



ESSENTIAL OILS AND AROMATHERAPY



NATURAL WELLNESS FOR BODY AND MIND



INTRODUCTION

In today's fast-paced world, finding natural methods to enhance physical and mental well-being has become increasingly important. Aromatherapy, through the skillful use of essential oils, offers us a way to restore balance and serenity, deeply and gently stimulating the senses and the body. This ebook provides a practical and theoretical introduction to this ancient art, combining botanical knowledge with techniques for relaxation and self-care. From selecting oils, to application methods, to understanding the properties of each aroma, we will explore how these extracts can support well-being in everyday life.

Aromatherapy is a therapeutic or aesthetic treatment that uses [essential oils](#), extracted from various aromatic plants, to help the body and mind achieve a state of balance and well-being. Essential oils, also known as essences, are the liquid, fragrant, and volatile components that aromatic plants store in specific parts of their structure. These essential oils play a crucial role in the plant's survival: they protect it from disease, stimulate growth, attract pollinating insects, and repel harmful ones.

OLFACTORY SYSTEM

The high volatility of essential oils, meaning their ability to evaporate and disperse upon contact with air, places them in close relation to the olfactory system. The aromatic molecules in an essential oil are detected by the olfactory receptors in the nasal cavity and travel to the brain via the olfactory bulbs. Specifically, these molecules stimulate **the limbic system, which processes primary emotions, and from there, reach the hypothalamus.** Their journey continues toward higher nervous centers and the endocrine system, influencing mood, stimulating memory, sexual drive, emotions, and impacting the respiratory and digestive systems.



▲ *To scent your spaces, use the herbs and flowers you love.*

THE CHARACTERISTICS OF ESSENTIAL OILS

Essential oils are substances with a **very complex composition**. In fact, they are more similar to alcohol than to lipids, as they disperse quickly into the air. Some also contain resinous components that leave residues once the oil has evaporated. Plants produce these oils to attract insects with their fragrance and encourage pollination, but also to defend against pests or intense sunlight (often acting as antioxidants in the body).

Essential oils are not water-soluble, so to dissolve them, emulsifying agents such as unrefined sea salt, honey (acacia honey is ideal due to its liquidity), cream, milk, plain yogurt, etc., are required.

There are approximately **six hundred essential oils**. Most are used in the cosmetics industry, and only about fifty are used in aromatherapy, a practice that exclusively uses plant-based **essential oils**, excluding those of animal origin or those synthetically produced, which can be harmful to the body.



▲ *Thermal diffusers use the heat from a candle flame to evaporate the essences, allowing them to release their fragrance.*

The chemical properties of essential oils are due to the presence of trace elements and active compounds, such as alcohols, aldehydes, esters, ethers, ketones, phenols, and oxides. Essential oils can be categorized based on their composition into three main groups: oxygenated, sulfur-containing, and hydrocarbon-based. The latter group (rich in terpenes) is the most abundant.



Curiosities and Tips

Essential oils are a precious and highly concentrated product: for example, 100 kg of eucalyptus yields 10 liters of essential oil, while **100 kg of rose petals may yield only 0.5 liters**.

THE RAW MATERIALS

THE ANCIENT ART OF DISTILLATION



The technique of distillation was already known in ancient Eastern cultures, but both Eastern and Western civilizations mostly preferred to use the plants from which the essences came directly. The art of distillation developed gradually. In the Middle Ages, it was the domain of alchemists: the first treatise on distillation dates back to the mid-16th century and is attributed to Dr. H. Brunschwig of Strasbourg. In the manual, the doctor mentions various essences, including turpentine (which was already mentioned in the works of Pliny and Herodotus), juniper, rosemary, and lavender. However, it was only in the 18th century that the first mechanical extraction took place, and **it wasn't until the beginning of the 19th century that the art of distillation reached its peak.**



Curiosities and Tips

As for treatments involving essential oils, steam baths and inhalations are not recommended for individuals with asthma, as they may cause a feeling of suffocation.

Essential oils can be obtained from different parts of the plant:

- Flower (e.g., rose or lavender)
- Leaf (e.g., geranium or eucalyptus)
- Fruit (e.g., nutmeg)
- Seed (e.g., anise or fennel)
- Peel (e.g., orange or lemon)
- Bark, stem, or root (e.g., rosewood or cedar)
- Needles, twigs (e.g., pine)

Extraction Methods

There is no single extraction method that is suitable for all plants: essential oils can be extracted using the following methods:

- **Cold pressing** (e.g., citrus peels).
- **Steam Distillation** (the most common practice) or distillation in water.
- **Maceration** (e.g., jasmine flowers, whose delicate fragrance would be lost with the heat of distillation).
- **Extraction with Volatile Solvents:** this method allows for the full extraction of the plant's fragrance, but it is very expensive.

Essential oils have an extremely high concentration. For this reason, their production typically requires a large amount of raw material. For example, to obtain 0.9 liters of lavender essence, 100 kg of flowers are needed.

GUIDE TO BUYING AND STORING

Today, aromatherapy is becoming increasingly popular, not only for strictly therapeutic purposes but also to create **relaxing, energizing, purifying atmospheres at home**. As a result, essential oils are often found for sale outside specialized stores, such as herbal shops and pharmacies. At flea markets and supermarkets, bottles labeled "essential oil" are often seen at very affordable prices.

These synthetic oils may have characteristics that make them unsuitable for food or therapeutic use, and **they can even be toxic**. These products are best used in a diffuser or added to a humidifier. Even when small bottles are sold at the same price, one should be cautious, because since there are different extraction methods, plants and spices with varying costs, and different essential oil concentrations depending on the botanical varieties, **it is not possible to standardize the prices of essential oils without adulterating them**.



To make safe purchases, **it is essential to always go to a trusted herbal shop**; these stores usually sell pure essential oils, with guaranteed provenance and extraction criteria. Once you have purchased your essential oil, store it in a cool, dark place (for example, a cabinet similar to a medicine cabinet): cool because oils are sensitive to heat (they are highly flammable), and dark because light can alter the effectiveness of their components.



Curiosities and Tips

The fragrances of essential oils can be used to scent deodorants, shampoos, shower gels, and many other products that allow the absorption of oils through the skin.

Packaging

The bottles containing essential oils should always be made of glass, never plastic. The glass should preferably be dark or at least opaque to prevent light from filtering into the bottle and potentially altering the characteristics of the essence inside. Essential oils are highly flammable. Additionally, some oils are highly toxic, and their oral use is prohibited: wormwood, birch, cinnamon, cloves, eucalyptus, hyssop, parsley, and wintergreen. In case of emergency, for the ingestion of pure essential oil, go to the nearest emergency room.

Allergy Test

The contraindications for using essential oils are few. However, it is essential to know the main precautions and always perform an allergy test by placing one drop of essential oil in the crease of the elbow and waiting 15 minutes. Alternatively, dilute 1-2 drops in 1 teaspoon of vegetable oil, apply to the elbow crease, and wait 12 hours. If there is a skin reaction, do not use that essence for baths, massages, or perfumes. Essential oils are medicines, and as such, their effects should not be underestimated.



▲ *Essences can also be used to create aromatic candles, useful both for scenting, even without lighting them, and for decorating your home with a variety of shapes and colors.*

TO KEEP AT HOME



The essential oils to keep at home on hand are:

- Geranium
- Lavender
- Jasmine
- Lemon
- Mint
- Neroli
- Rose
- Sandalwood
- Ylang-ylang

WARNINGS

Pure essential oils have a 100% concentration, so they should be dosed in drops, following the dosage indicated on the packaging or, in the case of internal use, the instructions of the treating physician. Here is the essential ten-point guide to always follow:

- 1 Essential oils should never be used pure, except in a few cases specified by a specialist.
- 2 Always avoid contact of pure essences with the eyes, skin, and mucous membranes. In case this happens, it is essential to rinse immediately and abundantly, especially when it comes to garlic, cinnamon, melaleuca (tea tree), oregano, savory, and thyme.
- 3 Pregnant women (or those who suspect they might be pregnant) and nursing mothers should avoid essential oils of yarrow, bay, angelica, wormwood, basil, birch, aromatic calamus, camphor, cinnamon, Atlantic cedar, fennel, juniper, hyssop, rosemary, rue, sage, savory, sassafras, thyme, and wintergreen.
- 4 Avoid oils extracted from umbellifers and rutaceae if you plan to be exposed to the sun or UV lamps within the next 6 hours. These oils can trigger photosensitization: depending on the severity of the damage, this can range from mild erythema to blisters similar to second-degree burns. Oils to be particularly cautious with include: angelica, bitter and sweet orange, bergamot, lemon, mandarin, neroli, parsley, and verbena.
- 5 In case of hypertension, avoid rosemary, sage, thyme, and hyssop.
- 6 For epileptic individuals, in addition to the previously mentioned oils, fennel is also not recommended.
- 7 In cases of kidney insufficiency and for asthmatic individuals, particularly avoid camphor, juniper, pine, and turpentine.
- 8 Be cautious of pharmacological interactions: some essential oils can induce liver enzymes; almost all are contraindicated when taken with NSAIDs or corticosteroids.
- 9 During homeopathic treatments, the use of the following oils is not recommended: peppermint, common chamomile, and camphor.
- 10 Children under 12-13 years should primarily avoid basil, camphor, eucalyptus, fennel, and use all other oils in moderate doses and with approval from the treating physician.

APPLICATIONS

The fragrance of essential oils is perceived by subtle aromatherapy as a vibrational frequency that acts not so much on the physical body (which is addressed by the various applications of true aromatherapy), but on the energetic body. For this reason, a close correlation has been identified between the various aromas and the energetic centers of the human body, known in Indian tradition as *chakras*. The 7 main chakras are located along the spine, and each one governs a specific area of physical, emotional, and mental competence.

According to Ayurvedic medicine, when diseases or psychosomatic ailments occur, it means there is an energetic imbalance. Many disciplines can help rebalance the chakras: Ayurveda, shiatsu, chromotherapy, reiki, crystal therapy, acupuncture, and of course, aromatherapy. To harmonize a chakra using an essential oil, 2-3 drops are placed on a cotton ball, which is then applied to the affected chakra. The cotton ball should be kept in place for at least 30 minutes while the person relaxes.



DOSAGES



Pure essential oils are dosed in drops. It may be useful to know that **20 drops of essential oil is approximately equivalent to 1 ml** and that the following proportions should not be exceeded:

- **Massages:** In 2 tablespoons of base oil (also called carrier oil), use 6-7 drops per massage. In these mixtures, do not exceed a total of 2-3%.
- **Baths:** In the bath, use 10-15 drops of essential oil previously diluted in 2-3 tablespoons of honey, cream, clay, or salt, and let it rest for 10 minutes. For foot baths, approximately 6-8 drops are sufficient.
- **Perfumes:** For 10 ml of jojoba oil or alcohol, use 20 drops of essential oil, totaling 10%.
- **Cooking:** In 250 ml of olive oil, use 1 drop of your chosen essential oil.

Another method involves massage: a few drops of essential oil are mixed with a neutral carrier oil (such as sweet almond oil, jojoba oil, or others), and the mixture is applied directly to the skin by massaging, either on the corresponding chakra point or extending it to the surrounding area. Using radiesthesia and kinesiology testing techniques, it's possible to identify the most suitable essential oils for each person.

The table suggests possible essential oil combinations to treat some of the most common emotional disturbances.

True aromatherapy, on the other hand, applies the medicinal properties of essential oils to the treatment of physical disorders, thus fully establishing itself as an alternative medicine.

Aggression	common chamomile, atlas cedar, ylang-ylang
Anxiety	bergamot, common chamomile, jasmine, lavender, lemon balm, rose
Apathy	Juniper, Jasmine, Rosemary
Anger	chamomile, lemon balm, and rose
Depression	basil, chamomile, jasmine, lavender, and neroli
Emotional Instability	hyssop, lavender, and neroli
Nervousness	chamomile, jasmine, lavender, neroli, and ylang-ylang
Stress	lemon, neroli, damask rose, and sandalwood
Sadness	frankincense, hyssop, marjoram, and damask rose

▲ *Using the table, you can easily find the fragrance that best suits your emotional state. (For further details, refer to page 59)*



Curiosities and Tips

Essential oils can be used individually or blended together. They are usually combined for two reasons: to create a more sophisticated fragrance or to enhance or modify their respective therapeutic properties. When preparing blends, remember to mix a maximum of 3 or 4 types of essences.



USAGE METHODS

Essential oils, true concentrates of wellness for the body and mind, have multiple usage methods. These vary depending on the type of issue and symptoms being addressed, the personal characteristics of the individual using them, and the speed with which one desires to see the first benefits.

Internal use: This involves the oral ingestion of oils, diluted in honey, milk, sugar cubes, yogurt, and other foods. This method is absolutely not recommended for beginners or for DIY use, due to the potential toxicity of essential oils or individual intolerance. Internal use should only be prescribed and strictly supervised by a healthcare professional or a qualified aromatherapist.

SCENTED CANDLES



You can make them yourself, avoiding synthetic paraffin and adding the aromas best suited to your needs. To melted beeswax (heated in a thick-bottomed pot over medium heat), add essential oil at a ratio of 20 ml per 500 ml of wax. Yogurt jars can serve as excellent molds—first, insert cotton wicks, then pour in the wax. The candles will be ready in 4 hours.

Some oils can be used in small amounts solely for preparing aromatic dishes or herbal teas. However, there are a few safe prescriptions, in extremely diluted form, included in the guidelines for each oil.

External use: This route is further divided into cutaneous and inhalation methods.

Cutaneous absorption: This includes all methods that bring essential oils, properly diluted in carrier substances, into direct contact with the skin, allowing them to penetrate the dermis and enter the bloodstream rapidly through blood vessels. Examples include massages, baths, body or facial cosmetic treatments, creams, lotions, compresses, and rubs.

Inhalation: When the aromatic molecules released by essential oils reach the nasal passages, they activate neurophysiological processes that help produce substances responsible for relieving pain, calming the nervous system, stimulating energy, and more. Some examples of respiratory-based aromatherapy include steam inhalations, cold inhalations, scented handkerchiefs, aerosol treatments, and saunas. Additionally, methods for diffusing essential oils into the environment, such as aroma diffusers, aroma lamps, and potpourri, have specific beneficial effects on both the space they are released into and the person inhaling them.

MAIN EXTERNAL APPLICATIONS

There are several methods to benefit from the external use of essential oils:

- **Fumigation:** Burning aromatic plants or incense is an ancient practice, known since Babylonian and Ancient Egyptian times, originally used for sacred purposes. Today, it serves to disinfect and sterilize spaces, such as hospital rooms or public areas.
- **Atmospheric Diffusion:** Vaporizing essential oils using aroma lamps or diffusers is widely used for well-being at home, in offices, or even in the car. Essential oils like citronella (to repel insects), eucalyptus (for respiratory relief), and lavender (for relaxation and sleep) enhance the air quality and create a pleasant aroma.

▼ *Baths promote the rapid absorption of essential oils.*



- **Potpourri:** A blend of dried petals, leaves, herbs, and aromatic wood, enriched with essential oils, adds a delicate fragrance to various rooms in the home. Essential oils can be reapplied periodically to intensify the fragrance of the blend. The choice of essential oil depends on personal preference, though spicy and citrus scents are recommended. For a potpourri specifically intended to freshen closets and drawers, opt for delicate fragrances like rose and lavender.

To create your own potpourri, you will need 800 g of dried flowers, 90 g of crushed spices, and 90 g of fixatives (such as iris florentina, frankincense, myrrh, storax, or other resins), along with 5 drops of your favorite essential oil. **Combine the ingredients and store the mixture in a dark, airtight jar for six weeks, gently stirring every three days.** Finally, distribute the potpourri into glass containers or small sachets to place in your linen drawers.

Use roses or lavender enclosed in a fabric sachet to create delicate-scented potpourri, perfect for linen drawers or wardrobes.

DRY AND MOIST POTPOURRI



Dry potpourri consists of **fully dried flowers and spices**, combined with powdered natural fixatives infused with the chosen essence. It should rest in an airtight glass jar, kept in the dark, for two weeks. Moist potpourri, which is more complex to prepare, requires a container where layers of fresh or semi-dried botanicals alternate with coarse salt, allowing them to macerate for about six weeks. While less visually appealing, the second type is much more long-lasting.

CITRUS POTPOURRI



Place a few slices of dried lemon and orange, **100 g of lemon verbena, and a few chamomile flowers** in a small dish or bowl. Add fragrance to the mix with 4 drops of lemon essential oil and 4 drops of citronella essential oil.



- ***Inhalations or steam inhalations:*** Another use of essential oils is inhalation, which involves adding 5 or 6 drops to a bowl of boiling water. Leaning over the container (about 30 cm away from the face), cover the head with a towel and slowly and deeply inhale the balsamic vapors that are released. This method is particularly helpful in cases of colds and coughs, to clear the airways, decongest the nose, loosen mucus, and relieve the bronchi, helping to eliminate catarrhal secretions in cases of sinusitis. In addition to combating cold-related illnesses, steam inhalation is also useful for counteracting the damage often caused by excessive use of air conditioning or heating. The most suitable essential oils for this purpose are eucalyptus, thyme, pine, niaouli, and lavender. Additionally, dry inhalation can be performed by placing a few drops on a handkerchief and breathing deeply.
- ***Aromatherapy massage:*** Aromatherapy massage is one of the simplest ways to harness the power of **essential oils**, benefiting both the body and mind of the recipient. Typically, a combination of vegetable oils and pure, naturally sourced essential oils is used for the massage. Essential oils have a comprehensive effect, acting simultaneously on an energetic level (the fragrance with its subtle vibrations interacts with the human magnetic field), a mental level (calming, toning, and rebalancing the nervous system), and a physical level (relieving muscle tension). The massage is performed with diluted essences, either on the whole body or specific areas: for example, acupuncture points from Chinese medicine, reflexology points, or those identified by Ayurvedic medicine as chakras.



◀ *Essential oils should never be applied to the skin in their pure form; they must first be diluted, with the dosage varying depending on the base component. Care should be taken as not all oils can be applied to the skin.*

Typically, dilutions range between 1% and 3%. For instance, in 25 ml of carrier oil, 10-15 drops of essential oils are mixed, while 20-30 drops are needed in 50 ml. The choice of essential oil is not made solely based on the patient's complaint, but the body itself, through specific tests, indicates which oil is most suitable.

The time dedicated to an aromatherapy massage varies depending on the purpose and the particular essential oil used. For example, it can be particularly short, from 5 to 10 minutes, if done as a self-massage or on a limited area of the body (e.g., face, hands, and feet).

There are certain situations where an aromatherapy massage is not recommended, such as in cases of serious illnesses (heart diseases, etc.), acute back pain, burns, swelling, skin diseases, muscle strains, or fever. The same applies to children and pregnant women.

PREPARING AROMATIC LOTIONS FOR MASSAGE



Essential oils should be diluted in a carrier oil before application. Carrier oils like **sweet almond, wheat germ, jojoba, shea butter, or olive oil** help essential oils penetrate the skin, enhancing their effectiveness. Dilute oils at 1-3%.

Sweet almond oil softens, jojoba and shea butter provide elasticity, wheat germ oil nourishes, and olive oil is ideal for dry skin. Use 10-12 drops of essential oil in 2 tablespoons of carrier oil.



Curiosities and Tips

Massage Oils

Toning

- 10 drops of juniper essential oil
- 5 drops of lavender essential oil
- 4 drops of rosemary essential oil
- 50 ml of St. John's Wort oil as carrier

Relaxing

- 5 drops of bitter orange essential oil
- 3 drops of rose essential oil
- 3 drops of neroli essential oil
- 5 drops of sandalwood essential oil
- 50 ml of rice bran oil as carrier

- **Baths:** To prepare a bath with essential oils, add 10-15 drops of the chosen essential oil to the bathtub, staying immersed for at least 20 minutes. It's recommended not to add the essential oil directly into hot water (30-32°C), but to dilute it with a natural solvent, such as oil, clay, yogurt, sea salt, Dead Sea salts, neutral liquid soap, etc. **Remember, essential oils are not water-soluble.** The choice of essential oil depends on the desired effect:
 - *orange or cypress* to relieve sore and tense muscles and reduce swelling.
 - *lavender* to promote restful sleep.
 - *melissa* for deep relaxation and tension release.
 - *mint* for a refreshing sensation.
 - *rosemary* to regain tone and vitality.
 - *rose, jasmine, or ylang ylang* before a romantic encounter.
 - *clary sage* to improve mood.



Curiosities and Tips

Here is the recipe for an anti-cellulite bath:

- 1 kg of sea salt
- 3 drops of juniper essential oil
- 6 drops of cypress essential oil
- 3 drops of sweet fennel essential oil
- 2 tablespoons of fluid extract of sea oak

Mix the essential oils with the salt and sea oak extract, then pour the mixture into hot water before immersing yourself (for 15 minutes). This bath should be done in the evening for its significant relaxing effect.

ESSENTIAL OILS IN THE BATH



When used in a bath, essential oils should be added once the tub is already filled with water; otherwise, the beneficial aromas are released too quickly and evaporate. After a few minutes of immersion in the water, it may seem like the fragrance from the oils has significantly faded. In reality, the oils are still active, but the brain has become accustomed to the scent and no longer perceives it. In this case, resist the temptation to add more essential oil drops, as the essence is still active.

- **Foot Baths:** Foot baths are particularly effective for localized discomfort and pain. They involve soaking the feet in a basin of water enriched with essential oils. Cold foot baths (15-20°C) are helpful for circulatory issues and should last a couple of minutes. Warm and hot foot baths (30-37°C and 40-45°C, respectively) help relieve rheumatism, joint pain, and cold-related symptoms, lasting between 5 and 15 minutes. Depending on the need, add 8-10 drops of essential oils to a basin filled with water or even in the bidet.

▼ *Foot baths in the evening or morning help to relax and refresh.*





















ESSENTIAL OILS IN THE FOOT BATH



Here is a selection of essential oils that can be used to make foot bath salts, each offering specific characteristics and benefits:

- **Energizing Action:** Lavender, Marjoram, Lemon, Mint, Juniper
- **Relaxing Action:** Chamomile, Lavender, Bitter Orange, Swiss Pine
- **Antiperspirant Action:** Sage, Myrtle, Bay Laurel
- **For Swelling:** Mint, Eucalyptus, Juniper
- **Circulatory Support:** Rosemary, Juniper, Yarrow, Coriander, Lemon, Pine, Rose, Thyme, Hyssop, Ginger
- **Antimicrobial Activity:** Tea Tree, Oregano, Thyme, Mint, Marjoram

THE MAIN ESSENTIAL OILS

<p>1 - ANISEED</p> <p>Digestive, anti-spasmodic</p> 	<p>2 - ATLANTIC CEDAR</p> <p>Antiseptic, grounding</p> 	<p>3 - BASIL</p> <p>Energizing, anti-inflammatory</p> 	<p>4 - BERGAMOT</p> <p>Uplifting, antibacterial</p> 	<p>5 - BITTER ORANGE</p> <p>Stimulating, purifying</p> 
<p>6 - CAMOMILLE</p> <p>Calming, anti-inflammatory</p> 	<p>7 - CINNAMON</p> <p>Warming, antimicrobial</p> 	<p>8 - CYPRESS</p> <p>Decongestant, astringent</p> 	<p>9 - CORIANDER</p> <p>Digestive, pain-relieving</p> 	<p>10 - DAMASK ROSE</p> <p>Soothing, skin-regenerating</p> 
<p>11 - EUCALYPTUS</p> <p>Respiratory support, antiviral</p> 	<p>12 - FENNEL</p> <p>Detoxifying, digestive aid</p> 	<p>13 - GERANIUM</p> <p>Balancing, anti-inflammatory</p> 	<p>14 - GINGER</p> <p>Warming, anti-nausea</p> 	<p>15 - GRAPEFRUIT</p> <p>Energizing, cleansing</p> 
<p>16 - JASMINE</p> <p>Aphrodisiac, antidepressant</p> 	<p>17 - JUNIPER</p> <p>Detoxifying, anti-rheumatic</p> 	<p>18 - LAVENDER</p> <p>Relaxing, antiseptic</p> 	<p>19 - LEMON</p> <p>Purifying, uplifting</p> 	<p>20 - MANDARIN</p> <p>Calming, digestive</p> 
<p>21 - MELISSA</p> <p>Soothing, antiviral</p> 	<p>22 - NEROLI</p> <p>Relaxing, skin-rejuvenating</p> 	<p>23 - OREGANO</p> <p>Antibacterial, immune-boosting</p> 	<p>24 - PATCHOULI</p> <p>Grounding, skin-healing</p> 	<p>25 - PEPPERMINT</p> <p>Refreshing, pain-relieving</p> 
<p>26 - PINE</p> <p>Energizing, antiseptic</p> 	<p>27 - ROSEMARY</p> <p>Memory-enhancing, stimulant</p> 	<p>28 - SANDALWOOD</p> <p>Grounding, anti-inflammatory</p> 	<p>29 - SWEET ORANGE</p> <p>Uplifting, immune-supporting</p> 	<p>30 - TEA TREE</p> <p>Antimicrobial, cleansing</p> 

ANISEED

SCIENTIFIC NAME

Pimpinella anisum

FAMILY: *Apiaceae*

APPEARANCE: Annual herbaceous plant with white flowers gathered in umbels. It has oval, shiny and thick leaves that resemble those of the magnolia.

DISTRIBUTION: It is an evergreen tropical tree native to South Eastern Asia that can reach 10 meters in height.



PARTS USED AND EXTRACTION METHOD

The seeds, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow color. Spicy fragrance, with a sweet note due to the presence of anethole.

PROPERTIES

Appetizer, carminative, digestive, diuretic, expectorant, galactagogue; aniseed essential oil is effective for relieving aerophagia, abdominal pain, bronchial mucus, and stimulating milk secretion.

USAGE

Internal: Add 2-3 drops of aniseed essential oil to your herbal tea to aid with difficult digestion.

External: This oil is mainly used for tonifying baths to stimulate circulation; add 3 drops to bathwater just before you immerse yourself.

WARNINGS

Avoid use, even diluted, if you are undergoing hormonal therapies or taking photosensitizing medications. Never apply undiluted.

[See our Therapeutic Grade Premium Essential Oils](#)

RELATED CHAKRA



It acts on imbalances of the sixth chakra. Its action focuses on processing unconscious feelings and enhancing introspective abilities. It aids memory, concentration, and intuition. In the "third eye," we store our memories, dreams, and envision the future: this has the power to influence our lives.



COMBINATIONS



Fennel, melissa, and mint.



Curiosities and Tips

For abdominal pain, dilute 4 drops of aniseed essential oil in a tablespoon of sweet almond oil. **Use this mixture to massage the abdomen until fully absorbed.** Finally, cover the treated area with a warm wool cloth and lie down until you feel better.

ATLANTIC CEDAR

SCIENTIFIC NAME

Cedrus atlantica

FAMILY: *Pinaceae*

APPEARANCE: Evergreen tree with needle-like leaves and large, barrel-shaped cones.

DISTRIBUTION: It is native to the Atlas Mountains, Algeria and Morocco, where many beautiful forests still exist, especially in the Moroccan Atlas chain, from 1200 to 2500 meters.



RELATED CHAKRA

It is connected to the first chakra. Its action focuses on grounding and stabilizing energies, promoting a **sense of security and connection to the earth**. It supports resilience, emotional strength, and the release of tension. In the "root chakra," we find our foundation and survival instincts, which influence our sense of stability and balance in life.



COMBINATIONS

Bergamot, sandalwood, rosemary and patchouli.

PARTS USED AND EXTRACTION METHOD

The wood, extracted through steam distillation.

COLOR AND FRAGRANCE

Light yellow color. Woody, earthy fragrance with a warm, balsamic undertone.

PROPERTIES

Grounding, antiseptic, anti-inflammatory, expectorant; Atlantic Cedar essential oil is effective for relieving respiratory congestion, soothing irritated skin, and promoting relaxation and emotional stability. It is also very useful for those with cellulite issues, fungal infections, skin spots, and tissue atony.

USAGE

External: Pour 3 drops of Atlantic Cedar essential oil into bathwater for an anti-cellulite effect; alternatively, you can mix 5 drops into 250 ml of sweet almond oil to massage the affected area at least once a day. This oil is also used to stimulate hair growth and eliminate dandruff by rubbing the scalp twice a day with one tablespoon of alcohol and 1 drop of essential oil.

WARNINGS

Avoid during pregnancy as it may have abortive effects.



Curiosities and Tips

Atlantic Cedar has been valued for centuries in **purification rituals and traditional medicine** for its grounding properties. Its essence is still used in Tibetan medicine and burned during Buddhist meditation.

BASIL

SCIENTIFIC NAME

Ocimum basilicum

FAMILY: *Labiata*

APPEARANCE: Aromatic herb with oval leaves and small white or purple flowers.

DISTRIBUTION: Native to tropical regions of Central Africa and Southeast Asia. Basil then spread to the Middle East, passing through Greece and arriving in Italy.



PARTS USED AND EXTRACTION METHOD

The leaves and flowers, extracted through steam distillation.

COLOR AND FRAGRANCE

Light green color. Sweet, spicy, and slightly peppery fragrance with herbal undertones.

PROPERTIES

Antibacterial, anti-inflammatory, digestive, stimulant, mood-lifting; basil essential oil supports the immune system, relieves stress, and promotes digestion. Basil essential oil is widely used in cooking to flavor food preparations.

USAGE

Internal: Add 1-2 drops of basil essential oil to a diffuser or a tea to aid digestion and enhance focus.

External: Dilute in a carrier oil and apply to the temples or neck for mental clarity or stress relief.

WARNINGS

Avoid during pregnancy and if you have sensitive skin. Always dilute before topical application.

[See our Therapeutic Grade Premium Essential Oils](#)

RELATED CHAKRA

Basil is connected to the 6th chakra. It helps rebalance the central and neurovegetative nervous system, with positive indirect effects on digestion. Additionally, it enhances intuition and fosters qualities like temperance, creativity, dignity, and delicate emotions. This makes it useful for those who seek to nurture their emotional and spiritual well-being.



COMBINATIONS

Lavender, lemon, bergamot, and peppermint.



Curiosities and Tips

Basil essential oil repels insects and is useful against mosquito bites. Additionally, **for migraines, it is an effective remedy:** apply 2-3 drops of the essence to your fingertips and gently massage the temples in a circular motion. Add a few drops to a diffuser to improve concentration during study or work.

BERGAMOT

SCIENTIFIC NAME

Citrus bergamia

FAMILY: *Rutaceae*

APPEARANCE: Small, greenish citrus fruit with a slightly lumpy skin. The flowers are white, very fragrant. The leaves are shiny and never fall, even in winter.

DISTRIBUTION: Native to Southeast Asia, particularly in the region of Calabria, Italy.



RELATED CHAKRA



Bergamot is connected to the 3th chakra, Solar Plexus Chakra, which governs **willpower, self-esteem, and personal power**. It helps stimulate this energy center, boosting confidence, decision-making, and emotional balance. Bergamot is ideal for reducing anxiety and promoting inner serenity, optimism, and motivation.



COMBINATIONS



Lavender, geranium, lemon, and rosemary.

PARTS USED AND EXTRACTION METHOD

The peel of the fruit, extracted through cold-pressing.

COLOR AND FRAGRANCE

Yellow-green color. A fresh, citrusy, sweet, and slightly floral fragrance with a hint of spice.

PROPERTIES

Analgesic, anti-inflammatory, antiparasitic, antiseptic, balsamic, healing, digestive, and sedative. It is a remedy for those with oily, impure skin and for those suffering from circulatory and inflammatory issues.

USAGE

Internal: As an oral antiseptic, make a mouthwash by diluting a few drops in a glass of lukewarm water.

External: Dilute in a carrier oil and apply to the skin to help with acne, oily skin, or to alleviate stress.

WARNINGS

Avoid use in sunlight or UV exposure after application, as it can cause skin sensitivity. Not recommended for individuals with sensitive skin without proper dilution.



Curiosities and Tips

Bergamot essential oil is famously used in **Earl Grey tea**, giving it its unique fragrance and taste. To deodorize spaces, mix 15 drops diluted with 1 tablespoon of alcohol in half a liter of water. Spray the mixture in wardrobes or rooms that have been closed for a long time.

BITTER ORANGE

SCIENTIFIC NAME

Citrus aurantium

FAMILY: *Rutaceae*

APPEARANCE: Small, round, yellow-orange fruit with a bumpy skin. The tree has glossy, dark green leaves and white flowers. The orange is an evergreen citrus fruit with a productive life of 50-60 years.

DISTRIBUTION: Native to Southeast Asia but widely cultivated in Southern Europe.



PARTS USED AND EXTRACTION METHOD

The peel of the fruit, extracted through cold-pressing.

COLOR AND FRAGRANCE

Yellow-orange color. A fresh, citrusy fragrance with a slightly bitter, spicy undertone.

PROPERTIES

Antibacterial, antidepressant, sedative, digestive; bitter orange essential oil supports digestion, reduces stress, and uplifts the mood. It is useful for promoting sleep, calming anxiety, and soothing stomach pains. It is also an excellent ally for wrinkles and eczema.

USAGE

Internal: Dilute 1 drop of essential oil in a cup of herbal tea to aid digestion and improve rest.

External: Dilute in a carrier oil and apply to the skin to promote relaxation and ease muscle tension.

WARNINGS

Avoid sun exposure after use, as it may cause skin sensitivity. In case of cardiovascular problems or hypertension, consult your doctor before using bitter orange-based products.

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RELATED CHAKRA



Bitter orange stimulates the 3rd chakra, helping to dispel **unfounded fears and insecurities**. It promotes wisdom by enabling you to understand the insights of the unconscious and empowers you to take on any challenge with confidence. This oil is particularly useful for those looking to build self-esteem, make decisive actions, and trust their inner guidance.



COMBINATIONS



Bergamot, lavender, lemon, and geranium.



Curiosities and Tips

Add a few drops to a diffuser to create a **refreshing and calming atmosphere in your home**. This oil is also used in cosmetics for its soothing and toning effects on the skin.

CAMOMILLE

SCIENTIFIC NAME

Matricaria chamomilla

FAMILY: *Compositae*

APPEARANCE: Small, daisy-like flowers with white petals and a yellow center. The plant has feathery leaves and grows close to the ground.

DISTRIBUTION: Native to Europe but widely cultivated worldwide, especially in North America. Italy is the world's largest producer of essential oil.



RELATED CHAKRA

The deep blue color of common chamomile harmonizes with the throat chakra, the 5th chakra. **It makes it easier to communicate difficult truths.** Its effect is enhanced by association with blue crystals, such as tourmaline. Mercury is the planet connected to the 5th chakra and governs communication.



COMBINATIONS

Cinnamon, cypress, juniper, neroli, and sandalwood.

PARTS USED AND EXTRACTION METHOD

The flowers, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale blue to deep blue (German chamomile) or pale yellow (Roman chamomile). Intense, penetrating scent.

PROPERTIES

Anti-inflammatory, calming, antispasmodic, digestive, analgesic, antipyretic, healing, diuretic, and tonic. chamomile essential oil is effective for reducing anxiety, easing digestive discomfort, relieving muscle tension, and promoting restful sleep.

USAGE

Internal: Add 1 drop to herbal tea to aid digestion and relax the mind before sleep.

External: Dilute in a carrier oil and apply to the skin to soothe irritation, reduce inflammation, or relieve muscle pain.

WARNINGS

Chamomile is generally safe but may cause skin sensitivity in some individuals. Avoid use if allergic to plants in the Asteraceae family. Consult a healthcare provider before use during pregnancy.



Curiosities and Tips

Ideal for **sensitive skin**, chamomile oil is often used in skincare products for its anti-inflammatory and soothing properties.

CINNAMON

SCIENTIFIC NAME

Cinnamomum verum

FAMILY: Lauraceae

APPEARANCE: Evergreen tree with thick, leathery leaves and small white or yellow flowers. The bark is harvested and dried to create the familiar cinnamon sticks.

DISTRIBUTION: Native to Sri Lanka and India.



RELATED CHAKRA



Cinnamon balances the first chakra by acting on the nerve centers responsible for temperature regulation. **Those who suffer from nervous disorders often benefit significantly from it.** During periods of major change, it's important to keep this chakra under control. Cinnamon supports grounding and vitality, boosting energy and enhancing a sense of stability.



COMBINATIONS



Bitter orange, sweet orange, bergamot, mandarin, neroli, and sandalwood.

PARTS USED AND EXTRACTION METHOD

The bark and leaves, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow to brown. The fragrance is warm, spicy, and sweet, with a hint of woodiness.

PROPERTIES

Antimicrobial, warming, stimulating, digestive; cinnamon essential oil is known for its effectiveness in supporting the immune system, improving circulation, relieving muscle pain, and aiding digestion. This oil is useful for those suffering from asthenia, cystitis, fever, and respiratory disorders.

USAGE

Internal: Add 1 drop to a warm beverage to promote digestion and boost immunity.

External: Dilute well in a carrier oil and apply to sore muscles or cold hands and feet for a warming effect.

WARNINGS

Cinnamon essential oil is very potent and can irritate the skin. Always dilute properly and avoid use on sensitive skin. Not recommended for use during pregnancy or for people with hypersensitivity to spicy oils.



Curiosities and Tips

It is considered an **aphrodisiac spice**, and its essence is widely used in massages. A few drops of essential oil are diluted in 50 ml of wheat germ or jojoba oil. Massage over the entire body.

CYPRESS

SCIENTIFIC NAME

Cupressus sempervirens

FAMILY: Cupressaceae

APPEARANCE: Evergreen tree with a tall, slender shape and dark green, needle-like leaves. The tree produces small, woody cones.

DISTRIBUTION: Native to Mediterranean region and Western Asia.



RELATED CHAKRA



The calming and comforting effect makes this oil an excellent stimulant for the 7th chakra, Sahasrara chakra.

Cypress essence proves useful in times of **transition, such as career advancements, moves, bereavement, and breakups.**

This chakra is the seat of contact with divine knowledge, making the individual aware of their potential and abilities.



COMBINATIONS



Bitter orange, sweet orange, bergamot, atlas cedar, juniper, lemon, and mandarin.

PARTS USED AND EXTRACTION METHOD

The leaves and twigs, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow to green. It has a fresh, woody, slightly smoky scent that is invigorating and grounding.

PROPERTIES

Astringent, antiseptic, antispasmodic, decongestant; cypress essential oil is effective in improving circulation, reducing fluid retention, and providing respiratory support. Cypress essential oil is excellent for cellulite, seborrhea, hemorrhoids, varicose veins, and capillary fragility.

USAGE

External: Cypress has notable balsamic properties that are amplified in the essential oil. A few drops in an essential oil diffuser disinfect the air and prevent catarrhal conditions and seasonal ailments. To improve blood microcirculation, prepare a blend with three drops in 50 ml of sweet almond oil for massages with a lymphatic drainage effect.

WARNINGS

Generally safe when diluted, but avoid using during pregnancy and avoid internal use unless directed by a healthcare professional.



Curiosities and Tips

Cypress has been associated with resilience and longevity, often **symbolizing strength** in many ancient cultures. Add a few drops to a diffuser to create a calming, purifying atmosphere that enhances focus and emotional stability.

CORIANDER

SCIENTIFIC NAME

Coriandrum sativum

FAMILY: *Apiaceae*

APPEARANCE: An annual herb with bright green, feathery leaves and small white or pink flowers. The seeds are small, round, and tan-brown in color.

DISTRIBUTION: Native to regions in Europe, North Africa, and Asia.



RELATED CHAKRA



It stimulates the third chakra as it is effective against digestive disorders. This essential oil **helps to let go of the rational component and embrace engaging and exciting experiences.** Some of the stones used to balance this chakra are tiger's eye, yellow citrine, topaz, apatite, and calcite. Coriander helps to strengthen personal power, boost confidence, and support digestion.



COMBINATIONS



Bergamot, citronella, jasmine, frankincense, sage, ginger, and sandalwood.

PARTS USED AND

EXTRACTION METHOD

The seeds, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow to clear. The fragrance is fresh, spicy, and citrusy with a hint of sweetness.

PROPERTIES

Aphrodisiac, analgesic, antioxidant, antirheumatic, antispasmodic, flavoring, detoxifying, digestive, fungicidal, and restorative; coriander essential oil is effective in stimulating digestion, alleviating gas and bloating, and supporting detoxification. It is used in the food industry to flavor meats, liqueurs, and sauces.

USAGE

Internal: Add 1 drop to a glass of water or herbal tea to improve digestion and relieve bloating.

External: Dilute in a carrier oil and apply to the skin to relieve muscle spasms, promote detoxification, or reduce inflammation.

To counteract circulatory issues, dilute 5 to 10 drops in bath water. For headaches and to stimulate appetite, add 5 drops to an essential oil diffuser.

WARNINGS

In general, it is non-toxic and non-irritating.



Curiosities and Tips

To relieve rheumatism, dilute **20 drops of coriander essential oil in 100 ml of sweet almond oil.** Use the mixture to massage the painful area until fully absorbed. Repeat the treatment three times a day. Cover the treated area with a wool cloth.

DAMASK ROSE

SCIENTIFIC NAME

Rosa damascena

FAMILY: *Rosaceae*

APPEARANCE: A Damask rose shrub is a thorny plant with fragrant, soft pink flowers and compound leaves.

DISTRIBUTION: Native to the Middle East, Damask rose is now cultivated in Bulgaria, Turkey, and India.



RELATED CHAKRA



Damask rose essential oil is associated with the fourth chakra, **the center of love, compassion, and emotional harmony**. It encourages self-love, forgiveness, and deeper connections with others, helping to heal emotional wounds and restore balance. This oil promotes inner peace and supports the ability to both give and receive love, making it especially beneficial during times of grief or emotional strain.



COMBINATIONS



Geranium, sandalwood, jasmine, lavender, and bergamot.

PARTS USED AND EXTRACTION METHOD

From the petals of the rose flowers through steam distillation or solvent extraction.

Precious and sensual, it is widely used to fragrance creams and massage balms, enhancing their soothing and therapeutic properties.

COLOR AND FRAGRANCE

Light yellow to clear, with an intoxicatingly rich, floral aroma that is both sweet and slightly spicy.

USAGE

External: For headaches, dampen your fingertips with a couple of drops of this oil and gently massage your temples and forehead in a circular motion. For a relaxing effect, add 10 drops to warm bathwater just before bathing.

PROPERTIES

Aphrodisiac, antidepressant, anti-inflammatory, antispasmodic, astringent, purifying, sedative, and tonic—rose damask essential oil is renowned for its deep and pronounced harmonizing effects.

WARNINGS

It is safe to use and has no known contraindications.



Curiosities and Tips

Its oil is one of the **most expensive essential oils**, requiring thousands of petals for just a few milliliters.

Spritz rose water (a byproduct of oil distillation) onto your face for an instant skin refresher and to calm redness.

It is an effective remedy for the liver. Dilute 5 drops of rose damask essential oil in a tablespoon of sweet almond oil and massage the liver area.

EUCALYPTUS

SCIENTIFIC NAME

Eucalyptus globulus

FAMILY: *Myrtaceae*

APPEARANCE: A tall evergreen tree with narrow, lance-shaped leaves that are silvery-gray and aromatic.

DISTRIBUTION: Native to Australia, eucalyptus is widely cultivated in tropical regions around the world.



RELATED CHAKRA



It acts predominantly on the fifth chakra, where it expresses all its unique balsamic and expectorant actions. On a spiritual level, it is useful for purifying places that have been the scene of conflicts, arguments, and discussions, as well as environments charged with negative energies. Issues with this chakra can cause dizziness, flu, allergies, hormonal cycle instability, and sore throat.



COMBINATIONS



Atlas cedar, lavender, lemon, Scots pine, rosemary, and thyme.

PARTS USED AND

EXTRACTION METHOD

The leaves and branches, extracted through steam distillation.

COLOR AND FRAGRANCE

Colorless to pale yellow. The fragrance is fresh, crisp, and slightly sweet with a strong menthol-like aroma, often described as cooling and invigorating.

PROPERTIES

Antiseptic, expectorant, anti-inflammatory, decongestant; eucalyptus essential oil is widely used for respiratory support, particularly for clearing congestion, soothing sore throats, and promoting clear breathing.

USAGE

External: Soak a handkerchief with two drops of eucalyptus essential oil and inhale it occasionally to relieve upper respiratory issues. Alternatively, add three drops of the essence to the bathwater before taking a bath.

WARNINGS

It is non-toxic and non-irritating when used externally by adults, but it is contraindicated for newborns and young children.

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Curiosities and Tips

Eucalyptus is known for its strong medicinal properties and is a staple in many over-the-counter cold and flu remedies. A few drops of eucalyptus oil in a diffuser can help purify the air, clear nasal passages, and **promote relaxation and focus, especially during the colder months.**

FENNEL

SCIENTIFIC NAME

Foeniculum vulgare

FAMILY: *Apiaceae*

APPEARANCE: A perennial herb with feathery, finely divided leaves and hollow stems.

DISTRIBUTION: Originally from the Mediterranean basin, it is also widespread in the rest of Europe and the USA.



RELATED CHAKRA



Its specific action on the final part of the digestive system connects it with the second chakra. Fennel oil supports these functions by promoting self-confidence and digestive health. **It stimulates openness towards others and helps establish an empathetic connection.** The color of this chakra is orange, which increases the joy of living and promotes love.



COMBINATIONS



Geranium, geranium, rose, lavender, and sandalwood.

PARTS USED AND

EXTRACTION METHOD

The seeds are the primary part used, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow or clear. Fennel essential oil has a warm, sweet, slightly spicy scent with hints of anise and licorice.

PROPERTIES

Carminative, digestive, diuretic, antispasmodic, detoxifying; fennel essential oil is commonly used to aid digestion, reduce bloating, alleviate gas, respiratory issues, and menstrual pain. It is also beneficial for promoting the detoxification of the body and easing muscle spasms.

USAGE

Internal: Add 1-2 drops to a cup of warm tea to support digestion and relieve bloating.

External: Dilute with a carrier oil and massage onto the abdomen to help with digestive discomfort or to reduce muscle cramps. It can also be used in baths for its soothing effects.

WARNINGS

Fennel essential oil should be used cautiously during pregnancy and in young children. It should not be ingested in large quantities and should always be diluted before topical application to avoid irritation.



Curiosities and Tips

During breastfeeding, dilute four drops of fennel essential oil in a tablespoon of jojoba oil and gently rub it on the breast, avoiding the nipple area. **Repeat the massage twice a day to make the skin softer.**

GERANIUM

SCIENTIFIC NAME

Pelargonium graveolens

FAMILY: Geraniaceae

APPEARANCE: An ornamental plant with beautiful, bright flowers gathered in clusters.

DISTRIBUTION: Native to South Africa, geranium is now widely cultivated in temperate regions across Europe, Asia, and North America.



RELATED CHAKRA



Geranium essential oil is closely linked to the Heart Chakra (Anahata), which governs **love, compassion, and emotional balance**. This chakra is the center of our feelings and relationships, influencing our ability to give and receive love and empathy. When the Heart Chakra is in balance, we experience emotional stability, harmonious relationships, and a sense of inner peace.



COMBINATIONS



Lavender, rose, chamomile, bergamot, jasmine, and rose.

PARTS USED AND

EXTRACTION METHOD

The leaves, stems, and flowers are used, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale green to yellow. The fragrance is sweet, floral, and slightly herbaceous with a hint of rose-like notes, making it soothing and uplifting.

PROPERTIES

Antiseptic, anti-inflammatory, astringent, antidepressant, balancing; geranium essential oil is used for balancing hormones, soothing skin irritations, promoting emotional well-being, and relieving stress.

USAGE

External: Pour 10 drops of geranium essential oil into a diffuser or into the humidifiers of radiators. You can also place it on candles (3 drops) or dilute it in insect-repellent creams/oils (3 drops to be mixed carefully). Adding 3 drops to your moisturizing cream will help balance sebum secretion. For gargles and mouthwashes (6 drops in a glass of warm water), it helps with oral inflammation and sore throat.

WARNINGS

For internal use, it is recommended to consult an expert, as it can cause contact dermatitis.



Curiosities and Tips

Geranium is often used in skincare products due to its ability to balance skin oils, **reduce inflammation, and promote healing**. The oil is also known to have mood-lifting properties, helping to ease tension, anxiety, and symptoms of depression.

GINGER

SCIENTIFIC NAME

Zingiber officinale

FAMILY: Zingiberaceae

APPEARANCE: A perennial plant with narrow, lance-shaped leaves and yellowish-green flowers.

DISTRIBUTION: Native to Southeast Asia, ginger is now cultivated in Africa, India, and the Caribbean.



RELATED CHAKRA



Ginger essential oil is associated with the first chakra. This chakra is connected to creativity, sexuality, emotional expression, and personal pleasure. Ginger oil stimulates this chakra by enhancing vitality, passion, and motivation, while also promoting emotional balance and helping to release negative emotions such as guilt or shame.



COMBINATIONS



Orange, bergamot, frankincense, peppermint, patchouli, and cinnamon.

PARTS USED AND EXTRACTION METHOD

The rhizome (root) of the ginger plant is used, extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow or light amber. Ginger essential oil has a warm, spicy, and slightly sweet fragrance with an energizing and invigorating quality.

PROPERTIES

Anti-inflammatory, analgesic, digestive, stimulating, warming; ginger essential oil is widely used for its digestive benefits, such as alleviating nausea, promoting circulation, and easing muscle aches and pains.

It is also known for its mood-lifting and energizing effects.

USAGE

Internal: Add 1-2 drops of ginger essential oil to a cup of warm tea or water to aid digestion and relieve nausea.

External: Dilute with a carrier oil and apply to sore muscles, joints, or the abdomen for digestive support or relief from tension. It can also be used in a diffuser to boost energy and uplift the mood.

WARNINGS

It is not toxic, but it can cause skin sensitization when exposed to the sun. Do not use it to combat nausea during pregnancy.



Curiosities and Tips

A few drops of ginger oil in a diffuser can help **clear mental fog**, stimulate creativity, and promote a feeling of warmth and vitality.

GRAPEFRUIT

SCIENTIFIC NAME

Citrus maxima

FAMILY: *Rutaceae*

APPEARANCE: A tree that grows up to 6-7 meters tall, with large, juicy yellow fruits.

DISTRIBUTION: Originally from China, it is cultivated in Japan, Central America, North America, Israel, and Africa.



RELATED CHAKRA



Grapefruit essential oil is associated with the 7th chakra, also known as the Crown Chakra. This chakra is the center of spiritual connection, enlightenment, and higher consciousness. It governs our connection to the divine and our **sense of unity with the universe**. Grapefruit oil can promote clarity of thought, enhancing spiritual awareness, and encouraging a sense of peace and connection with the greater whole.



COMBINATIONS



Orange, lemon, and mandarin.

PARTS USED AND EXTRACTION METHOD

The peel and seeds of the grapefruit are used, extracted through cold-press extraction.

COLOR AND FRAGRANCE

Light yellow color, clear. Strong, very bitter fragrance.

PROPERTIES

Antioxidant, detoxifying, antiseptic, uplifting, diuretic; grapefruit essential oil is well-known for its detoxifying properties, helping to cleanse the body, reduce water retention, and improve digestion. It is also commonly used for uplifting the mood and relieving stress and anxiety.

Its powerful antibiotic action is free from side effects because it does not alter the intestinal bacterial flora.

USAGE

Internal: Add 1-2 drops of grapefruit essential oil to a glass of water or herbal tea to promote detoxification and improve digestion.

External: For stomatitis, gum bleeding, pharyngitis, and genital infections, prepare a mouthwash by adding 10 drops to a glass of water.

WARNINGS

Unlike other citrus-derived essences, it does not cause skin sensitization when exposed to the sun.



Curiosities and Tips

It is an excellent antibacterial for external use and is currently the **most commonly used disinfectant in hospital settings in the USA**. Its effectiveness is associated with its complete non-toxicity.

JASMINE

SCIENTIFIC NAME

Jasminum officinale

FAMILY: *Oleaceae*

APPEARANCE: It has delicate leaves and fragrant white star-shaped flowers, especially at night.

DISTRIBUTION: Originally from China, it is cultivated in India, Mediterranean countries, and America.



RELATED CHAKRA



It acts on the nervous and emotional centers, making it connected to the seventh chakra. Its soothing, enveloping fragrance benefits interpersonal relationships, especially romantic ones. **The sexual sphere is particularly influenced by it.** The stones associated with this chakra are purple or colorless, such as amethyst, rock crystal, diamond, white tourmaline, and celestite.



COMBINATIONS



Bitter orange, sweet orange, Atlas cedar, neroli, rose, and sandalwood.

PARTS USED AND

EXTRACTION METHOD

The flowers are used to extract the essential oil, typically through solvent extraction or enfleurage.

COLOR AND FRAGRANCE

Yellow-brown color, sometimes reddish. Sweet, intense, and enveloping fragrance.

PROPERTIES

Antidepressant, aphrodisiac, calming, sedative, anti-inflammatory, anti-wrinkle, expectorant, and sedative; jasmine essential oil is well-known for its ability to uplift mood, relieve stress, and promote relaxation. It is also used as a natural aphrodisiac and is said to enhance sensuality and emotional intimacy.

USAGE

External: Dilute with a carrier oil and apply to the skin to help soothe dry skin, ease menstrual discomfort, or relieve anxiety. It can also be used in a diffuser to enhance emotional balance, promote relaxation, and uplift the mood. For massages, mix 2 drops in 50 ml of sweet almond oil or wheat germ oil.

WARNINGS

Jasmine essential oil is generally safe but should be used with caution during pregnancy and avoided in high concentrations. Always dilute before applying topically.



Curiosities and Tips

It is one of the most expensive essential oils. To obtain 100 ml of jasmine essential oil, around one million flowers must be hand-picked before dawn.

JUNIPER

SCIENTIFIC NAME

Juniperus communis

FAMILY: Cupressaceae

APPEARANCE: An evergreen shrub or small tree with needle-like leaves, small yellow flowers, and dark blue, berry-like cones known as juniper berries.

DISTRIBUTION: Native to the Northern Hemisphere, juniper is widely distributed across Europe, Asia, and North America



RELATED CHAKRA



Juniper is associated with the first chakra. This chakra is the foundation of **physical and emotional stability, representing grounding and security.** Juniper oil helps to purify and cleanse this energy center, removing negative influences and promoting a sense of stability, courage, and resilience. It encourages letting go of fears and insecurities, fostering self-confidence and balance.



COMBINATIONS



Cypress, cedarwood, lemon rosemary, lavender, and geranium.

PARTS USED AND

EXTRACTION METHOD

The berries and twigs are typically used, extracted through steam distillation.

COLOR AND FRAGRANCE

Clear to pale yellow. The fragrance is fresh, woody, and slightly fruity with a balsamic undertone.

PROPERTIES

Antiseptic, purifying, diuretic, and sedative; juniper essential oil treats respiratory and urogenital disorders, stimulates diuresis, and relieves rheumatism. In the cosmetics industry, it is used in the formulation of astringent tonics and cleansing creams for oily skin.

USAGE

External: For cystitis, prepare a sitz bath that covers the entire pelvic area. Add 8 drops of juniper essential oil and stay immersed for 15 minutes. Repeat daily until symptoms subside.

WARNINGS

Its use is not recommended for individuals with kidney disorders or for pregnant women. The essential oil must always be diluted, and for internal use, it is essential to consult an expert aromatherapist.

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Curiosities and Tips

Juniper essential oil is a popular choice for relaxation and stress relief, offering grounding and calming effects when used in massages or diffused in a room. **Apply two drops of essential oil to a handkerchief, then inhale its aroma.**

LAVENDER

SCIENTIFIC NAME

Lavandula officinalis

FAMILY: *Labiata*

APPEARANCE: A small, aromatic shrub with silvery-green leaves and vibrant purple-blue flowers, which grow on long stems and emit a soothing, floral fragrance.

DISTRIBUTION: Native to the Mediterranean region, lavender is now cultivated worldwide, particularly in France and Italy.



RELATED CHAKRA



Lavender essential oil primarily works on the fourth chakra. It has a **balancing, toning, and calming effect while also acting as an antidepressant and boosting the body's defenses.** It provides a sense of calm and stability. To heal this chakra through music therapy, listening to classical and sacred melodies can be beneficial.



COMBINATIONS



Bergamot, lemon, cedarwood, clary sage, chamomile, rose, and frankincense.

PARTS USED AND EXTRACTION METHOD

The flowers are used to produce the oil, which is extracted through steam distillation.

COLOR AND FRAGRANCE

Pale yellow to colorless. Lavender oil has a fresh, floral, and slightly aroma.

PROPERTIES

Analgesic, antiparasitic, antiseptic, cardiotoxic, healing, hypotensive, and sedative. Lavender essential oil is effective for respiratory, digestive, and urogenital conditions, as well as for oral cavity and skin issues. It is a valuable remedy for migraines and menstrual pain.

USAGE

External: Place two drops of lavender essential oil on a handkerchief and use it occasionally to combat nausea and migraines. For stress and nervousness, perform a massage using 50 ml of carrier oil (preferably sweet almond oil) mixed with three drops of lavender essential oil.

WARNINGS

Pure lavender essential oil is caustic to mucous membranes and can overstimulate the nervous system.

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Curiosities and Tips

For **joint pain**, soak a gauze pad in a cup of water mixed with six drops of lavender essential oil. Wring out the gauze and apply the compress to the affected area. Replace the compress once it warms up.

LEMON

SCIENTIFIC NAME

Citrus limonum

FAMILY: *Rutaceae*

APPEARANCE: An evergreen tree with glossy green leaves and fragrant white flowers, producing bright yellow fruit with a tart, refreshing aroma.

DISTRIBUTION: Native to Asia, lemon trees are widely cultivated in Mediterranean regions and the Americas.



RELATED CHAKRA



Lemon essential oil is associated with the third chakra. It helps to **boost confidence, clarity, and personal power.** The uplifting properties of lemon oil inspire positivity, dispel mental fog, and encourage focus, making it an excellent ally for decision-making and self-motivation. Avoiding negative emotions, maintaining good breathing, and having correct posture are essential for the health of the solar plexus.



COMBINATIONS



Lavender, rosemary, tea tree, eucalyptus, peppermint, ginger, and frankincense.

PARTS USED AND EXTRACTION METHOD

The oil is extracted from the peel of fresh lemons through cold pressing.

COLOR AND FRAGRANCE

A light yellow to pale green color with a clean, sharp, citrusy aroma that is both refreshing and invigorating.

PROPERTIES

Antibacterial, antiviral, astringent, detoxifying, uplifting, and energizing; lemon essential oil is celebrated for its ability to cleanse and purify. It is effective for stimulating circulation in cases of cellulite, rheumatic pain, sore throat, gingivitis, mouth ulcers, stomatitis, and varicose veins.

USAGE

External:

- Mix a few drops with a carrier oil for a massage to stimulate circulation and tone the skin.
- Add to a diffuser for a fresh, invigorating atmosphere and to uplift the mood.
- Use diluted for cleaning surfaces to eliminate bacteria and leave a pleasant scent.

WARNINGS

Lemon essential oil is photosensitive.

[See our Therapeutic Grade Premium Essential Oils](#)



Curiosities and Tips

For oily skin, blend three tablespoons of plain yogurt with six slices of cucumber. **Add 4-5 drops of lemon essential oil** and apply the mixture to your face, leaving it on for 20 minutes.

MANDARIN

SCIENTIFIC NAME

Citrus nobilis

FAMILY: *Rutaceae*

APPEARANCE: An evergreen tree with fragrant white flowers and glossy green leaves, producing small, easy-to-peel fruits with a bright orange color and a sweet, tangy aroma.

DISTRIBUTION: Native to Asia, Southeast Asia, mandarins are widely cultivated in Mediterranean regions.



PARTS USED AND EXTRACTION METHOD

The oil is extracted from the rind of the fruit through cold pressing.

COLOR AND FRAGRANCE

A light yellow to orange color with a sweet, citrusy, and refreshing fragrance that is calming and joyful.

PROPERTIES

Antiseptic, antispasmodic, astringent, carminative, digestive, diuretic, laxative, and sedative, mandarin essential oil is ideal for treating acne and oily skin, aiding digestion, and combating insomnia. It is highly recommended for anxiety, nervousness, and stress in children (moving, starting school, or parental separation).

USAGE

External: Add 10 drops of mandarin essential oil to your bath water for a healing treatment for congested skin and stretch marks. When diffused in the environment, mandarin essential oil stimulates appetite, relieves nausea, and promotes sleep.

WARNINGS

Use it in moderation and avoid sun exposure after applying the oil. Its scent is especially pleasant for pregnant women.

[See our Therapeutic Grade Premium Essential Oils](#)

RELATED CHAKRA

Mandarin essential oil is associated with the first chakra. This oil **promotes emotional balance, creativity, and sensuality, helping to release tension and negative emotions**, particularly those related to the reproductive organs and the emotions tied to intimacy and pleasure. It encourages joy and a sense of playfulness.



COMBINATIONS

Bergamot, cinnamon, clove, frankincense, lavender, and lemon.



Curiosities and Tips

For constipation, massage the abdomen with two drops of mandarin essential oil diluted in one tablespoon of sesame oil.

MELISSA

SCIENTIFIC NAME

Melissa officinalis

FAMILY: *Labiata*

APPEARANCE: A perennial herb with bright green, serrated leaves that release a lemony scent when crushed. The plant produces small white or pale pink flowers.

DISTRIBUTION: Native to Western Asia, and Europe, Melissa is widely cultivated in temperate regions around the world.



PARTS USED AND

EXTRACTION METHOD

The oil is primarily extracted from the leaves of the plant through steam distillation.

COLOR AND FRAGRANCE

Light green. A fresh scent reminiscent of lemon.

PROPERTIES

Antiallergic, pain-relieving, antispasmodic, digestive, sedative, and tonic, Melissa essential oil is highly effective in strengthening the immune system and protecting the body from allergies and viruses. It is used to treat digestive disorders, rheumatism, and wound healing, and is a good regulator of hormonal system imbalances. An excellent remedy for children's insomnia.

USAGE

Internal: Add 1 drop to warm water or herbal tea to relieve stress and aid digestion.

External: For rheumatic pain, dilute 5 drops of essential oil in 2 tablespoons of vegetable oil and massage the painful area.

WARNINGS

Melissa essential oil is considered safe for most people, but it should always be diluted before topical application. It may cause skin irritation for some individuals. As it has mild sedative effects, avoid excessive use during pregnancy or while operating machinery.

RELATED CHAKRA

Melissa essential oil is linked to the fourth chakra. It **helps to soothe emotional turbulence, balance the heart's energy, and promote feelings of love, compassion, and healing.** It supports emotional well-being and encourages openness, joy, and forgiveness.



COMBINATIONS

Lavender, chamomile, rose, bergamot, and sandalwood.



Curiosities and Tips

It is a wonderful oil to diffuse during **meditation or relaxation practices**, enhancing both emotional clarity and peace.

NEROLI

SCIENTIFIC NAME

Citrus aurantium

FAMILY: *Rutaceae*

APPEARANCE: Neroli is extracted from the delicate white blossoms of the bitter orange tree. The flowers are small, waxy, and highly fragrant, growing in clusters.

DISTRIBUTION: Native to Southeast Asia, neroli is primarily cultivated in the Mediterranean region.



PARTS USED AND EXTRACTION METHOD

The freshly picked orange blossoms (neroli) are used for steam distillation.

COLOR AND FRAGRANCE

Pale yellow or amber in color, with a sweet, floral scent.

PROPERTIES

Aphrodisiac, antidepressant, antiseptic, astringent, deodorant, digestive, and sedative, the essential oil of bitter orange blossoms, known as neroli, is recommended for treating dermatitis, wrinkles, gingivitis, and stomatitis. Calming and delicate, this essence works on the nervous system, helping to resolve anxiety and insomnia.

USAGE

Internal: Add 1-2 drops of neroli essential oil to water or herbal tea to relieve stress and support emotional well-being.

External: Dilute with a carrier oil and massage into the skin to improve elasticity, reduce scar appearance, and help with skin conditions such as acne or eczema.

WARNINGS

Neroli essential oil is considered safe for most people when used properly, but it should be diluted before topical use. Avoid use during the first trimester of pregnancy or without professional advice. It may cause skin irritation in sensitive individuals.

RELATED CHAKRA

Neroli essential oil is associated with the 7th chakra, which is the energy center of spiritual connection, enlightenment, and higher consciousness. **It helps to open and balance the Crown Chakra**, promoting a deeper connection to the divine and enhancing feelings of peace, clarity, and spiritual awareness. It also encourages a sense of unity with the universe and a higher state of consciousness.



COMBINATIONS

Lavender, rose, jasmine, sandalwood, and chamomile.



Curiosities and Tips

Mix two drops of neroli oil with a little sweet almond oil and rub it on the chest **to help alleviate anxious states.**

OREGANO

SCIENTIFIC NAME

Origanum vulgare

FAMILY: *Labiata*

APPEARANCE: Oregano is a perennial herb with small, oval-shaped leaves that are aromatic and densely covered with fine hairs. The flowers are small, typically purple or pink, and are arranged in clusters.

DISTRIBUTION: Originating from Europe, it is cultivated worldwide.



PARTS USED AND EXTRACTION METHOD

The oil is extracted from flowering tops through steam distillation.

COLOR AND FRAGRANCE

Light yellow and clear in color, with a strong, camphoraceous scent.

PROPERTIES

Antimicrobial, antifungal, antiviral, antiseptic, expectorant, stimulant; oregano oil is well-known for its powerful ability to fight infections, boost the immune system, and help with respiratory issues. It is also used for its digestive and anti-inflammatory benefits. This oil has an effective sedative action on the respiratory system, soothing coughs and aiding in the elimination of phlegm.

USAGE

Internal: Oregano oil is highly potent and should only be used internally in very small amounts, typically 1-2 drops diluted in a carrier oil or added to warm water for supporting the immune system.
External: Add a few drops to a warm bath to help with respiratory congestion or to ease muscle pain.

WARNINGS

Oregano essential oil is very strong and should be used with caution. Always dilute it properly before applying to the skin, as it can cause irritation or a burning sensation. Avoid use during pregnancy, and consult with a healthcare provider before using it internally or for children.

RELATED CHAKRA

Despite its general and widespread action on all energy centers, **this essential oil is particularly beneficial for the third chakra.** It dissolves worries, promotes restful sleep for those suffering from insomnia, calms the nerves, and enhances concentration.



COMBINATIONS

Atlantic cedar, citronella, lavender, scots pine, rosemary, and ginger.



Curiosities and Tips

Oregano is often referred to as a "**natural antibiotic**" due to its powerful antimicrobial properties.

PATCHOULI

SCIENTIFIC NAME

Pogostemon cablin

FAMILY: *Labiata*

APPEARANCE: Patchouli is a bushy herb that grows up to 3 feet tall, with large, fragrant, green leaves and small, pale pink or white flowers.

DISTRIBUTION: Native to Southeast Asia, Malaysia, and Indonesia, patchouli is now grown in various tropical regions around the world.



PARTS USED AND EXTRACTION METHOD

The young dried leaves, for steam distillation.

It is also used for its skin-healing properties, especially for dry skin, acne, and other skin conditions.

RELATED CHAKRA



It stimulates the urogenital system, governed by the first chakra. It fills the environment, creating an irresistible sensual atmosphere. Its aphrodisiac effect originates from the essence of distant, warm, spicy, and captivating worlds. In high doses, patchouli stimulates and tones, helping to manage anxiety. The first chakra can be rebalanced by listening to tribal chants, percussion instruments, and nature sounds.



COMBINATIONS



Jasmine, lemon, myrrh, rose, and sage.

COLOR AND FRAGRANCE

Patchouli essential oil is typically a deep amber or brown color, with a rich, earthy, and musky fragrance. It has a distinctive aroma that is both grounding and sweet, with a slightly spicy undertone.

PROPERTIES

Antidepressant, anti-inflammatory, antiseptic, sedative, grounding; patchouli oil is widely used for its ability to reduce stress and anxiety, promote relaxation, and boost mood.

USAGE

External: Patchouli essential oil can be used pure on the body or diluted in vegetable oil for very sensual aromatherapy massages: mix two drops of patchouli and two drops of neroli in 50 ml of carrier oil. Those with oily hair can add one or two drops to their usual shampoo.

WARNINGS

In high doses, it has a sedative effect, so it's advisable to test it before using it as an aphrodisiac.



Curiosities and Tips

Due to its active principles, **patchouli essential oil is used in many anti-wrinkle cosmetics.** By adding no more than 5 drops of the essence to a base, you can create a highly effective and fragrant personalized anti-wrinkle cream.

PEPPERMINT

SCIENTIFIC NAME

Mentha piperita

FAMILY: *Labiata*

APPEARANCE: Perennial herb with square stems, dark green leaves, and small, purple-lavender flowers.

DISTRIBUTION: Native to Europe and the Middle East, peppermint is now cultivated worldwide, especially in temperate regions.



PARTS USED AND EXTRACTION METHOD

From the leaves and flowering tops of the peppermint plant through steam distillation.

COLOR AND FRAGRANCE

Light yellow or greenish in color, with a fresh, penetrating scent.

PROPERTIES

Pain-relieving, antiseptic, astringent, carminative, vasoconstrictive, and vermifuge, peppermint essential oil is useful for headaches and depression. It stimulates the nervous system and enhances concentration. Additionally, it repels mosquitoes and flies and soothes skin itching caused by dermatitis.

USAGE

Internal: Add 1 drop to a cup of warm water or tea to aid digestion and reduce nausea.

External: For headaches, massage with a balm made from 250 ml of sweet almond oil and three drops of peppermint essential oil. Alternatively, you can add five drops to a diffuser.

WARNINGS

Peppermint essential oil should always be diluted before applying to the skin.

[See our Therapeutic Grade Premium Essential Oils](#)

RELATED CHAKRA



This essence acts on the sixth chakra, fostering insight and deep spirituality. **Mint helps to curb an inflated ego, tempering excessive pride.** It also aids in overcoming feelings of inferiority, which are often the flip side of excessive pride. Associated with cleansing, it supports those seeking a more peaceful life. To rebalance this chakra through music therapy, one can listen to sacred music or traditional Indian music.



COMBINATIONS



Eucalyptus, rosemary, lavender, lemon, and tea tree.



Curiosities and Tips

Toning Face Mask: Mix two tablespoons of green clay with two drops of peppermint essential oil. Apply the mixture to your face and leave it on for 15 minutes, then rinse with lukewarm water. Repeat the treatment twice a week.

PINE

SCIENTIFIC NAME

Pinus sylvestris

FAMILY: *Pinaceae*

APPEARANCE: Pine tree is tall evergreen with long, needle-like leaves and brown cones. It has a robust, woody trunk and a fresh, resinous scent.

DISTRIBUTION: Native to Europe and Asia, pine trees thrive in cold and temperate regions worldwide, often found in mountainous areas.



RELATED CHAKRA

Its distinctive balsamic and expectorant effects, as well as its **ability to tone the muscular system of the respiratory apparatus**, make it an invigorating oil for the fifth chakra. The strengthening and anti-stress action of this plant stems from its ability to stimulate the adrenal cortex. The fifth chakra, the center of energy control, regulates the balance between the physical and spiritual aspects.



COMBINATIONS

Eucalyptus, cedarwood, lavender, rosemary, oregano, and lemon.

PARTS USED AND EXTRACTION METHOD

Needles, twigs, and cones of the pine tree using steam distillation.

COLOR AND FRAGRANCE

Light yellow and clear in color, with a fresh, woody, and balsamic scent.

PROPERTIES

Aphrodisiac, anti-rheumatic, balsamic, diuretic, expectorant, and vermifuge, pine essential oil is effective for thinning bronchial secretions and soothing cold-related symptoms. It also helps with urinary tract inflammations, stimulates liver function, and relieves rheumatic pain.

USAGE

Internal: Add 1 drop of essential oil to a cup of expectorant herbal tea.

External: For bronchial conditions, make steam inhalations by adding 5-8 drops to boiling water, or use an essential oil diffuser with 5 drops.

WARNINGS

Pine essential oil should always be diluted before skin application, as it can cause irritation. Avoid use during pregnancy and consult a healthcare provider before use if you have sensitive skin or allergies.



Curiosities and Tips

Dilute 50 drops in 250 ml of sweet almond oil. Use the mixture 2-3 times a day to massage the affected area for **rheumatism**. Cover with a wool cloth.

Adding a few drops of pine oil to your bath can create a **spa-like experience**, rejuvenating both the body and mind.

ROSEMARY

SCIENTIFIC NAME

Rosmarinus officinalis

FAMILY: *Labiata*

APPEARANCE: Woody evergreen shrub with needle-like, dark green leaves and small, pale blue to white flowers.

DISTRIBUTION: Native to the Mediterranean region, rosemary thrives in warm, sunny climates and is widely cultivated around the world.



PARTS USED AND EXTRACTION METHOD

Flowering tops and leaves of the rosemary plant using steam distillation.

COLOR AND FRAGRANCE

Pale yellow, with a fresh, herbaceous, and slightly camphorous aroma.

PROPERTIES

Anti-rheumatic, antiseptic, astringent, cardiotoxic, carminative, digestive, diuretic, and sudorific. Rosemary essential oil is effective for treating rheumatism, gout, liver disorders, migraines, low blood pressure, gastric pain, and support cognitive function.

USAGE

Internal: To combat physical and mental fatigue, take 5-10 drops of rosemary essential oil diluted in a glass of water. *External:* Add three drops of the oil to your bath for a revitalizing soak. To address dandruff and oily hair, massage your scalp with 7-8 drops of rosemary essential oil mixed with a tablespoon of olive oil before washing your hair.

WARNINGS

Avoid rosemary essential oil during pregnancy or if you have epilepsy, as it can be stimulating. Always dilute before application to the skin, as it may cause irritation.

RELATED CHAKRA



It stimulates the third eye, corresponding to the sixth chakra, **promoting mental clarity and detachment.** It instills self-confidence and enhances concentration and memory, especially during periods of high psychological pressure, such as exams. Rosemary essential oil is best used in the morning, as it is a stimulant, and using it later in the day may sometimes cause insomnia.



COMBINATIONS



Basil, cinnamon, lavender, and peppermint.



Curiosities and Tips

In ancient Greece, rosemary was believed **to improve memory** and was often worn as a garland by students. Rosemary oil is a popular choice for **hair care**, as it strengthens hair follicles and reduces dandruff.

SANDALWOOD

SCIENTIFIC NAME

Santalum album

FAMILY: *Santalaceae*

APPEARANCE: Small evergreen tree with smooth, yellow-brown bark and narrow, leathery leaves.

DISTRIBUTION: Native to India, sandalwood is also cultivated in other parts of Asia, including Indonesia and Australia, where it thrives in tropical climates.



PARTS USED AND EXTRACTION METHOD

From the heartwood of the sandalwood tree through steam distillation.

COLOR AND FRAGRANCE

Pale yellow or clear liquid with a rich, sweet, woody, and slightly balsamic aroma.

PROPERTIES

The essential oil of sandalwood is an aphrodisiac, antiseptic, astringent, diuretic, expectorant, and sedative. It is effective in treating urinary tract infections, respiratory issues such as colds and bronchitis, sore throat, acne, dry skin, diarrhea, stress, anxiety, and insomnia.

USAGE

External: To regenerate, add 3 drops of sandalwood essential oil to a diffuser or essential oil blend. To soothe sunburn, mix 40 drops of sandalwood oil with 200 ml of wheat germ oil and massage the affected area. For flu or bronchitis, use 6 drops of sandalwood essential oil in a tablespoon of sweet almond oil, then rub it onto your chest and forehead in the evening before bed.

WARNINGS

Sandalwood essential oil is safe when used properly but should be diluted before topical use.

RELATED CHAKRA



This essence has a strong influence on the second chakra. It **stimulates sexual activity by awakening the energy known as kundalini.** It spiritually elevates and balances opposites, facilitating communication between various energy points. Used in meditation for thousands of years, it calms the mental chatter, soothing the rational mind, and allowing one to enter the deeper layers of meditation.



COMBINATIONS



Rose, lavender, frankincense, ylang-ylang, and geranium.



Curiosities and Tips

Due to its long harvesting period and high demand, sandalwood is considered a **rare and expensive essential oil.** Sandalwood is often used in natural perfumes for its warm, grounding scent.

SWEET ORANGE

SCIENTIFIC NAME

Citrus sinensis

FAMILY: *Rutaceae*

APPEARANCE: Evergreen tree with glossy, dark green leaves and fragrant white flowers.

DISTRIBUTION: Native to Asia, sweet orange is grown worldwide in subtropical regions, particularly in countries like Brazil, Spain, and the USA.



RELATED CHAKRA

Sweet orange essential oil is associated with the first chakra. When balanced, it fosters joy, passion, and emotional stability. Sweet orange oil helps to open this chakra, **promoting happiness, creativity, and emotional release**, making it ideal for overcoming stress and enhancing emotional well-being. It encourages self-expression and deeper connection to one's feelings and desires.



COMBINATIONS

Cinnamon, clove, bergamot, ylang-ylang, and lemon.

PARTS USED AND EXTRACTION METHOD

From the peel of the fruit through cold-pressing.

COLOR AND FRAGRANCE

Bright orange liquid with a sweet, fresh, and citrusy scent that is both uplifting and energizing.

PROPERTIES

Antiseptic, anti-inflammatory, mood-lifting, digestive, and antioxidant. Sweet orange is known for its ability to reduce stress, improve mood, and support immune function. It regulates heart contractions and can be beneficial for dizziness. It is also used in the treatment of cellulite and to balance oily hair.

USAGE

Internal: Add 1-2 drops to a glass of water or a smoothie to help with digestion and boost immunity.

External:

- Dilute with a carrier oil for a gentle massage that helps reduce tension and boost circulation.
- Diffuse to create an uplifting, cheerful environment and promote relaxation.

WARNINGS

Sweet orange essential oil can cause photosensitivity, so avoid exposure to direct sunlight for at least 12 hours after application.



Curiosities and Tips

The essential oil is not only great for uplifting the mind but also for **supporting the digestive system and skin health**. Sweet orange oil is often used in cleaning products for its fresh, natural scent and antibacterial properties.

TEA TREE

SCIENTIFIC NAME

Melaleuca alternifolia

FAMILY: *Santalaceae*

APPEARANCE: Small, shrubby tree with narrow, leathery leaves and white to pale purple flowers. Its leaves are the source of the essential oil.

DISTRIBUTION: Originating and found only in Australia, in the coastal regions of New South Wales and Queensland.



PARTS USED AND EXTRACTION METHOD

From the leaves of the tea tree through steam distillation.

COLOR AND FRAGRANCE

Pale yellow liquid with a fresh, medicinal, and slightly woody aroma.

PROPERTIES

Anti-inflammatory, antifungal, antiseborrheic, antiseptic, antiviral, balsamic, healing, and germicidal, tea tree essential oil proves effective for respiratory and urogenital disorders, acne, dermatitis, fungal infections, as well as soothing itching, skin irritations, insect bites, and is excellent for preventing infectious diseases.

USAGE

External:

- Dilute three drops in bath or foot bath water to disinfect the skin and eliminate bacteria.
- As relief after long sun exposure, mix 35 drops in 250 ml of wheat germ oil.
- For disinfectant mouthwashes and gargles, add six drops to a glass of lukewarm water.

WARNINGS

Tea tree oil should be diluted before use on the skin and should not be ingested without guidance from a healthcare professional.

[**See our Therapeutic Grade Premium Essential Oils**](#)

RELATED CHAKRA



Tea tree essential oil is connected to the fifth chakra. **This chakra is associated with communication, self-expression, and truth.**

When balanced, it promotes clear communication, self-expression, authenticity, and creativity. Tea tree oil supports the Throat Chakra by clearing energetic blockages, promoting open expression, and aiding in truthful conversations.



COMBINATIONS



Lavender, peppermint, sage, eucalyptus, and lemon.



Curiosities and Tips

Tea tree is often used in **personal care products** like shampoos, soaps, and lotions for its ability to cleanse and promote healthy skin and hair.

OTHER ESSENTIAL OILS

Essential oil	Properties	Indications	Warnings
Angelica	Antispasmodic, carminative	Digestive issues, stress relief	Avoid during pregnancy
Achillea	Anti-inflammatory, antiseptic	Wound healing, menstrual pain relief	Avoid during pregnancy
Benzoin	Antiseptic, balsamic	Respiratory issues, skin irritation	Avoid if sensitive to resins
Cardamom	Digestive, antioxidant	Indigestion, cough relief	Avoid in large doses
Camphor	Analgesic, antiseptic	Muscle pain relief, respiratory issues	Toxic in large amounts
Cajeput	Analgesic, antiseptic	Cold symptoms, pain relief	Avoid for young children
Calendula	Anti-inflammatory, antiseptic	Skin healing, cuts and bruises	Avoid during pregnancy
Clove	Antimicrobial, analgesic	Toothache relief	Always dilute
Citronella	Antiseptic, antifungal	Insect repellent, skin infections	Can irritate sensitive skin
Frankincense	Antibacterial, antioxidant	Skin regeneration, respiratory issues	Avoid in early pregnancy
Hyssop	Antiviral, expectorant	Respiratory infections, cough relief	Hypertension and epilepsy
Laurel	Antibacterial, analgesic	Muscle pain relief, respiratory issues	Avoid during pregnancy
Marjoram	Calming, muscle relaxant	Stress relief, muscle pain	Avoid during pregnancy
Mimosa	Antidepressant, calming	Anxiety, nervousness, skin care	Always dilute
Myrrh	Antiseptic, anti-inflammatory	Skin wounds, respiratory issues	Avoid during pregnancy
Myrtle	Antiseptic, decongestant	Respiratory infections, acne	Avoid during pregnancy
Palmarosa	Antibacterial, moisturizing	Skin infections, dry skin	May cause skin irritation
Petitgrain	Relaxing, antibacterial	Stress relief, skin infections	Always dilute
Sage	Stimulating, energizing	Menstrual pain relief, skin issues	Induces drowsiness
Thyme	Antimicrobial, expectorant	Respiratory infections, cough relief	Always dilute
Valerian	Sedative, muscle relaxant	Anxiety, insomnia, mood disorders	Induces drowsiness
Vetiver	Grounding, anti-inflammatory	Stress relief, skin regeneration	Avoid in pregnancy
Ylang Ylang	Aphrodisiac, calming	Stress relief, decrease in libido	Induces headache



ESSENTIAL OILS FOR EVERY OCCASION

PERFUMES, MASSAGES, FOOT
BATHS, AND OTHER TREATMENTS

PERFUMES



MEN'S FRAGRANCE

3 drops of Vetiver
4 drops of Petit-Grain
4 drops of Cedarwood

FRESH FRAGRANCE

5 drops of Neroli
4 drops of Petit-Grain
3 drops of Rosemary
1 drop of Peppermint

WARM FRAGRANCE

6 drops of Ylang-Ylang
8 drops of Cedarwood
2 drops of Rose
2 drops of Jasmine
6 drops of Orange

SPICY FRAGRANCE

4 drops of Pine
3 drops of Petit-Grain
2 drops of Clove
1 drop of Vetiver

FLORAL FRAGRANCE

5 drops of Geranium
4 drops of Lavender
3 drops of Bergamot
1 drop of Patchouli

FEMININE FRAGRANCE

6 drops of Rose
4 drops of Jasmine
3 drops of Ylang-Ylang
2 drops of Sandalwood

ROMANTIC FRAGRANCE

5 drops of Lavender
4 drops of Geranium
3 drops of Rose
2 drops of Bergamot

CITRUS FRAGRANCE

6 drops of Neroli
5 drops of Orange
3 drops of Jasmine
2 drops of Petit-Grain

SWEET FRAGRANCE

6 drops of Rose
4 drops of Ylang-Ylang
3 drops of Geranium
2 drops of Sandalwood

MASSAGE

Massage application is the method that allows the best absorption of essential oils.

FOR RHEUMATIC PAIN

Arnica Oil (50ml) with:
7 drops of Camphor
7 drops of Eucalyptus
7 drops of Wintergreen
7 drops of Rosemary
2 drops of Atlantic Cedar



FOR CELLULITE

Sweet Almond Oil (50ml) with:
7 drops of Cypress
7 drops of Sage
5 drops of Lavender
3 drops of Ginger

FOR TONING MUSCLES AND RELIEVING PAIN

St. John's Wort Oil (50ml) with: 10 drops of Juniper
5 drops of Lavender
Arnica Oil (50ml) with: 5 drops of Rosemary
7 drops of Wintergreen

FOR SUNBURNS

St. John's Wort Oil (50ml) with:
10 drops of Lavender
5 drops of Chamomile

FOR SUNBURNS

St. John's Wort Oil (50ml) with:
10 drops of Lavender
5 drops of Chamomile

FOR STRETCH MARKS

Wheat Germ Oil (50ml) with:
5 drops of Frankincense
5 drops of Palmarosa
3 drops of Lemon

FOR RELAXATION

Sesame Oil (50ml) with:
5 drops of Bitter Orange
5 drops of Sandalwood
3 drops of Rose
3 drops of Neroli

BREASTS (TONING)

Jojoba Oil (50ml) with:
7 drops of Cypress
7 drops of Mint

BREAST (FIRMING)

Jojoba Oil (50ml) with:
5 drops of Geranium
5 drops of Sage
2 drops of Rose

FOOT BATHS

The foot bath gives excellent results for migraines, headaches, colds, and facial neuralgia.

It is also useful for disorders caused by overexertion of the lower limbs and for varicose veins.

The water in the foot bath should be kept warm, but not too hot.



FOR SWEATING

Dead Sea salts with:
4 drops of Cypress
3 drops of Lemongrass
3 drops of Sage
3 drops of Palmarosa
3 drops of Lavender

FOR TIRED FEET

Dead Sea salts with:
5 drops of Juniper
2 drops of Rosemary
3 drops of Lavender

ENERGY REVITALIZER

Dead Sea salts with:
4 drops of Rosemary
3 drops of Lemon

FOR CALLUSES AND CORNS

Dead Sea salts with:
7 drops of Tea Tree
7 drops of Thyme
2 drops of Sweet Orange
2 drops of Oregano

FOR SWOLLEN FEET

Dead Sea salts with:
5 drops of Peppermint
3 drops of Juniper
5 drops of Eucalyptus

FOR COLD

Dead Sea salts with:
4 drops of Tea Tree
3 drops of Thyme
4 drops of Eucalyptus

INHALATIONS

Particularly useful for respiratory tract ailments.

Add a few drops to a vaporizer or a small basin of boiling water. Lean over the basin and inhale the steam for 4-5 minutes, preferably with a towel over your head to prevent the steam from escaping.



COLD/FLU

2 drops of Eucalyptus
2 drops of Lemon
2 drops of Pine

SINUSITIS

6 drops of Benzoin
4 drops of Tea Tree
3 drops of Eucalyptus
2 drops of Mint

BRONCHITIS

2 drops of Bergamot
2 drops of Eucalyptus
2 drops of Sandalwood

COUGH

4 drops of Atlantic Cedar
2 drops of Sage
2 drops of Niaouli
1 drop of Thyme

ASTHMA

3 drops of Frankincense
3 drops of Lavender
2 drops of Peppermint

ALLERGIES

4 drops of Chamomile
3 drops of Lemon
2 drops of Eucalyptus

TOPICAL APPLICATIONS

Essential oils should not be used undiluted on the skin, except in rare cases.

They must be diluted in a cream or applied on a gauze pad under a bandage for localized treatments and for short periods.



COLD SORES

2 drops of Tea Tree
applied undiluted.

WARTS

2 drops of Tea Tree
applied undiluted.
Alternatively, 2 drops of
diluted Tea Tree.

INSECT BITES

2 drops of Lavender
applied undiluted.

HEMORRHOIDS

Neutral cream with:
2 drops of Peppermint
2 drops of Cypress

MUSCLE PAIN

Neutral cream with:
2 drops of Cinnamon
2 drops of Ginger
2 drops of Rosemary

TOOTHACHE RELIEF

Neutral cream with:
2 drops of Clove
2 drops of Tea Tree

FACE

Essential oils for facial use should be diluted in a carrier oil or added to a neutral cream.

Apply gently to the skin, avoiding the eye area, for hydration, soothing, or targeted skincare benefits.



COMBINATION SKIN

Neutral Cream (50ml) with:
8 drops of Lavender
4 drops of Geranium
2 drops of Jasmine

DRY SKIN

Neutral Cream (50ml) with:
10 drops of Sandalwood
4 drops of Geranium
3 drops of Rose
3 drops of Palmarosa

OILY SKIN

Neutral Cream (50ml) with:
8 drops of Bergamot
4 drops of Juniper
3 drops of Cypress
2 drops of Palmarosa

ACNE-PRONE SKIN

Neutral Cream (50ml) with:
4 drops of Lemon
4 drops of Thyme
3 drops of Tea Tree
3 drops of Palmarosa

INFLAMED SKIN

Neutral Cream (50ml) with:
5 drops of Chamomile
4 drops of Benzoin
3 drops of Neroli
2 drops of Rose

LOOSE SKIN

Neutral Cream (50ml) with:
6 drops of Frankincense
5 drops of Geranium
3 drops of Patchouli
2 drops of Myrrh

HAIR

For intensive treatments, use Castor oil, Flaxseed oil, or Jojoba oil as carriers for the recommended essential oils.

For post-drying treatments, use Argan hair oil as a carrier.

FOR FRAGILE HAIR

Shampoo, conditioner, or cream with:

- 8 drops of Lavender
- 6 drops of Sandalwood
- 4 drops of Orange
- 2 drops of Ylang Ylang



FOR DRY HAIR

Shampoo, conditioner, or cream with:

- 3 drops of Rosemary
- 3 drops of Lavender
- 3 drops of Benzoin

FOR OILY HAIR

Shampoo, conditioner, or cream with:

- 10 drops of Lavender
 - 5 drops of Melissa
 - 5 drops of Bergamot
 - 5 drops of Palmarosa
- or
- 10 drops of Cypress
 - 10 drops of Juniper
 - 7 drops of Cedar

FOR HAIR LOSS

Shampoo, conditioner, or cream with:

- 10 drops of Juniper
- 10 drops of Rosemary
- 10 drops of Lavender
- 10 drops of Atlantic Cedar

FOR DANDRUFF

Shampoo, conditioner, or cream with:

- 8 drops of Lavender
 - 8 drops of Rosemary
 - 6 drops of Juniper
 - 3 drops of Chamomile
- or
- 6 drops of Lavender
 - 4 drops of Tea Tree
 - 2 drops of Thyme

SCALP MASSAGE (Apply to hair and massage until absorbed)

1 teaspoon of alcohol/vodka and 1 tablespoon of distilled water, dilute with:

- 3 drops of Eucalyptus
- 3 drops of Sage
- 3 drops of Lemon



BATH & SHOWER

SUMMER BATH

Neutral shower gel with:

2 drops of Chamomile
2 drops of Caraway
4 drops of Bergamot
3 drops of Peppermint



WINTER BATH

Neutral shower gel with:

5 drops of Lavender
3 drops of Juniper
2 drops of Chamomile

EUDERMIC BATH

Neutral shower gel with:

10 drops of Sandalwood
4 drops of Chamomile
1 drop of Neroli

ANTI-CELLULITE

Neutral shower gel with:

5 drops of Juniper
3 drops of Orange
3 drops of Cypress
3 drops of Lemon

MORNING TONIC BATH

Neutral shower gel with:

5 drops of Rosemary
5 drops of Juniper
2 drops of Mint
2 drops of Black Pepper

or

8 drops of Juniper
4 drops of Lemon
3 drops of Verbena
1 drop of Camphor

EVENING RELAXING BATH

Neutral shower gel with:

5 drops of Lavender
2 drops of Chamomile
2 drops of Bitter Orange

or

10 drops of Sandalwood
5 drops of Neroli
5 drops of Bergamot

or

3 drops of Verbena
2 drops of Sage
2 drops of Vetiver
2 drops of Rose
1 drop of Lemon

or

15 drops of Lavender
3 drops of Neroli



BATH & SHOWER

FOR CHILDREN

Neutral shower gel with:

2 drops of Sweet Orange

1 drop of Geranium

or

4 drops of Mandarin

3 drops of Chamomile

SENSUAL BATH

Neutral shower gel with:

6 drops of Sandalwood

4 drops of Cardamom

2 drops of Rose

or

4 drops of Jasmine

2 drops of Ylang Ylang

STIMULATING BATH

Neutral shower gel with:

5 drops of Juniper

5 drops of Rosemary

3 drops of Ginger

or

4 drops of Cinnamon

4 drops of Peppermint

RELAXING BATH

Neutral shower gel with:

8 drops of Sandalwood

6 drops of Lavender

5 drops of Cypress

4 drops of Sage

4 drops of Marjoram

3 drops of Eucalyptus

2 drops of Orange

2 drops of Chamomile

2 drops of Rose

or

20 drops of Lavender

12 drops of Melissa

8 drops of Cinnamon

6 drops of Geranium

3 drops of Orange

AFRODISIAC BATH

Neutral shower gel with:

8 drops of Sandalwood

4 drops of Rose

4 drops of Cinnamon

3 drops of Ylang Ylang

2 drops of Jasmine

REFRESHING BATH

Neutral shower gel with:

5 drops of Cypress

4 drops of Lemon

4 drops of Peppermint

or

12 drops of Verbena

8 drops of Orange

8 drops of Sandalwood

4 drops of Cedar

FRAGRANT SHOWER

Neutral shower gel with:

8 drops of Verbena

5 drops of Rose

4 drops of Sandalwood

4 drops of Melissa

ENERGIZING SHOWER

Neutral shower gel with:

8 drops of Peppermint

5 drops of Lemon

4 drops of Eucalyptus

CALMING SHOWER

Neutral shower gel with:

6 drops of Lavender

5 drops of Chamomile

4 drops of Neroli

EMOTIONAL DISTURBANCES

Aggression	Ylang-Ylang, Chamomile, Cedarwood, Atlas Cedar
Agitation	Neroli, Lemon, Jasmine, Rose, Chamomile, Lemongrass, Cedarwood (Fruit)
Anxiety	Bergamot, Lavender, Rose, Cypress, Marjoram, Jasmine, Melissa, Ylang Ylang, Petit-grain, Chamomile, Cedarwood, Benzoin, Atlas Cedar, Palmarosa, Lemon
Apathy	Juniper, Jasmine, Rosemary, Black Pepper
Anger	Chamomile, Melissa, Rose, Ylang Ylang, Lemon
Confusion	Cypress, Mint, Frankincense, Benzoin, Atlas Cedar
Depression	Chamomile, Geranium, Lavender, Jasmine, Bergamot, Neroli, Ylang Ylang, Sage, Marjoram, Mint, Clary Sage, Basil, Benzoin
Emotional Shock	Melissa, Neroli
Exhaustion	Cypress, Lavender
Fatigue	Cypress, Marjoram, Rosemary, Verbena, Orange
Fear and Panic	Chamomile, Sage, Lavender, Jasmine, Melissa, Ylang Ylang, Juniper
Instability	Geranium, Lavender, Neroli, Benzoin
Nervousness	Chamomile, Sage, Jasmine, Lavender, Marjoram, Melissa, Neroli, Ylang Ylang, Atlas Cedar, Palmarosa
Overexcitement	Chamomile, Marjoram, Rosemary, Verbena, Orange
Sadness	Marjoram, Rose, Frankincense, Benzoin, Hyssop
Sexual Disorders	Ylang Ylang, Jasmine, Clary Sage, Sage, Pine, Thyme, Mint, Cinnamon, Neroli, Rose, Ginger, Juniper, Mint, Rosemary, Sandalwood, Cardamom
Stress	Rose, Lemon, Jasmine, Neroli, Geranium, Sandalwood, Cedarwood (Fruit), Lemongrass, Eucalyptus Citriodora, Palmarosa

ZODIAC AND ESSENTIAL OILS

ARIES



Traits: Dynamic, energetic, impulsive.

Essential Oils:

Ginger: to stimulate energy and inner strength.

Rosemary: to enhance focus and mental clarity.

Bergamot: to manage stress and find emotional balance.

TAURUS



Traits: Patient, stable, sensual.

Essential Oils:

Geranium: to promote emotional balance.

Rose: to foster love and serenity.

Ylang Ylang: to relax and stimulate the senses.

GEMINI



Traits: Curious, communicative, adaptable.

Essential Oils:

Peppermint: to stimulate the mind and enhance concentration.

Lavender: to reduce anxiety and promote relaxation.

Lemon: to improve mood and energy.

CANCER



Traits: Intuitive, emotional, nurturing.

Essential Oils:

Chamomile: to calm emotions and promote relaxation.

Jasmine: to promote serenity and inner peace.

Benzoin: to provide a sense of protection and comfort.

LEO



Traits: Courageous, charismatic, generous.

Essential Oils:

Sweet Orange: to stimulate joy and positive energy.

Geranium: to promote self-confidence.

Grapefruit: to support motivation and self-efficacy.

VIRGO



Traits: Analytical, perfectionist, practical.

Essential Oils:

Tea Tree: to encourage cleanliness and mental well-being.

Lavender: to reduce stress and improve calmness.

Bergamot: to stimulate mental clarity and promote self-control.

LIBRA



Traits: Diplomatic, fair, balanced.

Essential Oils:

Rose: to stimulate harmony and inner beauty.

Geranium: to promote emotional balance.

Sandalwood: to support harmony and inner peace.

SCORPIO



Traits: Intense, mysterious, passionate.

Essential Oils:

Patchouli: to stimulate inner strength and spiritual connection.

Frankincense: to promote meditation and emotional depth.

Jasmine: to enhance intuition and emotional connection.

SAGITTARIUS



Traits: Adventurous, optimistic, enthusiastic.

Essential Oils:

Bitter Orange: to stimulate mood and joy.

Ginger: to support energy and enthusiasm.

Bergamot: to promote a sense of freedom and vitality.

CAPRICORN



Traits: Ambitious, disciplined, determined.

Essential Oils:

Cedarwood: to promote stability and grounding.

Patchouli: to enhance focus and motivation.

Rosemary: to stimulate mental clarity and resilience.

AQUARIUS



Traits: Innovative, independent, visionary.

Essential Oils:

Lavender: to promote relaxation and emotional balance.

Peppermint: to stimulate the mind and enhance clarity.

Bergamot: to support optimism and creativity.

PISCES



Traits: Empathetic, creative, intuitive.

Essential Oils:

Frankincense: to promote meditation and intuition.

Jasmine: to enhance empathy and inner calm.

Ylang Ylang: to promote unconditional love and emotional serenity.

WANT TO EXPERIENCE THE REAL POWER OF ESSENTIAL OILS?

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Lemon – Boosts energy, clears the mind, freshens home & laundry

Lavender – Relieves stress, promotes sleep, balances mood

Tea Tree – Natural purifier for skin, air & household cleaning

Peppermint – Increases focus, relieves headaches & muscle tension




Frankincense – Supports skin health, anti-aging, meditation & relaxation

Immunity Blend – Strengthens immune defenses & supports respiratory health

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PRODUCT COMPARE

Essential Oils	Doterra	Young Living
		
LIVEGOOD MEMBER PRICE \$29.95	COMPETITOR PRICE: \$209.00	COMPETITOR PRICE: \$252.00
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