

# SINGLE ESSENTIAL OILS

## QUICK REFERENCE CHART

One of Many Uses

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

# Essential Oil Usage Guide

**CH Cherryholmes**



## **Essential Oil Usage Guide:**

Eventually, you will definitely discover a new experience and ability by spending more cash. yet when? attain you say you will that you require to acquire those every needs considering having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more roughly speaking the globe, experience, some places, gone history, amusement, and a lot more?

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