



**Ancient cultures traditionally used essential oils to aid and protect the body's natural defense system and for medicinal and ceremonial purposes. Just like ancient cultures, scientists and practitioners continue to research and realize the powerful benefits that they provide for the mind, body and spirit. The most beneficial essential oils are 100% pure, therapeutic grade and pesticide free. Read the chart below to gain a better understanding of the extraordinary attributes and application methods of essential oils and begin to experience their healing powers. \*Note: the benefits below are referenced from aromatherapists and traditional use. Your results may vary.**

Essential Oils Benefits Chart		
Essential Oil	Traditional Use Primary Benefits	Application
<p><b>Balsam Fir</b> <i>Abies balsamea</i></p> <p>Historically used in Native American rituals. Balsam Fir is valued for its warming qualities, uplifting nature and balsamic fragrance.</p>	<p>Sedative, eases tension, stress derived conditions, depression.</p> <p>Soothes sore muscles, bones, joints, respiratory symptoms such as coughs, asthma, catarrh, throat and bronchitis.</p> <p>Astringent for skin irritation; relieves hemorrhoids, burns, cuts, sores.</p> <p>Diuretic, expectorant, antiseptic for cystitis, genito-urinary infections.</p> <p>Uplifting and refreshing.</p>	<p>Inhale 2-3 drops any time of day to bring relief to the senses and ease nervousness. Clear congestion and help ease chronic cough by adding 3-6 drops to hot water in bowl or sink for steam inhalation.</p> <p>Add 10-15 drops to 1 oz. messenger oil and apply to target area to relieve aching muscles and bones, and skin irritation.</p> <p>Massage 10-15 drops with 1 oz. messenger oil and apply as warm compress for soothing back relief.</p>
<p><b>Basil</b> <i>Ocimum basilicum</i></p> <p>Traditionally used in Ayurvedic medicine in the Far East; believed to protect against evil.</p>	<p>Relaxes and soothes when faced with nervous depression, fatigue, asthenia, anxiety, and hysteria; eases migraine from liver and gall bladder problems.</p> <p>Effective skin tonic.</p> <p>Calms spasms associated with asthma, bronchitis, whooping cough, muscular and bone aches and pains, gout.</p>	<p>For a bath to relax muscles and calm nerves, mix 10-15 drops to 1 oz. whole milk and add to warm water.</p> <p>For a soothing massage mix 10-15 drops to 1 oz. messenger oil.</p> <p>Apply diluted to tip of nose, tense areas or on skin irritations.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals.</p>
<p><b>Chamomile</b> <i>Anthemis nobilis</i></p> <p>Widely used, chamomile is revered by ancient Egyptians and Moors and traditionally used as one of the Saxon's nine sacred herbs.</p>	<p>Antiseptic and bactericidal properties, aid acne, insect bites, stings and cuts.</p> <p>Antispasmodic: eases arthritis, muscular aches and pains, rheumatism and sprains.</p> <p>Anti-inflammatory: soothes dermatitis, burns, chilblains, eczema and rashes.</p> <p>Calms colic, indigestion, menstrual cramps, tension, anxiety and nausea.</p> <p>Uplifts, balances and eases feelings of anger, melancholy and discontent. Relaxes senses to aid sleep.</p>	<p>Mix 10-15 drops to 1 oz. messenger oil for a targeted muscle relaxing massage.</p> <p>For a relaxing bath, add 10-15 drops to 1 oz. of whole milk and add to warm water.</p> <p>Diffuse 15-20 drops in a room to calm the senses and ease feelings of restlessness.</p>
<p><b>Clary Sage</b> <i>Salvia sclarea</i></p> <p>Historically used by the ancients for medicinal purposes.</p>	<p>Soothes amenorrhea, headache, insomnia, nervous tension, migraine, exhaustion and stressful conditions.</p> <p>Calms asthma, allergies, coughing, sore throat; colic, indigestion, nausea; dysmenorrheal.</p> <p>Hormone-like; regulates period, eases pains from PMS, labor pains and menopausal problems.</p> <p>At low dose, aid for severe leg (skin) ulcers, any damaged or severely infected skin (i.e. cellulites).</p>	<p>Add 10-15 drops to 1 oz. messenger oil to cool inflamed, normal, over-hydrated skin or apply all-over for a targeted massage.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals.</p>

<p><b>Cypress</b> <i>Cupressus sempervirens</i></p> <p><i>Sempervirens</i> means “ever living.” Harmonious and strong nature; woody aroma originates from the coniferous family. Representative of the yang (action) principle.</p>	<p>Stimulates skin circulation, varicose veins, cellulite, wound healing; varicosities, hemorrhoids internal and external, bleeding gums. Aids acne, oily skin and hair, mature skin and excessive perspiration. Soothes asthma, throat infection, whooping cough, laryngitis, bronchitis, pulmonary issues; muscle aches and pains, rheumatism, cramps, arthritis, edema, colitis, gut infections; stimulates sluggish intestines, hepato-pancreatic stimulant. Eases lack of concentration and fatigue.</p>	<p>Apply diluted on each temple, back of neck, along the spine and back. Mix 10-15 drops to 1 oz. messenger oil and massage over abdomen to ease menstrual flow. Add 10-15 drops per ounce to personal care products to aid oily hair and skin. Diffuse overnight or use diluted in a chest rub cream for relief from coughing spells.</p>
<p><b>Eucalyptus</b> <i>Eucalyptus radiata</i></p> <p>Indigenous to and historically favored in Australia. Traditionally used to aid body’s natural defense system.</p>	<p>Relaxes and soothes headache, nervous exhaustion, neuralgia. This type is better suited for long term use of chronic respiratory conditions; asthma, bronchitis, coughs, sore throat and sinus problems. Best suited for viral or bacterial infections such as throat and mouth infections, influenza/myxovirus, cold and fever. Soothes and cools the body; relieves areas of inflammation associated with arthritis, muscle aches and pains, sprains, sciatica and rheumatoid arthritis. Traditional home remedy to repel bugs.</p>	<p>Inhale 2-3 drops on a tissue any time of day. Clear head by adding 3-6 drops to hot water in a bowl or sink, cover head with towel and inhale for 2-5 minutes with eyes closed. Apply diluted on the temples, behind the ears and on the base of the neck. Relieve muscular aches with a targeted massage by adding 10-15 drops to 1 oz. messenger oil. Diffuse 15-20 drops in 10-15 minute intervals.</p>
<p><b>Fennel</b> <i>Foeniculum vulgare</i></p> <p>Originates in the Mediterranean and traditionally used in cooking and bears strength, courage and longevity.</p>	<p>Astringent for dull, dry, watery, oily and mature skin types; aids corns. Rheumatism, acts as slight muscle analgesic, bruises, cellulites; halitosis.</p>	<p>Add 3-6 drops to hot water in bowl or sink, cover head with towel, inhale for 2-5 minutes with eyes closed. Apply 10-15 drops to 1 oz. messenger oil to ease. Mix 10-15 per oz. of personal care toner for skin toning.</p>
<p><b>Frankincense</b> <i>Boswellia carteri</i></p> <p>Used in ancient times as incense to drive away evil and sickness.</p>	<p>Anti-inflammatory for rheumatism; tonic-digestive; soothes stomach, eases digestion, chronic diarrhea, belching, varicose ulcer. Antidepressant, sedative; cicatrizant, cytophylactic, anxiety, nervous tension, depression, nightmares, fear of future, produces calm mental states.</p>	<p>Aid for respiratory relief; add 3-6 drops to hot water in bowl or sink, cover head with towel, inhale for 2-5 minutes with eyes closed. Diffuse overnight to relax and soothe senses. Apply diluted to help soothe a particular area and massage 10-15 drops in 1 oz. messenger oil onto feet, hands and spine for alignment.</p>
<p><b>Geranium</b> <i>Pelargonium graveolens</i></p> <p>Indigenous to China and historically used as an anti-inflammatory; remedy for wounds and used in skin care.</p>	<p>Antidepressant; balances emotions, nervous stress, neuralgia, quells anxiety; uplifting, increases imagination, intuition, and capacity for intimate communication. Stimulates immune, pancreatic and lymphatic system; eases PMS, menopause; kidney tonic, diuretic; hemorrhoids. Antispasmodic; analgesic; anti-inflammatory. Aids poor circulation; antihemorrhagic; phlebitis, broken capillaries, aids healing from facial plastic surgery. Astringent; balances oil gland secretion, acne, jaundice; eczema, cellulite and minor skin irritations.</p>	<p>Dilute 10-15 drops to 1 oz. of messenger oil for all-over body massage. Apply topically to minor cuts, scratches and areas of irritation such as burns, bruises and eczema. Inhale 2-3 drops on a tissue for a light, fresh floral aroma for the senses. Diffuse 15-20 drops in 10-15 minute intervals throughout the day.</p>

<p><b>Helichrysum</b> <i>Helichrysum italicum</i></p> <p>Indigenous to France and Italy. Traditionally used as an anti-allergenic.</p>	<p>Nerve regenerator, best for traumas; cleanses and thins blood, aids varicosities; detoxification, relieves headache from liver congestion and fatigue.</p> <p>An emollient; aids broken veins, bruises (internal, external) stretch marks, wounds, old scars, spots; antiseptic for burns.</p> <p>Antimicrobial, bacterial: colds, flu, febrifuge; antiviral for herpes and fungicidal for warts and Candida.</p> <p>Antispasmodic: asthma, bronchitis; anti-inflammatory: acne, dermatitis, eczema; muscular aches and pains, arthritis.</p> <p>Traditionally used as a home remedy to soothe insect bites.</p>	<p>Mix 10-15 drops to 1 oz. messenger oil for a soothing massage.</p> <p>Apply 2-3 drops diluted to soothe irritation from insect bites, such as bee stings.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals to energize the mind and spirit.</p>
<p><b>Lavender</b> <i>Lavandula angustifolia</i></p> <p>Historically used for its purifying and soothing powers by ancient Egyptians and Romans.</p>	<p>One of the most versatile oils for therapeutic purposes. Relaxes and balances the nerves, eases anxiety, vertigo, sciatica, depression, headache and migraine, hypertension and earache.</p> <p>Antispasmodic and stomachic properties calm asthma, colic, whooping cough, flatulence, dysmenorrhea, labor pains, sprains, strains and stress.</p> <p>Regenerates cells and thread veins, bruises, cuts sores, scars and stretch marks.</p> <p>Useful for areas of inflammation such as athlete's foot, burns, insect bites, itching, rheumatism, eczema, chicken pox, cystitis.</p> <p>Beneficial for oily skin, acne and dermatitis; excellent antiseptic properties ward off skin parasites, such as scabies.</p>	<p>Use 2-3 drops on temples, back of neck, rim of ears, between thumb and index finger, and along the big toe to help soothe; add 10-15 drops to 1 oz. messenger oil.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals throughout the day.</p> <p>For relaxation, place 2-3 drops in the palm of your hands and inhale any time of day.</p> <p>To ease dry skin, mix 10-15 drops with 1 oz. of whole milk and add to warm bath water.</p>
<p><b>Lemon</b> <i>Citrus limonum</i></p> <p>Indigenous to Italy; traditionally used for its "yang" (action) energy.</p>	<p>Rational oil; helps restore emotional balance; stimulates the left brain, clears thought processes and aids concentration.</p> <p>Strengthens epidermis function, thin hair and nails; balances sebum/oil production, acne; soothes dry skin, athlete's foot, boils, corns, warts. Helps varicose veins, cellulite; strengthens connective tissues.</p> <p>Enhances immune system; helps colds, flu, fever, respiratory infections, asthma, bronchitis, sore throat and sinusitis; antibacterial properties cleanse and neutralize to help prevent infections; effective room disinfectant.</p> <p>Aids development of acid mantle; balances stomach acidity and pH, reduces blood sugar; detoxifying, relieves constipation, stimulates and cleanses liver and pancreas.</p> <p>Traditional home remedy for insect repellent.</p>	<p>Inhale as needed to stimulate concentration and memorization.</p> <p>Diffuse to help protect from airborne germs. Add 2-3 drops to purified water in a spray bottle to help cleanse high traffic areas or to freshen cleansing water.</p> <p>Apply 2-3 drops diluted to skin irritations, such as insect bites, for itch relief.</p> <p>For an invigorating shower or bath, mix 10-15 drops in 1 oz. of whole milk and add to warm water.</p>
<p><b>Lemongrass</b> <i>Cymbopogon flexuosus</i></p> <p>Indigenous to Nepal and historically used for infection and is regarded as an effective healing agent.</p>	<p>Anti-inflammatory, arthritis; tightens muscles, cartilage, tendons; cellulite.</p> <p>Immune stimulant, vasodilator, hydro lipid retention, digestive tonic, stimulates liver.</p> <p>Sedative action calms stress related disorders.</p> <p>Antiseptic; toning astringent; cleansing to oily skin, blackheads; tightens pores.</p>	<p>Dilute 2-3 drops and apply to large areas of the body or to target areas to soothe tendons and related areas.</p> <p>Add 10-15 drops per ounce to personal care product for a cleansing skin tonic.</p> <p>Add 1-2 drops in a cloth and inhale any time of day to relax senses.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals.</p>

<p><b>Marjoram</b> <i>Origanum marjorana</i></p> <p>Used by Ancient Romans, known as the “herb of happiness.” Referred by Ancient Greeks as “joy of the mountains.”</p>	<p>Antispasmodic: eases arthritis, muscular aches and pains, rheumatism, lumbago, sprains, strains; neuromuscular contractions; respiratory distress and infections: bronchitis; digestive problems.</p> <p>Aids hypertension, eases palpitations; colds, flu. Relaxes neuralgia, nervous spasms, anxiety, eases headache, hyperactivity, hysteria, migraine, stress problems; curbs excessive sexuality.</p>	<p>Apply 2-3 drops diluted to target area to ease muscle spasms. Mix 10-15 drops to 1 oz. messenger oil for a targeted massage.</p> <p>Add 2-3 drops to a tissue any time of day. Diffuse 15-20 drops in 10-15 minute intervals.</p> <p>As tick repellent, add 30 drops to 2 oz. distilled water in a spray bottle.</p>
<p><b>Myrrh</b> <i>Commiphora myrrha</i></p> <p>Used in the Egyptian embalming process and valued spiritually for its perfume.</p>	<p>Soothing, drying, and fortifying; wounds, cuts, dry and cracked skin, mature skin; sore throat, loss of voice, bronchitis, arthritis, sinusitis; hemorrhoids; antifungal; steadying effect on the nerves.</p>	<p>Cool inflammation and apply 2-3 diluted drops to particular area or on temples, back of neck, bottoms of feet and web of hands to relax nerves and soothe weary bones.</p>
<p><b>Orange</b> <i>Citrus sinensis</i></p> <p>Traditionally used in Chinese medicine and is regarded for its cooling, refreshing effect.</p>	<p>Sedative; eases nervous tension and stress related conditions.</p> <p>Antidepressant; balances and uplifts.</p> <p>Antispasmodic and stomachic properties help relieve spasms, bronchitis, chills, constipation and indigestion.</p> <p>Antibacterial; cleanses and helps dull and oily skin.</p>	<p>To calm and soothe, add 10-15 drops to 1 oz. of messenger oil and apply for an all-over body massage.</p> <p>Diffuse 15-20 drops to refresh and uplift the senses.</p> <p>For a cleansing and refreshing bath, mix 10-15 drops in 1 oz. of whole milk and add to warm water.</p>
<p><b>Peppermint</b> <i>Mentha piperita</i></p> <p>Used in ancient Greek and Roman ceremonies for its health-promoting properties; used for overall well-being.</p>	<p>Versatile oil that relaxes and soothes; anti-inflammatory properties provide warming and cooling action; ease menstrual cramps, muscular aches and pains, sciatica, rheumatism, arthritis, toothache, laryngitis, sinusitis, rhinitis, mastitis and cystitis; cools skin and relieves dermatitis and itching associated with eczema, pruritis and urticaria.</p> <p>Cleansing and purifying; aids with halitosis, gingivitis, herpes, shingles; softens and degreases skin; acne, helps remove blackheads and retains moisture in skin; antiseptic properties ward off skin parasites such as ringworm and scabies.</p> <p>Soothes feelings of nausea and fainting.</p> <p>Antispasmodic calms bronchitis, dry cough, asthma; colic, indigestion, flatulence, diarrhea, liver cirrhosis; hepato-pancreatic stimulant.</p> <p>Enhances our receptive capacities on the mental level and helps develop emotional tolerance; relieves headache, mental exhaustion, vertigo, neuralgia and nervous stress.</p>	<p>Diffuse overnight to ease away discomfort and to help breathe easier.</p> <p>Apply 3-5 drops diluted in 1 oz. messenger oil to cool areas of skin irritation and itching.</p> <p>Apply to temple, back of neck, web of hands and tops of feet. To help breathe easier, apply 10-15 diluted drops on the chest area and cover with a warm compress for 10-60 minutes.</p> <p>Dilute 10-15 drops in 1 oz. messenger oil or lotion for a soothing massage over the lower abdomen or lower back, and for weary muscles and feet.</p>
<p><b>Rose</b> <i>Rosa damascena</i></p> <p>Known as ‘the Queen of Flowers’ and valued for its rich, sweet floral aroma that works through the heart.</p>	<p>Sedative; soothes a sad heart, regulates nervous system and PMS related conditions: mood swings, cramps, menstruation, nausea, labor pains and post-partum depression.</p> <p>Antidepressant; uplifts sad heart, comforts and eases psychological challenges.</p> <p>Effective heart tonic to aid circulation and palpitations.</p> <p>Antiseptic and astringent properties cleanse; helps relieve and heal infected, dry and sensitive skin, colds sores and aids with gum problems.</p>	<p>For a balancing and comforting massage, add 10-15 drops to 1 oz. of messenger oil.</p> <p>Diffuse 15-20 drops in 10-15 minute intervals to relax the body and soothe the spirit.</p>

<p><b>Rosemary</b> <i>Rosmarinus officinalis</i></p> <p>Renowned by the English as a medicinal herb. Historically used to cleanse the skin and scalp.</p>	<p>Useful for oily hair, dandruff and dull skin. Antiseptic properties help defend against infections, especially staph and strep infection. Offers multiple sclerosis support, arteriosclerosis; strengthens poor circulation. Stimulating to the senses; historic remedy for apathy and gloom; helps regain focus when sluggish, relieves nervous exhaustion and chronic fatigue. Antispasmodic; calms sour stomach, palpitations, aching and cramped muscles, arthritis, neuralgia, rheumatism; aids slow elimination and soothes colitis.</p>	<p>For focus and protection, dilute 3-5 drops with 1 tablespoon messenger oil and apply on temples and forehead or massage on hands and feet. To cleanse and protect skin and scalp, mix 10-15 drops with 1 oz. whole milk and use in your bath or shower. Mix 10-15 drops of oil per ounce of personal care items to cleanse. Inhale any time of day to boost mind set by placing 2-3 drops in a tissue. Breathe through each nostril 2-3 times. Diffuse 15-20 drops in 10-15 minute intervals.</p>
<p><b>Sandalwood</b> <i>Santalum album</i></p> <p>One of the oldest known perfume materials going back at least 4000 years. Traditionally used in Hindu marriages and burned on a sacred fire within the marriage tent surrounding the bridal pair.</p>	<p>Relax stress-related allergies; clear confusion; calming to nervous system; lower anxiety and stress; clear mild depression and strengthen focus; balance PMS mood swings. Used to treat urinary and respiratory infections. Calm headaches and migraines, hiccups; mouth ulcers; gout; muscle aches and pains.</p>	<p>Add 10-15 drops to 1 oz. messenger oil for an all-over body massage. For a soothing and relaxing bath, mix 10-15 drops with 1 oz. whole milk or ½ oz. liquid soap and add to warm water. Apply 3-5 drops diluted with 1 tablespoon messenger oil or lotion and put behind ears, neck and on pulse points as perfume or cologne. Diffuse 15-20 drops in 10-15 minute intervals for a warm, embracing aroma.</p>
<p><b>Tea Tree</b> <i>Melaleuca alternifolia</i></p> <p>Originated in Australia.</p>	<p>Traditionally used to cleanse; aids with dandruff and acne. Antibacterial properties protect skin irritations: sores, cuts, itching from insect bites, chicken pox, herpes, and cold sores; Antiviral protection for colds, fevers, chicken pox, flu; antifungal properties can help protect from athlete's foot, corns, ringworm, Candida and other fungal infections. Aids hypertension, recovery support after heart attack, recuperation from long illness, promotes blood flow to the brain and increases urine flow. Calming and good for mental fatigue. Soothes muscular and joint aches from injuries and sprains, arthritis, rheumatism. Urinary antiseptic, aids relief for vaginitis, cystitis and sinusitis.</p>	<p>For cleansing and protecting, diffuse 15-20 drops in 10-15 minute intervals throughout the day. For cuts and sores, add 2-3 drops to the targeted area. Mix 10-15 drops with 1 oz. messenger oil and apply to chest after bath or shower. Inhale any time of day to calm and soothe by placing 2-3 drops in the palms of hands.</p>
<b>Oils that Can Be Combined for Aromatherapy Benefits</b>		
<p><b>Bergamot</b> <i>Citrus bergamia</i></p> <p>Historically used in Italy for its antiseptic qualities. Regarded by aroma therapists for psychological effects in relieving fear and used for treating depression and anxiety.</p>	<p>Soothes, lowers anxiety, clearing, aid stress-related disorders; balances PMS mood swings, lessens anger or frustration; lowers emotional addictions, regulates appetite. Useful for oily complexion, skin irritations such as psoriasis, eczema and boils; insect repellent. Calms intestinal colic; effective for mouth infections and halitosis.</p>	<p>Add 10-15 drops to 1 oz. messenger oil for soothing massage. For a warm, relaxing fragrant bath to help balance emotions, add 10-15 drops with 1 oz. whole milk and add to warm bath water. Apply diluted to help care for skin infections: psoriasis, eczema, and acne. Inhale 2-3 drops in palm of hands. Diffuse 15-20 drops in 10-15 minute intervals.</p>

<p><b>Blue Tansy</b> <i>Tanacetum annuum</i></p> <p>Characteristic of its vivid deep blue color, Blue Tansy exudes a warm and relaxing aroma.</p>	<p>Offers anti-inflammatory properties to soothe irritation; burns, sunburns, acne, sensitive skin and keratosis.</p>	<p>Apply diluted to soothe inflamed area. Mix 10-15 drops to 1 oz. messenger oil for a targeted massage. Diffuse 10-15 drops in 10-15 minute intervals.</p>
<p><b>Camphor</b> <i>Cinnamomum camphora</i></p> <p>Historically used in herbal medicine to help prevent against infections.</p>	<p>Antispasmodic and anti-inflammatory properties soothe muscular aches and pains, vomiting, colic, flatulence; cools inflamed skin, rheumatism, arthritis, burns and fever. Sedative; stimulant; uplifts and balances, aids nervous system, shock and heart failure. Decongestant; antiseptic useful for colds, flu and cough symptoms.</p>	<p>Diffuse 10-15 drops to help clear head and breathe easier. Add 10-15 drops to 1 oz. of messenger oil to warm and relax muscular aches and pains, and help stimulate circulation. Add 2-3 drops to sachet as a traditional home remedy to help repel moths.</p>
<p><b>Cinnamon</b> <i>Cinnamomum verum</i></p> <p>Indigenous to Sri Lanka; regarded as one of the most antiseptic essential oils.</p>	<p>Useful for areas of inflammation such as athlete's foot, fungal infections, herpes, sores, scabies. Aids recuperation from long illness; chicken pox; colds, fevers, exhaustion.</p>	<p>Mix 10-15 drops with 1 oz. whole milk and add to warm bath water. Diffuse 15-20 drops in 10-15 minute intervals to boost body's natural defense system.</p>
<p><b>Clove</b> <i>Syzygium aromaticum</i></p> <p>Traditionally used as a remedy for toothaches and disinfectant on wounds.</p>	<p>Beneficial for acne, cuts; ward off skin parasites, zona (herpes, shingles), athlete's foot; aids bruises, toothache, prickly heat. Soothes arthritis, rheumatoid arthritis, rheumatism and sprains. Calms colic, spasms, dyspepsia, nausea, asthma; aids pulmonary afflictions, bronchitis, tuberculosis and sinusitis. Hypotension-circulatory stimulant; immune stimulant; viral infections, colds, flu, minor infections, dental infections, viral hepatitis, intestinal virus; aids intestinal intoxications, stimulates digestion, normalizes thyroid.</p>	<p>Use highly diluted on skin; avoid use on sensitive or damaged skin. Dilute 10-15 drops to 1 oz. messenger oil and apply on palms of hands and bottoms of feet. Mix 10-15 drops to 1 oz. messenger oil and massage on irritated, inflamed areas and weary bones. Diffuse 15-20 drops in 10-15 minute intervals to boost body's natural defense system.</p>
<p><b>Dill</b> <i>Anethum graveolens</i></p> <p>Used extensively for medicinal and culinary purposes.</p>	<p>Digestive and stomachic properties soothe feelings of nausea, upset stomach, indigestion, flatulence; especially helpful for easing children's colic. Stimulates milk production for nursing mothers; balances menstruation.</p>	<p>Add 10-15 drops per oz. to personal care products (perfume, detergent) for a fragrant aroma. Diffuse 15-20 drops in 10-15 minute intervals to relax the senses.</p>
<p><b>Jasmine</b> <i>Jasminum officinale</i></p> <p>Widely used in cosmetics and fragrance and provides a sweet, rich floral aroma.</p>	<p>Antiseptic; balancing properties useful for all skin and sensitive types; relieves dry and inflamed skin: dermatitis, eczema, stress-related skin conditions. Aphrodisiac; enhances and inspires the senses, overall mood, confidence and creativity. Uplifts and balances feelings of sadness, depression, anxiety, tension, PMS and frigidity. Eases labor pains, joint and muscular aches.</p>	<p>Mix 10-15 drops to 1 oz. messenger oil and apply to targeted area. Inhale 2-3 drops in hand or diffuse 15-20 drops to uplift and inspire the mind and spirit. Add 10-15 drops per oz. to personal care products (lotion, toner) to help soothe skin.</p>

<p><b>Lime</b> <i>Citrus aurantifolia</i></p> <p>Indigenous to Asia, long used by sailing crews for its high concentration of Vitamin C to prevent scurvy.</p>	<p>Antiseptic, bactericidal; antiviral aid cough, cold, congestion, sore throat, flu, febrifuge; antiscorbutic; aids cardiovascular disease (MDR); Antirheumatic, eases inflammations; calms intestinal spasms, flatulence, cramps; increases urine. Uplifting; helps listlessness, refreshes tired mind.</p>	<p>Mix 10-15 drops per ounce to personal care products for a fresh, clean scent. Add 3-6 drops to hot water in bowl or sink, cover head with towel and inhale for 2-5 minutes. Diffuse 15-20 drops in 10-15 minute intervals to help boost body's natural defenses.</p>
<p><b>Mandarin</b> <i>Citrus reticulata</i></p>	<p>Beneficial toning action helps oily, combination and blemished skin. Sedative; eases feelings of restlessness, tension and anxiety. Soothes upset stomach; digestive tonic, ease water retention.</p>	<p>Mix 10-15 drops to 1 oz. of messenger oil to help soothe targeted area. Place 2-3 drops on a carrying cloth and inhale throughout the day to help ease tense mindset. Diffuse 15-20 drops in 10-15 minute intervals for a relaxing aroma.</p>
<p><b>Patchouli</b> <i>Pogostemon cablin</i></p> <p>Indigenous to India, its yang (action) energy promotes enlivened senses and positive mood.</p>	<p>Aid oily hair and scalp, dandruff; eczema (weeping), impetigo. Slows breathing; nervous exhaustion, lethargy, stress related problems; sedative at low dose, stimulating at high dose; balances, sharpens and clarifies, grounding one's energy; aids dreams.</p>	<p>Add 2-3 drops to a tissue and inhale to revive and uplift spirit, to soothe and relax thoughts. Diffuse 15-20 drops in 10-15 minute intervals. Add to personal care products to aid oily hair and scalp. Mix 10-15 drops to 1 oz. messenger oil or lotion for a relaxing massage.</p>
<p><b>Raven Sara</b> <i>Ravensara aromatica</i></p> <p>Indigenous to Madagascar where the oil is revered for its healing qualities.</p>	<p>Cuts, infections; dramatic results in herpes, zona (shingles) (MDR); anti-infectious when combined with other cineole rich oils: flu, bronchitis, coughs, colds, chicken pox, typhus; aids swollen gland infection (MDR); useful in convalescence. Eases whooping cough, asthma, allergies, laryngitis; aids muscular and physical fatigue; acute rheumatoid pain; eases digestion; stimulates gall bladder; aids detoxification and urine flow; useful in obesity.</p>	<p>Mix 3-5 drops in 1 tablespoon of messenger oil to relieve itchy, inflamed areas. Inhale by placing 2-3 drops in a tissue to boost body's natural defenses. Diffuse 15-20 drops in 10-15 minute intervals to relax from a stress-filled day.</p>
<p><b>Rosewood</b> <i>Aniba rosaedora</i></p> <p>Warm and woody fragrance.</p>	<p>Clear confusion; calming to nervous system; lower anxiety, aid mild depression and strengthen focus; soothe spasms, asthma, sinus congestion; headaches and migraines; gout.</p>	<p>Inhale 2-3 drops on a piece of cloth or tissue to boost to senses. Apply diluted on pulse points. Dilute 10-15 drops in 1 oz. of messenger oil for a calming massage.</p>
<p><b>Spruce</b> <i>Picea mariana</i></p> <p>Historically used by aromatherapists to revive weary muscles.</p>	<p>Nervine; mentally grounding, elevating, opening; balance anxiety and stress.</p>	<p>Apply 10-15 drops with 1 oz. messenger oil on damp towel for a warm compress to relieve weary muscles. Diffuse 15-20 drops in 10-15 minute intervals.</p>

<p><b>Vanilla</b> <i>Vanilla planifolia</i></p> <p>Common flavoring agent and has a sweet, warm aroma.</p>	<p>Stimulates menstruation. Relaxes feelings of frustration, anger and ill-temper. Comforts and calms the senses.</p>	<p>Add 10-15 drops per oz. of a favorite body oil or lotion to comfort and warm the body and mind. Diffuse 15-20 drops in 10-15 minute intervals to relax the senses and ease mental tension. For a soothing, aromatic bath, mix 10-15 drops with 1 oz. whole milk and add to warm water.</p>
<p><b>Vetiver</b> <i>Vetiveria zizanoides</i></p> <p>Traditionally used for its fine, woody aroma, vetiver is known as 'the oil of tranquility'.</p>	<p>Antispasmodic; soothes fatigued, overextended and achy muscles and joints. Eases painful menstruation. Antiviral and antiseptic properties aid immune system. Enhances receptive capacities on mental level; calms, gathers mindset, relieves nervous feelings and emotional fatigue. Useful aid in skin care to help rejuvenate and soothe.</p>	<p>Add 3-6 drops to hot water in bowl or sink, cover head with towel and inhale for 2-5 minutes with eyes closed to clear head and mind. To ease sore muscles and relax general stress related symptoms, add 10-15 drops to 1 oz. whole milk and add to bath water.</p>
<p><b>Wintergreen</b> <i>Gaultheria procumbens</i></p> <p>Offers sweet, cool aroma often used for its flavor in beverages and personal care products.</p>	<p>Mild analgesic helps relieve pain. Anti-inflammatory; soothes sore muscles and joints; lumbago, sciatica, neuralgia, myalgia and rheumatoid arthritis. Beneficial for clearing mucous and aids respiratory challenges.</p>	<p>Add 10-15 drops to 1 oz. messenger oil for an all-over or targeted body massage to relieve achy muscles.</p>
<p><b>Ylang Ylang</b> <i>Cananga odorata</i></p> <p>Essential oil exudes an exotic, full-bodied aroma and means "flower of flowers."</p>	<p>Aphrodisiac, fragrance; balances hormones, stimulates thymus gland, regulates adrenal flow, impotence, frigidity; uterine tonic, PMS, depression, insomnia, nervous tension, stress, related pain; fear, anger, inner coldness, low self-esteem; euphoric, nervous sedative. Aids irritated, dry, acneic, oily and combination skin.</p>	<p>For an aromatic bath, add 10-15 drops with 1 oz. whole milk and mix in bath water to soothe feelings of frustration. Diffuse 15-20 drops in 10-15 minute intervals.</p>

### General Usage Guidelines for Essential Oils

While essential oils are extremely easy to use, it is wise to keep in mind these guidelines:

1. Do not apply undiluted essential oils, except Lavender and Tea Tree, directly on skin. Dilute essential oils by mixing 10-15 drops with one ounce of messenger oil or lotion.
2. Keep lids tightly sealed and store out of reach of children.
3. Store your essential oils at room temperature and avoid contact with direct sunlight.
4. Do not use in bath water without dispersing in a milk bath/liquid soap solution. Add 10-15 drops to 1 oz. whole milk, half & half or liquid soap, mix together and add to warm water.
5. When using essential oils for the first time, especially if you are prone to allergies, use oils diluted on the inside of arm only as a skin patch test. If rash occurs, discontinue use. If rash persists, consult your health care professional.
6. If pregnant or nursing, consult a physician before using.
7. Citrus essential oils can be photosensitive. Avoid using undiluted on skin that will be exposed directly or indirectly to sunlight within 72 hours.
8. For external use only. Use only as directed.