

# 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

**Marcella Long**



## **Essential Oil Usage Guide:**

The Top Books of the Year Essential Oil Usage Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. Essential Oil Usage Guide : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Essential Oil Usage Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://matrix.jamesarcher.co/About/book-search/HomePages/Ultimate%20Guide%20Myth%20Retelling%20Novel.pdf>

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