Grapeseed Oil

Botanical Name: ***Vitis Vinifera***

Oil

Source:	**Seeds**	Production Method:	**Cold/heat Extraction**
Odour:	**Weak**	Colour:	**Pale green**
Contra-indications:	**None**	Feel:	**Satin like**

Therapeutic Benefits

Properties:

- high percentage of linoleic (vitamin F),
- some vitamin E.
- hypo-allergenic
- astringent

Assists with:

- **Skin** – acne, slightly astringent, tones, tightens and maintains firmness and elasticity.

- **Other** – used as a carrier oil for people with allergies and sensitive skin.

Blending levels: Can be used up to 100 percent dilution.

Stability: Under ideal conditions, it may last for up to one year. The addition of wheat germ will extend its shelf life. Antioxidant is necessary in blended products.

Glide Characteristics: It lasts well and is the oil of choice for many aromatherapists.

General

First produced in France, some of the best oil still comes from there, although it is now produced in vine growing countries around the world. Being almost odourless and lightly

coloured, it is very popular. Good quality Grapeseed oil will have no allergenic effect on the skin and leaves the body silky smooth without a greasy feel. It is a favorite of Aromatherapists around the world. Grapeseed will keep well, however, the shelf life can be extended by adding Wheatgerm or Vitamin E.

Grapeseed raw material is produced as a by product of the wine industry. The seed is collected as a "pomace" of the flesh and seed. The mixture is dried to remove the flesh at a temperature normally around 55 degrees centigrade

The dry seed is then crushed and rolled (expressed) to produce a "cake". The temperature at this point is generated by the mechanical process. The cake is then is then solvent extracted with Hexane to produce a solvent/oil mixture including the original expressed oil. A total of 93+% of all available oil is captured. The mixture at this point is a crude waxy oil/soluble mixture.

The process creates PAH or plyaromatic hydrocarbons. These are not desirable and the mixture is treated with activated carbon to remove them.

Further processing removes all remaining Hexane. Only a very small amount will remain. The crude oil is then filtered, dewaxed, decolourized and winterised to produce an oil suitable for food or bottling for cosmetic use. It is stable at low temperatures and will not deposit wax sediment. The oil is considered solvent free at this point.

The total process can be considered a mixture of cold pressed/expression and solvent extraction.

At what point the processing is stopped for aromatherapy is dependent upon the producer.

Hazelnut Oil

Botanical Name:	**Common -**	***Corylus avellana***	Family: **Betulaceae**
	Beaked -	***Corylus cornuta***	
	European Filbert -	***Corylus avellana pontica***	
	Cobnut -	***Corylus avellana grandis***	
	Giant Filbert -	***Corylus maxima***	

Oil

Source:	**Kernel**	Production Method:	**Cold Pressed**
Odour:	**Pleasant & Weak**	Colour:	**Amber yellow**
Contra-indications:	**Nut allergies**	Feel:	**Normal**

Therapeutic Benefits

Properties:

- **Oleic acid** (monounsaturated fatty acid).
- **Linoleic acid** (polyunsaturated fatty acid).

Assists with:

- **Acne or oily skin.**
- **Dry skin.**
- **Stimulate circulation.**

Blending levels: Normally used at a 5-10 % dilution.

Stability: Fairly long lasting.

Glide Characteristics: This oil should always be used in another carrier as it is does not have the best glide.

General

Produced world-wide in the temperate regions. Hazelnut is a common name for some

members of the birch family. Each plant has separate male and female flowers. The oil is said to penetrate the top layer of the skin slightly. This makes it beneficial for all skin conditions, but especially acne. It is stimulating to the circulation.

Jojoba Oil

Botanical Name: ***Simmondsia californica***

Oil

Source:	**Bean**	Production Method:	**Extraction**
Odour:	**Little**	Colour:	**Clear**
Contra-indications:	**None**	Feel:	**Normal**

Therapeutic Benefits

Properties:

- emulsifier,
- anti-inflammatory due to myristic acid,
- emollient,
- slightly a sunscreen,
- structurally resembles sebum.

Assists with:

- **Skin** – dry skin, balances skin, skin infections, scalp disorders, some sunscreen properties. It can clog pores.
- **Skeletal** – arthritis and rheumatism.
- **Other** – for people with allergies and sensitive skin.

Blending levels: Can be used up to 100 percent dilution depending on the application.

Stability: Very stable, does not go rancid.

Glide Characteristics: Leaves the skin silky but may have too much slip for massage work if used alone. Penetrates quickly so is not best for massage.

General

The oil is really not an oil but a liquid wax. It replaced sperm whale oil in the cosmetics industry. It is grown throughout the USA western arid areas. **The chemical structure is very close to sebum and Jojoba can dissolve sebum.**

Olive Oil

Botanical Name: *Olea europaea* Family: **Oleaceae**

Oil

Source: **Fruit** Production Method: **Cold pressed**

Odour: **Strong** Colour: **Pale yellow - greenish**

Contra-indications: **Odour may be too strong** Feel: **Normal**

Therapeutic Benefits

Properties:

- emollient.
- calming

Assists with:

- **Skeletal** – arthritis and rheumatism.
- **Muscular** – sprains and bruises.
- **Other** – for people with allergies and sensitive skin. It is calming and an emolient.

Blending levels: It is best at 10 – 50% dilution; although it can be used up to 100 percent dilution depending on the application.

Stability: Average in stability, vitamin E or wheat germ can be added to lengthen its stability time frame.

Glide Characteristics: Some therapists consider it a little too greasy for massage.

General:

The Olive is native to the Mediterranean and has spread to different parts of the world

such as Italy, Southern France, Asia, Israel, Morocco, Tunis, USA, Mexico and Australia. Olive is a common name for the fruit of the olive tree. The family has about 900 members. The tree itself is a old looking, twisted tree. The fruit usually contains one seed and are technically drupes. (A drupe is a hard seed surrounded by flesh.)

The ripe fruit contains about 20% oil. It is sometimes referred to as "Florence Oil". The slight green colour is due to the chlorophyll.

It has an external affect on the body as an emollient. It is soothing to inflamed skin, relieves pruritus in skin diseases and helps bruises and sprains.

The picked fruit is exposed under the sun until they start to ferment. Then they are crushed and pressed. The first portion from a pressing is called "Virgin Oil". The pulp is mixed with water and pressed again. This produces a second grade oil. A third grade is produced by boiling or by use of a solvent. This third grade oil is useless except for the roughest purposes. Water must be fully removed from the mix to prevent the development of acidity.

Olive oil is prone to congeal when cooled. Occasionally, a genuine olive oil is produced that is not recognizable by taste or colour. This is the result of chemical refining, This is not a usable oil for aromatherapy. Olive oil should always be specified as **cold pressed, virgin oil**. Olive oil has been traditionally used to make macerated oils.

Virgin and Extra Virgin

Virgin Olive oil means the first oil that is the natural product of olives obtained solely through the application of mechanical pressure. Neither heat nor solvents are involved in the extraction process. The process also does not alter the oil's acid level through chemical rectifiers.

Extra Virgin Olive oil is produced by the same method but contains no more than 1 percent oleic acid. Lower acid means more distinct flavour and aroma. Oleic acid is an oily liquid that occurs in animal and vegetable oils. Its chemical compound is C17H33COOH.

For general information the following is the Olive Oil production for 1997:

- 460 million gallons world wide production with 486 million gallons consumed
- The USA produced 325,000 gallons of Olive oil and 130,000 gallons of extra Virgin

California produced 99% of the USA Olive Oil. The USA produced about 1% of the world production. Italy produced 24% and Spain produced 30% of world production levels.

Rosehip Oil

Botanical Name: ***Rosa mosqueta* or *Rosa rubiginosa***

Oil

Source: **Seed Pods** Production Method: **Extraction**

Odour: Gentle Colour: **Reddish**

Contra-indications: **May stain clothing** Feel: **Normal**

Therapeutic Benefits

Properties:

- balancing,
- cicatrizant,
- cytophylactic,
- vulnerary,
- high GLA content,
- linolenic, oleic and palmitic acids are found in the plant.

Assists with:

- **Skin** – acne, aging, burn care, dryness, eczema, psoriasis, scars, skin regeneration, stress related skin disorders and ulcerated veins.
- **Endocrine** – balances female hormones.
- **Nervous** – stress related disorders and normalizing moods.

Blending levels: From 10 to 100 percent dilution depending on application. Likely best as 10% additive or neat for very dry aging skin.

Stability: Short shelf life as it goes rancid quickly.

Glide Characteristics: Normal.

St. John's Wort Oil

Botanical Name: ***Hypericum perforatum***

Oil

Source: **Leaves, flowers and buds** Production Method: **Maceration/Infusion**

Odour: **Little** Colour: **Red**

Feel: **Normal**

Contra-indications:
1. **Avoid strong sunlight after applying the oil**
2. **Excessive use of St John's Wort Oil with hypersensitive clients can cause a skin allergy, which becomes aggravated by exposure to sunlight.**

Therapeutic Benefits

Properties:

- antidepressant if used topically,
- analgesic,
- antibacterial,
- anti-inflammatory,
- antifungal,
- antirheumatic,
- astringent,
- diuretic,
- nervine,
- sedative.

Assists with:

Skin - burns, sunburn and wounds where there is nerve tissue damage.

Nervous - neuralgia, sciatica, soothing.

Muscular - fibrositis, lumbago, spasms and sprains.

Skeletal - rheumatism.

Digestive - hemorrhoids.

Blending levels: Can be used at a 10 – 50 percent dilution. It may be used at 100 percent dilution for specific applications. It is very expensive.

Stability: It will last reasonably well.

Glide Characteristics: Normal

General

The oil is made from the flowers, prior to them opening into blossom. The buds are what give it their colour. The open yellow flowers contain no red colour, but tiny black dots on the edge of the petals contain a minute amount of essential oil.

It is particularly soothing to inflamed nerves and it is helpful with neuralgia, sciatica and fibrositis. It is called for in conditions with nerve damage, sprains burns and bruises

Wheatgerm Oil

Botanical Name: ***Triticum vulgare***

Oil

Source: **Wheat germ**

Production Method: **Warm pressed or solvent extracted**

Odour: **Weak - Medium**

Colour: **Deep Brown**

Feel: **Normal**

Contra-Indications:

1. **Careful of those with wheat allergies.**
2. **Hypersensitive persons may have allergic reactions.**
3. **May stain clothing.**
4. **It has a strong odour that may overpower blend.**

Therapeutic Benefits

Properties:

Rich in vitamin A, D and E, lecithin, anti-scarring and cytophylactic.

Assists with:

Skin – Acne, aging, dry skin, eczema, injured tissues, damage from excessive exposure to sun, elasticity and psoriasis.

Circulation – If taken orally it removes cholesterol deposits from arteries and prevents development of varicose veins.

Others – Added to other carrier oils as a natural preservative.

Blending levels: Can be used up to 15 percent dilution for topical application. A few drops extends the shelf life of other carriers.

Stability: Very stable because it is a natural anti-oxidant.

Glide Characteristics: Very sticky. Must be blended with another carrier for topical application.

General: Wheatgerm oil is a **natural antioxidant** and can be added to Grapeseed Oil to stabilize it. Wheatgerm oil is a rich oil, good for dry skins and is fairly expensive. Wheatgerm is said to help remove cholesterol deposits from the arteries. It is also helpful with mature skin.

All Aromatherapists should keep this oil in stock to use as a stabilizer when giving a "take-home treatment". Wheatgerm Oil tends to stain clothing.

Apricot Kernel Oil

Botanical Name: ***Prunus armenica*** Family Name: **Rosaceae**

Oil

Source:	**Kernel**	Production Method:	**Cold pressing**
Odour:	**Weak**	Colour:	**Pale yellow**
Feel:	**Oily**		

Therapeutic Properties

Properties and Constituents

- **Similar to Sweet Almond and Peach Kernal Oil chemically.**

Primary Benefits:

- **Protects and nourishes the skin.**
- **Calms irritation caused by eczema.**

General

A member of the rose family, the apricot is native to Asia. It is now cultivated in Australia, Canada (BC), France, Italy, Israel and USA.

The apricot tree is small with heart shaped leaves and a fruit similar to a peach but without the down. It is very similar to Peach and Sweet Almond oil chemically and, therefore, it produces similar benefits.

Normally Apricot and Peach are more expensive than Sweet Almond as they are produced in smaller quantities. You must be careful to ensure that your retailer knows the source of their oil. It is not unheard of for Sweet Almond to be sold in place of Peach or Apricot.

Borage Oil

Botanical Name: *Borago officinalis* Family Name: **Boraginaceae**

Oil

Source: **Seeds** Production Method: **Cold pressing**

Odour: **Weak** Colour: **Pale yellow**

Feel: **Normal**

Therapeutic Benefits

Properties:

- **Gamma-linolenic acid.**
- **Vitamins.**
- **Minerals.**

Primary Benefits:

- **Skin care for eczema and psoriasis.**
- **Regeneration of all skin.**
- **Inflammation and bruising.**

General

The plant originated in the Mediterranean area, although it is now cultivated around the world. It is known to have been used in cooking for centuries.

The oil is at times used as an alternative to Evening of Primrose Oil. It has been shown to stimulate the adrenal glands. John Gerard, a well noted herbalist, states "**the old tag borago gaudia semper ago**" (I borage, always bring courage). This is a good oil to use for those involved in activities needing a sudden burst of adrenaline or short but violent periods of stress. This oil goes rancid very quickly. Use it at a 10% dilution.

Carrot Oil

Botanical Name: ***Daucus carota*** Family: **Umbelliferae**

Oil

Source: **Root** Production Method: **Maceration**

Odour: **Strong** Colour: **Orange**

Feel: **Normal**

Therapeutic Benefits

Properties

- **Vitamins B, C, D, and E.**
- **Beta-carotene.**
- **Essential fatty acids.**

Primary Benefits:

- **Burns, dryness, psoriasis and eczema.**
- **Skin regeneration.**
- **Reducing scarring.**

Cautions:

- **May stain clothing.**

General

This plant is native to all temperate regions. (The wild carrot cannot be used.) Ensure that the carrot oil you purchase is true carrot carrier oil. A fake carrot oil is produced for the cosmetic industry. It is a combination of beta-carotene extracted from Tagetes (African Marigolds) and added to a base oil such as soya or sunflower. It has similar properties but is highly concentrated, deeper in colour and not good for aromatherapy use.

Coconut Oil

Botanical Name: *Cocos nucifera* Family: **Arecaceae**

Oil

Source: **Flesh of the coconut** Production Method: **Hot extraction**

Odour: **Strong** Colour: **Clear**

Feel: **Greasy**

Therapeutic Benefits

Primary Benefits:

- **Sun tanning.**
- **emollient on skin and hair.**

Cautions:

- **May cause rash on some people.**
- ? allergies

General

This plant is native to all tropical regions. The tree can grow up to 30 m high. The fruit grow in a cluster of 10 to 20 or more nuts.

Coconut oil does not occur naturally. When pressed it yields an odorous solid fat which contains therapeutic properties. To obtain coconut oil the fat is heated and the top liquid fraction is removed. This is treated to deodorize the liquid as the scent is overpowering.

The oil makes the skin feel smooth and a little greasy. It aids tanning but does not filter the sun's rays.

It contains (unrefined) 50% lauric acid. Refined coconut oil, according to Sheppard-Hanger is closest to human sub-cutaneous fat and more compatible with skin than vegetable oils. She further states that is has an unlimited shelf life and will not clog pores.

Shirley Price states that it is usually fractionated (refined) and it is produced with heat. It is usually deodorized as the odour is overwhelming. She asks if we really want to use a fractionated oil in aromatherapy, as it is not a complete product.

To use it is a personal choice. It is beneficial where a natural carrier may compound problems, like introducing mould or bacteria to damaged skin. Using a refined and sterilized carrier is, to them appropriate. Some like it for the summer as it can be a light carrier. It has the added advantage of washing out of sheets and towels easier than most carriers.

Peach Kernel Oil

Botanical Name: ***Prunus persica*** Family: **Rosaceae**

Oil

Source: **Kernel** Production Method: **Cold pressed**

Odour: **Weak** Colour: **Pale yellow**

Feel: **Normal**

Therapeutic Benefits

Constituents and Properties

- **Vitamins A and E.**
- **Essential Fatty Acids.**

Primary Benefits:

- **Mature skin or premature aged skin.**
- **Dry or sensitive skin.**
- **Inflammation.**

General

Peach is a deciduous orchard tree of the rose family. The tree, which is native to China, is grown throughout the world. There are nearly 300 varieties of peaches grown in America. The United States and Italy are the leading producers. The nectarine is a variety of peach.

It is very similar to Apricot oil, but more expensive. Sweet Almond Oil is sometimes substituted to increase the retailer's profit. Chemically almost identical to Apricot and Sweet Almond Oil. The essential fatty acids and vitamins A & E encourage skin suppleness and elasticity. It also makes an excellent face massage oil. Keep in mind that almond oil is less expensive.

Peanut Oil

Botanical Name: ***Arachis hypogaea*** Family: **Leguminosae**

AKA: **Groundnut Oil, Katchung Oil, Arachis Oil**

Oil

Source: **Seed** Odour: **Strong**

Colour: **Pale Yellow** Feel: **Oily**

Contra-Indication: Allergies

Production Method:

1. **Cold pressed (small amount)**
2. **Refined (most).**

Therapeutic Benefits

Properties:

- **Vitamin E.**
- **Protein.**

Primary Benefits

- **To slow down the absorption of massage oils.**
- **Dry and sunburned skin.**
- **Rheumatism and arthritis.**

The Oil

Peanut is a common name for an annual plant of the legume family; it is also the name for its seeds. Peanuts originated in South America. They are now cultivated in the southern United States and in areas of South America, Africa, and Asia. The leading

peanut-producing countries, in order of production, are China, India, and the United States.

The peanut is unusual in that, after the flower is fertilized, the elongated receptacle, called the peg, turns downward from the base of the flower stalk to bury the ovary tip in the soil, where the fruit or pod develops. The seeds contain 40 to 50 percent oil and 20 to 30 percent of protein. They are an excellent source of vitamins

Expressed oil of the seeds are used as a cheap substitute for Almond oil. Peanut oil has a distinctive odour and for massage is perhaps too "oily". It tends to go rancid very quickly and is not as stable as most carrier oils. Added to Grapeseed Oil, it will slow down the absorption rate of the other carrier oil and allow more time in deep muscle massage work.

Sesame Seed Oil

Botanical Name: ***Sesamum indicum*** Family: **Pedaliaceae**

Oil

Source: **Seed.** Production method: **Cold pressed**

Odour: **Strong** Colour: **Clear, pale yellow**

Feel: **Normal**

Therapeutic Benefits

Properties

- **Vitamins A and E.**
- **Minerals including sesamol.**

Primary Benefits

- **Psoriasis and eczema.**
- **Rheumatism or arthritis.**
- **Inflamed skin conditions.**

Contra-Indications

- **Odour is offensive to some people.**
- Allergies

The Oil

Sesame has about 15 species of herbaceous plants native to Africa and Asia. The oil extracted from sesame seeds is widely used in cooking. The plants are harvested and dried. As they dry, the seed capsules split open, and the seeds are extracted.

Sesame has more colour and odour than nut oil. It is very useful where colour and odour are no objection. Many of these oils are obtained in the "bleached" condition, but such oils

are prone to be somewhat acidic. Sesame Oil can be extracted by solvents and is used for soap manufacture. Choose the cold pressed oil for Aromatherapy. It stimulates muscular activity and acts to protect the skin. Sesame oil is very stable, as vitamin E and sesamol provide an antioxidant effect. This is **an excellent** oil for massage. It is helpful with dry scalp, dry skin, diaper rash and sunburn.

Aromatherapists in Scandinavia use it in cases of Psoriasis and Dry Eczema.

Sunflower Oil

Botanical Name: ***Helianthus tuberosus*** Family: **Compositae**

Oil

Source: **Seed** Production Method: **Cold pressed**

Odour: **Weak** Colour: **Pale yellow**

Feel: **Similar to Grapeseed. Leaves a smooth satin feeling.**

Therapeutic Benefits

Properties:

- **Vitamin F.**
- **Pseudo Vitamins.**

Primary Benefits:

- **Mature skin or premature aged skin.**
- **Dry Skin or sensitive skin.**
- **Eczema.**

General

Sunflower is native to South America. They are now cultivated almost worldwide. The plants are cultivated for their seeds. Refined sunflower-seed oil is edible and considered equal in quality to olive oil.

It is useful in cases of skin disease. This oil is similar to Grapeseed in feel and use. It is also helpful for bruises and ulcers.

Other Carrier Oils

The following oils are not commonly available in the stores. The information is provided as a general knowledge source.

Black Currant - high in gamma linoleic acid that helps maintain healthy skin and repair damage caused by the sun. Good for mature skin. Use sparingly (10%), very expensive.

Black Caraway - This mild oil originated in the Middle East and has been used for over 2000 years. AKA Black Cumin, Nutmeg Flower or Roman Coriander. One of the major ingredients is ingellone. This ingredient has shown the ability to produce an antihistamine response in the body. Unlike most bronchial asthma medicine, ingellone produced no harmful side effects while benefiting children and adults. Studies have shown black caraway as a potent antitumor agent. The oil is antibacterial, antifungal and galactogogue. This oil may be useful in relieving prostrate inflammation and menopausal unpleasant symptoms.

Castor oil - Not normally used due to its strong smell but may be employed in very small amount for eczema or other dry skin conditions.

Caulophyllum Inophyllum - AKA Kamanu, Kamani, Tamanu, Fetau, or Faraha. This is a non-toxic and non-irratating oil. It is expensive. Its properties include anti-inflammatory and antibacterial. It is good for sciatica, rheumatism, shingles, vaginitis, cervical erosion, infected wounds and burns.

Corn - This is a stable oil with a large amount of Vitamin E. It tends to have a distinctive odor.

Kukui - The thinnest and lightest oil. Best for the face. This oil is high in linoleic and linoleic acids. It has a low toxicity level and it is a laxative if ingested. It has a distinctive odor and is expensive.

Macadamia - Ideal base for facial or hair care products. Similiar to our own skins natural oils.

Rice Bran - This oil is high in mixed tocopherols, Vitamin E and ferulic acid. It is moderately penetrating without being greasy. Good for massage.

Safflower - This oil oxidizes easily but can be used in massage blends.

Soybean - This oil is high in linoleic acid and oxidizes quickly. Best used with other carrier oils.

Squalene - This oil is derived from olive, wheatgerm and rice bran oils. It may also be derived from shark liver oil. It is very expensive and 5-10% is enough in a blend of other carrier oils. Human sebum is 25% squalene. If this oil is used, it should only be the oil produced from plant sources.

Essential Oils By Botanical and Family Name

ESSENTIAL OIL	LATIN NAME	FAMILY NAME
Angelica (Seeds)	Angelica archangelica	Apiaceae
Aniseed	Pimpinella anisum	Apiaceae
Basil	Ocimum basilicum	Lamiaceae
Bay (W. Indian)	Pimenta racemosa	Myrtaceae
Benzoin	Styrax benzoin/toninesis	Styraceae
Bergamot	Citrus bergamia	Rutaceae
Birch (Sweet)	Betula lenta	Betulaceae
Black Pepper	Piper nigrum	Piperaceae
Cajuput	Melaleuca leucadendron	Myrtaceae
Chamomile German	Matricaria recutita	Asteraceae
Chamomile Moroccan	Ormenis multicaulis	Asteraceae
Chamomile Roman	Chamaemelum nobile	Asteraceae
Camphor	Cinnamomum camphora	Lauraceae
Caraway	Carum carvi	Apiaceae
Cedarwood	Cedrus atlantica	Abieteceae
Cinnamon Bark	Cinnamomum zeylanicum	Lauraceae
Clary Sage	Salvia sclarea	Lamiaceae
Clove Leaf or Bud	Eugenia carophyllata	Myrtaceae
Coriander	Coriandrum sativum	Apiaceae
Cypress	Cupressus sempervirens	Cupressaceae
Eucalyptus	Eucalyptus globulus	Myrtaceae
Eucalyptus	Eucalyptus citriodora	Myrtaceae
Eucalyptus	Eucalyptus radiata	Myrtaceae
Eucalyptus	Eucalyptus smithii	Myrtaceae
Fennel (sweet)	Foeniculum vulgare	Apiaceae
Fir	Abies balsamea/sibirica	Pinaceae
Geranium	Pelargonium graveolens	Geraniaceae
Ginger	Zingiber officinale	Zingiberaceae
Grapefruit	Citrus x paradisi	Rutaceae
Hyssop	Hyssopus officinalis	Lamiaceae
Immortelle (Helichrysum)	Helichrysum angustifolium	Asteraceae
Juniper Berry	Juniperus communis	Cupressaceae
Laurel	Laurus nobilis	Lauraceae
Lavender	Lavendula augustifolia	Lamiaceae
Lavender Spike	Lavandula spica	Lamiaceae
Lavandin	Lavandula intermedia X hybrida	Lamiaceae
Lemon	Citrus limon	Rutaceae
Lemongrass (W. Indian)	Cymbopogon citratus	Poaceae
Lemongrass (E. Indian)	Cymbopogon flexuosus	Poaceae
Lime	Citrus Aurantifolia	Rutaceae
Linden Blossom	Tilia vulgaris	Tiliaceae

ESSENTIAL OIL	LATIN NAME	FAMILY
Mandarin	Citrus reticulata	Rutaceae
Marjoram	Origanum marjorana	Lamiaceae
Melissa	Melissa officinalis	Lamiaceae
Niaouli	Melaleuca quinquinervia viridiflora	Myrtaceae
Nutmeg	Myristica fragrans	Myristicaceae
Neroli	Citrus aurantium var. amara	Rutaceae
Orange (Sweet)	Citrus aurantium sinensis	Rutaceae
Orange (Bitter)	Citrus aurantium var. amara	Rutaceae
Origanum	Origanum vulgare	Lamiaceae
Palmarosa	Cymbopogon martinii	Graminae
Patchouli	Pogostemon cablin	Lamiaceae
Peppermint	Mentha x piperita	Lamiaceae
Petitgrain (orange)	Citrus aurantium var. amara	Rutacreae
Pine (needle)	Pinus sylvestris	Abietaceae
Ravensara	Ravensara aromatic	Lauraceae
Rosemary	Rosemarinus officinalis ct. verbenone	Lamiaceae
Rosewood	Aniba rosaeodora var. amazonica	Lauraceae
Sage	Salvia officinalis	Lamiaceae
Sandalwood	Santalum album	Santalaceae
Savory (summer)	Satureia hortensis	Lamiaceae
Savoury (winter)	Satureia montana	Lamiaceae
Tagetes	Tagetes glandulifera t. patula	Asteraceae
Tarragon	Artemisia dracunculus	Asteraceae
Tea Tree Oil	Melaleuca alternifolia	Myrtaceae
Thyme	Thymus vulgaris	Lamiaceae
Verbena	Lipia citriodora	Verbenaceae
Vetivert	Vetiveria zizanoides	Poaceae
Yarrow	Achillea millefolium	Asteraceae
Ylang Ylang	Cananga odorate	Anonaceae

ABSOLUTES	LATIN NAME	FAMILY
Jasmine	Jasminum grandiflorum	Oleaceae
Rose	Rosa Centifolia R Damascena	Rosaceae

RESINOIDS	LATIN NAME	FAMILY
Benzoin	Styrax Benzoin/tonkinesis	Styraceae
Frankincense	Boswellia Carteri	Burseraceae
Myrrh	Commiphora Myrrha var. molmol	Burseraceae

Essential Oil Abbreviations

EO	Abbreviation	EO	Abbreviation
Amyris	Amy	Coriander	Cor
Angelica	Ang	Cumin	Cum
Angelica Seed	Ang (S)	Cypress	Cyp
Aniseed	Ani	Dill	Dil
Anise-Star	A/S	Elemi	Ele
Basil	Bas	Eucalyptus	Euc (C), (G),
Bay	Bay		Euc (R), (S)
Benzoin	Ben	Fennel	Fen
Bergamot	Ber	Fir	Fir
Birch	Bir	Frankincense	Fra
Black Pepper	B/P	Galbanum	Gal
Cajuput	Caj	Garlic	Gar
Camphor	Cam	Geranium	Ger
Camphor Wood	Cam (W)	Geranium Rose	Ger (R)
Camphor Leaf	Cam (L)	Ginger	Gin
Caraway	Car	Grapefruit	G/F
Cardamon	Cad	Guaiacwood	G/W
Carrot	Crt	Helichrysum	Hel
Carrot Seed	Crt (S)	Hyssop	Hys
Cedarwood	C/W	Immortelle	Imm
Celery	Cel	Jasmine	Jas
Chamomile	Cha (G) (M) (R)	Juniper	Jun
Cinnamon	Cin	Juniper Berry	Jun (B)
Cinnamon Bark	Cin (B)	Laurel	Lau
Cinnamon Leaf	Cin (L)	Lavandin	Lan
Citronella	Cit	Lavender	Lav
Clary Sage	C/S	Lavender Spike	L/S
Clove	Clo	Lemon	Lem

Essential Oil	Abbreviation
Lemongrass	L/G
Lime	Lim
Linden Blossom	L/B
Litsea Cubeba	L/C
Mace	Mac
Mandarin	Man
Manuka	Mka
Marjoram (Sweet)	Mar (S)
Melissa	Mel
Myrrh	Myr
Myrtle	Myt
Neroli	Ner
Niaouli	Nia
Nutmeg	N/M
Orange (Bitter)	Org (B) / Ora (B)
Orange (Sweet)	Org (S) / Ora (S)
Origanum	Ori
Palmarosa	P/R
Parsley	Par
Patchouli	Pat
Peppermint	Pep
Petitgrain	Pet
Pimento	Pim
Pine	Pin
Ravensara	Rav
Rose (Otto)	Ros (O)
Rose (Bulgarian)	Ros (B)
Rosemary	R/M
Rosemary CT-	R/M (V)
Rosewood	R/W
Sage	Sag
Sandalwood	S/W
Santolina	San
Sassafras	Sas
Savory	Sav
Spearmint	Spe
Spruce	Spr
Tagetes	Tag
Tangerine	Tan
Tarragon	Tar
Terebinth	Ter
Thyme (Red)	Thy (R)
Thyme (Sweet)	Thy (S)
Thyme (White)	Thy (W)
Ti-Tree (Tea Tree)	T/T
Valerian	Val
Vanilla	Van
Verbena	Ver
Vetivert	Vet
Violet	Vio
Yarrow	Yar
Ylang-Ylang	Y/Y