma.
Mandarin		Citrus reticulata	Rutaceae	T	Ex, D	P	N, D, E, S, C	Increases photosensitivity, may irritate skin
Manuka		Leptospermum scoparium	Myrtaceae	M	S/D	B	S, I, R, G/U, D	NONE
Marjoram		Origanum marjorana	Lamiaceae	M	S/D	P	R, C, M, D, N	Avoid during pregnancy, Avoid with low blood pressure. May change or deaden emotions with extended use. May cause Stupefying. Doziness
Melissa		Melissa officianalis	Lamiaceae	M	A– Sol Extr	B	R, C, M, I, N	Avoid during pregnancy, Avoid with prostate problems,
Myrrh		Commiphora myrrha	Burseraceae	B	Res– sol Extr	B	S, R, N, G/U, D	Avoid during pregnancy
Myrtle		Myrtus communis	Myrtaceae	M	S/D	P	S, D, R, SK, M	NONE
Neroli		Citrus aurantium var. amara	Rutaceae	B	A-Sol Ex, S/D	P	N, S, D, C, E	NONE
Niaouli		Melaleuca viridiflora	Myrtaceae	T	S/D	B	R, G/U, S, M, I	Avoid during pregnancy, Avoid on small children
Nutmeg		Myristica fragrans	Myristicaceae	B	D	S	D, I, N, C, M	It may cause psychotropic effects or mental discomfort. It may induce numbness, convulsions delirium or be stupefying in large doses. May cause skin irritation, do not use on pregnant women.
Orange	Bitter	Citrus aurantium var. amara	Rutaceae	T	Ex		C, I, D, M, S	Increases photosensitivity, may irritate sensitive skin
Orange	Blood	Citrus sinensis var. Sanguina	Rutaceae	T	S/D, CP	A	S, I, M, G/U, D	Possible photosensitization
Orange	Sweet	Citrus sinensis	Rutaceae	T	Ex	P	C, N, D, M, S	Increases photosensitivity, May irritation sensitive May irritate sensitive skin, Do not use with glaucoma.

Ess oil – S/D

Oil	Botanical	Family	Note	Prod	S/P	Benefits	Contra-Indications
Palmarosa	Cymbopogon martinii	Poaceae	T	S/D		N, D, S, REP, E	Avoid during pregnancy, Use with care with menstrual problems,
Patchouli	Pogostemon cablin	Lamiaceae	B	S/D	S	MEM, S, M, D, N	May irritate sensitive skin, Increases photosensitivity. May cause loss of appetite, irritate sensitive skin. promotes scar tissue, depression
Petitgrain	Citrus aurantium var. amara fol	Rutaceae	T	S/D	P	S, D, N, M, I	May irritate skin, Increases photosensitivity
Peppermint	Mentha piperita	Lamiaceae	M	S/D	S	M, N, D, R, C	Avoid during pregnancy, while nursing, may irritate skin, may antidote homeopathic remedies, may disrupt sleep patterns, Do not use on babies or very small children
.Pine	Pinus sylvestris	Abietaceae	M	S/D	S	R, E, C, S, U	May irritate sensitive skin, increases photosensitivity, May cause allergic reaction to those sensitive, Prostate
Ravensara	Ravensara aromatica	Lauraceae	T	S/D	B	S, N, M/SEX, I, CARD	NONE
Rose	Rosa damascena/centifolia	Rosaceae	B	A-	B	N, S, E, G/U, C	Avoid during first trimester in pregnancy, Do not use on children under 5, may irritate skin
Rosemary	Rosmarinus officinalis	Laminaceae	M	S/D	S	M, R, C, D, M	Avoid during pregnancy, Avoid if epileptic, high blood pressure, may antidote homeopathic remedies,
Rosewood	Aniba roseadora	Lauraceae	M	S/D	P	S, I, M, N-stabilize the CNS	NONE
Sage	Salvia officinalis	Lamiaceae	M	S/D		I, G/U, M, D, C	Avoid with high blood pressure, pregnancy or breast feeding, May be toxic even in low doses, Avoid with seizure disorders, Do not use on children under 10 or on animals, Stupefying with large doses.
Sandalwood	Santalum album	Santalaceae	B	S/D	P	S, R, G/U, N, M	Avoid with clinical or manic depression
Spearmint	Mentha spicata	Lamiaceae	T	S/D	B	RES, D, U, N, S	May cause skin irritation in sensitive people Do not use during pregnancy or on babies or infants
Spikenard	Nardostachis jatamasi	Valerianaceae	B	S/D		REP, N, S, D, Men	Avoid during pregnancy, Stupefying with prolonged use. Avoid with prostate cancer

Oil	Botanical	Family	Note	Prod	S/P	Benefits	Contra-Indications
Spruce	<i>Tsuga canadensis</i>	Abietaceae	M	S/D		N,M,C,R,I	NONE
Tarragon	<i>Artemisia dracunculus</i>	Asteraceae	B	S/D	P	D, C, REP, N, M	Avoid during pregnancy, May irritate sensitive skin, Do not use with low blood pressure.
Tea tree	<i>Melaleuca alternifolia</i>	Myrtaceae	T	S/D	B	I, R, S, N, G/U	May irritate skin, Overuse may cause sensitization, Overuse may result in profuse sweating
Thyme	<i>Thymus vulgaris</i>	Lamiaceae	T	S/D	P	I, C, R, M, D	Avoid during pregnancy, high blood pressure, irritate skin, may irritate mucous membranes
Verbena	<i>Lippia citriodora</i>	Verbenaceae	T	S/D	A	D, N, R, S, REP	May irritate sensitive skin, Increases photosensitivity.
Vetiver	<i>Vetiveria zizanioides</i>	Poaceae	B	S/D	P	N, C, S, M, E	NONE
Yarrow	<i>Achillea millefolium</i>	Asteraceae	T	S/D, EN	B	I, Res, D, C, M	headaches, irritate skin, No not use during Pregnancy or on babies or small children.
Ylang Ylang	<i>Cananga odorata</i>	Anonaceae	B	S/D, A-Sol ex	P	C, N, M, E, S	Avoid with low blood pressure, Use in moderation – headaches, nausea & dizziness if over used. Beware falsification with other oils