**

**Common Essential Oils**

**Properties, Indications, and Uses**

***Lavender (Lavendula Officinalis)***

Actions: antispasmodic, anti-inflammatory, carminative, antiseptic, analgesic, balancing, sedative, tonic, cytophylactic, anti-venom, anti-fungal, antiseptic

Indications: burns, wounds, general skin care, acne, eczema, insomnia, tense muscles, spasms, hypertension, heart palpitations, menstrual cramps, headaches, yeast infections, fever, weak digestion, poor gut bacteria, insect bites, moods swings….to name a few of its over 120 documented uses!

***Clary Sage (Salvia Sclarea)***

Actions: anti-spasmodic, nervine, aphrodisiac, antiseptic, digestive stimulant, phyto-estrogen

Indications: menstrual cramps, menstrual irregularity, hot flashes and other menopausal issues, low libido, hormonal acne, depression, nervous tension

***Geranium (Pelargonium Graveolens)***

Actions: anti-inflammatory, hormone regulator, antidepressant, nervine, insect repellent, antiseptic

Indications: all inflammatory skin conditions, PMS, menopausal discomforts, wound healing

***Chamomile (Matricaria recutita/Anthemis Nobilis, German and Roman species)***

Actions: diaphoretic, anti-inflammatory, carminitive, nervine, anti-spasmodic, cholagogue

Indications: inflammatory skin conditions, weak digestion, digestive upset, arthritis, tense muscles, spasms and cramps, fevers, burns, menstrual irregularity, PMS, anger, depression, insomnia

***Ylang Ylang (Cananga odorata)***

Actions: sedative, anti-hypotensive, anti-depressant, aphrodisiac

Indications: high blood pressure, anxiety and stress, depression, low libido

***Rose (Rosa sp.)***

There are many species of rose used in aromatherapy, the most common being Damascena, Centifolia, and Gallica

Actions: anti-inflammatory, astringent, antiseptic, hormone balancer, aphrodisiac, tonic

Indications: all inflammatory skin conditions, wrinkles and stretch marks, menstrual irregularities and discomforts, low libido and sexual inhibitions, impotence, depression, and balancer of all human passions: grief, jealousy, sorrow, disappointment, heartache

***Rosewood (Aniba Rosaeodora)***

Actions: cellular regenerative, anti-inflammatory, nervine

Indications: general skin care, anxiety, depression, grief; stress relief

***Patchouli (Pogostemom cablim)***

Actions: anti-fungal, cytophylactic, antiseptic, tonic, decongestant, antidepressant, insect repellant

Indications: yeast infections, athletes foot, ringworm, thrush; wound care, eczema, acne, dermatitis, aging skin, acne, insect repellant

***Frankincense (Boswellia carteri, B. thurifera)***

Actions: anti-inflammatory, anti-rheumatic, cellular regenerative, diaphoretic, decongestant

Indications: wound healing, inflammatory skin conditions, arthritis, wrinkles, asthma, bronchitis, cold, and flu; anxiety, stress relief, spiritual awareness and meditative practices

***Basil (Ocimum basilicum)***

Actions: carminative, stimulant, emmenagogue, nervine, cephalic, anti-spasmodic, diaphoretic

Indications: Muscle aches, joint pain, headaches, including migraines; colds and flu, fever, arthritis, low milk production. Basil strengthens mental clarity and cognition.

***Lemongrass (Cymbopogon citratus)***

Actions: stimulant, diuretic, antiseptic, refrigerant, tonic, astringent, insect repellant

Indications: muscle aches, joint pain, fluid retention, bladder and kidney infections, fever, fatigue, weak digestion, oily skin, acne, poor concentration and mental fog

***Rosemary (Rosmarinus officinalis)***

Actions: diaphoretic, stimulant, carminative, antiseptic, cholagogue, antidepressant

Indications: muscle aches and joint pains, low energy both physically and mentally, depression, liver and gallbladder ailments, poor memory and concentration, respiratory and sinus problems, hair loss

***Sage (Salvia officinalis)***

Actions: diaphoretic, anti-spasmodic, antiseptic, stimulant, astringent, carminative, phyto-estrogen

Indications: excessive sweating, night sweats and hot flashes, colds and flu, throat and mouth infections, swollen lymph glands, low blood pressure, hair loss, dandruff

***Peppermint (Mentha Piperita)***

Actions: carminative, stimulant, analgesic, refrigerant, anti-inflammatory, decongestant, antiseptic, diaphoretic

Indications: digestive upsets, nausea, heartburn; headaches, including migraines; inflamed joints or muscles, mastitis, fevers, respiratory and sinus congestion, low energy

***Eucalyptus (Eucalyptus globulus, most common species for distillation)***

Actions: decongestant, diaphoretic, expectorant, antiseptic, stimulant, anti-spasmodic, anti-inflammatory, germicidal

Indications: sinus and lung congestion, asthma, excessive mucus in the body, sore muscles and joints, poor concentration, deodorant

***Clove (Eugenia Caryophyllata)***

Actions: stimulant, analgesic, expectorant, antiseptic

Indications: toothache, gum and mouth infections, colds, cough, indigestion, arthritis, sore muscles

***Ginger (Zingiber Officinalis)***

Actions: carminative, stimulant, expectorant, diaphoretic, analgesic

Indications: indigestion, gas and bloating, nausea; colds and flu, arthritis, sore muscles and joints, poor memory, coldness of the body

***Fennel (Foeniculum Vulgare)***

Actions: carminative, diuretic, phyto-estrogen, anti-spasmodic

Indications: indigestion, nausea, gas and bloating; over-indulgence in alcohol or nicotine, PMS, hot flashes, menstrual irregularities, bladder infections, and weak urination

***Thyme (Thymus Vulgaris)***

(Numerous varieties are distilled. The most widely used is White Thyme)

Actions: antibiotic, antiseptic, anti-viral, stimulant, analgesic, carminative, anti-spasmodic, rubefacient

Indications: colds, flu, infections, especially respiratory, sinus, and bladder infections; mouth and gum sores, bad breath, low immunity, infectious diseases, disinfectant, poor concentration, low energy

***Tea Tree (Melaleuca Alternifolia)***

Actions: Antifungal, antiseptic, anti-viral, expectorant, stimulant

Indications: Fungal and yeast infections, ringworm, athletes foot; urinary tract infections, mouth and gum sores, bad breath, low immunity, infectious diseases, wounds, dermatitis, dandruff

***Bergamot (Citrus Bergami)***

Actions: anti-depressant, antiseptic, astringent, anti-spasmodic, appetite and digestive stimulant

Indications: depression, anxiety, nervousness, despondency; low energy, weak appetite, weak digestion, indigestion, acne, psoriasis

***Tangerine (Citrus retiulata)***

Actions: anti-depressant, cholagogue, stimulant, antiseptic, digestive stimulant, astringent

Indications: depression, anxiety, nervousness, lack of energy and inspiration, fatigue, poor circulation, cellulite, stretch marks, oily skin

***Orange (Citrus Sinensis)***

Actions: anti-spasmodic, digestive stimulant, alterative, circulation stimulant, antiseptic

Indications: digestive complaints, constipation, edema, cellulite, anxiety and depression

***Lemon (Citrus Limonum)***

Actions: carminative, stimulant, digestive stimulant, astringent, antiseptic, antibacterial, diuretic

Indications: infectious diseases, liver insufficiency, poor circulation, cellulite, vascular tonic, weak digestion, depression and apathy, deodorant

***Grapefruit (Citrus Paradisii)***

Actions: diuretic, anti-depressant, stimulant, carminative

Indications: sluggish lymphatic system, weak liver and gallbladder function, obesity, edema, cellulite, depression and low self esteem

***Safety Considerations and Additional Notes:***

Essential oils are chemically complex, highly concentrated plant essences. While they are distilled from plants and are a natural product, their potency does not make them a substitute for using herbs in their raw form. The process of distillation or cold-pressing plants into essential oils often brings out plant properties that are not as bio-available in their whole form. For example pennyroyal herb can be safely consumed as a tea and is a good digestive aid, but pennyroyal essential oil is highly toxic to the liver when consumed and has been related to several deaths.

One drop of essential oil may represent an ounce or more of plant material. Essential oils are not synonymous in their use as the whole herb in teas, tablets, or tinctures. Start with two or three oils, and get to know their properties and indications. Likewise, research the company you purchase the oils from to ensure their purity. Gas chromatography/mass spectrometry is the only sure test of purity and un-adulteration.

**Essential oils are meant to be used primarily as an external application.** They should only be ingested under the advice of a qualified healthcare professional.

Careful consideration needs to be given to pregnant or lactating women, the frail elderly, children under the age of three, epileptic and other seizure disorder, and immune-compromised individuals.

***Here are some common contra-indications and considerations for essential oil use:***

Always apply the oils to the skin diluted. Some exceptions to this rule include lavender, patchouli, and tea tree, but test for sensitivity first. All oils can be applied undiluted, or neat, in 1-3 drop doses on the scalp, and the palms of the soles and the feet, due to the thickness of the skin and large pores that readily absorb them.

Some oils have the potential to be skin irritants when used in too high a dose. Examples include: thyme, oregano, rosemary, basil, ginger, clove, and lemongrass.

Citrus and spice oils can be very irritating when added to a bath. Use in other applications, not the hot tub.

Citrus oils can be photosensitizing unless the steam distilled version is used. Do not apply prior to sun exposure.

Pregnant women should avoid the overuse of stimulating oils (basil, rosemary, peppermint) and abstain from any phyto-estrogenic oils (clary sage, sage, fennel, coriander).

Infants under the age of three months should not have essential oils applied to their body or distilled too closely to them. After three months, lavender oil is a good safe choice for infants. A safe ratio would be 1 drop per two tablespoons of carrier oil or lotion to be used on the skin or added to their bath.