

# SINGLE ESSENTIAL OILS

## QUICK REFERENCE CHART

One of Many Uses

### APPLICATION SKIN SENSITIVITY

AROMATIC TOPICAL INTERNAL NEAT SENSITIVE DILUTE

		AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE
<b>Basil</b> <i>Ocimum basilicum</i>	Respiratory care	A	T	I	N		
<b>Bergamot</b> <i>Citrus bergamia</i>	Depression	A	T	I		S	
<b>Cassia</b> <i>Cinnamomum cassia</i>	Circulation	A	T	I			D
<b>Cinnamon</b> <i>Cinnamomum zeylanicum</i>	Diabetes	A	T	I			D
<b>Clary Sage</b> <i>Salvia Sclarea</i>	Nerves	A	T	I	N		
<b>Clove Bud</b> <i>Eugenia caryophyllata</i>	Toothache	A	T	I			D
<b>Coriander</b> <i>Coriandrum sativum</i>	Digestion	A	T	I	N		
<b>Cypress</b> <i>Cupressus sempervirens</i>	Diuretic	A	T		N		
<b>Eucalyptus</b> <i>Eucalyptus radiata</i>	Decongestant	A	T			S	
<b>Frankincense</b> <i>Boswellia frereana</i>	Tonic	A	T		N		
<b>Geranium</b> <i>Pelargonium graveolens</i>	Anti-parasitic	A	T		N		
<b>Ginger</b> <i>Zingiber officinale</i>	Stomach	A	T	I		S	
<b>Grapefruit</b> <i>Citrus X paradisi</i>	Lymphatic	A	T	I	N		
<b>Helichrysum</b> <i>Helichrysum italicum</i>	Anticoagulant	A	T		N		
<b>Lavender</b> <i>Lavandula angustifolia</i>	Sinus	A	T		N		
<b>Lemon</b> <i>Citrus limon</i>	Antiviral	A	T	I	N		
<b>Lemongrass</b> <i>Cymbopogon flexuosus</i>	Insecticidal	A	T			S	
<b>Marjoram</b> <i>Origanum majorana</i>	Vasodilator	A	T	I	N		
<b>Melaleuca</b> <i>Melaleuca alternifolia</i>	Expectorant	A	T		N		
<b>Myrrh</b> <i>Commiphora myrrha</i>	Thyroid	A	T		N		
<b>Oregano</b> <i>Origanum vulgare</i>	Allergies	A	T	I			D
<b>Peppermint</b> <i>Mentha piperita</i>	Memory	A	T	I		S	
<b>Roman Chamomile</b> <i>Anthemis nobilis</i>	Calming	A	T		N		
<b>Rosemary</b> <i>Rosmarinus officinalis</i>	Rheumatism	A	T	I	N		
<b>Sandalwood</b> <i>Santalum album</i>	Hypertension	A	T		N		
<b>Thyme</b> <i>Thymus vulgaris</i>	Cardio health	A	T	I			D
<b>Vetiver</b> <i>Vetiveria Zizanoides</i>	Aphrodisiac	A	T		N		
<b>White Fir</b> <i>Abies alba</i>	Antiinflammatory	A	T		N		
<b>Wild Orange</b> <i>Citrus sinensis</i>	Cleaning	A	T	I	N		
<b>Wintergreen</b> <i>Gaultheria procumbens</i>	Arthritis	A	T			S	
<b>Ylang Ylang</b> <i>Cananga odorata</i>	Sedative	A	T		N		

# Essential Oil Usage Guide

**Nancy Connor**



## Essential Oil Usage Guide:

*A Basic How to Use Essential Oils Reference Guide* Nancy Connor, 2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life P S This is a second edition of the book *A Basic How to Use Essential Oils Reference Guide* 250 Aromatherapy Oil Diffuser Recipes Healing Solutions for Stress Anxiety Depression Sleep Colds Allergies Headaches Sinus Problems [Essential Oils Guide](#) J.D. Rockefeller, 2014-09-10 The uses for essential oils are considerable They can be used for medicine for the home for cleaning for pets and much more Some can be consumed orally while others are topical only Some are also poisonous and should never be used in any circumstances This essential oils guide will help you to maximize all of the benefits and ensure that you know when and where to use each of the different essential oils that you buy [The Encyclopedia of Essential Oils](#) Julia Lawless, 2013-06-01 At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes John Steele American Aromatherapy Association The definitive AZ reference guide to

essential aromatherapy oils Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils From commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertounge oakmoss cananga and angelica The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including The exact origins synonyms and related plants Methods of extraction the herbal folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses This easy to use volume lets you access essential information in a variety of ways with a Therapeutic Index a Botanical Index and Botanical Classifications plus safety information

**Essential Oils - The Ultimate Resource (Large Print)** Amy Zulpa,2014-09-22 Essential oils have been a staple of mankind s health and well being down through the ages and never more so than now In her book Essential Oils The Ultimate Resource Amy Zulpa sets out to explain in clear and simple language which oils carry which benefits how to choose between genuine and fake oils and how to buy store and blend the most beneficial of the essential oils Essential Oils The Ultimate Resource is a book that provides the reader with immediate solutions to everyday problems It could be for the relief of aches and pains or to help rejuvenate the skin or sustain hair health Yes there is an essential oil out there that can help with that Essential oils are not new and they have been in use for thousands of years by those who believe in using natural remedies as opposed to the chemically based ones that can come with so many side effects The book is great for home use and serves as an introductory text to essential oils

**Essential Oils: a Reference Guide** Marcella Long,2016-07-19 A Reference Guide of Essential Oils will become your go to quick reference guide Essential oils are a natural way to improve your health and they have been used for centuries for medicinal and cosmetic purposes Included in this book are sections on Essential Oil Basics Essential Oil Precautions Methods of Use Diluting and Blending Essential Oils By Category Essential Oils By Notes Essential Oils By Properties Carrier Oils By Properties Essential Oils By Uses Carrier Oils By Uses Application Areas Essential Oils With INCI Names Carrier Oils With INCI Names Carrier Oil Usage Chart Making Infusions Tinctures and More Over 100 Essential Oil Profiles Over 40 Carrier Oil Profiles Over 40 Cleaning Recipes Over 120 Diffuser Recipes Over 75 Healing Blends

**A Basic How to Use Essential Oils Reference Guide** Nancy Connor,2020-02-19 This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various

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*Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)* Julia Lawless, 2012-11-22 This is one of the bestselling aromatherapy books of all time with vital information on plant origins medical herbalism and the properties and actions of herbs and essential oils It covers 165 oils their actions characteristics principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike

**Smart Mom's Guide to Essential Oils** Mariza Syder, 2017-02-14 How to be a smart mom by using effective recipes for overall well being green cleaning personal care and hormone support Dr Jolene Brighten ND author of Beyond the Pill As a mother you are always looking for ways to make your family safer happier and healthier This book shows how essential oils can help you achieve all those things And you ll save money An easy to use handbook for creating natural solutions green cleaners and toxin free personal care items the Smart Mom s Guide to Essential Oils provides pure and potent recipes including PEPPERMINT and GRAPEFRUIT energizing air diffusion FENNEL and EUCALYPTUS respiratory relief rub CITRUS infused cleaning spray and scrub LAVENDER and MELALEUCA skin soothing salve CHAMOMILE and VETIVER stress reliever SPEARMINT powered digestive aid Your family s wellness starts with you That s why this helpful handbook also features a powerful regimen to reduce stress increase

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like adding a superpower to your health getting abilities Here s to radiant skin vibrant health and the incredible gifts of nature To your wellness Christopher Lively      **Essential Oils Guide Book** Olivia Banks,2018-09-12 Looking for books on essential oils and aromatherapy You ve come to the right place Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know You ll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it s all here Here s a quick preview of what s inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils      *The Complete Illustrated Guide to Aromatherapy* Julia Lawless,1997 Introduces aromatherapy and its contemporary uses profiles 65 oils and discusses stress management perfumery buying oils storage and more      *A Basic How to Use Essential Oils Reference Guide* Nancy Connor,2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the seventh book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines

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address a variety of health problems including specific advices for children women men and the elderly *The Heart of Aromatherapy* Andrea Butje,2017 Butje introduces readers to essential oils unique properties Each profile contains thorough practical information Latin name aroma aromatic note uses and safety tips as well as providing a sense of the oil s core spirit physical and emotional supportive capabilities Included are tips for buying the safest most natural forms of the essential oils and recipes to help you create personalized essential oil blends for happier healthier bodies minds and homes adapted from publisher info [New and Full Moon Healing Meditations](#) KG STILES,2025-05-05 Awaken your inner wisdom and spiritual attunement with this beautifully crafted lunar companion New and Full Moon Healing Meditations is your indispensable moon phase guide offering practical tools for emotional clarity soul growth and spiritual alignment throughout the zodiac year Perfect for astrology lovers spiritual seekers energy healers and anyone called to live in rhythm with the moon s cycles Inside you ll discover Guided meditations for every New and Full Moon across all 12 zodiac signs Healing rituals reflections and lunar ceremonies to support release and manifestation Essential oil blends and crystal allies for enhanced energy alignment Angelic affirmations and spiritual invocations for inner peace and intuitive clarity Practical moon phase timing tips to sync with celestial energies year round Each section serves as a cosmic initiation into the zodiac s energies guiding you to align with lunar rhythms and co create the most magical healing and fulfilling outcomes in your life Blending astrology energy medicine and aromatherapy this guide supports you in creating sacred rituals for personal transformation and deep connection Ideal for Moon phase rituals lunar journaling Meditation energy healing and spiritual practice Astrology beginners and seasoned mystics Holistic wellness and natural living KG Stiles BA CBT CBP LMT is a Certified Clinical Aromatherapist Intuitive Astrologer and holistic health educator with over four decades of experience in natural healing and spiritual wellness She is the founding director of PurePlant Essentials and currently serves as the Oregon South Director for the National Association for Holistic Aromatherapy NAHA and a NAHA approved Continuing Education Provider KG has created wellness blends for the global marketplace and has taught and worked with hospitals celebrity clients and integrative health professionals worldwide She is the author of over 100 books and her teachings integrate astrology essential oils and angelic guidance to support deep spiritual growth She lives in Ashland Oregon and shares her wisdom globally through her online store and recently relaunched YouTube channel **The Beginner's Guide to Essential Oils** Dr. Josh Axe, Jordan Rubin, Ty Bollinger,2019-12-17 The safe natural alternative to the dangers of prescription meds conventional personal care products and common household cleaners In their quest to help people around the world discover healing and a vibrant life health experts and bestselling authors Dr Josh Axe Jordan Rubin and Ty Bollinger have joined forces to share this

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