



ESSENTIAL OIL PROFILES

BASIL *Ocimum basilicum* **Stimulating**

First-rate for headaches and migraine. Aids concentration. Restores sense of smell lost through catarrh.

Safety data: not suitable for use during pregnancy, for children or those with epilepsy

BENZOIN *Styrax benzoin* **Warming/Comforting**

Good for respiratory conditions, chapped and inflamed skin. Diuretic; useful for cystitis. Helps balance blood sugars. Relieves worries, boosts confidence, comforts the sad and lonely.

Safety data: possible skin sensitisation

BERGAMOT *Citrus bergamia* **Uplifting**

Bergamot regulates the functions of the hypothalamus and is a valuable anti-depressant. Dispels negativity and nervous tension. Urinary antiseptic; cystitis, thrush.

Safety data: Photo-sensitive, do not use prior to exposure to sunlight

BLACK PEPPER *Piper nigrum* **Stimulating**

Excellent for aches, pains, bruises, chilblains, rheumatism, arthritis, catarrh, high fevers, anaemia, digestive complaints and it is an aphrodisiac.

Safety data: may over-stimulate the kidneys if used in large amounts and can irritate the skin.

CEDARWOOD *Cedrus atlantica* **Balancing**

Cedarwood is excellent for the scalp, possibly aiding alopecia and dandruff. Acts as a good insect repellent. It is also helpful in clearing mucous, catarrh, coughs and bronchitis. Helpful for stress and tension.

Safety data: best avoided during pregnancy



CHAMOMILE, ROMAN

Anthemis nobilis **Calming**

Chamomile is relaxing and antispasmodic, helping to relieve tension headaches, nervous digestive problems, depression and

insomnia. Soothes anger and frustration. Good for all inflamed skin conditions and menstrual problems.

Safety data: Avoid during first trimester of pregnancy.

CLARYSAGE *Salvia officinalis* **Sedative**

This oil gives an euphoric uplift to the brain. It is a valuable oil for reducing stress and depression. It helps lower high blood pressure, is helpful for panic attacks, balances hormones and is useful for menstrual problems; scanty/painful periods.

Safety data: do not use during pregnancy or mix with alcohol, can cause drowsiness

CYPRESS *Cypressus sempervirens* **Balancing**

Good for boosting the circulation, menstrual and menopausal problems. Cypress oil has a calming effect on tears and hysteria. Good for stress-related conditions and nervousness resulting in bouts of anger and frustration. Quietens talkative people.

Safety data: - do not use during pregnancy

EUCALYPTUS

Eucalyptus globulus

Antiseptic

One of the best oils for respiratory complaints and headaches. It

cools the emotions, clears the head and aids concentration.

Safety data: Can negate homeopathic remedies. Do not use with high blood pressure, epilepsy, pregnancy and young children. (for children use eucalyptus citradora)



FRANKINCENSE *Boswellia carteri* **Calming**

Used traditionally in meditation, Frankincense has the ability to deepen the breathing, thereby relieving respiratory conditions such as asthma. Produces calm feelings and relieves stress. Helps relieve obsessional thoughts and is valuable for post natal depression. It is wonderful for the skin; wrinkles, scars and dry skin all benefit. Arrests bleeding.

GERANIUM

Pegargonium graveolens

Balancing

Geranium balances and regulates all body systems, from the emotions to the hormones. Useful for menstrual problems and the menopause. Helps eliminate waste. Good for varicose veins. Helps with shyness, mood-swings and irritation.

Safety data: Avoid in early pregnancy. Possible irritant to sensitive skin.



GRAPEFRUIT *Citrus paradisi* **Calming**

This refreshing oil helps to combat cellulite and congested pores. It has an uplifting, yet calming effect that will help soothe headaches, nervous exhaustion, jet-lag and inner ear infections.. Good for short tempers and anger.



JASMINE

Jasminum officinale

Sedative

Jasmine is a very feminine oil, used for dry skin conditions, sexual problems, depression and for boosting

confidence. It is warming and useful for muscle spasm, deepens breathing and relieves coughs.

Safety data: not to be used during pregnancy, hastens labour. Hypnotic.

JUNIPER *Juniperus communis* **Stimulating**

Juniper is a decongestant and diuretic and helps the body to eliminate toxins. Therefore it is beneficial for many conditions such as fluid retention and cellulite. Excellent for use before starting a cleansing diet. Is also good for weeping eczema.

Safety data: do not use during pregnancy, on babies and children or if you suffer from a kidney disorder

LAVENDER

Lavandula officinalis

Calming

One of the safest and most versatile of all oils. It's uses range from first-aid treatment of burns (for which it is excellent), to skin care



products, also good for muscular aches and pains. It relieves headaches, helps lower high blood pressure and aids restful sleep. It can be applied to insect bites to heal and take away the sting. Relieves anger and stress.

Safety data: do not use during first trimester of pregnancy



LEMON *Citrus limon*

Calming

Possibly the most cleansing and antiseptic of the citrus oils, useful for boosting the immune system. Citrus oils are

great tonics, having a fresh, stimulating aroma to lift the mood and spirits. Helps to clear and cool anger and sharpens attention. Can relieve nausea, headaches, insomnia and nightmares. Good for verrucas, warts and boils.

Safety data: phototoxic

MANDARIN *Citrus reticulata* **Calming**

Especially good for skin problems such as acne. It aids digestion, soothes heartburn and eases nausea. It is gently uplifting while boosting the energy levels. Eases irritability, insomnia and stress. Used in pregnancy and in over-excited children.

Safety data: possibly photo-sensitive



MARJORAM, SWEET
Origanum marjorana
Calming/Balancing

Marjoram has a calming and warming effect and is excellent for stressed, tight muscles, for tense people and those who suffer from headaches,

migraines, vertigo and insomnia. Lowers blood pressure, eases painful periods.

Safety data: do not use during pregnancy or for children, can cause drowsiness

NEROLI *Citrus aurantium*
Balancing/Calming

Good for dry, ageing or sensitive skin, thread veins and stretch marks. Helps all stress-related conditions and also eases PMS. It is wonderful for shock and palpitations. Neroli is a powerful antidepressant,

reduces restlessness, repressed emotions and insomnia.



ORANGE, SWEET *Citrus sinensis* **Sedative**

Reviving when lacking in energy, eases constipation and alleviates stress. Helpful for depression, hopelessness, sadness and lack of joy. It is a natural tranquilizer. Calms stomach complaints and relieves travel sickness.

PATCHOULI *Pogostemon cablin*

Aphrodisiac/Calming/Balancing

Patchouli is a warming, uplifting aphrodisiac; it aids states of anxiety and depression. Helps dispel fatigue, relieve worries and has grounding qualities. It boosts the immunity, helps curb the appetite and helps with fluid retention and cellulite. Useful for dry chapped skin, bedsores, burns and acne.

PEPPERMINT *Mentha piperata*
Analgesic/Cooling

Peppermint is highly beneficial for migraines, mental fatigue, stress and vertigo. A strong analgesic for muscle pain and spasm. It's cooling properties will help reduce temperatures, relieve anger, hysteria and nervous trembling. Also good for palpitations.

Safety data: can irritate skin in large amounts, use with caution. Can negate homeopathic remedies, not suitable for use during pregnancy, if nursing or if suffering from high blood pressure.

PINE *Pinus sylvestris* **Stimulating**

This is a strong antiseptic that is useful for all contagious conditions. It is very good for relieving sinusitis, flu, colds and bronchitis. It helps alleviate weakness and debility and improves mental clarity.

Safety data: use with caution, possible skin irritant

ROSE OTTO *Rosa damascena*
Balancing

Rose is known as the Queen of Flowers, due to its exquisite perfume and its powerful therapeutic effects. It is a valuable antidepressant and useful for menstrual problems, grief and sadness. It encourages positive feelings. It is wonderful for dry and mature skin.

Safety data: not to be used during pregnancy



ROSEMARY *Rosmarinus officinalis* **Stimulating**

Rosemary has a very stimulating aroma and has been used for centuries to relieve nervous exhaustion and tension headaches and migraines. It improves circulation to the brain, keeping you mentally alert and is especially good during exams. It is useful for colds and flu, muscular aches, sports injuries and menstrual problems.

Safety data: avoid during pregnancy. Not to be used by epileptics, children or those with high blood pressure.



SANDALWOOD

Santalum album

Sedative

Sandalwood has a relaxing, antidepressant effect on the nervous system and is a powerful aphrodisiac. It is useful for cystitis, stress and dry/mature skin. It is also excellent for all respiratory conditions and boosts the immune system. It is traditionally used in meditation.



TEA TREE *Melaleuca alternifolia* **Antiseptic**

Effective against viruses, bacteria and fungi, it is useful for a variety of ailments-colds, flu, bronchitis, sinusitis, tonsillitis, whooping cough, dandruff, athlete's foot, acne, warts, shingles.

Safety data: possible skin sensitisation, usually due to adulteration of the oil.

VETIVER *Vetiveria zizanioides* **Sedative**

A smoky, earthy, balancing and grounding oil that calms and relieves stress and tension. It promotes sleep, banishes mental fatigue, boosts the immune system and settles the nerves before appointments. Aphrodisiac.

YLANG YLANG *Cananga odorata* **Sedative**

This oil has a sedative, antidepressant action. It is good for many symptoms of excessive tension such as insomnia, panic attacks, irregular heart beat, anxiety, high blood pressure and depression. It also has a good reputation as an aphrodisiac. It regulates adrenalin flow, slows rapid breathing and relieves palpitations. It helps boost low self-esteem, reduce anger and is helpful for those with repetitive thoughts.



Safety data: possible skin irritant, can cause headaches if used in large amounts

General Safety Information: Do not take any oils internally. Do not apply undiluted essential oils onto the skin. If you are pregnant, epileptic, have liver damage, cancer, or have any other medical problem, use oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest oils at extremely low doses. A 0.5-1% blend is advised, (one/two drops essential oil to every 10ml of plain carrier oil). A skin patch test should be conducted prior to using an oil that you have never used before. The information provided is for educational purposes only. This information is not considered complete and is not guaranteed to be accurate.

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