

## BENEFICIAL PROPERTIES OF ESSENTIAL OILS

**Balsam Peru**, *Myroxylon balsamum pereirae*, essential oil comes from a very large tree indigenous to the Peruvian Andes. This magnificent oil is believed to possess numerous healing properties. Recognized as an antiseptic and disinfectant in pre-Columbian times, the natives of the central Americas put balsam-soaked cloths on their wounds. Balsam Peru oil is believed to relieve eczema, dry, chapped skin, and rashes. **Benefits:** *It has a rich, sweet, balsamic, soothing vanilla-like scent that is used in aromatherapy to relieve symptoms of nervous tension and stress through its warming and comforting qualities.*

**Basil, Sweet**, *Ocimum basilicum*, has an warm, spicy, and herbal aroma with an anise-like scent. Basil enlivens dull-looking skin, improves skin tone, gives the complexion a rosy glow, and adds luster to dull hair. Its antiseptic properties have been valued in Far Eastern medicine for thousands of years. **Benefits:** *The uplifting and aromatic scent invigorates the body and spirit, refreshing the mind, allowing concentration and sharpening the senses especially when tired. It's aroma is believed to be a good nerve tonic after a stressful day. It's sweet licorice-like fragrance is warming and toning. Restoring peace of mind and counteracting depression. Clarifying, uplifting, energizing. Basil essential oil aromatherapy should not be used when pregnant.*

**Bergamot**, *Citrus bergamia*, has an uplifting sweet lemon-lime, citrus, floral scent. The bergamot fruit is not edible because the pulp is far too sour. Bergamot oil is cold pressed from the fruit peel. Bergamot provides the unusual flavor for Earl Grey tea. Bergamot can heal dry, chapped and irritated skin, making it an excellent choice for relieving symptoms of eczema and psoriasis. It's astringent quality helps regulate excessive oiliness of the skin and scalp. Its deodorizing action refreshes your body. **Benefits:** *Documented in old herbal texts, the aromatherapy benefits of Bergamot oil are said to be balancing to the nervous system by relieving anxiety and stress, and lifting melancholy.*

**Bitter Almond**, *Prunus dulcis var amara*, adds such a delicious almond aroma that it is often used in perfume industries. Bitter Almond is also the source of natural cherry and amaretto flavors. There is no aromatherapeutic value to bitter almond--it just smells delicious.

**Cassia, Cinnamomum cassia**, is used in small amounts to add a mild spicy aroma similar to cinnamon. **Benefits:** *It is characterized in a aromatherapy as an aphrodisiac, energizing, invigorating, refreshing, stimulating, vitalizing, and warming.*

**Cedarwood**, *Cedrus atlantica*, an essential oil obtained from the wood of the tree, is highly valued in dermatology for its help clearing skin problems like eczema, rashes and blemishes. It normalizes both dry and oily skin and hair. Some say it also helps stretch marks. Cedarwood oil is believed to darken graying hair, help dandruff, and

minimize hair loss. Some men claim it even promotes hair growth. **Benefits:** *Used for nervous tension, anxiety, insomnia, stress, enhance concentration and zest for life. Cedarwood oil aromatherapy should not be used when pregnant.*

**Cinnamon**, *Cinnamomum zeylanicum*, essential oil with its warm, spicy, sweet, scent, has been used for centuries. It was the most sought after spice of the 15th and 16th centuries—at one time it was more valuable than gold. Cinnamon has always been associated with money, trade and prosperity. It is believed to be great for circulation and sore muscles. Cinnamon essential oil is a powerful antiseptic, which is great for oily complexions. **Benefits:** *This essential oil is a physical and emotional stimulant. It also affects the libido and is known as an aphrodisiac, as well as an antidepressant. Researchers found that just having the aroma in the room reduces drowsiness, irritability, and the pain and frequency of headaches. In one study, it helped the participants concentrate and perform better on mental work.*

**Clary Sage**, *Salvia sclarea*, cultivated especially in the Mediterranean region, was highly esteemed in the middle ages. Clary sage has a beautiful earthy and herbaceous scent with a hint of floral. The soothing qualities make Clary Sage useful for all skin inflammations. **Benefits:** *Clary Sage calms and balances the spirit and brings on a feeling of tranquility. It is believed to be extremely beneficial for the nervous system relating to stress, anxiety, and depression. Clary Sage oil aromatherapy should not be used when pregnant.*

**Clove Bud**, *Syzygium aromaticum*, with its warming qualities, may ease arthritis, rheumatism and muscle ache. **Benefits:** *Researchers found that sniffing the spicy aroma reduces drowsiness, anxiety, irritability, and headaches, assists memory recall, and increases circulation. Clove bud essential oil aromatherapy should not be used when pregnant.*

**Coriander**, *Coriandrum sativum*, essential oil has a warm, spicy, sweet and uniquely fragrant aroma. Coriander infused oils have been used in massages to relieve muscular aches and pains, and rheumatism. **Benefits:** *Coriander is regarded by some cultures as the "spice of happiness." It is believed to clear the mind and freshen the intellect, while its spicy aroma combats fatigue, nervous stress and lethargy.*

**Eucalyptus**, *Eucalyptus globulus*, a key ingredient in vapor rub, is a wonderful essential oil that has been used in healing and cleaning for centuries. Eucalyptus oil comes from the leaves of Eucalyptus trees — a tall, fast growing evergreen tree. Once the oils are extracted from the leaves, the oil is distilled and used for many ailments, such as bronchitis, coughs, croup, fevers, head aches, rheumatism, sinus congestion, sore throats, and other body aches and pains. **Benefits:** *The rich, deep aroma of eucalyptus awakens the senses, and helps to renew a tired and sagging spirit. It has a soothing and calming effect on the whole body.*

**Fennel**, *Foeniculum vulgare*, is an ancient herb, believed to convey longevity, strength and courage. Fennel oil can be helpful for general skin care. It restores moisture to dry and dehydrated skin and tones dull, oily and mature skin. Fennel is believed to ward off wrinkles and minimize puffiness around the eyes. Fennel has antiseptic properties and is stimulating to the circulation. **Benefits:** *Fennel has a calming effect on the emotions. It is believed to reduce stress and nervousness and stimulate feelings of courage during vulnerable or emotionally low times. It may also increase sexual desire. Fennel essential oil aromatherapy should not be used when pregnant.*

**Fir Needle** *Abies sibirica*, has a fresh, balsamic aroma reminiscent of a pine forest right after a nice rain. It is used extensively in perfumery to obtain woody scents. Evergreen essential oils have a long history of use in the sauna, steam bath, and as an additive to baths and massage products targeting sore muscles and relaxation. Nicely energizing. **Benefits:** *Fir Needle oil is invigorating to the mind and is reported to help stimulate mental alertness. It is elevating, refreshing, and energizing.*

**Geranium**, *Pelargonium graveolens*, with its mild, soothing and healing effects is believed to stimulate cell regeneration and has been used for centuries for skin care and in the treatment of skin inflammation. Geranium creates balance between oily and dry skin and can be used on almost any type of skin. It's fresh, sweet, rosy floral scent has uplifting properties. We love to use this oil in special blends for many of our products. **Benefits:** *It is used in aromatherapy as a balancing oil for the mind and body to balance emotions, and relieve stress, depression, anxiety and mood swings.*

**Ginger**, *Zingiber officinale*, extracted from the root of the plant, has a sweet heavy aroma. For thousands of years Ginger has been used by the Chinese and Indian cultures. It has been highly recommended for cleaning since Ginger is believed to help the healing process of infections and to ward off infections and colds. **Benefits:** *The warm spicy aroma of Ginger relieves nausea and motion sickness. It warms the heart and opens up feelings, helping to improve communication. It is believed to act as a sexual stimulant. It sharpens the senses, improves memory and aids in recall. Ginger reduces drowsiness and irritability and jump starts the brain to keep concentration and mental energy high.*

**Grapefruit**, *Citrus paradisi*, oil is cold pressed from the peel of the grapefruit. It has a fresh, sweet, citrus scent. It is used as an astringent for oily skin, to refresh and energize the body, and as an airborne disinfectant. **Benefits:** *The fresh aroma of grapefruit clears the mind and is used in aromatherapy to relieve melancholy, muscle fatigue, lack of energy, jet lag, headaches, moodiness and mental and physical tiredness.*

**Juniper Berry**, *Juniperus communis*, extracted from the crushed dried berries, juniper berry oil has a warm, smoky, fresh, woody aroma that was once thought to "cleanse the soul." Juniper was burnt in French hospitals and used by Native Americans to clear the air. Juniper Berry oil tones the skin and is used for acne, eczema, oily skin,

psoriasis and dandruff. It is also an insect repellent. Many lotion and cream products on the market today contain juniper berry as a treatment for cellulite. **Benefits:** *The aroma of juniper oil lifts the spirit and is believed to help calm the nerves, and relieve anxiety, nervous tension, insomnia, and mental fatigue. Juniper Berry essential oil aromatherapy should not be used when pregnant.*

**Lavender**, *Lavendula officinalis*, essential oil is extracted from flowering tops of the lavender plant. It is believed to be anti-inflammatory, rejuvenating, anti-bacterial, anti-fungal, and anti-septic. Lavender is believed to stimulate the immune system which contributes to the healing process. Lavender tones the skin and is useful for all types of skin problems: acne, oily skin, burns, sunburn, wounds, eczema, psoriasis, insect bites, stings and as an insect repellent. Lavender promotes skin healing and eases inflammation. **Benefits:** *Lavender oil relieves tension with its soothing, calming and harmonizing effect on the nerves. It is effective for headaches, migraines and insomnia. Its floral and woody fragrance is great for stress relief and general relaxation. Lavender is one of the few essential oils that can be applied "neat," meaning directly to the skin without diluting. Many aromatherapists suggest a spritz of Lavender water on bed linens or a dab of Lavender essential oil on the wrist for a relaxing and soothing sleep. Scott Cunningham, in his book Magical Aromatherapy, suggests a lavender-scented bath at least once a week as a "health-maintaining ritual."*

Recipe: A cooling sunburn spray can be made using Aloe Vera juice mixed with lavender essential oil. When refrigerated, the mixture can be used as a refreshing skin mist throughout the summer.

**Lemongrass**, *Cymbopogon flexuosus*, is Lemony fresh! The scent of lemon has always been associated with cleanliness and freshness. While Lemongrass Oil sounds as if it is a citrus, it's actually steam distilled from a grass harvested in Guatemala. **Benefits:** *There has been recent research in India which shows that lemongrass acts as sedative on the central nervous system. The scent of Lemongrass is soothing, stimulating and refreshing.*

**Litsea**, *Litsea cubeba*, essential oil comes from a small tropical tree with fragrant lemongrass scented leaves and flowers. The small fruits are shaped like peppers from which the name "cubeba" derives. The lemony scent of Litsea is very similar to Lemongrass but softer, sweeter and a much lighter aroma. Called May chang in China, it is very popular in Chinese medicine. **Benefits:** *This is a refreshing, uplifting and stimulating essential oil with antiseptic, healing and toning properties.*

**Palmarosa**, *Cymbopogon martini*, an essential oil obtained from a wild grass native to India, has floral, rose and geranium like scent with a sweet honey undertone. Palmarosa is believed to encourage skin renewal and to be beneficial for acne, dermatitis, moisturizing the skin, and stimulating cellular regeneration. The oil has antiseptic qualities and may be beneficial for skin infections, including acne. It may help dull, mature skin. **Benefits:** *It is soothing and stimulating, and uplifting to the*

emotions.

**Patchouli**, *Pogostemon cablin*, is the exotic, woody, earthy scent reminiscent of the 60's. The aroma of Patchouli will take the children of the 1960's on a trip down memory lane. From Indonesia, this bushy herb has large fragrant furry leaves and white flowers with a bit of purple. It is believed to be effective with inflamed or cracked skin due to its regenerative properties. Acne, skin allergies and eczema may also respond well. It is a gentle oil and may be helpful with mature or aged skin. **Benefits:** *Patchouli has long been a favorite aromatherapy oil. Often referred to as the scent of love, patchouli is believed to be a very effective aphrodisiac that promotes increased feelings of desire. The warmth and depth of its aroma make it comforting and relaxing, creating an amorous atmosphere. Patchouli is known for its sensual, uplifting and stimulating properties.*

**Peppermint**, *Mentha piperata*, is minty, strong and fresh essential oil which has a cooling effect on the body ideal for use by sports people. Peppermint's cooling power comes from the high percentage of menthol in its leaves and preflowering tops. Menthol has antibacterial properties and is used externally in liniments to stimulate nerve endings and increase local blood flow. Herbalists in ancient Greece and Rome used peppermint for nearly every ailment. Peppermint leaves have been found in Egyptian pyramids dating as far back as 1000 BC. It is believed to be a good treatment for eczema, dermatitis, inflammation, muscle aches and dandruff. **Benefits:** *It is believed that peppermint's uplifting, invigorating and stimulating scent helps aid concentration and memory, and relieve mental fatigue, apathy, headaches, and depression. Peppermint soap in your car when traveling, the scent of peppermint is excellent for motion sickness, headaches and nausea. Mint-scented soaps may create a "cooling" sensation which while refreshing on skin, may be felt by some to be a bit TOO cooling on privates...you may want to avoid prolonged exposure of this area with mint soaps.*

**Petitgrain**, *Citrus aurantium*, has a fresh, floral, citrusy, and slightly woody scent. Petitgrain is one of the three oils obtained from the orange tree. The others are Neroli from the flowers and Orange from the fruit. Although today Petitgrain oil is extracted from the fresh leaves and small twigs, it was once extracted from the green unripe oranges when they were still the size of cherries, hence the name Petitgrain or "little grains." It helps clear and tone the skin and clear up a greasy skin and acne. **Benefits:** *It is used in aromatherapy to relieve insomnia, aid relaxation and lift depression.*

**Rosemary**, *Rosmarinus officinalis*, essential oil has a strong, minty, herbaceous scent. The name is derived from the Latin word Rosmarinus, which means "dew of the sea." The plant was considered sacred by the Romans, being used as a decoration for statues and paintings of the gods. In ancient Greece statues were decorated with rosemary wreaths and students wore rosemary in their hair while studying--they believed it strengthened their memory. This herb was dedicated to

Apollo, the god of medicine. The Egyptians used the plant for incense in ritual cleansing and healing. Rosemary essential oil helps oily or problem skin, eczema, relieves muscle aches, and is a great essential oil for hair care. It is believed to have antiseptic, antibacterial, and antiviral properties. Rosemary is one of the best oils to stimulate hair growth, diminish hair loss and eradicate dandruff. **Benefits:** *The invigorating fragrance of Rosemary oil wakes up the brain, stimulates mental activity, restores vitality, improves memory, and increases creativity and confidence. It provides support in stressful situations. Its fragrance is often used in the meditation process. It helps with headaches, migraines, and mental fatigue. Rosemary essential oil aromatherapy should not be used when pregnant.*

**Rosewood**, *Aniba rosaeodora*, is distilled from the wood of the Rosewood tree. It has a sweet, woody-floral, spicy scent. Rosewood is a gentle oil used in skin care products for acne, dry sensitive or inflamed skin, and dermatitis. It is soothing and nourishing to the skin. Rosewood is believed to be a cellular stimulant and tissue regenerator which makes it helpful with scars and wrinkles. **Benefits:** *Rosewood Its traditional aromatherapy uses have been to relieve stress, balance the central nervous system, ease jet lag and fatigue, create a calm for meditation, stimulate the immune system, and as an aphrodisiac. A great oil to steady the mind and ideal for exams.*

**Sage**, *Salvia officinalis*, essential oil has a sharp, uplifting, herbal scent. The Chinese believed Sage cured sterility and the Romans believed it cured just about everything. The Latin word 'salvare' means 'heal' or 'save'. It is believed to heal "sluggish skin" and firm tissues. Sage oil has antiseptic and astringent properties which make it useful in treating minor skin problems. **Benefits:** *Some believe that Sage oil can improve memory. During the Middle Ages, Sage was a popular ingredient of many nerve tonics. Sage essential oil aromatherapy should not be used when pregnant.*

**Sweet Orange**, *Citrus sinensis*, essential oil is believed to be uplifting, balancing and regenerative. Citrus oils stimulate the microcirculation of your skin so they are wonderful for dull skin. Orange essential oil is a great skin tonic; it supports tissue regeneration and is stimulating and rejuvenating. **Benefits:** *Orange essential oil brightens and warms your mood, calms, encourages, clears the head, increases mental alertness, improves memory, and reduces stress and headaches. Citrus oils in general are believed to stimulate positive energy and thus cause feelings of joy and happiness.*

**Tangerine**, *Citrus reticulata*, essential oil has a sparkling, fresh, and lively fragrance. Tangerine oil is believed to decrease stretch marks and help control acne. **Benefits:** *The sweet, comforting aroma of Tangerine helps ease tension, fear, sadness, irritability, and insomnia. This essential oil helps to cheer, inspire, and strengthen.*

**Tea Tree**, *Melaleuca alternifolia*, essential oil is a natural antiseptic, germicide, antibacterial, fungicide and deodorant. It refreshes, stimulates and deep cleans the skin and scalp. Centuries ago Australian Aborigines discovered that the oil from the leaves of the tea tree provided a natural cure for a wide variety of ailments. Since then, people around the world have come to recognize the value of this natural medicinal oil. Unique to Australia, oil from Tea Tree is one of the most researched and scientifically proven therapeutic oils known today.

**Thyme**, *Thymus vulgaris linalool*, has anti-microbial properties and was used during WWI to help prevent infection in wounded soldiers. Thyme has been recognized since antiquity for its cleansing, mildly astringent, healing, and soothing effects on the skin. A poultice can be made from leaves to combat all forms of inflammation and infection. White thyme has a mild, fresh, and clean herbal scent.

**Vetiver**, *Andropogon zizanioides*, has a rich, woody, earthy and sweet aroma that improves with age. Vetiver oil, used extensively in perfumery, helps to normalize oily skin and clear acne, has a rejuvenating effect on mature skin, helps heal cuts and wounds, soothes irritated and inflamed skin, and has natural deodorizing properties.

**Benefits:** *Once known in India as the oil of tranquility because, its warm, earthy aroma calms, balances and soothes the mind, thus helping with nervous tension, anxiety, and stress. It settles the nerves, is emotionally calming, and establishes a feeling of balance and grounding, which is helpful in overcoming depression, insomnia and nervousness.*

**Ylang Ylang**, *Cananga odorata*, essential oil with its exotic, sweet fragrance, is used in high-class perfumes. In Indonesia the fresh Ylang Ylang flowers are placed on the bed of newlyweds and in the Malayan language Ylang Ylang means "flower of flowers." It is described as balancing and is suited to dry, normal, oily, sensitive and combination skin types. **Benefits:** *The scent is soothing and relaxing, and its sweet aroma is usually irresistible and regarded by many as an aphrodisiac.*