

## Basic Guide to Essential Oils and their Uses

**NOTE: The numbers following the list of essential oils correspond with the numbers in the safety precautions section below. Please consult an aromatherapy book for an in-depth description of uses and cautions.**

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Oil	Description and General Use	Precaution
<b>BASIL</b>	Eases mental fatigue, headache, stress, stimulates memory, for digestion, depression.	1,4
<b>BERGAMOT</b>	Very refreshing and great for nervous and depressed emotions, antiseptic.	3,4
<b>BIRCH</b>	Astringent, for sore and stiff muscles and joint pain, arthritis and rheumatism, and tendonitis.	4
<b>CEDARWOOD</b>	Very calming oil, for oily skin, respiratory problems.	1,4
<b>CLARY SAGE</b>	Relief for PMS. Soothing, relaxing, intoxicant, euphoric oil, depression, nervousness.	1,2,5
<b>CLOVE BUD</b>	Mental stimulant, energizing, antiseptic, for digestive system, toothache pain, disinfectant.	4
<b>CYPRESS</b>	Spicy and woody, antispasmodic, good for colds, menopause, circulatory conditions.	1
<b>EUCALYPTUS</b>	Anti-viral, good for respiratory ailments, soothes sore muscles, fevers, antiseptic	1
<b>FENNEL</b>	Excellent body cleanser, eliminates toxins, PMS, menopause, for digestive and stomach disorders, decreases appetite, and reduces stress.	1,2,4
<b>FIR</b>	Pine scent, antiseptic, good for respiratory and nervous system, refreshing, comforting, and disinfectant.	
<b>GERANIUM</b>	Eases stress, for aging skin, antidepressant, clears toxins and wastes, adrenal and hormone balancer.	
<b>GRAPEFRUIT</b>	Anti-depressant treats PMS, and menopause "hot flashes", helps obesity, migraines, air refresher.	3
<b>JUNIPER</b>	Diuretic purifies blood, for back problems, and muscle aches.	1
<b>LAVENDER</b>	The most useful and versatile oil, it is calming and pleasant, antibacterial, for burns and headaches.	
<b>LEMON</b>	Light, refreshing, a diuretic, it detoxifies and purifies, it cleans your environment, antibacterial, antiseptic.	1,4

<b>LEMONGRASS</b>	Stimulates, energizes, for exhaustion, aids recovery, good for digestion and flatulence.	4
<b>MARJORAM</b>	Sedative, insomnia, warming analgesic for pain in lower back, lowers blood pressure, comfort for grief.	1
<b>ORANGE</b>	Skin tonic, plumps up aging and dry skin, for anxiety and depression, calming for stomach.	3,4
<b>PALMAROSA</b>	Uplifting, and fresh scent, antiseptic, hydrating, a cellular regenerative used for skin problems.	3,4
<b>PATCHOULI</b>	Exotic, earthy, sensual, a rejuvenator, astringent, it curbs appetite.	
<b>PEPPERMINT</b>	Stimulating, used for headaches and nausea, very cooling.	1,4,6
<b>PINE</b>	Antiseptic, a good disinfectant, it is stimulating, good for circulation, for colds, flu, and bronchitis, invigorating.	
<b>ROSEMARY</b>	Stimulating, astringent, for muscle aches, used in hair care.	1,2,6
<b>SANDALWOOD</b>	An aphrodisiac, for meditation, and menstrual problems.	
<b>SPRUCE, BLACK</b>	Aids respiratory, nervous and glandular systems, stress.	
<b>TANGERINE</b>	Calming, for insomnia, nervousness, and stretch marks, soothes digestion.	3
<b>TEA TREE</b>	Antibacterial, antiviral, antifungal, strengthens immune system.	4
<b>VETIVER</b>	Calms, balances, for dry, irritated, or mature skin, good for stress.	
<b>YLANG YLANG</b>	"Flower of flowers", an aphrodisiac and antidepressant, it eases anger; it relaxes body, mind, and spirit.	4

#### **SAFETY PRECAUTIONS -**

- 1 - Do not use during pregnancy
- 2 - Avoid in cases of epilepsy
- 3 - Photosensitivity, avoid direct sunlight
- 4 - May irritate sensitive skin
- 5 - No alcohol, may cause drowsiness
- 6 - Avoid in cases of high blood pressure