

*To all of my savvy kitchen chemist, this book was written especially
for you!*

Acknowledgements

Many thanks to those that have supported me along the way:

Obasi Scott

Jasmine ◦ Jamia ◦ Ondrea

Brenda Tigner

Carolyn Akens

My loyal customers, family & friends

And a special thanks to Mountain Rose Herbs

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INTRODUCTION

TAKE A LESSON LEARNED HERE

The first year learning about making my own natural body products was hell. No, seriously...I googled and googled, I looked at youtube clip after youtube clip, just to end up spending money on ingredients I really didn't need in the first place. I've wasted countless hours & money, taking people advice on things they apparently knew nothing about. Every now and then I ran across great information that I still use to this day. My advice would be to research first on the product you're trying to make before spending any amount of money. And make it an absolute habit to write down any good information you find, there is nothing worse than forgetting a wonderful recipe. I have 3 notebooks and 100+ index cards stashed around my desk containing tons of information I learned.

FINDING MY PASSION AFTER A TRAGEDY

What was I to do with my new found knowledge? Keep it to myself and let you pave your own way...No! I wanted to share it with family, friends and anyone who would listen. After making a number of products for my family and receiving great feedback. I

started to feel good about what I was doing and how it was affecting others, but most importantly I realized I had found my passion.

Now the idea of making natural body products didn't manifest overnight, it was out of a tragedy my passion was born. My sister was diagnosed with cancer, the same disease that my father passed away from. And later cancer claimed the life of my sister too. Right before she passed I started to research on how this horrible disease develops in a person body. I was shocked with my findings. 99% of my home products were TOXIC; cleaning products, beauty products, even the genetically engineered foods we were eating...all toxic.

PULLING THE WOOL FROM MY EYES

How could this be...the government wouldn't allow chemical companies to prey on us..lol. I actually thought there was some imaginary guide-line that you couldn't cross when it came to our health. Did you know chemical companies don't have to list all their ingredients on labels? I am going to stop here because I can go on and on about how our government interest is in making money not sustaining health.

“Only 11% of chemicals used to cosmetics in the US have been studied for health and safety. 89% has unknown effects to them.”

You are here to learn about making your life better...Yes! By simply starting to make your own home products is life transforming. Even if you can't get the ingredients you need to make your own products right now, just begin to be aware of what you're buying. Stop letting companies shove their toxic and synthetic products down your throat! We have to start making conscious decisions about the items we choose to buy.

SKIN...THE LARGEST ORGAN

Yes, I know we have all heard it before. But do you really understand what it means? Not only is skin an organ, but it's also a major area for the elimination of toxic waste from our systems. I hope that sentence didn't just go over your head because that is a key to unlock your skin problems. You cannot continue to place toxic ingredients onto your skin when it's your skin's job to eliminate them. You're defeating the purpose...you are waging war against your body! Our bodies must eliminate large amounts of waste products from our system daily; your skin alone should ideally release 2 pounds of toxins per day. When your skin is not eliminating properly uric acid will build up, this build up can cause gout and strong body odor. This causes other organs to over function because they now have to do the job of your skin. Your skin is designed to move as we move and protect the body from chemicals, pollution or harmful bacteria. Our job is to make sure it has the tools to get the job done.

THERE IS LIGHT AT THE END OF THE TUNNEL

This book is meant to be a guide that's it. When I first started researching on making my own concoctions this book would have helped me tremendously. But here it is for you, now you can reap the benefits and hopefully it will save you time and money. This book is the acquired knowledge I saved and reference to quite often my first year as a newbie and even now as I continue to make natural products for my customers. I kept the recipes in this guide simple so you can alter your products to your liking, use your creative mind to explore endless possibilities. Please be sure to use the reference guides when choosing your carrier oils and essential oils: this guide will be your life saver, trust me. Enjoy and good luck 😊

Demeka Scott – The Savvy Kitchen Khemist

Disclaimer: Recipes contained herein have not been evaluated by the Food and Drug Administration. The recipes listed here are not intended to diagnose, treat and cure of prevent disease.

Yield

This indicates how much product the recipe produces. Sometimes, it is indicated in grams or ounces. Other times, it is indicated as the number of applications. All recipes are different so be sure to pay attention to this indicator if you need to make a certain quantity of products. Often times, you can double, triple; halve, etc., the recipe to produce more or less.

Prep Time

This is a general indicator of how long it takes most people to make the product after the materials have been assembled. Of course, everyone is different, and different people work at different paces. Use this as a general guide only and be sure to set aside additional time if it's your first time making a recipe so you have more time if you find you need it.

Shelf Life

This indicator generally conveys the amount of time from manufacture that the product can be enjoyed. With the passage of time, all natural ingredients deteriorate. Base oils become rancid, and if a product contains water, harmful bacteria will grow. Therefore, after a certain period of time, cosmetic products should not be used.

This Shelf Life indicator is a general reference point and should not be used as a definitive guide to shelf life. If you are concerned about the shelf life of a product, especially if you are manufacturing it for sale to consumers, you have a responsibility to research various preservative systems to determine the appropriate one for each product according to its specific ingredients.

Chapter 1

❖ Recipes

- **Shea-Aloe Mix**
- **Flax Seed Gel**
- **Pre-Poo Treatment**
- **Glycerin (Spray) Hair Grow Mix**
- **Green Tea Facial Scrub**
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- **Milk Bath** (Chocolate)
- **Dead Sea Salt Bath**
- **Bath Bombs**
- **Body Mist** (Spray)



Hair Recipes

African Black Soap Shampoo

African Black soap is by far the best natural soap used around the globe. Not only is it good for clearing up acne, eczema and other skin irritations, it's also a great cleanser. Infuse this soap with oils made to stop dandruff and restore sheen to your hair.

Flax Seed Gel

Flax Seed Gel is a simple gel you can use on any type of hair to give your curls more definition. (This gel is great on two strain twist).

Pre-Poo Treatment

Pre-Poo's are treatments you apply to your hair before you shampoo. They're great for hair in transition. I use this recipe quite frequently with my daughter's because I no longer perm their hair. You may think why so many different ingredients, believe me it's worth it. Every ingredient plays a part in helping to restore, soften, moisturize and add sheen to your hair. Play around with the ingredients, heck add an egg, add or take away until you get the results you want.

Glycerin (Spray) Hair Grow Mix

This glycerin mix WORKS, not only is it moisturizing due to the glycerin but the msm which happens to be natural sulphur is great for hair growth. Aloe Vera with its many beneficial properties is backed up with rosemary and peppermint oils to help stimulate circulation to your scalp.

African Black Soap Shampoo

African Black Soap is by far the best natural soap used around the globe. Not only is it good for clearing up acne, eczema and other skin irritations, it's also a great cleanser. Infuse this soap with oils made to stop dandruff and restore sheen to your hair.

Yield: 16oz

Prep Time: 20 minutes

Shelf Life: 6-12 months

Ingredients:

5 oz African Black Soap

11oz Distilled Water

1tbsp Aloe Vera Gel or Juice

1tbsp Hemp Seed Oil

½ tsp Vitamin E (helps to preserve)

1-2 drops (each) Essential Oils of; Sage, Tea Tree, Rosemary,

Peppermint

Blending Procedure:

- Chop African Black Soap into small pea size pieces. Place into mixing bowl.
- Boil distilled water.
- Add water into mixing bowl with soap, stir for a few minutes.
- Add remaining ingredients into bowl; continue to mix for a few more minutes.
- Place ingredients into desired container and close tightly.
- Leave to synergize for 2 days, make sure to shake to bottle up to further mix your ingredients up.

To Use:

- When you're ready to use this mix, shake up a few times to combine the ingredients. They will separate over time.
- Wet hair and apply desired amount...rinse out completely.

Flax Seed Gel

Flax Seed Gel is a simple gel you can use on any type of hair to give your curls more definition. (This gel is great on two strain twist).

Yield: ½ cup

Prep Time: 15 minutes

Shelf Life: 2 weeks (refrigerated)

Ingredients:

2 cups Distilled Water

½ cup Flax Seeds

1tbsp Aloe Vera Gel

2-3drps Essential Oils

Blending Procedure:

- Pour both cups of water and flax seeds into a pot (stainless steel), bring to a boil.
- Keep temperature on medium/low heat; be sure to stir flax seed throughout this phase.
- When a gel like liquid forms on the top, turn off heat. While it is simmering remember to continue stirring.
- Place a strainer on top of a bowl, pour mixture into it (you may have to let it sit for a while so that the gel strains down)
- After it has cooled down, add Aloe Vera gel and your essential oils (mix well).
- Place in a container and refrigerate until you are ready to use it.

To Use:

- This Gel can be used on all types of hair.
- Use if you want your curls to have more definition.
- Scoop out the amount you wish to use and apply to dry or wet hair, style as desired.

Pre-Poo Treatment

Pre-Poo's are treatments you apply to hair before you shampoo.

They're great for hair in transition. I use this recipe quite frequently with my daughter's because I no longer perm their hair. You may think gosh why so many different ingredients, believe me it's worth it. Every ingredient plays a part in helping to restore, soften, moisturize and add sheen to your hair. Play around with the ingredients, heck add an egg, add or take away until you get the results you want.

Yield: 1½ cup

Prep Time: 15 minutes

Shelf Life: 1 time use

Ingredients:

½ cup Mayonnaise (mayo not miracle whip)

½ cup Coconut Milk

2tbsp Olive Oil

2tbsp Aloe Vera Juice (gel)

1tbsp Honey

1tbsp Avocado Oil

1tbsp Vitamin E Oil

½ ml Rosemary & Sage Essential Oil

Blending Procedure:

- In your mixing bowl combine all ingredients together.
- Mix until all your ingredients are incorporated.
- Apply to your hair.

To Use:

- This mix is to be used on your hair.
- You can apply to dry or damp hair.
- Part your hair into sections and apply evenly, comb through your hair.
- Cover your head with a plastic bag for 20-30 minutes. Rinse out.

Glycerin (Spray) Hair Grow Mix

This glycerin mix WORKS, not only is it moisturizing due to the glycerin but the msm which happens to be natural sulphur is great for hair growth. Aloe Vera with its many beneficial properties is backed up with rosemary and peppermint oils to help stimulate circulation to your scalp.

Yield: 8 ounces

Prep Time: Less than 10 minutes

Shelf Life: Indefinite

Ingredients:

8oz Distilled Water

3oz Vegetable Glycerin

2oz Aloe Vera Juice

2tbsp MSM Powder (natural sulphur)

15 drops Rosemary Essential Oil

10 drops Peppermint Essential Oil

Blending Procedure:

- In a mixing bowl add msm powder, dilute with a few tbsp of water.
- Add this mixture to your bottle you will be storing this glycerin mix in.
- Next add your Aloe Vera juice, vegetable glycerin and water.
- Last, add your essential oils, shake your bottle... Voila it's ready to use!

To Use:

- This mix is to be used on your hair and scalp.
- You can apply to dry or damp hair.
- Spray onto your scalp and hair daily.



Face Recipes

Green Tea Facial Scrub

A Green Tea Facial scrub offers many benefits. Green Tea is naturally rich and high in antioxidants which help to protect your skin. Sugar helps to exfoliate and softens your skin. Not only do scrubs feel refreshing and invigorating they removes toxins and improves circulation.

Green Tea Honey Face Mask

This mask is perfect for you if you are prone to breakouts, suffer from scars and dry skin.

Green Tea Toner

Toners remove excess oil from the skin, whisk away impurities that usually lead to blemishes and breakouts. This Green Tea Toner gives you maximize benefits from green tea, apple cider vinegar and the tea tree oil.

Lip Balm (Creamy)

This lip balm relieves dry and chapped lips. Lips are vulnerable because the skin is so thin, and thus they are often the first to present signs of dryness. The combination of beeswax with Shea butter will help retain moisture.

Green Tea Facial Scrub

A Green Tea Facial scrub offers many benefits. Green Tea is naturally rich and high in antioxidants which help to protect your skin. Sugar helps to exfoliate and softens your skin. Not only do scrubs feel refreshing and invigorating they removes toxins and improves circulation.

Yield: 3tbsp (about 2 uses)

Prep Time: Less than 15 minutes

Shelf Life: 1-2 weeks (refrigerated)

Ingredients:

3tbsp Brown Sugar

1 Green Tea, Tea bag

1tsp Carrier Oil

Blending Procedure:

- Boil 1 cup of water. Place the tea bag into a cup.
- Add about 1/3 a cup of the boiling water into the cup. Let it sit until it has cooled (it needs to brew for a while so that you can reap all the green tea benefits).
- Place 2 tbsp of brown sugar into your bowl/container. Add 1tbsp of tea to sugar, mix well.
- Add the last tbsp of sugar to your bowl/container and mix, your consistency should look like wet sand. (If your tea is too hot it will melt your sugar so please wait until your tea has cooled before adding to sugar.
- Lastly add your carrier oil and mix well.

To Use:

- This scrub should be used on your face.
- Scoop a tiny amount of the scrub onto your fingers and apply to your face.
- Scrub gently in a slow, circular motion. Do not grind the scrub into your skin.
- Rinse off. Scrubs can be used before or after bathing (your preference).

Green Tea Honey Face Mask

This mask is perfect for you if you are prone to breakouts, suffer from scars and dry skin.

Yield: 7tsp, 3-4 uses

Prep Time: Less than 15 minutes

Shelf Life: 1 week (refrigerated)

Ingredients:

7tsp Brown Sugar

2tsp Green Tea, Tea Bag

1tsp Apple Cider Vinegar

1tsp Honey

Blending Procedure:

- Boil 1 cup of water. Place the tea bag into a cup.
- Add about 1/3 a cup of the boiling water into the cup. Let it sit until it has cooled (it needs to brew for a while so that you can reap all the green tea benefits).
- In your bowl/container place 1tsp of apple cider vinegar in, next add 2 tsp of green tea (make sure it has cooled down).
- Add 5 tsp of brown sugar, mix well, and now add 1tsp of honey.
- Add the last 2tsp of brown sugar to your bowl/container and mix, your consistency should look like wet sand. (If your tea is too hot it will melt your sugar so please wait until your tea has cooled before adding to sugar).

To Use:

- Please make sure your face is cleansed before applying mask.
- Scoop a tiny amount of the scrub onto your fingers and apply to your face.
- Scrub gently in a slow, circular motion. Do not grind the scrub into your skin.
- Massage your face 2-5 minutes.
- Let the mask settle in your face for about 10 minutes.
- Rinse off. This should be followed with the Green Tea Toner also listed in this book.

Green Tea Toner

Toners remove excess oil from the skin, whisk away impurities that usually lead to blemishes and breakouts. This Green Tea Toner gives you maximize benefits from green tea, apple cider vinegar and the tea tree oil.

Yield: ¾ cup

Prep Time: Less than 10 minutes

Shelf Life: 2 weeks (refrigerated)

Ingredients:

¼ cup Apple Cider Vinegar

½ cup Green Tea, Tea Bag

1tsp Carrier Oil (optional, for moisture)

1-3 drops Tea Tree Oil

Blending Procedure:

- Boil 1 cup of water. Place the tea bag into a cup.
- Add about 1/2 a cup of the boiling water into the cup. Let it sit until it has cooled (it needs to brew for a while so that you can reap all the green tea benefits).
- Place in a jar/container that you will be storing this mixture in both apple cider vinegar and green tea, shake very well. Lastly add tea tree oil.

To Use:

- This toner is to be used on your face, please do not get any into your eyes.
- Apply evenly on your face with a cotton pad. Apple Cider Vinegar doesn't have an appealing smell; I suggest using it at night before you go to bed.
- Let it dry, you may want to add some type of moisturizer to your face afterwards.

Lip Balm (Creamy)

This lip balm relieves dry and chapped lips. Lips are vulnerable because the skin is so thin, and thus they are often the first to present signs of dryness. The combination of beeswax with Shea butter will help retain moisture.

Yield: 1.25 ounce)

Prep Time: 20 minutes

Shelf Life: 6 months

Ingredients:

1tsp Beeswax

1tbsp Carrier Oil

1tsp Shea Butter

A few drops of Vitamin E

Blending Procedure:

- Place all ingredients in a heat proof measuring cup with a pour spout. (I like to use Pyrex.) Put the cup in a pan of boiling water and stir gently with a pop sickle stick or clean spoon until the wax is almost melted.
- Remove from pan add vitamin e; stir well until wax is completely melted. Carefully pour into lip balm tubes or pots. Allow to cool for about 20 minutes before using. Enjoy!!

To Use:

- Apply evenly onto your lips.



Body & Bath Recipes

Brown Sugar Body Scrub (Exfoliating)

A body scrub offers many benefits. Not only does it feel refreshing and invigorating, but it also exfoliates dry skin, removes toxins and improves circulation.

Brown Sugar Body Scrub (Cleansing)

A body scrub offers many benefits. Not only does it feel refreshing and invigorating, but it also cleans and exfoliates dry skin, removes toxins and improves circulation.

Bath Oil

Bath oil is a body care product which is designed to be added to a bathtub. Using bath oil regularly will help to soften and nourish the skin, eliminating dry and rough patches. The warm/hot water of the bath will open up your pores to help you absorb the oil.

Whipped Shea Butter

Whipped Shea Butter is a wonderful treat for your skin. It is light, soft and creamy and contains all the nourishing properties of the Shea Butter and the essential oils that you add to it. It's also excellent for all skin types including sensitive skin, skin with Rosacea, Psoriasis, Dermatitis, and Eczema.

Milk Bath (Chocolate)

Milk bathes are designed to relax the body, to smooth and soften the skin. Taking a milk bath is one of the simplest ways to improve the look and feel of your skin almost instantly.

Dead Sea Salt Bath

Natural bath salts open pores and will naturally lift impurities away from the skin by removing dirt, sweat and toxins. Dead Sea salts are astonishingly rich in minerals such as magnesium, potassium and calcium; also natural salts can reduce tension, ease muscle discomfort, improves circulation and softens skin.

Bath Bombs

Bath Bombs are great bath treats for your bath. You can soak up the aromatherapy benefits while you soften your sensitive skin, all while they bubble and fizz in your bath. You'll find bath bombs very soothing, helping you relax both mind and body.

Body Mist (Spray)

Depending on the essential oils used in this recipe will determine its function. This is just a basic recipe used to make a body mist, use your creativity to provide your desired results.

Brown Sugar Body Scrub (Exfoliating)

A body scrub offers many benefits. Not only does it feel refreshing and invigorating, but it also exfoliates dry skin, removes toxins and improves circulation.

Yield: 9oz

Prep Time: Less than 10 minutes

Shelf Life: 1-3 months

Ingredients:

8oz Brown Sugar

1oz Carrier Oil

1 tbsp Raw Honey

½ tsp Vitamin E Oil

¼ tsp Essential Oil

Blending Procedure:

- Place brown sugar inside a clean container that you will be storing your scrub into.
- Add honey then mix; next add carrier oil and vitamin e oil mix thoroughly.
- Mix in essential oil last. Close container, store and use when you're ready.

To Use:

- This scrub can be used on the face or body.
- Scoop a tiny amount of the scrub onto your fingers and apply to wet or dry skin.
- Scrub gently in a slow, circular motion. Do not grind the scrub into your skin.
- Rinse off. Scrubs can be used before or after bathing (your preference).

Sea Salt or Dead Sea Salt can be substituted in this recipe, but do not use Dead Sea salt scrubs on the face even if you have oily skin.

Brown Sugar Body Scrub (Cleansing)

A body scrub offers many benefits. Not only does it feel refreshing and invigorating, but it also cleans and exfoliates dry skin, removes toxins and improves circulation.

Yield: 11oz

Prep Time: Less than 10 minutes

Shelf Life: 1-3 months

Ingredients:

8oz Brown Sugar

1oz Carrier Oil

½ oz Vegetable Glycerin

1oz Liquid Castile Soap

½ tsp Vitamin E Oil

¼ tsp Essential Oil

Blending Procedure:

- Place brown sugar inside a clean container that you will be storing your scrub into.
- Add carrier oil & vitamin e oil then mix, next add glycerin and castile soap, mix thoroughly.
- Mix in essential oils last. Close container, store and use when you're ready.

To Use:

- This scrub can be used on the face or body.
- Scoop a tiny amount of the scrub onto your fingers and apply to wet or dry skin.
- Scrub gently in a slow, circular motion. Do not grind the scrub into your skin.
- Rinse off. Scrubs can be used before or after bathing (your preference).

Sea Salt or Dead Sea Salt can be substituted in this recipe, but do not use Dead Sea salt scrubs on the face even if you have oily skin.

Bath Oil

Bath oil is a body care product which is designed to be added to a bathtub. Using bath oil regularly will help to soften and nourish the skin, eliminating dry and rough patches. The warm/hot water of the bath will open up your pores to help you absorb the oil.

Yield: 4oz

Prep Time: Less than 5 minutes

Shelf Life: Indefinite (depends on carrier oil)

Ingredients:

4oz Carrier Oil

30-40 drops Essential Oils

Blending Procedure:

- Blend oils together in the container you wish to keep your oil in (make sure to mix them well).

To Use:

- This bath oil is to be used in your bathtub.
- Do not use all 2 ounces of bath oil in one bath.
- Run your bathwater then add about 1/4oz (7-8ml) of the bath oil blend to your bath water.
- Mix well to ensure that the blend has dispersed well in the tub and get on in.
- Be careful when getting out bathtub will be slippery.

Whipped Shea Butter

Whipped Shea Butter is a wonderful treat for your skin. It is light, soft and creamy and contains all the nourishing properties of the Shea Butter and the essential oils that you add to it. It's also excellent for all skin types including sensitive skin, skin with Rosacea, Psoriasis, Dermatitis, and Eczema.

Yield: 8ozs

Prep Time: 45 minutes

Shelf Life: up to 3 months (depends on cleanliness of hands with each use)

Ingredients:

8oz Shea Butter

2 ½ tbsp Carrier Oil

½ tsp Vitamin E Oil

¼ tsp Essential oil

Blending Procedure:

- Melt Shea butter using double boiler method.
- Immediately after taking Shea butter off heat add carrier oil. Next add vitamin e.
- Mix for 1 minute, then refrigerate.
- Place in the refrigerator for 15-20 minutes (this will cause the mix to solidify). You want the consistency to be a little firm, take your index finger and stick through until you reach the bottom (you should be able to do this without force).
- Blend with a hand held mixer or a stand mixer for 20 minutes or until mix is whipped to your liking.
- Place into a container...Voila!

To Use:

- This mix can be used all over your body including scalp.
- Use if you have skin conditions such as eczema or even sensitive skin.
- Scoop out the amount you wish to use and apply to dry or wet skin.

Milk Bath (Chocolate)

Milk baths are designed to relax the body, to smooth and soften the skin. Taking a milk bath is one of the simplest ways to improve the look and feel of your skin almost instantly.

Yield: 1 cup

Prep Time: Less than 5 minutes

Shelf Life: Indefinite

Ingredients:

½ cup Powdered Milk (coconut, is my favorite)

½ cup Dead Sea Salt

1 tbsp Arrowroot Powder

1 tbsp Cocoa (optional)

Blending Procedure:

- Mix all ingredients into a container, blend well.

To Use:

- This milk bath mix is to be used in your bathtub.
- Use all of mix in one bath.
- Add mix to running bathwater (preferably warm/hot). Mix well to ensure that the blend has dispersed well in the tub and get on in.
- Lay back, relax and enjoy!

Dead Sea Salt Bath

Natural bath salts open pores and will naturally lift impurities away from the skin by removing dirt, sweat and toxins. Dead Sea salts are astonishingly rich in minerals such as magnesium, potassium and calcium; also natural salts can reduce tension, ease muscle discomfort, improves circulation and softens skin.

Yield: 2 cup

Prep Time: Less than 5 minutes

Shelf Life: Indefinite

Ingredients:

2 cup Dead Sea Salts (Regular Sea salt, Epsom salt or just blend them all together)

10-15 drops Essential Oil

1 tbsp Carrier Oil (optional)

Blending Procedure:

- Place the salts into a bowl, mix together if you are using more than one salt.
- If you chosen to use a carrier oil, mix it into your salts along with your essential oils.
- Again, mix very well. Add the mixture to a container you are wishing to store it in. After a day, you may want to mix your mixture again to ensure that the oils are well incorporated.

To Use:

- This mix is to be used in your bathtub.
- Do not use all 2 cups in one bath. Only add ½ - 1 cup of salts per bath.
- Add mix to running bathwater (preferably warm/hot). Mix well to ensure that the blend has dispersed well in the tub and get on in. Or to keep the essential oils from evaporating too quickly, you can add the bath salts just before getting in the tub instead of while the water is running. Sitting on bath salts that haven't dissolved can be uncomfortable, so make sure the salts have dissolved well before entering.
- Lay back, relax and enjoy!

Bath Bombs

Bath Bombs are great bath treats for your bath. You can soak up the aromatherapy benefits while you soften your sensitive skin, all while they bubble and fizz in your bath. You'll find bath bombs very soothing, helping you relax both mind and body.

Yield: 1 ½ cups

Prep Time: 20 minutes

Shelf Life: Up to 6 months

Ingredients:

1 cup Baking Soda

½ cup Citric Acid

½-1 tbsp Carrier Oil

¼ tsp Powdered Herbs

A few drops of your favorite essential oil

A few sprays of distilled water

Blending Procedure:

- In a large, clean mixing bowl, add your dry ingredients. If possible, use a sieve or sifter when adding your dry ingredients to the bowl to ensure they are free of clumps. Mix well.
- Add your essential oil drop by drop into your carrier oil.
- Slowly add your carrier oil while mixing the ingredients with your hand. . It is normal for the mixture to fizz a little (just hurry, and continue mixing).
- Use a spray bottle to add the water to the mixture slowly, or add the liquid drop by drop if you do not have a spray bottle available.
- It does not take much liquid to dampen the mixture to the degree that you need to form bath bombs. The mixture should stick together when pressed firmly. Be careful not too moisten the mixture too much (3-6 sprays should be plenty).
- Press the mixture into molds (ice cube trays are a good option if you don't have any molds).
- Pop them out of the molds onto wax paper to dry. Allow them to dry at least 24hrs before using.

To Use:

- Bath bombs are to be used in your bathtub.
- Run your bath water; pop one to two bombs into your bath for an aromatic and fizzy bath.
- Keep your bath bombs in an air tight container or bag otherwise they won't fizz as well at bath time.

Body Mist (Spray)

Depending on the essential oils used in this recipe will determine its function. This is just a basic recipe used to make a body mist, use your creativity to provide your desired results.

Yield: 2 cups

Prep Time: Less than 5 minutes

Shelf Life: Indefinite

Ingredients:

2 cups Distilled Water

3tbsp Witch Hazel Extract

20-25drops Essential Oils

Blending Procedure:

- Add distilled water and witch hazel to your bottle.
- Lastly add your essential oils, shake well.
- Allow it to settle for at least 12 hours (shake bottle in between).

To Use:

- Depends on the essential oils you use (please see essential oil reference).

Disclaimer: Recipes contained herein have not been evaluated by the Food and Drug Administration. The recipes listed here are not intended to diagnose, treat and cure or prevent disease.

Chapter 2

- ❖ **Different Skin Types**
- ❖ **Using Natural Soap for Your Body & Hair**
- ❖ **Different Bath Salts**
- ❖ **Learn the Different Clays for Your Body**
- ❖ **Fragrance Oils v/s Essential Oils**
- ❖ **Commonly Used Body Butters**

Different Skin Types

To check which skin type you have, grab a piece of tissue or cotton pad and wipe your face.

Normal Skin ...

If your skin belongs to a normal type, the tissue will not reveal any traces of oil. Your skin should feel vibrant, elastic, and supple. Normal skin is the least problematic type.

It looks clean and smooth and has a good circulation and healthy complexion. Even with a minimum care, it will look good well into your advanced age.

Dry Skin ...

If your skin is dry, the paper will be clean, too, but your face skin will feel flaky, dry, and tight after you have wiped it.

Dry skin can easily develop a sallow tone, wrinkles, and fine pores, and it is very prone to aging and irritating. It might still look great on a young person, but, to keep it healthy, you should apply thorough care and use regular treatment with natural masks and moisturizers.

Oily Skin ...

If you have oily skin, the paper will have spots of facial oil on it, corresponding to the areas of your cheeks, nose, and forehead. Oily skin is problematic – it usually looks greasy, thick, coarse, and shiny, has enlarged pores, and tends to break into acne.

A good thing, though, is that oily skin is not prone much to aging and wrinkling. Careful cleaning, minimizing of carbohydrate consumption, and avoiding rich creams can be helpful in improving the quality of oily skin.

Combination Skin ...

If your skin is combination, like that of most women, the tissue will have traces of oil coming from your nose and forehead, but will be clean in the areas that touched your cheeks. Combination skin has patches of both dry and oily skin, and it requires different types of care in relation to particular facial areas.

Dry zones, which are usually located on the cheeks and around the eyes, should be treated with rich creams and moisturizers, while oily areas, usually on the forehead and nose, will benefit from frequent and

thorough cleaning.

Sensitive Skin ...

Sensitive skin is usually very dry, tends to feel tight, and becomes inflamed and irritated easily. Typically, sensitive skin develops reddish and scaly areas, can be itchy and tingly, and is prone to breaking into spots. It is the most problematic and fragile type of skin, which needs a very special type of care.

Now that you have figured out what type of skin you have you need to make sure you use the right ingredients when making your mixes, always check with your reference guide first.

Using Natural Soap for Your Body & Hair



Black Soap

Black Soap, also known as African Black Soap (Anago Soap, Alata Simena, or Ose Dudu), has long been used to heal problem skin. This soap is by far the best natural soap on the market. It's good for thinning fine lines, evening out dark spots, eczema, razor bumps and eliminating blemishes. It is also used to lightly exfoliate and give you healthier looking skin. This soap can also be used on your body, hair or for oily skin, dry skin, skin rashes, scalp irritations, body odors and is good for sensitive skin. Black Soap restores skins damaged from excessive use of bleaching creams and chemicals. African Black Soap heals chronic eczema, acne and pimples. This soap cleans deep into pores to activate the regeneration and rejuvenation of the skin. The antiseptic effect of African black soap prevents rashes, itch, dry and scaly skin from developing. Black Soap is especially recommended for the very young and the elderly, or anyone with tender skin. It leaves the skin smooth and soft.

Black soap is made from the ash of locally harvested plants and barks such as plantain, cocoa pods, palm tree leaves, and shea tree bark. First the leaves and bark are sun-dried and then roasted in a kettle or pot at an even, constant temperature, which is important to ensure color, texture and smell. Then water and various oils - palm oil, coconut oil, palm kernel oil (including shea butter and cocoa pod powder) - are added to the mixture and stirred for at least a day. After that, the "soap" is left to set for two weeks to cure.

Melting Down Your Own Black Soap

You can melt down and add your own fragrances and herbs, or break off a chunk and form into shapes. It is a softer, pliable soap and simply wonderful. Note: Black soap does not melt like typical melt and pour soap! Make sure when you melt down, you use a glass bowl that is plenty large for the amount of black soap used. It will foam and bubble, so use shorter increments, keeping a close eye on the soap. It will not melt to a liquid, but a thick paste in which you can incorporate your

additives and essential oils. Simply take your desired amounts and transfer them into your molds, press in and let cool. Take them out of molds and let them cure for about two weeks. If you don't want to re-melt it you can just take the soap and roll on a hard surface into balls or form into bars. Please make sure to keep your bar soap covered if you plan to store it in your tub area, when too much moisture gets on your soap it will become very soft. This is only true when it comes to real black soap, imitation black soap is hard and it contains dye so please be aware.

Liquefying Black Soap for Body Wash or Shampoo:

For body wash, use one part water to four parts of soap mixture and add your desired carrier and essential oils. Same goes for shampoo, just use carrier oils and essential oils related to hair care.



Castile Soap

Real castile soap is made exclusively from vegetable oil rather than animal fat or synthetic substances. The purists feel it should be made from olive oil but there's a wide variety of Castile variants that use oil from plants such as coconut and jojoba. Castile soap comes in liquid form as well as a bar. It doesn't have as many benefits as black soap but this is good, mild soap to use as an alternative if you can't get black soap. Most castile soaps ingredients include olive oil, coconut oil, jojoba oil, hemp oil and other carrier/essential oils. This is fine just making sure you read the listed ingredients on your container; there are a lot of imitators out there! You can add your own carrier oils and essential oils to obtain the results you want.

Different Bath Salts

There are a lot of different salts all over the world, the bath salts listed here just happen to be the main ones used by spas and everyday people like you and me.



Dead Sea Salt

Dead Sea salt is a nutrient rich, extremely fine, and partially moist salt perfect for bath products and scrubbing blends. Because of its moisture content we have found it easily mixed with other ingredients with little or no separation. This salt is extremely wealthy in numerous key elements and has proven to be one of the best therapeutic salts available. Dead Sea Salts contain 21 minerals including magnesium, calcium, sulphur, bromide, iodine, sodium, zinc and potassium. These essential minerals naturally occur in our bodies but must be replenished, as they are lost throughout the day. These minerals are known to treat, detoxify, and cleanse our bodies.



Epsom Salt

Epsom Salt is a truly luxurious product, often overlooked for its therapeutic benefits, and is principally used in bath salts to sooth, relax, and relieve sore muscles. They can be used as a stand alone salt for soaking, or may be blended with essential oils and botanicals for a truly splendid bathing experience. Aside from cosmetic use, Epsom Salt has numerous medicinal benefits and supplies the body with magnesium and sulfates. Epsom Salt softens the skin, soothes aches, reduces swelling, inflammations, exfoliates the skin, removes odors, draws toxins from the body, sedates the nervous system, relaxes the muscles, provides relief from joint soreness and arthritic pain, and is a natural emollient. Unlike other salts, it does not leave the skin feeling dry. On the contrary, Epsom

Salt leaves the skin with a soft and silky texture.

Add 2 cups of Epsom Salt to warm bathwater for a luxurious, relaxing, and soothing experience for the mind and body. While soaking, try massaging some of the salts over your skin, this will help to exfoliate and cleanse the skin. For sore feet, add ½ cup of Epsom Salt to a large pot of water. Essential oils, such as Lavender or Rosemary, may be added to enhance relaxation and medicinal effects. Epsom Salt can also be used in compresses to soothe bruises, sprains, insect bites, draw out splinters, and to alleviate muscle soreness.



Himalayan Pink Salt

Himalayan Pink Salt is one of the purest salts available for culinary, therapeutic and cosmetic uses. This delectable salt is hand mined from the pristine Himalayan mountain range and the crystals range dramatically in color from off-white to a lustrous pink, which indicates a quantifiable amount of 84 trace elements & iron. The benefits are endless but Himalayan Pink Salt is primarily used for gourmet cooking and in bath preparations.

Himalayan Pink Salt has a rich mineral content that includes over 84 minerals and trace elements such as: calcium, magnesium, potassium, copper and iron. This salt is recognized for its beautiful pink color, high mineral content, and its therapeutic properties. Regular consumption of Himalayan Pink Salt provides essential minerals, trace elements, balances electrolytes, supports proper nutrient absorption, eliminates toxins, balances the body's pH, and normalizes blood pressure, and increases circulation and conductivity. It can also assist with relief from arthritis, skin rashes, psoriasis, herpes, and flu and fever symptoms.



Sea Salt

All natural sea salt makes the perfect scrub, bath salt, or for inclusion in your custom formulated bath blends. Lovingly create your own bath salts by mixing dried herbs, flowers and botanicals, or add your own essential

oils to create a euphoric bathing experience. There is nothing more soothing, satisfying, and luxurious as a therapeutic soak with sea salt. It is wonderful for softening and rejuvenating the skin, is a great exfoliate for sloughing away dry skin cells, relaxes muscular aches, pains, sunburns, rashes, and irritated skin.

Grey Sea Salt

A bath salt harvested by hand from the island of Noirmoutier near Brittany, France. For 1,500 years, salt farmers have harvested the Noirmoutier Sea salt. Harvesting the salt is a completely natural cottage industry where the only ingredients are the sea, the sun and man. Organic Grey Sea Salt undergoes no treatment after harvesting. Neither washed, nor refined, it keeps its essential nutrients vital to the human body.

Sonoma Spa™ - Bath Salts

Produced in the United States, Sonoma Sea Salt is evaporated from the waters of the Pacific Ocean. The result is a beautiful white crystal at an economical price. Sonoma has a low moisture content which works well for blending with essential oils or fragrance oils and is perfect for use in body treatments.

Learn the Different Clays for Your Body

Please check your skin type first before applying any type of clay to your body.



Bentonite Clay

Traditionally used as an internal supplement to assist in mineral deficiencies, and to help bind toxins making them more soluble. Because of its naturally soft nature it also makes an invigorating skin and facemask.

What is it?

Bentonite, also referred to as Montmorillonite, is one of the most effective and powerful healing clays used to treat both internal and external maladies. Bentonite can be used externally as a clay poultice, mud pack or in the bath and, in skin care recipes. Internally it can be added to water or glazed upon food to help those with sensitive palates. A good quality Bentonite should be a grey/cream color and anything bordering "pure white" is suspect. It has a very fine, velveteen feel and is odorless and non-staining. The type of bentonite offered by Mountain Rose herbs is a Sodium Bentonite.

How does it work?

Bentonite is very unusual in the fact that once it becomes hydrated, the electrical and molecular components of the clay rapidly change and produce an "electrical charge". Its highest power lies in the ability to absorb toxins, impurities, heavy metals and other internal contaminants. Bentonite clay's structure assists it in attracting and soaking up poisons on its exterior wall and then slowly draws them into the interior center of the clay where it is held in a sort of repository.

To state it another way... "Bentonite is swelling clay. When it becomes mixed with water it rapidly swells open like a highly porous sponge. From here the toxins are drawn into the sponge through electrical attraction and once there, they are bound.



French Green clay

French Green Clay has enormous absorbent powers due to the constitution of its micro molecules. It literally "drinks" oils, toxic substances, and impurities from your skin. Its toning action stimulates the skin by bringing fresh blood to damaged skin cells, revitalizing the complexion, and tightening pores. French Green Clay is marvelous for helping to clear problem skin. Use it daily on trouble spots, or weekly as part of a complete facial treatment.

What is it?

French Green Clay also sometimes traded as Sea Clay is by far one of the most majestic, most effective, and most commonly used mineral skin clays found throughout our global community.

French Green Clay (AKA Illite Clay or Sea Clay) contains a cornucopia of valuable elements, which include montmorillonite, several (up to 9) important mineral oxides, magnesium, calcium, potassium, dolomite, silica, manganese, phosphorous, silicon, copper, and selenium. Green clay owes its coloration to 2 very important factors, which ultimately decide good quality clay from poor quality clay. They are, iron oxides, and decomposed plant matter....Yes, that is correct, decomposed plant matter. The natural green tones found in this luxurious clay are from the very cycles of life this earth uses to regenerate itself. When purchasing French Green Clay it is of utmost importance that it is truly green, or off green in color. French Green clay cannot be white or gray in color ever.

How does it work?

Unlike other clays where key elements work in symbiosis off of each other, French Green contains several elements which act as their own "body". In French Green Clay, each element is responsible for working the outer epidermis (skin) in its own way and in dispensing their biological constituents as best as possible. Here is an analogy... Let's say any other clay has 20 workers, but out of all the 20 workers they only work to the potential of 1 worker, very unproductive indeed. But now, let's look at French Green Clay with its 20 workers. This marvelous clay will work to the potential of 20 workers, not just 1.

The highly micronized, and often fragile molecular state of French Green Clay allows for far greater absorption of impurities, dust, oil, contaminants, and make up then other clays, and when seeking treatment

for the skin, health professionals will always choose French Green over the other varieties.



Fuller's Earth Clay

A sedimentary clay that has been widely used as a skin-lightening agent and is best known for its ability to be applied as "facial bleach". Because of its enormous drawing capabilities, Fuller's Earth is the number one choice for oily skin and those prone to acne. It literally draws oil from the skin and has been used industrially for this exact purpose.

Description

Fuller's Earth has been around for quite some time and recent developments from the natural cosmetics and skincare industries have helped to resurrect this useful clay as more beneficial than a solvent that simply soaks up spilled auto oil!

Fuller's Earth was awarded its name several hundred years ago when wool textile workers or "Fullers" created a time-saving concoction to remove the dense oils from sheep's wool. This brew included water, urine, soapwort and an abundant "clay" that was in hearty supply. Because of its ability to literally soak up oil and remove dense properties from any given material, it was found to be a highly profitable and useful product for modern manufacturers.

Since then its most prominent use has been for post production kitty litter, meow! And as bulk garage clay that many mechanics use to soak up oil and other automotive spills.

Don't let this frighten you from trying it on your skin! It marvels in comparison to other "whitening clays" and so far has outperformed any material to help clean oily and acne-prone skin.

The type of Fuller's Earth one should apply to the skin would be a mixture of open mined minerals of montmorillonite and a small mixture of bentonite. Most industrial Fuller's Earth products are not pre-blended so do not go to an auto supply warehouse and have them special order it for you!

Fuller's Earth is naturally occurring sedimentary clay composed mainly of alumina, silica, iron oxides, lime, magnesia, and water, in extremely variable proportions.

It has the incredible ability to remove oils and impurities from the skin and produces a lightening effect on the outer epidermal layer. This is

why we have seen several products marketed as "facial bleach" or "skin bleaching" clay.

It comes highly recommended to those with acne problems, blemishes, spotting, and people prone to oily skin. It is also a useful base ingredient for facial clay recipes and adds a nice finishing touch to clay products promising to aid its user with their battle against oily skin.



Rhassoul Clay

A truly exquisite Spa quality clay from ancient deposits unearthed from the fertile Atlas Mountains of Morocco. Rhassoul is mineral rich clay that blends extremely well with water making its application to the face and skin a smooth and delightful experience.

The best Spas across the globe utilize the toning and enriching benefits offered by Rhassoul and now it's just as easy to enjoy this splendor within your own home. High in Silica, Magnesium, Iron, Calcium, Potassium and Sodium content, this clay is surely one of the finest treasures for the pampering of your skin.

What is Rhassoul and where does it come from?

From Morocco, comes this remarkable natural source, reddish brown cosmetic clay known as Rhassoul.

It has been used for over 1400 years as soap, shampoo, and skin conditioner and the finest spas across the globe currently utilize it for therapeutic benefits.

Mined deep beneath the Atlas Mountains in Eastern Morocco it must be extracted under extremely special conditions.

Through meticulous selection, and extensive contact with the raw material we are proud to offer this rich Rhassoul that is truly unique in quality and purity.

When first mined, Rhassoul clay appears as polished brown, soap-like clay, which is chunky in appearance and resembling rocks. After further refinement and micronization, the end product is a smooth almost silken earth.

How does it work?

Because Rhassoul can be used for a variety of professional applications, it is an invaluable enhancement for spa treatments and for personal use. Its extraordinary power of absorption makes it more effective than other clays for cleansing, de-toxification, and general skin treatment.

It can be used as soap, skin conditioner, shampoo, and facial and body mask.

As Rhassoul contains higher percentages of silica and magnesium along with potassium and calcium, than other clays, Rhassoul appears to be far more effective. In addition to this, due to its greater semitic qualities, (i.e. its ability to swell with the addition of water) Rhassoul achieves better results in skin treatment.

The mineral properties of Rhassoul Clay were studied extensively and presented at the 12th meeting of the National Institute of Phytotherapy in Paris in 1985. Rhassoul Clay contains a high percentage of silica, magnesium, potassium, and calcium.

Rhassoul clay's most impressive properties in skin improvement are its capacity of absorption and adsorption due to its high level of ion exchange. Clinical studies have been conducted by two different research laboratories in the United States to evaluate Rhassoul use for skin conditions. The results of this single use Rhassoul study produced these findings....

- Reduces dryness (79%)
- Reduces flakiness (41%)
- Improves skin clarity (68%)
- Improves skin elasticity / firmness (24%)
- Improves skin texture (106%)
- Removes surface oil and oil from inside and around comedons
- Removes dead skin layers, resulting in a general smoothing of the surface skin
- In addition to the oil removal characteristics



White Cosmetic clay

The most versatile, easily applied clay that is most commonly found in standard skincare preparations and cosmetics. White Cosmetic Clay which is also traded as White Kaolin Clay is a very fine and light clay that has natural absorbency properties and is frequently found in powders, body packs, skin care products, and deodorants.

White Kaolin Clay is found in virtually all powdered and dry cosmetics and most wet cosmetics.

Its natural adsorbent properties makes it essential in hygiene products and is often found in soaps, scrubs, poultices, deodorants, facial powders

and masks It is the mildest of all clays and is suitable to add to products created for people with sensitive skin. It helps stimulate circulation to the skin while gently exfoliating and cleansing it. It does not draw oils from the skin, so it can also be used on dry skin types without negative results. Kaolin Clay is high in calcium, silica, zinc and magnesium, which are beneficial for oily, blemished skin. The clay's mildly drying and disinfectant properties help heal existing blemishes and inflammations, while preventing new ones from forming. It can also be used as a scent fixative.

Traditionally, clays are used to reduce swelling and inflammation, and to draw impurities from the skin. Cosmetic clays are made up of different mineral contents, and each clay type has a different effect on the skin. The high mineral content of White Kaolin Clay rejuvenates the skin while the clay exfoliates and stimulates blood circulation to the skin. Regular use of clay facials will remove dead skin cells, improve circulation to the skin, remove debris from the pores and bring about a smooth healthy glow.

Kaolin Clay (white dirt as it is called in the South) has been used medically to treat diarrhea, dysentery, cholera, and is also used in paper making, paint, fiberglass, porcelains and ceramics, china, and toothpaste. Some of the most popular products made with Kaolin Clay are Kaopectate, Roloids, Di-gel, Mylanta, and Maalox. Some people have actually been known to consume White Clay regularly and not only like the taste but crave it (probably due to a vitamin deficiency). It has been said that the taste of white dirt is similar to the fresh way that the dry ground smells after a sprinkle of rain falls. Dirt-eating is an ancient tradition that is practiced all over the world and although the demise of the practice has been predicted for many years, it still persists, particularly in rural areas of the South.

Method for Making Clay Masks

- Combine the clay and the floral or distilled water in a bowl and mix well until a good thick paste is formed.
- Add the remaining ingredients and mix well.
- Spread the mixture over a clean, damp face and neck, avoid the eye area.
- Relax for 15 minutes, preferably lying down.
- Rinse off well with warm water before applying a toner and moisturizer.

Fragrance Oils v/s Essential Oils

Which one is better? I personally believe anything natural is better but I'll let you decide.



What are Fragrance Oils?

Fragrance oils can and usually do contain many different components ranging from toxic chemicals to purely synthetic compounds. Many perfumes contain more than 100 components. The problem, for those who are sensitive, is there is no requirement to list the compounds contained in fragrance oil. Many of the compounds are known skin irritants. Most quality synthetic fragrances do include small amounts of organic material to give them the more natural bouquet of natural scents. However, real organic materials, such as essential oils, are usually used in very small quantities because of their expense. Today, there are over 500 aroma chemicals available to create synthetic fragrances.



What are Essential Oils?

An essential oil is a highly concentrated and potent extract from plants, leaves, flowers, roots, buds, twigs, rhizomes, heartwood, bark, resin, seeds and/or fruits. Essential oils should be extracted by distillation using either steam or water or by mechanical processing of citrus rinds or dry distillation of natural materials. These methods yield the most pure essential oils. Steam or water extraction produces a two-phase liquid. The essential oil floats on top and the water used in the distillation process falls to the bottom. The essential oils are physically removed from the top and the water phase, which is a by-product, is often sold as

hydrosol or distillate water. The use of the word “oil” is a little bit of a misnomer. Essential oils are not oils in the way most people think of oil. Essential oils come in a variety of colors and consistencies from clear and watery to dark, thick and syrupy. Essential oils contain the true essence of the plant. Essential oils are very concentrated and therefore should be used sparingly. Essential oils are difficult to obtain though and can be very expensive. So, while they can be a good value, the initial purchase might be a little expensive. Also, essential oils can be dangerous if applied directly to the skin. If you are going to do aromatherapy though, you want to find a source of pure essential oils and avoid companies that sell fragrance oils. Since fragrance oils do not contain the true essence of the plants, they are usually worthless for aromatherapy purposes. Essential oils are often blended (diluted) with carrier oils for safe use. Common carrier oils include sweet almond oil, apricot kernel oil and grape seed oil. Essential oils can vary greatly in quality and price. For example a quality essential oil might cost four or five times what a cheaper essential oil of the same plant costs.

Commonly Used Body Butters (Listed here are the most used)

Body Butters - are obtained by blending the nutritive natural fatty fractions of a vegetable oil. Depending on the butter, the fractions come directly from either the oil or hydrogenated oil or the unsaponifiable fraction. Typically they are one of the main ingredients for several body care and cosmetic recipes, but they make fine stand-alone applications that can be directly applied onto ones skin.



Cocoa Butter

(Theobroma nucifera 1 year shelf life, semi-hard texture)

Cocoa Butter contains natural antioxidants that give it a long shelf life of over 3 years. It is naturally rich in Vitamin E as well as a number of other vitamins and minerals. Vitamin E helps to soothe, hydrate, and balance the skin and also provides the skin collagen which assists with wrinkles and other signs of ageing. Cocoa Butter also contains cocoa mass polyphenol (CMP), a substance that inhibits the production of the immuno globulin IgE. IgE is known to aggravate symptoms of both dermatitis and asthma. For centuries pregnant women have used to Cocoa Butter formulations to prevent and treat stretch marks, but this pleasant-smelling substance is added to countless other topical preparations. Lotions and oils containing Cocoa Butter are often used in aromatherapy massage to promote relaxation and the feeling well-being. Research indicates that massaging the skin with Cocoa Butter may help relieve stress, boost the immune system, and even prevent cancer. This is because Cocoa Butter, like chocolate, contains a lot of CMP and there is some evidence that the CMP in Cocoa Butter may also help prevent heart disease and ease arthritic symptoms. Cocoa Butter is mainly used is a thickening agent and is a common ingredient in lipsticks, soaps and emollient creams. It is also a folk remedy for burns, cough, dry lips, fever, malaria, rheumatism, snakebite and wounds. It is reported to be antiseptic and diuretic.

- Cocoa Butter is has a melting point at human body temperature, is edible and nutritious which presents many industrial uses.

- Cocoa Butter is a superb moisturizer which slows down moisture loss.
- Cocoa Butter is known for its hydrating effects,
- Cocoa Butter is also gentle on the skin and has a pleasing aroma.
- Cocoa Butter is excellent when used on dry skin or on wrinkles.
- Cocoa Butter's Emollient properties great in soap making and lotions.
- Cocoa Butter is hard at room temperature.
- Cocoa Butter is mainly used is a thickening agent and is a common ingredient in lipsticks, soaps and emollient creams.
- Cocoa Butter is easily absorbs into the skin and imparts sheen.

Using Cocoa Butter

Cocoa Butter is one of the most stable, highly concentrated natural fats known, and melts at body temperature so that it is readily absorbed into the skin. Since Cocoa Butter absorbs so quickly, it immediately relieves dry and irritated skin. There are many different uses for Cocoa Butter, below are some of the ways in which Cocoa Butter may be used:

- Add a spoonful to your bath water for a luxurious and healing experience. Especially helpful for those with dry or itchy skin, or sore muscles. Try adding Lavender or Chamomile essential oil as well, or an herbal infusion made from soothing herbs.
- In massage, Cocoa Butter is beneficial for overexerted muscles or for dry skin
- In soaps, Cocoa Butter has a conditioning effect that adds a good lather. Try incorporating Cocoa Butter into your handmade soap recipes.
- Use during pregnancy to keep the skin supple, and to prevent stretch marks. It may also be used after giving birth to reduce stretch marks.

Precautions:

Those with serious or persistent skin problems, such as eczema, should consult a physician before using Cocoa Butter. Cocoa Butter is often mistakenly used by people to expedite a suntan and while it will enhance a natural tan, it does not have a sun protection factor (SPF). To prevent the harmful effects of the sun, use a suntan lotion with an SPF of at least 15 that contains Cocoa Butter. Not recommended by those with nut allergies.



Illipe Butter

(Shorea stenoptera 2 year shelf life, hard texture)

Illipe butter is renowned for its incredible moisturizing properties and its ability to restore elasticity to the skin. It is quite comparable to cocoa butter in its physical properties and composition, and is beneficial for the treatment of

- Moisturizing chronically dry skin
- Mature skin
- Sunburn
- Healing sores
- Damaged skin
- Rough skin (such as on feet)
- Mouth ulcers
- Dry or over processed hair



Kokum Butter

(Garcinia Indica 1 year shelf life, semi-hard texture)

Kokum Butter is rich in essential fatty acids, which aid in cell oxygenation and make nutrients more readily available for use by skin tissues. Kokum Butter also contains antioxidant vitamin E. Kokum Butter is a non-comodegenic (non pore-clogging) material that aids quick

absorption and adds a premium texture to your cream emulsions. Kokum Butter helps regenerate tired and worn skin cells and supports skin elasticity and general flexibility of the skin wall. It has been used traditionally in India to soften skin and restore elasticity and as a balm for dry, cracked, rough and calloused skin. It is also beneficial for the treatment of many different conditions, such as:

- Helps prevent dry skin and wrinkles
- Helps regenerate skin cells

Using Kokum Butter:

With its relatively higher melt point, it melts slightly at skin temperatures making it ideal for lipsticks and balms; it's also a great addition to bar soaps and skin lotions and may be easily incorporated into Lotions, Creams, and Body Butters. It is also wonderful to use in the summer as a moisturizer before and after sun exposure to reduce possibility of the skin peeling or becoming dried out. Use as an addition to:

- Creams, lotions, balms
- Cosmetic foundations
- Lipsticks
- Conditioners
- Moisturizers

Precautions:

Those with serious or persistent skin problems, such as eczema, should consult a physician before using Kokum Butter. Not recommended by those with nut allergies.



Mango Butter

(Mangifera Indica 2 year shelf life, hard texture)

Mango Butter has natural emollient properties, high oxidative ability, wound healing, and regenerative activity due to its high unsaponifiable. Mango Butter has been traditionally used in the rainforests and tropics

for its skin softening, soothing, moisturizing and protective properties and to restore flexibility and reduce degeneration of skin cells. It has a protective effect against UV radiation. Mango Butter will provide improvements and benefits in all the conditions listed below. As you use this butter you are likely to discover additional uses. Dermatologists often recommend Mango Butter for treatment of wrinkles, as most people who use it will notice decreased signs of aging and the disappearance of lines and wrinkles within 4 to 6 weeks of daily use.

Reasons to use Mango Butter

- - Effectively treats dry skin
- - Heals skin rash
- - Heals skin peeling, after tanning
- - Clears blemishes and wrinkles
- - Relieves itching skin
- - Heals sunburn
- - Shaving cream for a smooth shave
- - Treats small skin wounds and skin cracks
- - Moisturizes and smoothes tough or rough skin
- - Fights frost bite
- - Prevents stretch marks during pregnancy
- - Relieves insect bites
- - Promotes healthy rejuvenated skin
- - Heals muscle fatigue, aches and tension
- - Relieves skin allergies such as poison ivy or poison oak
- - Treats eczema and dermatitis
- - Fights off fine lines and wrinkle

Using Mango Butter:

Mango Butter is a tropical butter that has a similar composition to Shea and Cocoa, however the fatty acid content profile is slightly different and enhances the spectrum of natural EFAs, antioxidants and vitamins that Kabana products offer. It smells sweet and nutty in its pure form, generally has a warm creamy color and is solid at room temperature. It also melts at body temperature or upon contact with skin and disperses smoothly, providing a protective, emollient layer. Try using Mango Butter for:

- Body care products
- Soaps
- Lotions, massage creams
- Hair products



Shea Butter

(Butyrospermum Parkii 1 year sheld life, solid soft texture)

Shea Butter is naturally rich in Vitamins A, E, and F, as well as a number of other vitamins and minerals. Vitamins A and E help to soothe, hydrate, and balance the skin. They also provide skin collagen which assists with wrinkles and other signs of ageing. Vitamin F contains essential fatty acids, and helps protect and revitalize damaged skin and hair. Shea Butter is an intense moisturizer for dry skin, and is a wonderful product for revitalizing dull or dry skin on the body or scalp. It promotes skin renewal, increases the circulation, and accelerates wound healing. It is also beneficial for the treatment of many different conditions, such as:

- Dry skin
- Stretch marks
- Itchy skin, skin rashes, Eczema, and Dermatitis
- Sunburn
- Small skin wounds
- Damaged skin
- Rough skin (such as on feet)
- Insect bites
- Muscle aches, fatigue, and tension
- Wrinkles and signs of ageing
- Chapped skin from cold weather
- Dry or over processed hair
- Diaper rash
- Skin allergies
- Frost bite

In addition, Shea Butter offers a low level of UV protection (approximately SPF-6), and may be incorporated into natural sunscreen recipes. Because of its soothing nature, anti-inflammatory and rejuvenating effects, it is a perfect ingredient to incorporate into your body care recipes and skin care regime. It is also wonderful to use in the summer as a moisturizer before and after sun exposure to reduce possibility of the skin peeling or becoming dried out.

Using Shea Butter:

At room temperature, Shea Butter is semi-soft and solid. However, the melting point of Shea Butter is 89-95 degrees and it will melt readily once applied to the skin. Since Shea Butter absorbs so quickly, it immediately relieves dry and irritated skin. There are many different uses for Shea Butter, below are some of the ways in which Shea Butter may be used:

May be easily incorporated into Lotions, Creams, and Body Butters.

- Add a spoonful to your bath water for a luxurious and healing experience. Especially helpful for those with dry or itchy skin, or sore muscles. Try adding Lavender or Chamomile essential oil as well, or an herbal infusion made from soothing herbs.
- In massage, Shea Butter is beneficial for overexerted muscles or for dry skin. If the odor is too strong, warm the butter slightly over a double boiler, and add essential oils.
- In soaps, Shea Butter has a conditioning effect. Try incorporating Shea Butter into your handmade soap recipes.
- Massaged into the scalp for dry scalp symptoms and to stimulate hair growth.
- Use during pregnancy to keep the skin supple, and to prevent stretch marks. It may also be used after giving birth to reduce stretch marks.

Precautions:

Those with serious or persistent skin problems, such as eczema, should consult a physician before using Shea Butter if you are taking medication for a skin problem.

Not recommended by those with nut allergies.

More Butters to Consider:

- Aloe Vera Butter
- Avocado Butter
- Coffee Bean Butter
- Hemp Seed Butter
- Macadamia Nut Butter
- Olive Butter
- Pistachio Butter
- Sweet Almond Butter

Chapter 3

- ❖ **Reference Guide for Carrier Oils**
- ❖ **Reference Guide for Essential Oils**

Reference Guide for Carrier Oils

Carrier Oils - oil derived from the fatty portion of a plant, usually from the seeds, kernels or the nuts.



Apricot Kernel Oil (shelf life 12 months)

This wonderful oil is similar to Sweet Almond, but more suitable for sensitive and prematurely aged skin. Our Apricot Kernel oil is a deep gold color, and can be used liberally in most body care recipes

Avocado Oil (shelf life 8-12 months)

This ultra rich organic oil is a delightful treasure containing high amounts of Vitamin A, B1, B2, D, and E. Also contains amino acids, sterols, pantothenic acid, lecithin, and other essential fatty acids. Highly prized to those with skin problems such as eczema, psoriasis, and other skin ailments and our variety makes a lovely salad oil for dressings and condiments. Highly recommended for those with sensitive skin, problem skin and other irritations that require vitamin rich oil.

Black Seed Oil (shelf life 2years)

Black Cumin oil or also known as Black Seed Oil is remarkable and highly prized nutritive oil that can be used in conjunction with your regular dietary regimen. Because of the unique cell structure of this oil, along with its high vitamin, mineral and essential fatty acid content, it is being employed for numerous ailments and deficiencies. Black Cumin oil is being deeply scrutinized by the scientific community, and the findings are very substantial and truth telling.

Borage Seed Oil (shelf life 1 year)

Prized oil for its abundant dietary, health, cosmetic and medicinal benefits.

Camellia Seed Oil (shelf life 2 years)

Camellia Seed oil is very similar to Flax in appearance and properties but it has a much more stable shelf life and is not prone to rancidity. This delicious oil can be used for food and cosmetic purposes and comes packed with Omega-3 fatty acids, Vitamin E and anti-oxidants. Great for the skin, hair and eyes, the nourishing properties of Camellia are also popularly used as an oil additive for our animal companion's food. This oil makes an excellent choice for natural cosmetics and especially hair care formulas.

Castor Oil (shelf life 2 years)

A hard and shiny oil found in most cosmetics that acts as a barrier agent and protective medium against harsh conditions and extremes. Very soothing to the skin when included into cosmetic applications.

Coconut Oil (unrefined) (shelf life 1 year)

This is great oil for general moisturizing and serves as a protective layer, helping to retain the moisture in your skin. It also acts as mild oil suitable for those with inflamed and irritated skin, and those with skin sensitivities. Coconut oil is without a doubt, the number one lather-producing agent used in soaps. And is the first choice for most people in the cosmetics and soap industry. This is truly spectacular oil with a deep and mildly intoxicating scent of pure Coconut pulp. 100% virgin cold pressed and unrefined. Same benefits as our refined coconut oil, but more suitable for food use because of its nutritional value, and containing a higher fatty acid content.

Cranberry Seed Oil (shelf life 2years)

Cranberry seed oil easily penetrates the skin and is highly moisturizing. It is rich in tocotrienols and tocopherols (Vitamin E) and other antioxidants. Testing indicates that cranberry seed oil possesses the highest quantity of tocotrienols of any vegetable oil. It possesses a unique balance of Omega 3, 6 and 9 essential fatty acids not found in other oils. Cranberry seed oil can aid in the relief of itchy, scaly, irritated skin conditions such as eczema and psoriasis. Cranberry seed oil also contains a significant amount of Vitamin A, making it a good choice for inclusion within blends for acne or blemished skin. It is rapidly gaining recognition as a choice ingredient for inclusion in hair care formulations intended to heal, strengthen and moisturize the hair and scalp. Its strong antioxidant properties and stable shelf life can help to extend the life of more fragile ingredients included within the same formulation.

Evening Primrose Oil (shelf life 1 year)

Prized oil for its abundant food, health, cosmetic and medicinal benefits. Evening Primrose seed oil has been shown to be effective for the following conditions: Acne, Rosacea, signs of ageing, eczema and it also nourishes the scalp, hair and nails.

Grape Seed Oil (shelf life 12-14 months)

Grape seed oil is truly superb in every regard. It has a mild green color with a pleasant odor, silken texture, and great absorption rate. Generally employed as base oil for many creams, lotions and as general carrier oil. Grape seed is especially useful for skin types that do not absorb oils too well, and it does not leave a greasy feeling. Wonderful for those with skin sensitivities because of its natural non-allergenic properties.

Hazelnut Oil (shelf life 8-10 months)

Hazelnut oil is known for its astringent qualities and because of this, it is best used for those who have oily skin but do want to abstain from using oils. We should also highlight that this makes lovely carrier oil for those of us who want to add its benefits to our essential oil experience.

Hemp Seed Oil (shelf life 8 months)

Exceptionally rich oil high in essential omega fatty acids and proteins. This oil has a pleasant nutty smell, deep green color, and absorbs well into the skin. It makes marvelous cosmetic grade oil and because of its high nutritional value, it makes superior quality dietary oil and one that can be used as a base ingredient for skin care recipes which require healing and regenerative ingredients.

Jojoba Oil (shelf life 2-3years)

Jojoba oil comes from the beans of the shrub like plant, *simmondsia chinensis*. It is bright and golden in color and is regarded as the most favored in the carrier oil family because of its advanced molecular stability. Also makes a great scalp cleanser for the hair, and is equally wonderful for the skin because it has absorption properties that are similar to our skins own sebum.

Kukui Nut Oil (10-12 months)

The Kukui nut tree is the official tree of Hawaii and has been used by natives of this island for hundreds of years. They recognized the oil's high penetrability and soothing properties and currently they put it to use in helping sooth sunburns and chapped skin. A fabulous ingredient for your cosmetics, or as a stand-alone application Kukui nut oil contains

very high levels of the essential fatty acids linoleic and alpha-linolenic. This oil is readily absorbed into the skin, providing tissues the essential elements that it needs and is particularly good for dry skin, psoriasis, acne and eczema.

Macadamia Nut Oil (10-12 months)

This fine oil comes from the pressed nuts of the Macadamia tree. It is a priceless delight for the skin and has proven itself to be one of the best regenerative oils available.

It is high in monounsaturated fatty acids, and closely resembles sebum (the oil naturally produced by ones skin to help protect it). Macadamia oil is fabulous, protective oil with a high absorption rate and has been successfully used as healing oil for scars, sunburns, minor wounds and other irritations.

Meadow foam Seed Oil (shelf life 2years)

This absolutely exquisite oil provides a cornucopia of cosmetic uses. Containing over 98% long-chain fatty acids, this oil is a prized medium for applications which require a moisturizing and rejuvenating benefit for the skin and face.

A useful ally in your formulated creations; where you need a highly valuable and effective ingredient to nourish the skin and outer epidermis.

Neem Oil (10-12 months)

Magnificent oil with numerous benefits for both therapeutic and medicinal use. Among other properties, this oil is anti-septic, anti-viral, anti-bacterial, and anti-fungal. Used widely in creams, dental products, hair care products, and in gardens for natural pest control.

Can be applied directly to the skin or included within skin care preparations that are designed specifically to treat problematic skin conditions. This oil is exceptionally rich, contains a heavy odor, and may be diluted accordingly.

Olive Oil (10-12 months)

Olive oil is by far the most universal oils used for a multitude of purposes including cosmetics, as carrier oil, for hair care solutions, and in cooking. It has a rich, full bodied flavor with a strong aroma and is golden brown in color. Has a great conditioning effect in body care recipes and can be used in almost all applications because of its stable nature.

Palm Fruit Oil (shelf life 18 months)

It is a rich source of Vitamin E oil and antioxidants, and is stable against heat and oxidation. Palm Fruit Oil is commonly used in food products as a healthier alternative when compared with other higher saturated oils, and is seldom used in cosmetic and body care products to help extend the shelf life.

Palm Kernel Oil (shelf life 18 months)

It is most commonly found in handmade soap to increase its lather and hardness. It may also be used in a multitude of other cosmetic and body care products for its moisturizing properties.

Pecan Oil (shelf life 1 year)

Pecan Oil is a light yet rich, nutrient-rich oil. It is a good choice for inclusion in formulations for maturing or dry skin. Pecan Oil is high in oleic acid and is effective in formulations requiring moisturizing. Pecan Oil is also well suited for use within massage and aromatherapy applications.

Plum Kernel Oil (shelf life 12 months)

Incredibly rich and intoxicating oil which gracefully shares its benefits in numerous food and cosmetic applications throughout the world. Plum oil is a recent addition to the exotic oil scene and it has been incorporated into some of the finest food dishes in France and it can be found in some of the most exquisite cosmetics in Italy. Having a flavor and aroma similar to Apricot kernel oil with a fruity top note, this oil is sure to embellish itself well upon any creation you may choose. High in fatty acids and leaving virtually no residue on the skin, the potential of Plum kernel oil in body care applications is endless.

Pomegranate Seed Oil (shelf life 2years)

Luxurious and deeply penetrating oil from the cold pressed organic seeds of Pomegranate fruit. This highly prized oil which is naturally high in flavonoids and punicic acid is remarkable for the skin and has numerous dietary benefits as well. Deeply nourishing to the outer epidermal layer, Pomegranate seed oil provides powerful anti-oxidant benefits for numerous skin ailments including eczema, and psoriasis and gently challenges free radicals that damage and age the skin. A great ally to have in your cosmetic creations or as a stand alone product to help nourish and develop healthy skin cell regeneration.

Rose Hip Oil (shelf life 12 months)

A rich, amber colored organic oil from the ripened fruit of the famed Rosehip, also known as Rosa Mosquita. This unique oil is extremely high in essential fatty acids and has carried much respect amongst professional journals and organizations as being a great agent in the fight against dry, weathered, and dehydrated skin. It works wonders on scars and is the predominant oil used for treating wrinkles and premature aging. Can be used in all fine skin care recipes.

Pumpkin Seed Oil (shelf life 2 years)

Also known as "green gold", pumpkin seed oil is one of the most nutritious oils available. It contains Omega-3 and Omega-6 fatty acids, Vitamins A, C, E, and Zinc. Pumpkin seed oil has a pleasant and mild flavor making it suitable for culinary applications. Because of its abundant health and epidermal benefits, we recommend incorporating this oil into your culinary and cosmetic recipes.

Safflower Oil (shelf life 12 months)

Highly moisturizing oil with an exceptionally high amount of oleic acids. Deeply soothing and one of the first choices for skin care recipes requiring moisturizing benefits.

Sea Buckthorn Berry Oil (shelf life 2 years)

Useful, highly prized, and specific oil typically used to treat damaged skin, ulcerations, scar tissue, wrinkles, eczema, burns, etc. Cold extracted from whole Sea Buckthorn berries (*Hippophae rhamnoides*). Can be applied directly to the skin or included within skin care preparations that are designed specifically to treat problematic skin conditions. (Some mild staining of skin may occur; this is temporary and washes off easily) This oil is exceptionally rich in essential fatty acids, carotenes, tocopherols, and phytosterols. Concentrated oil, use sparingly.

Sesame Oil (shelf life 1 year)

This ultra fine crude oil comes from pure expeller pressed Sesame seeds. It is true and whole sesame oil with no other extraction methods employed and it has a rich golden color, with a bold, nutty flavor. Sesame oil is naturally active in vitamins A and E and essential proteins. Because of its relatively stable shelf life it is superb in body care products, natural cosmetics and provides a strong stable base for all your creations.

Shea Nut Oil (shelf life 2years)

Beautiful oil with a deep golden color which is delivered to us from cold pressing the nut seed of the Shea (Karite) Tree. Shea oil is a byproduct of Shea butter production where the pressing of the seeds produces fractionated oil. This oil leaves a smooth and healthy feel to the skin and offers benefits for numerous skin problems including dermatitis, eczema, burns, cutaneous dryness and other irritations. Highly recommended as a protective agent against harsh weather conditions where a mild barrier against the elements is desired.

Soybean Oil (shelf life 2years)

All natural and certified organic Soybean oil for inclusion within many of your products. High in natural source lecithin, sterolins, and vitamin E, this oil makes a great base for your products which are being created for outer epidermal healing. Soybean oil is easily absorbed and leaves a smooth sensation to the skin.

Sunflower Oil (shelf life 1 year)

Oil wealthy in Oleic acids with high amounts of Vitamins A, D, and E, also has beneficial amounts of lecithin, and unsaturated fatty acids. Deeply nourishing and conditioning for the skin and it is highly recommended for recipes designed to treat dry, weathered, aged, and damaged skin. Our line of organic Sunflower oil has a pleasant scent and is easily absorbed and applied.

Sweet Almond Oil (shelf life 12-14 months)

This is one of the most useful, practical, and commonly used oils. It is great for all skin types as an acting emollient and is best known for its ability to soften, soothe, and re-condition the skin. It is truly marvelous as carrier oil and is equally superb for addition to body care products.

Tamanu Oil (shelf life 2years)

Tamanu oil has been thoroughly researched, and the conclusive evidence on its ability to heal damaged skin is overwhelming. Its benefits are notable for the treatment for scarring, stretch marks, minor cuts and abrasions, rashes, sores and much more.

Can be used directly on the skin or mixed within formulations.

Vitamin E Oil (shelf life 2-3years)

Natural Vitamin E oil obtained by vacuum distillation of vegetable fats. Great for preventing rancidity in cosmetics and it acts as an anti-oxidant in creams, lotions, baby products, cosmetics and more. Recent studies

have suggested that Vitamin E oil assists in maintaining a healthy heart and blood vessels.

Wheat Germ Oil (shelf life 6-8months)

This ultra rich, unrefined Wheat Germ oil is a great ingredient high in natural source Vitamin E, A, D, proteins, Lecithin, and Squalene. Wheat germ has been applied externally for numerous irritations including roughness of the skin, cracking; chaffing and many crafters of cosmetics use it successfully to help reverse the effects of wrinkling. The first ingredient in quality skin care products.

Watermelon Oil

The rich composition of essential fatty acids contained in watermelon seed oil helps to restore elasticity to the skin. It, therefore, is also a wonderful addition to skin care formulations for all skin types, including dry, oily, acne-prone or maturing skin. Watermelon seed oil is also a perfect choice for inclusion in hair care formulations as it is non-greasy yet highly moisturizing.

Reference Guide for Essential Oils

Essential Oils – An essential oil is a liquid that is generally distilled (most frequently by steam or water) from the leaves, stems, flowers, bark, roots, or other elements of a plant. Essential oils, contrary to the use of the word "oil" are not really oily-feeling at all. Essential oils contain the true essence of the plant it was derived from. Essential oils are highly concentrated and a little goes a long way.



Allspice (*Pimenta officinalis*)

Traditional Use: Allspice has an affinity with the digestive system, aiding with difficult to digest foods and discomforts along the way.

Properties: Analgesic, anesthetic, antioxidant, antibacterial, antifungal, antiseptic, antiviral, aphrodisiac, carminative, muscle relaxant, rubefacient, and stimulant

Benefits: Arthritis, bronchitis, colds, cramps, fatigue, flatulence, indigestion, nausea, neuralgia, rheumatism, viral infections. To help with stress, depression, or mental / emotional exhaustion, diffuse allspice into the air by itself or in a blend.

Blends Well With: Geranium, ginger, labdanum, lavender, neroli, opopanax, patchouli, ylang ylang, oriental and spicy bases.

Of Interest: Columbus originally brought allspice back to Europe thinking it was pepper, hence the name Pimenta. The term "allspice" refers to the blend of cinnamon, cloves, nutmeg, and black pepper that this spice has.

Safety Data: Dermal and mucous membrane irritation due to the high content of eugenol. Avoid during pregnancy. Use in low dilutions.

Amyris (*Amyris balsamifera*)

Traditional Use: Local fisherman and traders call it "candlewood" because of its high oil content and common use as a torch.

Properties: Antiseptic, emollient, muscle relaxant, sedative.

Benefits: Dry skin, sore muscles. Amyris is used mostly in perfumery as a fixative and base note.

Blends Well With: Cedarwood, citronella, lavandin, oakmoss, sassafras, and other wood oils.

Of Interest: Also known as West Indian Sandalwood. It has been used as a cheap substitute for East Indian Sandalwood (*Santalum album*;

however they have different aromas and viscosity.

Safety Data: For external use only.

Angelica Root (*Angelica archangelica*)

Traditional Use: In Chinese medicine Angelica is known for promoting fertility. It has been used for centuries in Europe for treating respiratory and digestive problems.

Properties: Antibacterial, antifungal, antispasmodic, carminative, depurative, diaphoretic, digestive, diuretic, emmenagogue, expectorant, febrifuge, nervine, stimulant, stomachic, tonic.

Benefits: Accumulation of toxins, ammenorhea, anemia, anorexia, arthritis, bronchitis, colds, coughs, dull and congested skin, fatigue, flatulence, gout, indigestion, irritated skin conditions, migraine, nervous tension, psoriasis, rheumatism, stress related disorders, and water retention.

Blends Well With: Citrus oils, clary sage, costus, oakmoss, opopanax, patchouli, and vetiver.

Of Interest: Take caution using angelica oil before outdoor activities as it may attract insects. Beware of using before being outdoors as it is an insect attractant.

Safety Data: The oil from both the root and seed are relatively non-toxic and non-irritant, however there have been a few cases of skin irritation reported, especially during times of sun exposure, so use with caution. Not to be used during pregnancy or by diabetics.

Anise Seed (*Pimpinella anisum*)

Traditional Use: Anise seed has a long history of use as a spice and medicine. Raki, a popular drink in Turkey, is flavored with the seed. Writings by Pliny suggest anise as a morning pick-me-up.

Properties: Analgesic, antiseptic, antispasmodic, aperitive, carminative, digestant, diuretic, emmenagogue, expectorant, stimulant, and stomachic.

Benefits: Asthma, bronchitis, indigestion, coughs, cramp, flatulence, dysmenorrheal, insect bites, nausea, stress, headache. Anise has an affinity with the digestive system.

Blends Well With: Lavender, orange, other spice oils, pine, and rose.

Of Interest: Do not confuse Anise seed oil (*Pimpinella anisum*) with Anise Star oil (*Illicium verum*) which is produced from the fruit of a tree. Anise seed oil will crystallize at cool temperatures due to the anethole content in the oil.

Safety Data: May cause skin irritation or dermatitis. Avoid while pregnant, breast feeding, or in histories of epilepsy.

Balsam Peru (*Myroxylon balsamum*)

Traditional Use: Peru Balsam has been used to ease rheumatic pain and help with irritated skin conditions. It is also useful for respiratory complaints.

Properties: Anti-inflammatory, antiseptic, cicatrix, expectorant, and stimulant.

Benefits: Asthma, bronchitis, colds, coughs, eczema, laryngitis, low blood pressure, rashes, rheumatism, sores, and wounds. Peru Balsam is a wonderful addition to blends formulated for skin irritations, because it may promote the growth of epithelial cells.

Blends Well With: Patchouli, petitgrain, rose, sandalwood, ylang ylang, spice and floral oils.

Of Interest: This oil is used as a fixative and base note in soaps and body care products, and is sometimes found in commercial soft drinks.

Safety Data: Non-toxic and non-irritant, however its use while pregnant is not recommended.

Basil (*Ocimum basilicum*)

Traditional Use: Basil is a sacred plant in India, and used in ayurvedic medicine. It has been used as a strewing herb to reduce odors, and has many culinary applications.

Properties: Antibacterial, antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, nervine, stimulant of the adrenal cortex, stomachic, tonic.

Benefits: Abrasions, anxiety, bronchitis, colds, coughs, depression, flatulence, fatigue, infection, insect bites and repellent, sinus infection, whooping cough. Basil can be added to a hair tonic to help stimulate growth.

Blends Well With: Bergamot, citronella, citrus oils, clary sage, geranium, hyssop, opopanax, rosemary.

Of Interest: Basil has many aromatic properties. *Ocimum* is derived from the Greek word *osme*, which means "to smell".

Safety Data: High doses may be carcinogenic due to its methyl chavicol content, and it should be avoided if you suffer from liver problems.

Always dilute before using as it is a potential skin irritant. It may trigger epileptic seizures in susceptible individuals. Avoid while pregnant.

Bay Laurel (*Laurus nobilis*)

Properties: Analgesic, anesthetic, antibacterial, antifungal, antimicrobial, antirheumatic, antiseptic, aperitive, carminative, diaphoretic, diuretic, hypotensive, sedative.

Benefits: Loss of appetite, arthritis, colds, flatulence, high blood pressure, infections, lymphatic congestion, rheumatism, insomnia. Add bay to a massage oil to help with fluid retention.

Blends Well With: Bergamot, ginger, orange, patchouli, rosemary, ylang-ylang, pine, cypress, juniper, lavender, frankincense, clary sage, olibanum, labdanum, citrus & spice oils.

Of Interest: The nymph Daphne escaped Apollo's attentions by being transformed into a tree. Since Apollo could not have her as his wife he took this tree, the bay laurel, as his emblem.

Safety Data: Bay oil has high eugenol content and may irritate the skin and mucus membranes, so use with caution. Avoid during pregnancy.

Bay, West Indies (Pimenta racemosa)

Traditional Use: The so-called bay rum tree provides the basic ingredient for the famous old hair tonic, which is made from the leaves by being distilled in rum. A hair application with both fragrant and tonic virtues useful for those who suffer from greasy hair and need a spirit-based, scalp-stimulating lotion to help them to control their locks.

Properties: Analgesic, anticonvulsant, antineuralgic, antiseptic, astringent, expectorant, hair tonic, stimulant.

Benefits: Colds, flu, general fatigue, hair rinse for dandruff, muscular pain, neuralgia, poor circulation, promotes hair growth, rheumatism, skin infections, sprains, strains. Bay can be added to hair care recipes to help with rejuvenation.

Blends Well With: Bergamot, black pepper, cardamom, cinnamon, clove, coriander, frankincense, geranium, ginger, lavender, grapefruit, lemon, mandarin, nutmeg, orange, petit grain, rosemary, sandalwood, ylang ylang.

Of Interest: Bay is used in many fragrances for men, including aftershaves and lotions.

Safety Data: Moderately toxic due to high eugenol content and is a mucous membrane irritant. Avoid if you are currently suffering from liver or kidney conditions. Unlike bay laurel, however, it does not appear to cause dermal irritation or sensitization.

Benzoin resin (Styrax tonkinesis)

Traditional Use: Benzoin has been used for centuries in Asia and India as an incense and perfume.

Properties: Anti-inflammatory, antioxidant, antiseptic, astringent, carminative, cordial, deodorant, diuretic, expectorant, sedative, styptic, and vulnerary.

Benefits: Arthritis, asthma, eczema, bronchial congestion, chapped skin,

colic, cough, cuts, gout, rheumatism. Benzoin is a wonderful addition to blends used for chapped, inflamed, or irritated skin.

Blends Well With: Copaiba balsam, coriander, cypress, frankincense, jasmine, juniper, lemon, myrrh, rose, sandalwood, and other spice oils.

Of Interest: Benzoin is an excellent fixative for perfume and soap blends adding a rich, sweet note.

Safety Data: Non-toxic, and non-irritant, when diluted properly. In its undiluted form it is a mild skin irritant. Not for internal use and its use while pregnant is not recommended.

Bergamot (Citrus bergamia)

Traditional Use: Bergamot has been used as a remedy for fever in Italian folk tradition, and has a long history of use in potpourri and perfumes.

Properties: Analgesic, anthelmintic, antibacterial, antidepressant, antiseptic, antispasmodic, astringent, carminative, deodorant, digestive, diuretic, expectorant, febrifuge, laxative, rubefacient, sedative, stimulant, stomachic, tonic, vulnerary.

Benefits: Abscess, acne, anxiety, boils, bronchitis, carbuncles, cold sores, colds, colic, cystitis, depression, eczema, fevers, flatulence, halitosis, herpes, insect bites, intestinal parasites, nervous tension, oily complexion, psoriasis, respiratory tract infections, sore throat, varicose veins. Add bergamot to a massage blend for indigestion; remember to rub the abdomen in a clockwise direction.

Blends Well With: Chamomile, citrus oils, coriander, cypress, geranium, helichrysum, jasmine, juniper, lavender, melissa, neroli, nutmeg, rose, sandalwood, vetiver, violet, ylang ylang.

Of Interest: Despite the fact that the bergamot fruit is inedible, the oil has many culinary and house hold uses. It is the characteristic flavor of Earl Grey tea, and is used as a fragrance for pipe tobaccos.

Safety Data: Avoid in cases of liver problems. Not for use when pregnant or nursing. Possible skin irritant - dilute well. If not specified bergapten-free it may cause photosensitivity (the Bergamot offered by Mountain Rose Herbs is Bergapten free).

Bergamot Mint (Mentha citrata)

Traditional Use: This oil is believed to be emotionally uplifting, and calming for the nerves.

Properties: Analgesic, anti-depressant, anti-inflammatory, antiseptic, anti-spasmodic, carminative, deodorant, sedative.

Benefits: Acne, asthma, bronchitis, colds, coughs, dermatitis, digestive problems, flatulence, headaches, mental fatigue, mouth or gum infections, muscular pain, nausea, nervous strain, shock. Diffuse

bergamot mint in blend to help calm the room when feeling anxious or depressed.

Blends Well With: Basil, citrus oils, geranium, lavender, rose, and ylang ylang.

Of Interest: Bergamot mint contains linalool and linalyl acetate, which gives these oil properties similar to lavender.

Safety Data: A potential skin irritant, especially when exposed to the sun. Not recommended for use while pregnant.

Bitter Orange (*Citrus aurantium*)

Traditional Use: This oil has been used in many applications for the digestive system. Extensively used as a flavoring material, especially in liqueurs and soft drinks.

Properties: Antidepressant, anti-inflammatory, antiseptic, antispasmodic, astringent, bactericidal, carminative, deodorant, digestive, fungicidal, stimulant, stomachic.

Benefits: Bronchitis, colds, constipation, dull and oily complexions, flu, flatulence, nervous tension, palpitations, poor circulation, slow digestion, spasm, and water retention. Bitter orange may be added to base oil and rubbed on the abdomen in a clockwise direction to ease digestion problems.

Blends Well With: Citrus oils, clary sage, lavender, lemon, myrrh, neroli, spicy oils.

Of Interest: It is well known for its resistance to disease and is often used as grafting stock for other citrus trees, including the sweet orange.

Safety Data: May cause skin irritation or sensitivity. Phototoxic, avoid with prolonged sun exposure.

Black Pepper (*Piper nigrum*)

Traditional Use: Black pepper is one of the oldest spices. Its uses date back to the Greeks and Romans, and the Egyptians utilized it in the embalming process.

Properties: Analgesic, antibacterial, antimicrobial, antiseptic, antispasmodic, aperitive, aphrodisiac, bitter, carminative, diaphoretic, digestive, diuretic, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic, vasodilator

Benefits: Anemia, arthritis, catarrh, cellulite, chills, cold, constipation, diarrhea, fatigue, fevers, flatulence, food poisoning, hangovers, heartburn, influenza, loss of appetite, muscular aches and pains, nausea, neuralgia, poor circulation and muscle tone, rheumatic pain, slow circulation, sprains, stiffness, viral infections. Black pepper may be

added to a massage oil to use after working out, because it helps to remove lactic acid from the muscles.

Blends Well With: Cardamom, clary sage, clove, frankincense, geranium, lavender, juniper, marjoram, myrrh, orange, nutmeg, rosemary, sage, sandalwood, tea tree, vetiver, ylang ylang.

Of Interest: Studies have shown black pepper oil to reduce nicotine cravings, and symptoms of anxiety in individuals cutting back on smoking.

Safety Data: Avoid while pregnant and breastfeeding. May cause skin irritation. Avoid in cases of kidney disease, and while using homeopathics. Use in moderation only.

Cajeput (*Melaleuca minor*)

Traditional Use: It is known for producing a sensation of warmth and quickening the pulse. In Australia the crushed leaves and twigs have been applied directly to relieve aches and pains.

Properties: Analgesic, antibacterial, antimicrobial, antineuralgic, antiseptic, antispasmodic, carminative, diaphoretic, expectorant, febrifuge, insecticide, sudorific, tonic, vulnerary.

Benefits: Arthritis, asthma, bronchitis, catarrh, colds, coughs, cystitis, flu, insect bites, muscular aches and pains, oily skin, sinusitis, sore throat, urinary infection, viral infections. Cajeput can be used similar to eucalyptus during cold season. Add it to a diffuser to disinfect the air, and clear congestion.

Blends Well With: Clary sage, geranium, lavender, marjoram, oak moss, pine, rosemary, spice oils, ylang ylang.

Of Interest: Cajeput is a good addition to bug repellants. It has a sweet, fruity middle note, and dries out softly.

Safety Data: Non-toxic, non-sensitizing, may irritate the skin in high concentration and when it is not diluted. Not to be used when pregnant.

Camphor, White (*Cinnamomum camphora*)

Traditional Use: Traditional uses include the prevention of infectious disease. Lumps of camphor would be worn around the neck for protection. The oil itself is used as a solvent in the paint and lacquer industry.

Properties: Analgesic, anti-inflammatory, antiseptic, antispasmodic, antiviral, bactericidal, diuretic, expectorant, rubefacient, stimulant, sudorific, vermifuge, vulnerary.

Benefits: Use with care. Acne, arthritis, bronchitis, burns, colds, coughs, depression, fever, flu, gout, infections, inflammation, insect repellent, muscular aches and pains, nervous tension, oily skin conditions,

rheumatism, shock, sprains.

Blends Well With: Citrus oils, eucalyptus, lavender, rosemary, spice oils.

Of Interest: It has a long-standing tradition as an herbal preventative of infectious disease; a lump of camphor was worn around the neck for protection. Camphor can be found in three different colors or fractions. Brown and yellow camphor are considered to be more toxic because they contain a higher percentage of safrol, and should not be used for therapeutic uses.

Safety Data: May cause skin irritation in some individuals. Avoid while pregnant, and while using homeopathics. Its use is recommended by only those with experience using this oil.

Caraway (*Carum carvi*)

Traditional Use: Used in carminative, stomachic, and laxative preparations and as a flavoring ingredient in pharmaceuticals. Caraway has an affinity with the digestive system. It has many culinary applications, and gives rye bread its characteristic flavor.

Properties: Antihistaminic, antimicrobial, antiseptic, antispasmodic, aperitif, astringent, carminative, diuretic, emmenagogue, expectorant, larvicidal, stimulant, stomachic, tonic

Benefits: Bronchitis, colds, colic, coughs, flatulence, indigestion, poor appetite, stomach cramps. Caraway can be added to a blend and rubbed on the abdomen for stomach and menstrual cramps.

Blends Well With: Jasmine, cinnamon, cassia, and other spices.

Of Interest: Caraway is one of the spices used to flavor the German liqueur Kummel, and is the primary flavoring for Rye bread.

Safety Data: Non-toxic, non-sensitizing; may cause dermal irritation in concentration.

Cardamom (*Elettaria cardamomum*)

Traditional Use: Cardamom is native to India, and is used in Ayurvedic medicine for flatulence, colic, and poor digestion. Common both in perfumery and culinary use.

Properties: Antiseptic, antispasmodic, carminative, cephalic, digestive, diuretic, laxative, nerve tonic, stimulant, stomachic.

Benefits: Anorexia, constipation, cough, dyspepsia, halitosis, indigestion, flatulence, griping pains, loss of appetite, muscular cramps and spasms, nausea, nervous strain, physical exhaustion, sinus headache, stomach cramps, vomiting. Cardamom may be added to a massage blend for upset stomachs.

Blends Well With: Bay, bergamot, black pepper, caraway, cedarwood, cinnamon, cloves, coriander, fennel, ginger, grapefruit, jasmine,

labdanum, lemon, lemongrass, litsea cubeba, mandarin, neroli, olibanum, orange, palmarosa, patchouli, petitgrain, sandalwood, vetiver, and ylang ylang.

Of Interest: This oil has many applications in perfumery. It is added to oriental type aromas for soaps, cosmetics, and body care products.

Safety Data: Non-toxic, non-irritant, non-sensitizing.

Carrot Seed (*Daucus carota*)

Traditional Use: Used in flavoring liquors and in perfume compositions. The roots are associated with the liver and gallbladder, and the seeds are used to treat the kidneys and digestive system.

Properties: Anthelmintic, antiseptic, carminative, depurative, diuretic, emmenagogue, hepatic, stimulant, tonic, and vasodilatory.

Benefits: Accumulation of toxins, amenorrhea, anemia, anorexia, arthritis, cell proliferant, colic, dermatitis, dysmenorrhea, eczema, indigestion, mature skin, psoriasis, rashes, skin irritation. In perfumery carrot can be added to a blend to round out the aroma.

Blends Well With: *Cassie*, cedarwood, citrus oils, geranium, spice oils.

Of Interest: Carrot seed oil is used in many skin care formulas for dry, mature, or wrinkled skin. Some believe that it will remove wrinkles and rejuvenate the skin by removing toxins. In the Chinese tradition, it is used to treat dysentery and to expel worms.

Safety Data: Do not use during pregnancy as it can cause abortions. Non-toxic, non-irritant, non-sensitizing.

Catnip (*Nepeta cataria*)

Traditional Use: Traditionally used as an insect repellent. There is more research on the herb, which is a stimulant for felines, and a sedative for humans, and these actions may transfer to the essential oil.

Properties: Anesthetic, anti-inflammatory, antirheumatic, antispasmodic, astringent, carminative, diaphoretic, insecticide, nervine, sedative, tonic.

Benefits: Chills, flatulence, insect bites or repellent, insomnia, muscular aches and pains, nervous dyspepsia, nervous tension, rheumatism, and stress-related conditions. Catnip may add a rich note to a blend.

Blends Well With: Grapefruit, lavandin, lavender, lemon, marjoram, orange, other mints, and rosemary.

Of Interest: Nepetalactone, which gives catnip its odor, was found to be 10 times more effective than the popular insect repellent diethyl-meta-toluamide (DEET). How to make: in a hand-held spray bottle, mix 1/4-1/2 tsp. of essential oil of catnip (*Nepeta cataria*), 1 cup of isopropyl alcohol, and 1 cup of water. Shake well and then spray lightly on clothing, arms, and legs, being careful to avoid eyes or open cuts. Do not

use on the skin of small children. Some persons may be sensitive to catnip oil. Keep the contents of the spray away from children and pets.
Safety Data: Avoid during pregnancy.

Cedarwood, Atlas (*Cedrus atlantica*)

Traditional Use: The oil has been used for bronchial and urinary tract infections. Cedarwood also has a long history as an incense and perfume. The wood was burned by the Greeks and Romans to fragrant the air.

Properties: Antifungal, antiputrefactive, antiseptic, aphrodisiac, astringent, diuretic, expectorant, insecticide, regenerative, sedative, stimulant (circulatory), tonic.

Benefits: Acne, air purifier, anxiety, arthritis, bronchitis, cellulite, coughs, dandruff, dry skin and hair, fungal infections, immune stimulant, insect repellent, nervous tension, rashes, rheumatism, skin infections, ulcers. Cedarwood is a good addition to a hair tonic, and gives the aroma a long lasting undertone.

Blends Well With: Bergamot, chamomile roman, clary sage, cypress, eucalyptus, jasmine, juniper, labdanum, lavender, neroli, palmarosa, petitgrain, rosemary, rosewood, sandalwood, vetiver, ylang ylang.

Of Interest: The Egyptians used cedarwood in the embalming process and as a perfume ingredient. Noah burned cedarwood incense in thanks for surviving the flood, and the Tibetans currently burn cedarwood incense in their temples.

Safety Data: Be aware of which Cedar you are using. Make sure that you are using *Cedrus*, not *Juniperus* or *Thuja*. Use in low dilutions (1%), may sensitize skin, and avoid during pregnancy.

Cedarwood, Virginia (*Juniperus virginiana*)

Traditional Use: In North America, Virginia Cedarwood has been used for respiratory infections. This oil has also been used as an insect repellent. It is frequently used as the only active perfume ingredient in room sprays, disinfectants, insecticides, cleansers, and other industrial products, household products, etc.

Properties: Antiseptic, antispasmodic, astringent, circulatory stimulant, diuretic, emmenagogue, expectorant, insecticide, sedative.

Benefits: Acne, arthritis, bronchitis, coughs, cystitis, dandruff, eczema, insect repellent, nervous tension, oily skin, psoriasis, respiratory congestion, rheumatism, sinusitis, stress. Virginia Cedarwood may be diffused into the air as an insect repellent.

Blends Well With: Benzoin, cypress, juniper, patchouli, rose, sandalwood, and vetiver.

Of Interest: The Native Americans used it for respiratory infections,

especially those involving an excess of catarrh. This oil is used as a fixative in perfumery. It is also used in the isolation of the sesquiterpene cedrene.

Safety Data: Externally the oil is relatively non-toxic; it can cause acute local irritation and possible sensitization in some. Use in dilution only with care, and in moderation. Avoid during pregnancy. Generally safer to use than Atlas cedarwood.

Celery Seed (*Apium graveolens*)

Traditional Use: Celery has an affinity with the digestive system. The seed has also been used for menstrual and urinary problems. A majority of this oil is used in the food and flavor industry.

Properties: Antirheumatic, antiseptic, antispasmodic, aperitif, digestive, diuretic, carminative, emmenagogue, galactagogue, hepatic, nervine, sedative, stomachic, tonic.

Benefits: Amenorrhea, anxiety, arthritis, cystitis, dyspepsia, flatulence, increases milk flow, indigestion, jaundice, liver congestion, neuralgia, rheumatism, sciatica. Celery may be added to base oil and rubbed on the abdomen for menstrual and digestive cramping.

Blends Well With: Coriander, lavender, lovage, oakmoss, opopanax, pine, tea tree, and other spice oils

Of Interest: Celery has many culinary applications. The seeds, stalks and in some species the roots are used in cooking preparations. The digestive properties of the seed may also help the body break down food. And it is commonly found in many alcoholic and soft drinks.

Safety Data: Non-toxic, non-irritant, possible sensitization. Avoid during pregnancy.

Chamomile, Blue (*Matricaria recutita*)

Traditional Use: Used in French liqueurs and for flavoring tobacco. And medicinally it has been used for nervous related ailments.

Properties: Analgesic, anti-inflammatory, antiphlogistic, antispasmodic, bactericidal, carminative, cicatrizant, digestive, emmenagogue, febrifuge, fungicidal, hepatic, nerve sedative, stomachic, sudorific, vermifuge, vulnerary.

Benefits: Acne, arthritis, asthma, broken capillaries, burns, colic, cuts, dermatitis, dysmenorrhea, dyspepsia, eczema, headache, indigestion, insect bites, insomnia, menstrual disorders, migraine, muscular pain, muscular spasms, nausea, nervous tension, neuralgia, rashes, rheumatism, sensitive skin, sprains, stress related complaints, wounds. When adding blue chamomile to skin preparations take the color of the oil into consideration.

Blends Well With: Benzoin, bergamot, citrus oils, clary sage, frankincense, geranium, jasmine, labdanum, lavender, marjoram, neroli, patchouli, rose, rosemary, tea tree, ylang ylang.

Of Interest: Blue chamomile oil has higher azulene content than Roman chamomile oil. This constituent also gives the oil its characteristic blue color. The azulene is not present in the fresh flower but is produced during the process of distillation. The name *Matricaria* comes from the Latin *matrix*, meaning “womb”, because of its widespread use by women for gynecological conditions.

Safety Data: Non-toxic, non-irritant; caused dermatitis in some individuals. Not to be used while pregnant

Chamomile Differences:

Blue Chamomile essential oil has a high content of Azulene, the active organic compound of Chamomile, which bears a blue color. Azulene has anti-inflammatory, skin healing properties. This oil is most suitable as an ingredient for skin care products. Blue Chamomile is derived from the German Chamomile plant, which is an upright growing annual. There are German Chamomile plants that were bred for a high Azulene content to use in the manufacturing of medicinal Chamomile products.

Roman Chamomile essential oils are used for its skin healing properties in the manufacturing of body care products, as well as for Aromatherapy. It has a very pleasant, soothing, apple-like aroma. The Roman Chamomile plant is a low growing, perennial ground cover.

Moroccan Chamomile essential oils are not from a true Chamomile plant. It is used mainly in perfume blends, and for aromatherapy. The plant is an annual that grows in the Mediterranean and in the Middle East. This is a product new to the market; it does not have a long history of traditional uses like true Chamomile.

Chamomile, Moroccan (*Ormenis mixta*)

Traditional Use: Moroccan chamomile oil has a short history. It is mostly used in perfumery.

Properties: Antispasmodic, emmenagogue, sedative.

Benefits: Amenorrhea, dysmenorrhea, headache, insomnia, irritability, migraine, sensitive skin. This oil may add a rich herbaceous note to a blend.

Blends Well With: Cedarwood, cypress, frankincense, labdanum, lavandin, lavender, oakmoss, vetiver.

Of Interest: Moroccan chamomile is not considered a true chamomile. It should not be used as a replacement for Roman or German oils in a blend, because it is chemically and aromatically different. It is distantly related to the German and Roman chamomile botanically, although it does not

resemble them physically. It is also seldom traded in the market as "False Chamomile" or Ormenis oil.

Safety Data: Generally non-toxic and non-irritant – more specific safety data is unavailable at present.

Chamomile, Roman (*Anthemis nobilis*)

Traditional Use: Chamomile has been used as a strewing herb. The oil is used in perfumery and has a high ester content which makes this oil a valuable antispasmodic. Widely used in cosmetics, detergents, perfumes and hair and bath products.

Properties: Analgesic, antibacterial, antidepressant, anti-inflammatory, antimicrobial, antineuralgic, antiphlogistic, antiseptic, antispasmodic, carminative, cholagogue, digestive, emmenagogue, febrifuge, hepatic, nerve sedative, stomachic, sudorific, tonic, vermifuge, vulnerary.

Benefits: Acne, arthritis, boils, burns, chilblains, colic, cuts, dermatitis, dysmenorrhea, earache, eczema, fevers, hair care, headache, indigestion, inflammations, insect bites, insomnia, menopause, migraine, muscular pain, nausea, nervous tension, neuralgia, rheumatism, sprains, stress related complaints, teething pain, toothache, wounds. Chamomile may give a blend for muscle pain a warm fruity note.

Blends Well With: Bergamot, clary sage, eucalyptus, geranium, grapefruit, jasmine, labdanum, lavender, lemon, neroli, oakmoss, palmarosa, rose otto, and tea tree.

Of Interest: In ancient Egypt chamomile was used as an offering to the sun god. Roman chamomile is used in aromatherapy for its skin benefiting properties such as anti-inflammatory, antispasmodic and analgesic. It also adds a calming aspect to a blend, which may help in times of tension.

Safety Data: Non-toxic and non-irritant. Occasionally, contact dermatitis has occurred with this oil and those who are allergic to the Ragweed family should probably not use it.

Cilantro (*Coriandrum sativum*)

Traditional Use: Cilantro leaves are traditionally used in culinary preparations. It is used as a flavoring agent, and to help digestion or calm upset stomachs.

Properties: Analgesic, antioxidant, antispasmodic, antirheumatic, aperitif, bactericidal, digestive, carminative, fungicidal, revitalizing, stimulant, stomachic.

Benefits: Anorexia, arthritis, colds, colic, diarrhea, exhaustion, flatulence, flu, infections, migraine, muscular aches and pains, nausea, neuralgia, poor circulation, rheumatism, stiffness. Cilantro makes a good

addition to a digestive blend.

Blends Well With: Bergamot, cinnamon, citronella, clary sage, cypress, frankincense, ginger, jasmine, neroli, olibanum, petitgrain, pine, sandalwood, and other spice oils.

Of Interest: Cilantro oil contains a higher percentage of aldehydes than the oil distilled from the seeds of the plant.

Safety Data: Generally non-toxic, non-irritant, and non-sensitizing. Stupefying in large doses – use in moderation.

Cinnamon Bark (*Cinnamomum zeylanicum*)

Traditional Use: Cinnamon has a long history of culinary and medicinal uses. Its high aldehyde content makes it a useful antimicrobial and antiseptic.

Properties: Analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, digestive, expectorant, stimulant, stomachic, vermifuge.

Benefits: Candida, colds, cough, diarrhea, flatulence, infection, insect bites, nervous exhaustion, rheumatism, slow circulation, stomach cramps, stress, toothache. Cinnamon is a good addition to a blend for disinfecting the air.

Blends Well With: Benzoin, bergamot, cardamom, clove, frankincense, ginger, grapefruit, lemon, mandarin, marjoram, nutmeg, orange, peppermint, peru balsam, petitgrain, rose, vanilla, ylang ylang.

Of Interest: Cinnamon has been a highly prized commodity since antiquity and is one of the most recognizable scents in the world. Cinnamaldehyde is the main constituent in the bark oil. It is used in perfumery to give a blend lift and strength, and is considered a mild fixative. Use this oil with caution in soap making, because it may darken the color of your product.

Safety Data: Bark oil is a dermal toxin, irritant and sensitizer; also irritant to the mucous membranes. Should never be used on the skin (one of the most hazardous oils)

Avoid using this product entirely if you are pregnant.

Cinnamon Leaf (*Cinnamomum zeylanicum*)

Traditional Use: Cinnamon leaf has been used for culinary and medicinal purposes. The leaf oil has higher eugenol content than the bark oil, which increases its analgesic properties.

Properties: Analgesic, antibacterial, anticlotting, anti-inflammatory, antiseptic, antispasmodic, carminative, insecticide, stimulant, stomachic

Benefits: Arthritis, bruises, colds, cough, diarrhea, flatulence, infection, insect bites, nervous exhaustion, rheumatism, slow circulation, sore

muscles, stomach cramps, stress, toothache. Cinnamon is a good addition to a blend for disinfecting the air.

Blends Well With: Benzoin, bergamot, cardamom, clove, frankincense, ginger, grapefruit, lemon, mandarin, marjoram, nutmeg, orange, peppermint, peru balsam, petitgrain, rose, vanilla, ylang ylang

Of Interest: Cinnamon has been a highly prized commodity since antiquity and is one of the most recognizable scents in the world. The chemical breakdown of Cinnamon leaf oil is similar to that of Clove bud.

Safety Data: The leaf is a skin irritant and sensitizer, and is also an irritant to the mucous membranes. It is not recommended for use in skin care products, and should be avoided during pregnancy.

Cistus (*Cistus ladaniferus*)

Traditional Use: Cistus is used in perfumery for its rich aromas.

Medicinally it has been used for digestive and menstrual problems, and aging skin.

Properties: Antimicrobial, antiseptic, astringent, emmenagogue, expectorant, tonic.

Benefits: Bronchitis, colds, coughs, mature skin care, nervousness, perfumery, wrinkles. Cistus is recommended in blends for aging skin care products.

Blends Well With: Bergamot, clary sage, cypress, frankincense, lavender, juniper, moroccan chamomile, oakmoss, opopanax, patchouli, pine, sandalwood, vetiver.

Of Interest: One of the early aromatic substances of the ancient world.

Besides the steam distilled oil from the leaves and twigs of the cistus plant, you can also find a solvent extracted labdanum absolute from the crude resin of the plant on the market.

Safety Data: Generally non-toxic, non-irritant, and non-sensitizing. Avoid during pregnancy.

Citronella (*Cymbopogon winterianus*)

Traditional Use: Citronella is used in perfumery and medicinally to aid with fevers and rheumatic pain. It has also been used for menstrual and digestive problems. It is more widely known as an insect repellent.

Properties: Analgesic, antibacterial, antifungal, antiseptic, antispasmodic, astringent, deodorant, diaphoretic, diuretic, emmenagogue, febrifuge, fungicidal, insecticide, stimulant, stomachic, tonic.

Benefits: Acne, arthritis, bruises, bug bites and stings, colds, exhaustion, excessive perspiration, fatigue, fever, flu, headaches, infections, insect repellent, neuralgia, oily skin, rheumatism, stomach spasms. Citronella

oil can be used to make your own outdoor candles for those late summer nights.

Blends Well With: Bergamot, cedarwood, citrus oils, geranium, pine, sandalwood.

Of Interest: Mixed with cedarwood Virginia oil, it has been a popular remedy against mosquito attacks for many years since before the appearance of DDT and other modern insecticides. *Cymbopogon winterianus* or Java citronella has a higher geraniol and citronellol content than *Cymbopogon nardus* or Sri Lanka citronella. Because of these constituents Java citronella is used more in perfumery.

Safety Data: Non-toxic, non-irritant; may cause skin irritation in some individuals. Avoid during pregnancy.

Clary Sage (*Salvia sclarea*)

Traditional Use: Often used in perfumes as a fixative. Is used extensively by the food and drink industry, especially in the production of wines with a muscatel flavor.

Properties: Anticonvulsive, antidepressant, anti-infectious, antiphlogistic, antiseptic, antispasmodic, antisudorific, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, deodorant, digestive, emmenagogue, estrogen like, euphoric, hypotensive, nervine tonic, regulator of seborrhea, sedative, stomachic, and uterine.

Benefits: Acne, amenorrhea, asthma, boils, colic, convulsions, cramps, dandruff, depression, dysmenorrhoea, dyspepsia, encourages labor and aids childbirth, excessive perspiration, flatulence, frigidity, hair loss, hemorrhoids, high blood pressure, hot flashes, hypertension, hysteria, inflamed skin, impotence, kidney disorders, leucorrhoea, menopausal problems, migraine, muscular aches and pains, nervous fatigue, neurasthenia, oily skin and hair, ophthalmia, promotes sleep, reduces wrinkles, regenerates skin, throat infections, ulcers, varicose veins, and whooping cough.

Blends Well With: Bay, bergamot, black pepper, cardamom, cedarwood atlas, chamomile roman, coriander, cypress, frankincense, geranium, grapefruit, jasmine, juniper, labdanum, lavender, lemon verbena, lime, mandarin, melissa, patchouli, petitgrain, pine, rose maroc, rose otto, sandalwood, and tea tree. Blends well with most flower absolutes in small dosages.

Of Interest: The herb derives its name from the Latin *clarus*, meaning, "clear," and was nicknamed "clear eyes" during the Middle Ages for its famous ability to clear tired or strained eyes and blurred vision. In Britain the herb is used in place of hops to make beer. In Jamaica, the plant was blended with coconut to ease scorpion stings.

Safety Data: It is mildly intoxicating and can create a sense of euphoria. Although clary sage is less toxic than common sage, very large doses should not be taken to induce intoxication; the result will be poisoning and a severe headache, rather than euphoria. Do not use if there is a history of low blood pressure. Avoid with estrogen-dependent cancer and during pregnancy.

Clove Bud (*Syzygium aromaticum*)

Traditional Use: In Chinese medicine the oil is used for diarrhea, hernia, bad breath and bronchitis. Used in dental preparations, and as a fragrance component in toothpastes, soaps, toiletries, cosmetics and perfumes, the production of printing ink, glue and varnish.

Properties: Analgesic, anthelmintic, antibiotic, anti-emetic, antifungal, antihistaminic, anti-infectious, antineuralgic, anti-oxidant, antirheumatic, antiseptic, antiviral, aphrodisiacal, carminative, counter-irritant, expectorant, general stimulant, larvicidal, parasiticide, spasmolytic, stimulant, stomachic, tonic, and vermifuge.

Benefits: Acne, arthritis, asthma, athlete's foot, bronchitis, bruises, burns, chest infections, colds, colic, cuts, diarrhea, dyspepsia, general exhaustion, flu, insect repellent (mosquito), mental debility, muscle pain, nausea, recovery from infections, rheumatism, ringworm, scabies, sprains, stress, tired limbs, toothache, ulcers, verrucas, and warts.

Blends Well With: Allspice, bay, bergamot, chamomile roman, clary sage, geranium, ginger, grapefruit, jasmine, lavender, lemon, mandarin, palmarosa, rose, sandalwood, vanilla, and ylang ylang.

Of Interest: In older days it was thought that you could not walk near Clove trees while wearing a hat because the tree would become frightened and would no longer bear fruit.

Safety Data: Only the bud oil, and not the leaf or stem oil should be used. May cause skin irritation. Avoid during pregnancy and do not use if you are suffering from liver or kidney conditions. Use in moderation only in low dilution (less than 1 per cent).

Copaiba Balsam (*Copaifera officinalis*)

Traditional Use: Used for centuries in Europe in the treatment of chronic cystitis and bronchitis; also for treating piles, chronic diarrhea and intestinal problems. Used extensively as a fixative and fragrance component in all types of perfumes, soaps, cosmetics and detergents.

Properties: Bactericidal, balsamic, disinfectant, diuretic, expectorant, and stimulant.

Benefits: Bronchitis, chills, colds, coughs, cystitis, intestinal infections, piles, pulmonary problems, stress related conditions, and urinary issues.

Blends Well With: Cananga, jasmine, vanilla, violet, ylang ylang, and other floral.

Of Interest: The crude balsam is used in porcelain painting.

Safety Data: Relatively non-toxic, non-irritant, possible sensitization. Large doses can cause vomiting and diarrhea. Avoid while pregnant.

Coriander Seed (*Coriandrum sativum*)

Traditional Use: Used as a flavoring agent in pharmaceutical preparations, especially digestive remedies.

Properties: Analgesic, antibacterial, anti-depressive, anti-infectious, anti-oxidant, anti-rheumatic, antispasmodic, aperitif, aphrodisiac, bactericidal, depurative, digestive, carminative, cytotoxic, fungicidal, larvicidal, lipolytic, neurotonic, revitalizing, sedative, stimulant (cardiac, circulatory, nervous system), stomachic, and tonic.

Benefits: Accumulation of fluids and toxins, anorexia, arthritis, blackheads, cellulite, colds, colic, debility, diarrhea, digestive problems, dyspepsia, gout, infections (general), inspires creativity, flatulence, flu, measles, mental fatigue, migraine, muscular aches and pains, natural deodorant, nausea, nervous exhaustion, neuralgia, offers comfort, oily skin, piles, poor circulation, promotes joy, refreshes and energizes, rheumatism, spasm, stiffness, stomach cramps, and TMJ.

Blends Well With: Bergamot, black pepper, cardamom, cinnamon, clary sage, clove, cypress, frankincense, geranium, ginger, grapefruit, jasmine, lemon, neroli, nutmeg, olibanum, orange, palmarosa, petitgrain, pine, ravensara, sandalwood, vetiver, and ylang ylang.

Of Interest: An herb with a long history of use, the seeds were found in the ancient Egyptian tomb of Ramses II. Used in flavoring liqueurs such as Chartreuse and Benedictine.

Safety Data: Dilute before using externally. Generally non-toxic, non-irritant, and non-sensitizing. Stupefying in large doses – use in moderation.

Cornmint (*Mentha arvensis*)

Traditional Use: Extensively employed in soaps, toothpastes, detergents, cosmetics, perfumes and especially industrial fragrances. It is used mainly for the isolation of natural menthol.

Properties: Anesthetic, antimicrobial, antiseptic, antispasmodic, carminative, cytotoxic, digestive, expectorant, stimulant, and stomachic.

Benefits: Colds, coughs, flu, headaches, indigestion, migraines, sciatica, to repel vermin, and vomiting.

Blends Well With: Basil, benzoin, black pepper, cypress, eucalyptus

(all), geranium, grapefruit, juniper, lavender, lemon, marjoram, naiouli, other mints, pine, ravensara, rosemary, and tea tree.

Of Interest: The oil is usually dementholized since it contains so much menthol that it is otherwise solid at room temperature.

Safety Data: Non-toxic, non-irritant (except in concentration); may cause sensitization in some individuals. Avoid using while pregnant.

Cypress (*Cupressus sempervirens*)

Traditional Use: Has been used for thousands of years as a cleansing incense for several Nepalese and Tibetan cultures. Other varieties of cypress were historically used in the US by Native peoples to treat several ailments and in ceremonial burns.

Potential uses and benefits: A good addition to massage oils to warm, comfort and energize. Helpful in increasing circulation it also has antiseptic and astringent properties. A useful ingredient in body sprays deodorants, aftershave preparations and traditional "masculine" perfumes. In esoteric and emotional blends Cypress is added to ease grief and crisis.

Blends Well With: Good base note in many blends that need an evergreen aroma.

Notes: Associated with death and afterlife Cypress trees were often planted in graveyards and the wood was used to make coffins. Several cultures enjoy munching on the pine nuts and include them in their everyday diet.

Safety Data: Low possibility of skin irritation. May stimulate blood pressure.

Davana (*Artemisia pallens*)

Traditional Use: Davana is popular in the perfume industry where it is capable of making a scent unique to the individual. It also has some history in aromatherapy as being a fantastic aphrodisiac and as an agent to combat anxiety.

Properties: Anti-infectious, aphrodisiac, calmative, emollient, mucolytic, nervine, and stimulating to the endocrine system.

Benefits: Anxiety, calming, coughing attacks with thick ropelike mucous, and dry skin.

Blends Well With: Amyris, bergamot, black pepper, cardamom, chamomile (all), jasmine, mandarin, neroli, orange, patchouli, rose, rosewood, sandalwood, spikenard, tangerine, tuberose, vanilla, and ylang ylang.

Of Interest: Each day, in India, the faithful offer Davana blossoms to Shiva. The flowers remain on his altar throughout the day and are

removed in the evening.

Safety Data: Not to be used while pregnant.

Dill Seed (*Anethum graveolens*)

Traditional Use: Used extensively in alcoholic, soft drinks and foodstuffs, especially pickles and condiments.

Properties: Amenorrhea, antispasmodic, bactericidal, carminative, digestive, emmenagogue, galactagogue, hypotensive, stimulant, and stomachic.

Benefits: Colic, dyspepsia, flatulence, indigestion, lack of a menstrual cycle, and promotes milk flow in nursing mothers.

Blends Well With: Caraway, elemi, mints, nutmeg, spice and citrus oils.

Of Interest: The oil is almost identical to Caraway oil and can be used much in the same way and even substituted for Caraway in most formulations.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Its use while pregnant is not recommended.

Douglas Fir (*Pseudotsuga menziesii*)

Traditional Use: Local disinfectant, often used for respiratory infections, also used as room freshener and fragrance in soaps.

Properties: Antiseborrheic, antiseptic, antitussive, calmative, immunostimulant, mucolytic, nervine, pectoral, stomachic, tonic, and vasodilator.

Benefits: Acne, anxiety, asthma, bronchitis, colds, coughs, depression, digestive issues, flu, Irritable Bowel Syndrome, joint issues, menstrual cramping, migraines, muscle spasm, muscular aches and pains, respiratory issues, rheumatism, sinusitis, stress, throat infection, and wounds.

Blends Well With: Galbanum, labdanum, lavender, lemon, marjoram, pine, rosemary, and other firs.

Of Interest: It is the most common Christmas tree in the West.

Safety Data: Generally non-toxic, non-irritant, non-sensitizing. Not for internal use.

Its use while pregnant is not recommended.

Elemi (*Canarium luzonicum*)

Traditional Use: Is primarily used as a fixative but also as fragrance components in soaps, detergents, cosmetics and perfumes.

Properties: Antiseptic, balsamic, cicatrizant, expectorant, fortifying, regulatory, stimulant, stomachic, and tonic.

Benefits: Aged skin, bronchitis, catarrhal conditions, diarrhea, infected cuts and wounds, inflammations, nervous exhaustion and stress-related conditions, skin rejuvenation, ulcers, unproductive coughs, and wrinkles.

Blends Well With: Cinnamon, frankincense, labdanum, lavender, myrrh, rosemary, sage, and other spice oils.

Of Interest: Elemi was one of the aromatics used by the ancient Egyptians for the embalming process.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Eucalyptus (*Eucalyptus globulus*)

Traditional Use: Typically used in the preparation of liniments, inhalants, cough syrups, ointments, toothpaste, and as pharmaceutical flavoring.

Properties: Analgesic, antibiotic, antifungal, anti-infectious, anti-neuralgic, antiparasitic, antiputrescent, antirheumatic, antiseptic, antispasmodic, antiviral, balsamic, cicatrizant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycemic, pectoral, prophylactic, rubefacient, stimulant, vermifuge, and vulnerary.

Benefits: Asthma, blisters, bronchitis, burns, catarrh, chickenpox, chilblains, colds, cuts, cystitis, fever, flu, headaches, herpes, insect bites, leucorrhoea, lice, measles, mental exhaustion, muscular aches and pains, nervous debility, neuralgia, poor circulation, rashes, rheumatism, sinusitis, skin infections, skin ulcers, sluggishness, sore throats, sprains, throat infections, and wounds.

Blends Well With: Cedarwood, chamomile german, chamomile roman, cypress, geranium, ginger, grapefruit, juniper, lavender, lemon, marjoram, peppermint, pine, rosemary, thyme linalool, and thyme red.

Of Interest: The antiseptic properties of this oil increase with age. The international interest in the tree developed because it is very fast growing and uses up large amounts of water, thus being able to turn swamp into usable land.

Safety Data: Not compatible with homeopathic treatment. Non-irritant, non-toxic, non-sensitizing, however its use while pregnant is not recommended and it should not be taken internally.

Eucalyptus, Lemon (*Eucalyptus citriodora*)

Traditional Use: Used as a fragrance component (in place of *E. globulus*) in soaps, detergents and perfumes; also used in room sprays and insect repellants.

Properties: Antibiotic, anti-infectious, anti-inflammatory, antiseptic, antiviral, bactericidal, calmative, deodorant, expectorant, fungicidal, insecticide, pectoral, and vulnerary.

Benefits: Arthritis, asthma, athlete's foot and other fungal infections, bacterial skin infections, candida, chest infections, chickenpox, colds, cuts, cystitis, dandruff, fevers, herpes, infectious disease, insect repellent, laryngitis, measles, rheumatism, scabs, sore throat, sores, and wounds.

Blends Well With: Basil, black pepper, cedarwood, clary sage, clove, cypress, other eucalyptus oils, frankincense, geranium, ginger, juniper, lavender, marjoram, orange, peppermint, pine, ravensara, rosemary, sage, tea tree, thyme linalool, vetiver, and ylang ylang.

Of Interest: During the last century it was regarded as a good insect repellent, especially for cockroaches and silverfish. The wood is used in situations requiring strength and flexibility, such as the bottom of carriages, ship building, bridge constructions, flooring, handles of shovels and picks, etc.

Safety Data: Not compatible with homeopathic treatment. Non-toxic, non-irritant, possible sensitization in some individuals. Its use while pregnant is not recommended.

Fennel (*Foeniculum vulgare*)

Traditional Use: In pharmaceutical products it is used in cough drops, lozenges, carminative and laxative preparations. In the food industry it is utilized in all of the major food categories, as well as soft drinks and alcoholic drinks. The cosmetic industry adds fennel to soaps, toiletries and perfumes, and room sprays.

Properties: Antibiotic, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, aperitif, carminative, depurative, diuretic, emmenagogue, estrogen-like, expectorant, galactagogue, laxative, orexigenic, regenerative, splenic, stimulant (circulatory), stomachic, tonic, and vermifuge.

Benefits: Abdominal pains or cramps, amenorrhea, anorexia, antidote for poisonous mushrooms, asthma, bronchitis, bruises, calms, cellulitis, child birthing (inhaled), colic, constipation, coughs, digestive problems, dull complexion, dyspepsia, edema, fertility, flatulence, fluid retention, hiccough, improves memory, insufficient milk (nursing mothers), liver problems, mature skin, menopausal problems, nausea, obesity, oily skin, PMS, pyorrhea, rheumatism, and sore throats.

Blends Well With: Bergamot, black pepper, cardamom, cypress, dill, fir, geranium, ginger, grapefruit, juniper, lavender, lemon, mandarin, marjoram, niaouli, orange, pine, ravensara, rose, rosemary, sandalwood, tangerine, and ylang ylang.

Of Interest: The ancient Greeks thought it conveyed long life, courage, and strength. Their name for fennel was marathrion from maraino, meaning "to grow thin". Fennel's ability to stave off hunger was

employed during fasting days in Europe. It was consumed in large quantities in the household of Edward I of England in 1300 -- 8 ½ pounds being sufficient for only one month's supply.

Safety Data: A mild skin irritant, but relatively non-toxic. It has narcotic properties in large doses. It should not be used on epileptics, during pregnancy, those with endometriosis, or estrogen-dependent cancer. Use only in moderation.

Fir Needle (*Abies balsamea*)

Traditional Use: The oil is used in certain ointments and creams as an anesthetic and treatment for hemorrhoids. Used in dentistry as an ingredient in root canal sealers. Also used as a fixative or fragrance component in soaps, detergents, cosmetic, and perfumes.

Properties: antiseptic (genito-urinary, pulmonary), antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary.

Benefits: burns, cuts, hemorrhoids, wounds, asthma, bronchitis, catarrh, chronic coughs, sore throat, cystitis, genito-urinary infections, depression, nervous tension, stress related conditions

Blends Well With: pine, cedarwood, cypress, sandalwood, juniper, Benzoin, and other balsams

Of Interest:

Safety Data: Generally non-toxic, non-irritant, non-sensitizing, but some reactions have occurred in individuals who used it without adequate dilution. In large doses it is a purgative and may cause nausea.

Frankincense (*Boswellia carterii*)

Traditional Use: The gum and oil are used as fixatives and fragrance components in soaps, cosmetics, and perfumes, especially oriental, spice and men's fragrances. Because frankincense has the ability to slow down and deepen the breath it has been used for thousands of years in ceremonial incense for meditation and prayer.

Properties: Antibacterial, antidepressant, anti-inflammatory, antiseptic, astringent, balsamic, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, immunostimulant, pectoral, revitalizer, sedative, stimulant, tonic, uterine, and vulnerary.

Benefits: Acne scars, anxiety, asthma, blemishes, bronchial catarrh, bronchitis, carbuncles, circulation problems, colds, coughs, cystitis, dry and mature skin, dysmenorrhea, dyspepsia, eases paranoia, flu, gonorrhea, hemorrhage, hemorrhoids, immune deficiencies, laryngitis, leprosy, leucorrhea, mental fatigue, nervous depression, nervous tension, prevents wrinkles, promotes awareness, relieves confusion and guilt,

rheumatism, scars, scrofula, skin diseases or disorders, ulcers, urinary tract infections, and wounds.

Blends Well With: Basil, bergamot, black pepper, camphor, cinnamon, clary sage, coriander, cypress, geranium, grapefruit, lavender, lemon, mandarin, mimosa, neroli, orange, palmarosa, patchouli, pine, rose, sandalwood, vetiver, ylang ylang, and other spices.

Of Interest: Has been used for 5000 years for spiritual healing and was used in ancient Egypt in the embalming process. Employed in the worship of the Egyptian sun god Ra, a primordial symbol for whom was the Utchat, or All seeing – the sacred eye that burned with judgment. “Until the day breaks and the shadows flee away, I will get me to the mountain of myrrh and to the hill of frankincense”. (The Song of Solomon) Frankincense was given to Jesus by a wise king, on the occasion of his birth in Bethlehem.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Galangal

Traditional Use: Employed as a flavor ingredient, especially in spice and meat products. Upon occasion it is used in perfumery.

Properties: Antiseptic, bactericidal, carminative, diaphoretic, stimulant, and stomachic.

Benefits: Digestive upsets.

Blends Well With: Allspice, chamomile maroc, cinnamon, citrus oils, lavandin, myrtle, popanax, patchouli, pine needle, rosemary, and sage.

Of Interest: The root is current in the British herbal Pharmacopoeia, indicated for dyspepsia, flatulence, colic, nausea, and vomiting.

Safety Data: Safety data unavailable at present, use with caution.

Galbanum (*Ferula galbaniflua*)

Traditional Use: The oil is used as a fixative and fragrance component in soaps, detergents, creams, lotions, and perfumes.

Properties: Analgesic, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, aphrodisiac, balsamic, carminative, cicatrizant, digestive, diuretic, emmenagogue, expectorant, hypotensive, restorative, and tonic.

Benefits: Abscesses, acne, asthma, boils, bronchitis, catarrh, chronic coughs, cuts, flatulence, heals scar tissue, indigestion, inflammations, mature skin, muscular aches and pains, nervous tension and stress-related complaints, poor circulation, rheumatism, stomach cramp, tones the skin, wounds, and wrinkles.

Blends Well With: Fir, geranium, hyacinth, lavender, narcissus, oakmoss, popanax, pine, styrax, and violet.

Of Interest: It was used by the ancient civilizations as incense, and in Egypt for cosmetics and in the embalming process.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Geranium Rose (*Pelargonium graveolens*)

Traditional Use: Used as a fragrance component in all kinds of cosmetic products: soaps, creams, and perfumes. It is also employed as a flavoring agent in most major food categories, alcoholic *and soft drinks*.

Properties: Analgesic, antibacterial, antibiotic, antidepressant, antihemorrhagic, anti-infectious, anti-inflammatory, antioxidant, antiseptic, antispasmodic, astringent, cicatrizant, deodorant, diuretic, fungicidal, haemostatic, regenerative, sedative, stimulant of the adrenal cortex, styptic, tonic, vermifuge, and vulnerary.

Benefits: Acne, antidepressant, athlete's foot, balancing for both oily and dry skin, broken capillaries, bruises, burns, calming, cancer (uterine), candida, cellulitis, circulatory disorders, depression, dermatitis, diabetes, diarrhea, eczema, edema, engorgement of breasts, female reproductive disorders, fertility, gastralgia, glossitis, hemorrhoids, herpes, jaundice, kidney stones, lice, menopause, mosquito repellent, nervous tension, neuralgia (facial), ophthalmia, pediculosis, PMS, ringworm, shingles, sore throats, sterility, stimulates the psyche, stomatitis, tonsillitis, ulcers (internal and external), and wounds.

Blends Well With: Basil, bergamot, black pepper, chamomile roman, clary sage, clove, cypress, fennel, frankincense, ginger, grapefruit, jasmine, juniper, lavender, lemon, mandarin, neroli, orange, palmarosa, patchouli, peppermint, rose, rosemary, sandalwood, and ylang ylang.

Of Interest: During the 1600's, Dutch sailors transported geraniums to Europe from Africa, which gardeners then planted to help ensure that no evil spirits would enter their homes. The Colonial Americans used geranium leaves to line baking pans to impart a delicate rose flavor to their cakes. There are approximately 700 varieties of geranium, only about 10 of which supply essential oil. The term Geranium and Rose Geranium may be used interchangeably but there is no difference between the two.

Safety Data: Non-toxic, non-irritant, generally non-sensitizing; possible contact dermatitis in hypersensitive individuals. Not to be used while pregnant.

Ginger (*Zingiber officinale*)

Traditional Use: It is used in digestive, carminative and laxative preparations; used as a fragrance component in cosmetics and perfumes, especially oriental and men's fragrances.

Properties: Analgesic, antibacterial, antioxidant, antiseptic, antispasmodic, antitussive, aperitif, aphrodisiac, appetite stimulant, carminative, cephalic, diaphoretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, and tonic.

Benefits: Arthritis, bruises, catarrh, chills, colds, colic, congestion, coughs, cramp, debility, diarrhea, fatigue, fever, flatulence, flu, fractures, improves memory, indigestion, infectious disease, loss of appetite, muscular aches and pains, nausea, nervous exhaustion, poor circulation, promotes courage, rheumatism, seasickness, sexual tonic, sharpens senses, sinusitis, sore throat, sprains, and travel sickness.

Blends Well With: Bergamot, cedarwood, clove, coriander, eucalyptus (all), frankincense, geranium, grapefruit, jasmine, juniper, lemon, lime, mandarin, neroli, orange, palmarosa, patchouli, rose, rosewood, sandalwood, vetiver, and ylang ylang.

Of Interest: Ginger was one of the first products to travel the “spice route” from Asia to Europe, where both the Greeks and Romans made extensive use of it. Romans took advantage of its aphrodisiac powers and added it to wine, while Hawaiians scented their clothing. In Senegal, West Africa, the women make belts with the rhizome, in the hope of arousing their partner’s sexual interest.

Safety Data: Non-toxic, and non-irritant (except in high concentration), slightly phototoxic and may sensitize skin.

Grapefruit (*Citrus paradisi*)

Traditional Use: Employed as a fragrance component in soaps, detergents, cosmetics and perfumes. Extensively used in deserts, soft drinks and alcoholic beverages.

Properties: Antidepressant, anti-infectious, antiseptic, antitoxic, astringent, bactericidal, depurative, digestive, diuretic, restorative, stimulant (lymphatic, digestive), and tonic.

Benefits: Acne, cellulitis, chills, colds, congested and oily skin, depression, flu, gall bladder, hangovers, headaches, herpes, hot flashes, induces euphoria, menopause, menstrual problems, muscle fatigue, nervous exhaustion, obesity, performance stress, PMS, promotes hair growth, relieves performance anxiety, stiffness, tones the skin and tissues, and water retention.

Blends Well With: Bergamot, black pepper, cardamom, clary sage, clove, cypress, eucalyptus (all), fennel, frankincense, geranium, ginger, juniper, lavender, lemon, mandarin, neroli, palmarosa, patchouli, peppermint, rosemary, thyme linalool, and ylang ylang.

Of Interest: Eliminates cooking odors in the kitchen. A Captain Shaddock introduced the plant into the West Indies from China and the

fruit was thereafter known as “Shaddock fruit.” In 1809 the seeds traveled with Spanish settlers to the United States, but grapefruit was not grown commercially until 1880.

Safety Data: Non-toxic, non-irritant, and relatively non-sensitizing. Grapefruit oil is mildly photo-toxic and will cause a reaction in some individuals who expose themselves in the sun after using this product. Not to be used while pregnant.

Helichrysum (*Helichrysum italicum*)

Traditional Use: Used as a fixative in soaps, cosmetics, and perfumes.

The flowers have been used to treat skin conditions, and liver ailments.

Properties: Antiallergenic, antibacterial, anticoagulant (potential), anti-inflammatory, antimicrobial, antioxidant, antispasmodic, astringent, cholagogue, cicatrizant, diuretic, expectorant, hepatic, nervine, stimulant.

Benefits: Acne, allergic conditions, asthma, bronchitis, bruising, burns, circulatory disorders, colds, cough, dermatitis, eczema, fever, lethargy, liver congestion, muscular aches and pains, nervous exhaustion, rheumatism, scarring, spleen congestion, sprains, stretch marks, sunburn, wounds. Helichrysum’s antibacterial and anti-inflammatory actions make this oil a wonderful addition to burn or bruise blends.

Blends Well With: Bergamot, black pepper, chamomile, citrus oils, clary sage, clove, cypress, geranium, juniper, lavender, mimosa, neroli, oakmoss, oregano, palmarosa, rose, rosemary, tea tree, thyme, vetiver, ylang ylang.

Of Interest: There are about 500 species of helichrysum, of which only a few produce essential oil for distillation. The word helichrysum is named after the golden yellow flowers of the plant, and comes from the Greek words helios meaning sun and chrysos meaning gold. The common name, immortelle, also comes from the flowers, because they are long lasting blossoms that do not wither easily.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Ho Wood (*Cinnamomum camphora*)

Traditional Use: antiseptic, analgesic, reduce pain in muscles and joints

Properties: emotionally uplifting, calming, sedative

Benefits: Due to the high percentage of linalool, it is thought to be nourishing and supportive of the immune system, and fights infections

Blends Well With: Basil, Cajeput, Chamomile, Lavender

Of Interest: Traditionally used as a material for the handles of Japanese swords and knives because it is soft and will not scratch the blades. Most often used nowadays for ornamental parts of houses and cabinet making. It is very similar to Rosewood but produced from a much more

renewable source. Unlike the Ho Leaf, the wood parts used for the essential oil do not contain safrole.

Safety Data: Possible skin sensitization in some people.

Hops Flower (*Humulus lupulus*)

Traditional Use: Employed as a fragrance ingredient in perfumes, especially spicy or oriental types.

Properties: Anodyne, antimicrobial, antiseptic, antispasmodic, aphrodisiac, astringent, bactericidal, carminative, diuretic, emollient, estrogenic properties, hypnotic, nervine, sedative, and soporific.

Benefits: Amenorrhea, asthma, astringent, dermatitis, headaches, indigestion, insomnia, menstrual cramp, nervous dyspepsia, nervous tension, neuralgia, rashes, reduces sexual over activity, rough skin, spasmodic cough, stress-related conditions, supports female estrogens, and ulcers.

Blends Well With: Citrus, copaiba balsam, hyacinth, nutmeg, pine, and spice oils.

Of Interest: The herb has been used as a mild sedative, well known in the form of the hop pillow where the heavy aromatic odor has been shown to relax by direct action at the olfactory centers.

Safety Data: Generally non-toxic, (narcotic in excessive amounts), and non-irritant; may cause sensitization in some individuals. Should be avoided by those suffering from depression.

Hyssop (*Hyssopus officinalis*)

Traditional Use: Employed as a fragrance component in soaps, cosmetics and perfumes, especially eau-de-cologne and oriental bases. Is used to flavor the liqueur chartreuse.

Properties: Antiseptic, antispasmodic, antiviral, astringent, bactericidal, carminative, cephalic, cicatrizant, digestive, diuretic, emmenagogue, expectorant, febrifuge, hypertensive, nervine, sedative, sudorific, tonic (heart and circulation), vermifuge, and vulnerary

Benefits: Amenorrhea, anxiety, asthma, bronchitis, bruises, catarrh, colds, colic, cough, cuts, dermatitis, dyspepsia, eczema, fatigue, fevers, flatulence, flu, genito-urinary system, hay fever, hypertension, hypotension, hysteria, indigestion, inflammation, influenza, leucorrhea, loss of appetite, low or high blood pressure, nervous tension, otitis, parasites, quinsy, rheumatism, scrofula, sore throat, stones (urinary), stress related conditions, tonsillitis, tuberculosis, whooping cough, and wounds.

Blends Well With: Bay, clary sage, geranium, lavender, myrtle, rosemary, sage, and citrus oils.

Of Interest: It is one of the bitter herbs mentioned in the Old Testament, employed to purify the temples. Romans used hyssop to protect themselves against the plague, and to disinfect the houses of the sick.

Safety Data: Generally Hyssop is non-irritating and non-sensitizing; however the oil is moderately toxic due to the pinocamphone content and has caused a few reactions in some individuals so use with caution. To be used only in moderation and avoided in pregnancy and by epileptics. Contraindicated in cases of high blood pressure.

Jasmine Absolute (*Jasminum grandiflorum*)

Traditional Use: Used extensively in soaps, toiletries, cosmetics, and perfumes. Jasmine has a long history in perfumery including Cleopatra and Louis XVI. It has also been used for headaches and skin problems.

Properties: Analgesic (mild), antidepressant, anti-inflammatory, aphrodisiac, carminative, emmenagogue, expectorant, tonic (uterine).

Benefits: Bronchial spasms, cough, depression, dysmenorrhea, eczema, headache, hoarseness, labor pains, laryngitis, memory stimulation, menstrual problems, prostate problems, skin irritation. Try adding Jasmine to a blend to use while studying, and see if it helps with your memory.

Blends Well With: Bergamot, clary sage, clove, coriander, ginger, grapefruit, lemon, mandarin, neroli, orange, palmarosa, patchouli, petitgrain, rose, sandalwood, and ylang ylang. It has the ability to round off any rough notes and blends with virtually everything.

Of Interest: In India jasmine is called the "queen of the night", and is associated with the Hindu god of love, Kama. It takes approximately 2,000 lbs of jasmine flowers to produce 1 lbs of oil. This oil will darken with age.

Safety Data: For external use only. May cause sensitivity in some individuals. Avoid while pregnant or breast feeding.

Juniper Berry (*Juniperus communis*)

Traditional Use: Juniper has been used to purify the air, as an insect repellent, and in cases of urinary infections.

Properties: Analgesic, antimicrobial, antiputrefactive, antiseptic, antispasmodic, astringent, digestive, diuretic, sedative, stomachic

Benefits: Acne, amenorrhea, anxiety, cellulite, colds, cuts, dermatitis, eczema, flatulence, fluid retention, hangover, indigestion, influenza, lymph congestion, sciatica, wounds. Diffusing juniper into the air will freshen and disinfect a stale room.

Blends Well With: Black pepper, cedarwood, clary sage, cypress, elemi, fir needle, lavender, oakmoss, rosemary

Of Interest: Juniper berries are the only spice derived from conifers. Juniper berries have many culinary applications and they are the main flavoring ingredient in gin. There are also used to flavor meats and sauces, and they make a wonderful addition to sauerkraut. The Greeks used the berries in many of their Olympic events because they believed that the berries helped to increase physical stamina.

Safety Data: Avoid during pregnancy. Due to its nephrotoxic effect it should not be used by people with kidney disease.

Lavender (40-42) (*Lavandula* spp.)

Traditional Use: Lavender 40/42 is often the Lavender oil of choice for applications in soaps, candles, perfumes and cosmetics.

Properties: Similar to those presented for Lavender Organic but has a more mild action. Analgesic, anticonvulsive, antidepressant, anti-inflammatory, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, antitussive, antivenomus, carminative, cholagogue, choleric, cicatrisant, cordial, cytophylactic, decongestant, deodorant, diuretic, emmenagogue, hypotenser, insecticide, nervine, parasiticide, rubefacient, sedative, splenetic, stimulant, sudorific, tonic, vermifuge, and vulnerary.

Benefits: Similar to those presented for Lavender Organic but has a more mild action. Abscess, acne, allergies, alopecia areata, asthma, athlete's foot, blenorrhoea, blepharitis, boils, bronchitis, bruises, burns, carbuncles, catarrh, childbirth, chlorosis, colic, conjunctivitis, cramps, cystitis, dandruff, depression, dermatitis, diarrhea, diphtheria, dysmenorrhoea, dyspepsia, earache, eczema, epilepsy, fainting, fistula (anal), flatulence, flu, gall stones, gonorrhoea, halitosis, headache, hiccups, hoarseness, hypertension, hysteria, inflammations, insect bites and stings, insect repellent, insomnia, laryngitis, leucorrhoea, lice, lumbago, migraine, nausea, nervous tension, neurasthenia, oliguria, palpitations, pediculosis, PMT, psoriasis, rashes, rheumatism, ringworm, scabies, sciatica, scrofula, shock, sore muscles, sprains, stiff joints, stress, sunburn, sunstroke, throat infections, tuberculosis, typhoid fever, ulcers, vertigo, vomiting, whooping cough, and wounds.

Blends Well With: Bergamot, black pepper, cedarwood, german and roman chamomile, clary sage, clove, cypress, eucalyptus, geranium, grapefruit, juniper, labdanum, lemon, lemongrass, mandarin, marjoram, oakmoss, palmarosa, patchouli, peppermint, pine, ravensara, rose, rosemary, tea tree, thyme linalol, and vetiver.

Of Interest: Lavender 40/42 has the most floral scent of all the Lavenders; though its therapeutic levels are the lowest. Lavender 40/42 essential oil is a standardized product guaranteed to contain at least 40%-42% content of linalool and linalyl acetate, which is the active compound

in lavender essential oil that produces the typical lavender scent. This essential oil will always bear the same Lavender aroma due to its standardized nature, while non-standardized oils may differ in aroma from harvest to harvest. Lavender 40/42 is distilled from plant material originating from different lavender varieties to achieve the standardization. It does not have artificial fragrance oils or any synthetics added to it, and it is a 100% pure steam distilled, unadulterated therapeutic grade essential oil.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Lavender (*Lavandula angustifolia*)

Traditional Use: Used in pharmaceutical antiseptic, ointments, burn salves, and as a fragrance. Extensively employed in all types of soaps, lotions, perfumes, etc.

Properties: Analgesic, anticonvulsive, antidepressant, anti-inflammatory, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, antitussive, antivenomous, carminative, cholagogue, choleric, cicatrisant, cordial, cytophylactic, decongestant, deodorant, diuretic, emmenagogue, hypotenser, insecticide, nervine, parasiticide, rubefacient, sedative, splenetic, stimulant, sudorific, tonic, vermifuge, and vulnerary.

Benefits: Abscess, acne, allergies, alopecia areata, asthma, athlete's foot, blenorrrhea, blepharitis, boils, bronchitis, bruises, burns, carbuncles, catarrh, childbirth, chlorosis, colic, conjunctivitis, cramps, cystitis, dandruff, depression, dermatitis, diarrhea, diphtheria, dysmenorrhea, dyspepsia, earache, eczema, epilepsy, fainting, fistula (anal), flatulence, flu, gall stones, gonorrhoea, halitosis, headache, hiccups, hoarseness, hypertension, hysteria, inflammations, insect bites and stings, insect repellent, insomnia, laryngitis, leucorrhoea, lice, lumbago, migraine, nausea, nervous tension, neurasthenia, oliguria, palpitations, pediculosis, PMT, psoriasis, rashes, rheumatism, ringworm, scabies, sciatica, scrofula, shock, sore muscles, sprains, stiff joints, stress, sunburn, sunstroke, throat infections, tuberculosis, typhoid fever, ulcers, vertigo, vomiting, whooping cough, and wounds.

Blends Well With: Bergamot, black pepper, cedarwood, german and roman chamomile, clary sage, clove, cypress, eucalyptus, geranium, grapefruit, juniper, labdanum, lemon, lemongrass, mandarin, marjoram, oakmoss, palmarosa, patchouli, peppermint, pine, ravensara, rose, rosemary, tea tree, thyme linalol, and vetiver.

Of Interest: The name "lavender" is derived from the Latin lavare, meaning, "to wash". Known as one of the seven polyvalents (effective against many toxins), which are applicable to many ailments. Greeks and Romans perfumed their bathwater with lavender, burned lavender

incense to appease their wrathful gods, and believed the scent of lavender to be soothing to untamed lions and tigers.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Lavender, Spike (*Lavandula latifolia*)

Traditional Use: It is used in some pharmaceutical preparations and especially in veterinary practice as a prophylactic, in incipient paralysis, for rheumatism and arthritis, and to get rid of lice. It is extensively employed as a fragrance component especially in soaps and industrial perfumes such as deodorants, disinfectants and cleansing agents, as well as insecticides, and room sprays.

Properties: Analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choleric, cicatrizing, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, and vulnerary.

Benefits: Abdominal cramps, abscesses, acne, allergies, asthma, athlete's foot, boils, bronchitis, bruises, burns, catarrh, colic, cystitis, dandruff, depression, dermatitis, dysmenorrhea, dyspepsia, earache, eczema, flatulence, flu, halitosis, headache, hypertension, inflammations, insect bites and stings, insect repellent, insomnia, laryngitis, leucorrhoea, lice, lumbago, migraine, muscular aches and pains, nausea, nervous tension and stress related conditions, PMT, psoriasis, rheumatism, ringworm, scabies, sciatica, shock, sores, sprains, sunburn, throat infections, vertigo, whooping cough, and wounds.

Blends Well With: Cedarwood, clove, eucalyptus, lavender, oakmoss, patchouli, petitgrain, pine, rosemary, rosewood, and sage.

Of Interest: Culpeper recommends for a variety of ailments including 'pains of the head and brain which proceed from cold, apoplexy, falling sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often fainting.

Safety Data: Non-toxic, non-irritant (except in concentration), and non-sensitizing. Its use while pregnant is not recommended.

Lemon Balm (*Melissa officinalis*)

Traditional Use: Used extensively as a fragrance component in toiletries, cosmetics, and perfumes.

Properties: Antibiotic, antidepressant, antihistaminic, anti-inflammatory, antiseptic, antispasmodic, antiviral, bactericidal, calmative, carminative, cordial, diaphoretic, digestive, emmenagogue, febrifuge, hypnotic,

hypotensive, nervine, sedative, stimulant, stomachic, sudoforic, tonic, uterine, and vermifuge.

Benefits: Allergies, amenorrhea, anxiety, asthma, bronchitis, calming, chronic coughs, colds, colic, depression, dysentery, eczema, fever, general tonic, headache, herpes, hypertension, hysteria, indigestion, infertility, insomnia, insect bites, intellectual fatigue, irritability, menstrual pain, migraine, nausea, nervous tension, palpitations, shock, sterility (women), stomach cramps, stress, vertigo, and vomiting.

Blends Well With: Chamomile roman, frankincense, geranium, lavender, neroli, petitgrain, rose, and citrus oils.

Of Interest: One of the earliest medicinal herbs – Paracelsus called it the ‘Elixir of Life’.

Safety Data: Non-toxic, possible sensitization and dermal irritation; use in low dilutions only.

Lemon (Citrus limon)

Traditional Use: Used as a flavoring agent in pharmaceuticals. Extensively used as a fragrance component in soaps, detergents, cosmetics, toilet waters and perfumes. Employed by the food industry in most types of product, including alcoholic and soft drinks.

Properties: Anti-anemic, antibiotic, antidepressant, antimicrobial, antirheumatic, antisclerotic, antiscorbutic, antiseptic, antispasmodic, antitoxic, astringent, bactericidal, calmative, carminative, cicatrisant, depurative, diaphoretic, digestive, diuretic, febrifuge, haemostatic, hypotensive, immunostimulant, insecticidal, rubefacient, sedative, stimulant, tonic, and vermifuge.

Benefits: Acne, anemia, arthritis, boils, brittle fingernails, bronchitis, catarrh, chilblains, colds, corns, counteracts stomach acidity, cuts, depression, detoxification, digestion, dyspepsia, fever, flu, general fatigue, herpes, infectious diseases, insect bites, mouth ulcers, obesity, oily skin, rheumatism, sore throat, varicose veins, warts, and wrinkles.

Blends Well With: Benzoin, chamomile, elemi, eucalyptus, fennel, geranium, juniper, labdanum, lavender, neroli, oakmoss, olibanum, rose, sandalwood, ylang ylang, and other citrus oils.

Of Interest: Known as one of the seven polyvalents (effective against many toxins), which are applicable to many ailments. Its reputation grew when the British Navy issued large quantities of the fruit to counteract the onslaught of scurvy and other vitamin-deficiency problems on lengthy sea voyages. Used diffused in the atmosphere in banks and other commercial buildings in Japan to reduce worker error.

Safety Data: Should not be used on the skin prior to exposure to the sun. Generally non-toxic, but it may cause dermal irritation or sensitization

reactions in some individuals. Its use while pregnant is not recommended.

Lemongrass (*Cymbopogon flexuosus*)

Traditional Use: Extensively used as a fragrance component in soaps, detergents, cosmetics and perfumes. Also used for the isolation of citral and for the adulteration of more costly oils such as verbena or melissa.

Properties: Analgesic, antidepressant, antifungal, anti-inflammatory, antimicrobial, antioxidant, antiparasitic, antipyretic, antiseptic, antiviral, astringent, bactericidal, carminative, deodorant, depurative, digestive, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative, tonic, and vasodilator.

Benefits: Acne, athlete's foot, cellulite, colitis, digestion, excessive sweat, fevers, gastroenteritis, headaches, infectious disease, insect repellent, muscular pain, nervous exhaustion and stress-related condition, open sores, pediculosis, poor circulation, scabies, and slack tissue.

Blends Well With: Basil, bergamot, black pepper, cedarwood, clary sage, coriander, cypress, fennel, geranium, ginger, grapefruit, lavender, lemon, marjoram, orange, palmarosa, patchouli, rosemary, tea tree, thyme, linalol, vetiver, and ylang ylang.

Of Interest: After the distillation process, the exhausted grass is used locally to feed cattle.

Safety Data: Must be diluted. Non-toxic, but possible dermal irritation and/or sensitization may occur in some individuals, use with care. Its use while pregnant is not recommended.

Lime Peel (*Citrus aurantifolia*)

Traditional Use: Used as a fragrance component in soaps, detergents, cosmetics, and perfumes.

Properties: Antirheumatic, antiscorbutic, antiseptic, antispasmodic, antiviral, aperitif, astringent, bactericidal, deodorant, febrifuge, restorative, and tonic.

Benefits: Acne, anemia, arthritis, asthma, boils, brittle nails, bronchitis, catarrh, cellulitis, chilblains, colds, corns, cuts, dyspepsia, fever and infections, flu, greasy skin, herpes, high blood pressure, insect bites, liver pain, mouth ulcers, nosebleeds, obesity (congestion), poor circulation, rheumatism, stomach cramps, throat infections, varicose veins, and warts.

Blends Well With: Citronella, clary sage, lavandin, lavender, neroli, rosemary, tonka bean, vanilla, ylang ylang, and other citrus oils.

Of Interest: Limejuice is especially good for internal parasites.

Safety Data: Should not be used on skin prior to exposure to the sun. Non-toxic, non-irritant, and non-sensitizing. Its use while pregnant is not recommended.

Litsea Cubeba (*Litsea cubeba*)

Traditional Use: Used as a fragrance component in air fresheners, soaps, deodorant, colognes, toiletries, and perfumes.

Properties: Antibiotic, antidepressant, anti-infectious, anti-inflammatory, antiseptic, deodorant, insecticidal, sedative, stimulant, stomachic, and vulnerary.

Benefits: Acne, anxiety, arrhythmia, cellulite, dermatitis, epidemics, excessive perspiration, flatulence, gastric ulcers, general tonic, high blood pressure, indigestion, insect repellent, nervous depression, oily skin, poor appetite, relaxing, sanitation, stress, and tissue toning.

Blends Well With: Basil, bay, black pepper, cardamom, cedarwood, chamomile roman, clary sage, coriander, cypress, eucalyptus citriodora, eucalyptus radiata, frankincense, geranium, ginger, grapefruit, juniper, marjoram, orange, palmarosa, patchouli, petitgrain, rosemary, sandalwood, tea tree, thyme linalol, vetiver, and ylang ylang.

Of Interest: The name cubeba is given to this plant because the small round fruits resemble those on the climbing shrub piper cubeba, a native plant of Java. The fruit of the tree is also made into a hot flavoring for meat known as sambal; while the flowers are used as flavoring for tea.

Safety Data: Non-toxic, non-irritant, possible sensitization in some individuals.

Lovage Leaf (*Levisticum officinalis*)

Traditional Use: Is used as a fragrance component in soaps, cosmetics, and perfumes.

Properties: Antimicrobial, antiseptic, antispasmodic, carminative, depurative, diaphoretic, digestive, diuretic, emmenagogue, expectorant, febrifuge, stimulant, and stomachic.

Benefits: Accumulation of toxins, amenorrhea, anemia, congestion, cystitis, dysmenorrhea, edema, flatulence, gout, indigestion, poor circulation, rheumatism, spasm, and water retention.

Blends Well With: Bay, costus, galbanum, lavandin, oakmoss, opopanax, rose, and spice oils.

Of Interest: An herb of ancient medical repute, used mainly for digestive complaints, edema, skin problems, menstrual irregularities, and fever.

Safety Data: Avoid during pregnancy.

Mace (*Myristica fragans*)

Traditional Use: Flavoring agent for baked goods, digestion, kidney problems

Properties: Analgesic, antioxidant, antiseptic, antispasmodic, carminative

Benefits: Flatulence, nausea, diarrhea, dysentery, increase in circulation

Blends Well With: Oakmoss, Bay Leaf, Peru Balsam, Orange, Clary Sage, Rosemary, Lime, Mandarin

Of Interest: Mace is incredibly close in profile to Nutmeg, both chemically and botanically. It has been postulated that the myristicin in mace might counter the potentially carcinogenic effects of safrole.

Safety Data: Large doses or prolonged exposure may cause nausea, so its internal use is not recommended. Avoid while pregnant.

Mandarin (*Citrus reticulata*)

Traditional Use: Used in soaps, cosmetics, and perfumes, especially colognes.

Properties: Its properties resemble those of chamomile more than other citrus oils. Antiseptic, antispasmodic, calmative, carminative, digestive, diuretic (mild), hypnotic, laxative (mild), sedative, stimulant (digestive and lymphatic), and tonic.

Benefits: Acne, congested and oily skin, constipation, dyspepsia, fluid retention, hiccoughs, indigestion, insomnia, intestinal problems, nervous tension, obesity, restlessness, scars, skin disorders, and stretch marks.

Blends Well With: Basil, black pepper, chamomile roman, cinnamon, clary sage, clove, frankincense, geranium, grapefruit, jasmine, juniper, lemon, myrrh, neroli, nutmeg, palmarosa, patchouli, petitgrain, rose, sandalwood, and ylang ylang.

Of Interest: There are two varieties of this oil. One called Mandarin, mainly from Europe, and the other called Tangerine, mainly from the United States. Some experts consider these two plants to be the same, and some consider them to be either different varieties or different horticultural strains; however the EO from both is used very much in the same manner. The name comes from the fruit that was a traditional gift to the Mandarins of China.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Possibly photo toxic, although it has not been demonstrated decisively.

Manuka (*Leptospermum scoparium*)

Traditional Use: Used in medicinal preparations for foot fungal creams and chest salves.

Properties: Analgesic, antibiotic, antifungal, anti-infectious, antiseptic, and vulnerary.

Benefits: Athlete's foot, burns, colds, flu, intestinal infections, muscular pain, rheumatism, ringworm, skin infections, sore throats, thrush, urinary infections, and wounds.

Blends Well With: Basil, bergamot, black pepper, chamomile german, chamomile roman, clary sage, cypress, eucalyptus (all), geranium, grapefruit, lavender, lemon, litsea cubeba, marjoram, orange, patchouli, peppermint, petitgrain, pine, ravensara, rosemary, sage, sandalwood, tea tree, thyme linalol, thyme red, and yuzu.

Of Interest: All parts of this plant have been used by the Maori people as an important part of their natural medicine. When Captain Cook and his men arrived in New Zealand, they came across this bush and used it for making tea. Cook wrote, "It has a very agreeable bitter taste and flavor when [the leaves] are recent but loses some of both when they are dried." But, as they discovered, if made too strong, the tea can make a person vomit. Manuka was the original "tea tree".

Safety Data: Non-toxic, non-irritant, non-sensitizing. Not recommended for internal use.

Marjoram, Sweet (*Marjorana hortensis*)

Traditional Use: Used as fragrance components in soaps, detergents, cosmetics, and perfumes. Employed in most major food categories, especially meats, seasonings and sauces, as well as soft drinks and alcoholic beverages.

Properties: Analgesic, anti-aphrodisiac, antioxidant, antiseptic, antispasmodic, antitussive, antiviral, bactericidal, calmative, carminative, cephalic, diaphoretic, digestive, diuretic (mild), emmenagogue, expectorant, hypotenser, laxative, nervine, sedative, tonic, vasodilator, and vulnerary.

Benefits: Amenorrhea, anxiety, bronchitis, bruises, chilblains, colds, constipation, coughs, dysmenorrhea, dyspepsia, epileptic seizures, flatulence, grief, headache, head congestion, hypertension, hysteria, insomnia, leucorrhea, lumbago, muscular aches and stiffness, neurasthenia, PMT, sore throats, strains, ticks, and vertigo.

Blends Well With: Basil, bergamot, black pepper, cedarwood, chamomile german, chamomile roman, cypress, eucalyptus citriodora, eucalyptus radiata, fennel, juniper, lavender, lemon, orange, peppermint, pine, rosemary, tea tree, and thyme linalol.

Of Interest: Was dedicated to Osiris, the dying-and-rising god who was king of the afterlife and overlord of agriculture. Was planted on graves to bring spiritual peace to the departed. Used in unguents and perfumes since known records.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Its use while pregnant is not recommended.

Marjoram, Wild (*Thymus mastichina*)

Traditional Use: May be used for respiratory and digestive complaints.

Properties: Antifungal, antiseptic, antispasmodic, decongestant, emmenagogue, and sedative.

Benefits: Athlete's foot, bruises, cuts and sores, insomnia, soothing for coughs, sprains, and tired aching muscles.

Blends Well With: Basil, chamomile, clary sage, cypress, elemi, eucalyptus, frankincense, lavender, orange, rosewood, tea tree, and thyme.

Of Interest: Wild marjoram oil is not a variety of marjoram but is actually distilled from a species of wild thyme, which grows in Spain. In powdered form the herb forms part of certain Sneezing Powders.

Safety Data: Its use while pregnant is not recommended. Its use on the skin has presented reactions in some individuals so use with caution. Do not expose to mucous membranes or take internally.

Melissa (*Melissa officinalis*)

Traditional Use: Used extensively as a fragrance component in toiletries, cosmetics, and perfumes.

Properties: Antibiotic, antidepressant, antihistaminic, anti-inflammatory, antiseptic, antispasmodic, antiviral, bactericidal, calmativ, carminative, cordial, diaphoretic, digestive, emmenagogue, febrifuge, hypnotic, hypotensive, nervine, sedative, stimulant, stomachic, sudorific, tonic, uterine, and vermifuge.

Benefits: Allergies, amenorrhea, anxiety, asthma, bronchitis, calming, chronic coughs, colds, colic, depression, dysentery, eczema, fever, general tonic, headache, herpes, hypertension, hysteria, indigestion, infertility, insomnia, insect bites, intellectual fatigue, irritability, menstrual pain, migraine, nausea, nervous tension, palpitations, shock, sterility (women), stomach cramps, stress, vertigo, and vomiting.

Blends Well With: Chamomile roman, frankincense, geranium, lavender, neroli, petitgrain, rose, and citrus oils.

Of Interest: One of the earliest medicinal herbs – Paracelsus called it the 'Elixir of Life'.

Safety Data: Non-toxic, possible sensitization and dermal irritation; use in low dilutions only.

Myrrh (*Commiphora myrrha*)

Traditional Use: Used in pharmaceutical products, including mouthwashes, gargles, and toothpaste; also used in dentistry. Extensively used as fixatives and fragrance components in soaps, detergents, cosmetics, and perfumes, especially oriental types and heavy florals.

Properties: Anticatarrhal, antifungal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, antispasmodic, antiviral, astringent, balsamic, carminative, cicatrisant, emmenagogue, expectorant, fungicidal, pectoral, sedative, stimulant (especially pulmonary), stomachic, tonic, uterine, and vulnerary.

Benefits: Amenorrhea, arthritis, asthma, athlete's foot, bronchitis, calms sexual excitement, catarrh, chlorosis, colds, cough, cracked heels, cuts, diarrhea, dysentery, dyspepsia, eczema, flatulence, gingivitis, gum infections, hemorrhoids, hyperthyroid, laryngitis, leucorrhea, loss of appetite, mouth ulcers, pruritis, pyorrhea, ringworm, sore throat, stomatitis, thrush, treats uterine disorders, tuberculosis, ulcers, voice loss, wasting degenerative disease, wounds, and wrinkles.

Blends Well With: Bergamot, chamomile roman, clove, cypress, eucalyptus citriodora, eucalyptus radiata, frankincense, geranium, grapefruit, jasmine, juniper, lavender, lemon, mimosa, neroli, palmarosa, patchouli, pine, rose, rosemary, sandalwood, tea tree, vetiver, and ylang ylang.

Of Interest: Was a revered funeral herb, burnt as an incense to honor the dead. It was said to come from the tears of Horus, the falcon-headed sun god. Not only was myrrh present at the birth of Christ – as one of the Magi's three gifts – but at his death as well. Thought to have been one of the materials used by the Queen of Sheba in her seduction of King Solomon.

Safety Data: Non-irritant, non-sensitizing, possibly toxic in high concentration. Its use while pregnant is not recommended. Not for internal use.

Myrtle (*Myrtus communis*)

Traditional Use: Used mainly in eau-de-colognes and toilet waters.

Properties: Anticatarrhal, antiseptic (urinary, pulmonary), astringent, bactericidal, balsamic, expectorant, sedative (mild), and tonic (skin).

Benefits: Acne, asthma, bronchitis, catarrhal conditions, chronic coughs, colds, flu, hemorrhoids, infectious diseases, insomnia, oily skin, and open pores.

Blends Well With: Bay, bergamot, clary sage, clove, ginger, hyssop, laurel, lavandin, lavender, lime, rosemary, and other spice oils.

Of Interest: Traditional emblem of love.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Its use while pregnant is not recommended.

Neroli (*Citrus aurantium*)

Traditional Use: Is used in eau-de-cologne and toilet waters (traditionally with lavender, lemon, rosemary, and bergamot).

Properties: Antibiotic, antidepressant, antiseptic, antispasmodic, aphrodisiac, bactericidal, calmative, carminative, cicatrisant, cordial, cytophylactic, deodorant, digestive, fungicidal, hypnotic (mild), neurotonic, sedative, stimulant (nervous), and tonic.

Benefits: Anxiety, birthing, colic, convalescence, diarrhea (chronic), fatigue, flatulence, hemorrhoids, hysteria, insomnia, intestinal spasm, mature and sensitive skin, nervous depression, nervous dyspepsia, nervous skin rashes, nervous tension, oily and dry skin, palpitations, PMS, PMT, poor circulation, scars, shock, skin care, stretch marks, thread veins, tuberculosis, uplifting, and wrinkles.

Blends Well With: Benzoin, chamomile roman, clary sage, coriander, frankincense, geranium, ginger, grapefruit, jasmine, juniper, lavender, lemon, mandarin, myrrh, orange, palmarosa, petitgrain, rose, sandalwood, ylang ylang, and yuzu.

Of Interest: Anna Maria, Princess of Neroli (near Rome), used the scent wherever she could – on her gloves, stationary, and scarves. The prostitutes of Madrid also employed Neroli as a scent, so they would be recognized by its aroma. The blossoms were worn as a bridal headdress and carried as a bouquet, symbolizing purity and virginity. It takes 1,000 pounds of blossoms to make 1 pound of oil.

Safety Data: Non-toxic, non-irritant, non-sensitizing, and non-photo toxic.

Niaouli (*Melaleuca viridiflora*)

Traditional Use: Used in pharmaceutical preparations such as gargles, cough drops, toothpastes, and mouth sprays.

Properties: Analgesic, anthelmintic, anticatarrhal, antirheumatic, antiseptic, antispasmodic, bactericidal, balsamic, cicatrizant, diaphoretic, expectorant, stimulant, and vermifuge.

Benefits: Acne, asthma, boils, bronchitis, burns, catarrhal conditions, colds, coughs, cuts, cystitis, fever, flu, insect bites, muscular aches and pains, oily skin, poor circulation, rheumatism, sinusitis, sore throat, ulcers, urinary infection, whooping cough, and wounds.

Blends Well With: Bergamot, eucalyptus (all), lavandin, lavender, lemon, and tea tree.

Of Interest: Another common name is ‘Gomenol’, which derives from the fact that it used to be shipped from Gomen in the French East Indies.
Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Nutmeg (*Myristica fragrans*)

Traditional Use: Used as a flavoring agent in pharmaceuticals, especially analgesic and tonic preparations. It is also used in soaps, lotions, detergents, cosmetics, and perfumes.

Properties: Analgesic, antioxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, carminative, emmenagogue, larvicidal, neurotonic, stimulant, and tonic.

Benefits: Arthritis, bacterial infection, diarrhea, flatulence, frigidity, gout, impotence, indigestion, muscular aches and pains, nausea, nervous fatigue, neuralgia, poor circulation, rheumatism, and sluggish digestion.

Blends Well With: Bay, clary sage, coriander, geranium, lavandin, lime, mandarin, oakmoss, orange, peru balsam, petitgrain, and rosemary.

Of Interest: Inhaling the fragrance of nutmeg is said to open the conscious mind to attract financial prosperity.

Safety Data: Generally non-toxic, non-irritant, and non-sensitizing. However, used in large doses they show signs of toxicity such as nausea, stupor and tachycardia, believed to be due to the myristicin content. Use extreme caution when administering internally. Its use while pregnant is not recommended.

Oakmoss (*Evernia prunastri*)

Traditional Use: Is used in all perfume types (oriental, moss, fougere, new-mown hay, floral, colognes, aftershaves, etc.).

Properties: Antiseptic, demulcent, expectorant, and fixative.

Benefits: As a fixative.

Blends Well With: Blends well with virtually all other essential oils.

Of Interest: Native Americans used lichen to treat respiratory complaints and for treating wounds.

Safety Data: For perfuming and external purposes only. Not for internal use. It use while pregnant is not recommended.

Olibanum

Traditional Use: The gum and oil are used as fixatives and fragrance components in soaps, cosmetics, and perfumes, especially oriental, spice and men’s fragrances. Because frankincense has the ability to slow down and deepen the breath it has been used for thousands of years in ceremonial incense for meditation and prayer.

Properties: Antibacterial, antidepressant, anti-inflammatory, antiseptic, astringent, balsamic, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, immunostimulant, pectoral, revitalizer, sedative, stimulant, tonic, uterine, and vulnerary.

Benefits: Acne scars, anxiety, asthma, blemishes, bronchial catarrh, bronchitis, carbuncles, circulation problems, colds, coughs, cystitis, dry and mature skin, dysmenorrhea, dyspepsia, eases paranoia, flu, gonorrhea, hemorrhage, hemorrhoids, immune deficiencies, laryngitis, leprosy, leucorrhea, mental fatigue, nervous depression, nervous tension, prevents wrinkles, promotes awareness, relieves confusion and guilt, rheumatism, scars, scrofula, skin diseases or disorders, ulcers, urinary tract infections, and wounds.

Blends Well With: Basil, bergamot, black pepper, camphor, cinnamon, clary sage, coriander, cypress, geranium, grapefruit, lavender, lemon, mandarin, mimosa, neroli, orange, palmarosa, patchouli, pine, rose, sandalwood, vetiver, ylang ylang, and other spices.

Of Interest: Has been used for 5000 years for spiritual healing and was used in ancient Egypt in the embalming process. Employed in the worship of the Egyptian sun god Ra, a primordial symbol for whom was the Utchat, or All seeing – the sacred eye that burned with judgment. “Until the day breaks and the shadows flee away, I will get me to the mountain of myrrh and to the hill of frankincense”. (The Song of Solomon) Frankincense was given to Jesus by a wise king, on the occasion of his birth in Bethlehem.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Opoponax (*Commiphora holtziana*)

Traditional Use: Used as a fixative and fragrance component in high-class perfumery. Used in liqueurs to lend body and add wine-like notes.

Properties: Possibly similar to those of myrrh. Anticatarrhal, antifungal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, antispasmodic, antiviral, astringent, balsamic, carminative, cicatrissant, emmenagogue, expectorant, fungicidal, pectoral, sedative, stimulant (especially pulmonary), stomachic, tonic, uterine, and vulnerary.

Benefits: Possibly similar to those of myrrh. Amenorrhea, arthritis, asthma, athlete's foot, bronchitis, calms sexual excitement, catarrh, chlorosis, colds, cough, cracked heels, cuts, diarrhea, dysentery, dyspepsia, eczema, flatulence, gingivitis, gum infections, hemorrhoids, hyperthyroid, laryngitis, leucorrhea, loss of appetite, mouth ulcers, pruritis, pyorrhea, ringworm, sore throat, stomatitis, thrush, treats uterine disorders, tuberculosis, ulcers, voice loss, wasting degenerative disease, wounds, and wrinkles.

Blends Well With: Bergamot, clary sage, coriander, fir needle, frankincense, labdanum, mimosa, myrrh, neroli, patchouli, sandalwood, and vetiver.

Of Interest: In the Far East it is used extensively as an ingredient in incense.

Safety Data: None known.

Orange, Bitter (*Citrus aurantium*)

Traditional Use: This oil has been used in many applications for the digestive system. Extensively used as a flavoring material, especially in liqueurs and soft drinks.

Properties: Antidepressant, anti-inflammatory, antiseptic, antispasmodic, astringent, bactericidal, carminative, deodorant, digestive, fungicidal, stimulant, stomachic.

Benefits: Bronchitis, colds, constipation, dull and oily complexions, flu, flatulence, nervous tension, palpitations, poor circulation, slow digestion, spasm, and water retention. Bitter orange may be added to base oil and rubbed on the abdomen in a clockwise direction to ease digestion problems.

Blends Well With: Citrus oils, clary sage, lavender, lemon, myrrh, neroli, spicy oils.

Of Interest: It is well known for its resistance to disease and is often used as grafting stock for other citrus trees, including the sweet orange.

Safety Data: May cause skin irritation or sensitivity. Phototoxic, avoid with prolonged sun exposure.

Orange, Sweet (*Citrus sinensis*)

Traditional Use: Extensively used as a fragrance component in soaps, detergents, cosmetics, perfumes, and in the food and drinks industry.

Properties: Antibiotic, anticoagulant, antidepressant, antigenic, anti-inflammatory, antiseptic, antispasmodic, bactericidal, calmativ, carminative, cholagogue, choloretic, depurative, digestive, diuretic, fungicidal, humectant, hypotensive, sedative (nervous), stimulant (digestive and lymphatic), stomachic, and tonic.

Benefits: Anxiety, bronchitis, chills, colds, constipation, dull and oily skin conditions, dyspepsia, flu, helps eliminate toxins, intestinal gas, mouth ulcers, nervous obesity, palpitations, spasm, tension and stress, and water retention.

Blends Well With: Bay, bergamot, black pepper, cinnamon, clary sage, clove, coriander, eucalyptus citriodora, frankincense, geranium, ginger, grapefruit, jasmine, juniper, lavender, lemon, litsea cubeba, marjoram,

myrrh, neroli, nutmeg, patchouli, petitgrain, rose, sandalwood, vetiver, and ylang ylang.

Of Interest: It is a traditional Chinese symbol of good luck and prosperity. The orange tree was taken to the West Coast of America by Franciscan monks, who began the cultivation of it there.

Safety Data: Generally non-toxic, non-irritant, and non-sensitizing, although caution must be used when applying it to the skin.

Oregano (*Origanum vulgare*)

Traditional Use: Used as a fragrance component in soaps, colognes and perfumes, especially men's fragrances.

Properties: Analgesic, anthelmintic, antirheumatic, antiseptic, antispasmodic, antitoxic, antiviral, bactericidal, carminative, choleric, cytophylactic, diaphoretic, diuretic, emmenagogue, expectorant, febrifuge, fungicidal, parasiticide, rubefacient, stimulant, and tonic.

Benefits: If used on the skin it should be extremely diluted. Arthritis, bronchitis, colds, flu, general debility, infections, muscular pain, respiratory infection, and rheumatism.

Blends Well With: Bay, bergamot, camphor, cedarwood, chamomile roman, citronella, cypress, eucalyptus (all), lavandin, lavender, lemon, litsea cubeba, oakmoss, orange, petitgrain, pine, rosemary, spike lavender, tea tree, thyme linalol, and thyme red.

Of Interest: This plant is favored by bees and often used in Mediterranean cooking.

Safety Data: Dermal toxin, skin irritant, mucous membrane irritant. Avoid during pregnancy.

Palmarosa (*Cymbopogon martinii*)

Traditional Use: Used extensively as a fragrance component in cosmetics, perfumes, and especially soaps due to excellent tenacity. Used for the isolation of natural geraniol.

Properties: Antibacterial, antibiotic, antifungal, anti-infectious, antiseptic, antiviral, cicatrisant, cytophylactic, digestive, emollient, febrifuge, nervine, stimulant (digestive, circulatory), tonic (heart), and vermifuge.

Benefits: Acne, anorexia, athlete's foot and other fungal infections, bronchitis, convalescence, cryptococcus, dermatitis, digestive atonia, eczema, general fatigue, intestinal infections, mature skin, nervous exhaustion and stress related conditions, regeneration of the skin, regulates oil production of the skin, scar tissue, skin infections, tissue regeneration, uterine tonic, vaginal infections, and wrinkles.

Blends Well With: Amyris, bay, bergamot, cananga, cedarwood, chamomile roman, clary sage, clove, coriander, frankincense, geranium, ginger, grapefruit, guaiacwood, juniper, lemon, lemongrass, mandarin, oakmoss, orange, patchouli, petitgrain, rose, rosemary, rosewood, sandalwood, and ylang ylang.

Of Interest: Of the same family as citronella and lemongrass. It is used in love-attracting rituals. Used to be called “Turkish geranium oil” or East Indian geranium oil”. Because the high geraniol content makes it smell rose like, palmarosa is often used to adulterate rose essential oil. It is shaken with gum Arabic solution and left in the sun- a process which makes it lighter in color, thus more like rose oil.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Parsley seed (*Petroselinum sativum*)

Traditional Use: Used in some carminative and digestive remedies, such as ‘gripe waters’. It is used in soaps, detergents, colognes, cosmetics and perfumes, especially men’s fragrances. It is also found in meats, pickles, and sauces.

Properties: Antimicrobial, antirheumatic, antiseptic, astringent, carminative, depurative, diuretic, emmenagogue, febrifuge, hypotensive, laxative, stimulant (mild), stomachic, and tonic (uterine).

Benefits: Accumulation of toxins, aids in child birthing, amenorrhea, arthritis, broken blood vessels, cellulite, colic, cystitis, dysmenorrhea, flatulence, hemorrhoids, indigestion, rheumatism, sciatica, and urinary infection.

Blends Well With: Cananga, clary sage, neroli, oakmoss, rose, tea tree, and spice oils.

Of Interest: It is a very nutritious plant, high in vitamins A and C. There are over 37 different varieties of parsley, such as the curly-leaved type, which is used in herbal medicine.

Safety Data: Moderately toxic and irritating to some individuals, otherwise non-sensitizing. Use in moderation and avoid during pregnancy. Not for internal use.

Patchouli (*Pogostemon cablin*)

Traditional Use: Extensively used in cosmetic preparations, and as a fixative in soaps and perfumes.

Properties: Antibiotic, antidepressant, anti-emetic, anti-infectious, anti-inflammatory, antifungal, antimicrobial, antiphlogistic, antiseptic, antitoxic, antiviral, aphrodisiac, astringent, bactericidal, calmative, carminative, cicatrisant, cytophylactic, decongestant, deodorant,

digestive, diuretic, febrifuge, fungicidal, nervine, prophylactic, sedative, stomachic, and tonic.

Benefits: Acne, anxiety, athlete's foot, bacterial infections, constipation, cracked and chapped skin, dandruff, depression, dermatitis, dry skin, eczema (weeping), edema, frigidity, fungal infections, helps eliminate toxins, impetigo, insect repellent and bites, nervous exhaustion and stress related conditions, obesity, oily hair and skin, open pores, parasites, ringworm, sagging skin, stress-related emotional disorders, substance addictions, uterine tonic, wrinkles, and wounds.

Blends Well With: Bergamot, black pepper, cassia, cedarwood, chamomile german, cinnamon, clary sage, clove, coriander, frankincense, geranium, ginger, grapefruit, jasmine, labdanum, lavender, lemongrass, litsea cubeba, mandarin, myrrh, neroli, oakmoss, opopanax, orange, rose, sandalwood, and vetiver, and yuzu.

Of Interest: It is one of the few essential oils with the distinction of improving with age. Possibly originated in Malaysia although the word apparently comes from the south Indian Tamil language, patch, meaning "green," and ilai meaning "leaf." As well as for perfume and medicine, patchouli is used for scenting carpets, shawls and woven materials, and for perfuming ink.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Pennyroyal (*Mentha pulegium*)

Traditional Use: Used as a fragrance material mainly in detergents or low-cost industrial perfumes. Employed mainly as a source of natural pulegone.

Properties: Antiseptic, antispasmodic, carminative, diaphoretic, digestive, emmenagogue, insect repellent, refrigerant, and stimulant.

Benefits: Should not be used in aromatherapy.

Blends Well With: Citronella, geranium, lavandin, rosemary, and sage.

Of Interest: An herbal remedy of ancient repute, used for a wide variety of ailments. The herb was believed to purify the blood and be able to communicate its purifying qualities to water. 'Pennyroyal water was distilled from the leaves and given as an antidote to spasmodic, nervous and hysterical affections. The water was also used against cold and "affections of the joints."

Safety Data: Oral toxin and abortifacient (due to pulegone content). Ingestion of large doses has resulted in death. Not to be used internally and not to be used while pregnant.

Peppermint (*Mentha piperita*)

Traditional Use: Flavoring agent in pharmaceuticals, and ingredient in cough, cold and digestive remedies. Is also used as a flavoring agent in many foods, especially chewing gum and confectionery, alcoholic and soft drinks; also tobacco. Fragrance components in soaps, toothpaste, detergents, cosmetics, and perfumes.

Properties: Analgesic, anesthetic (mild), antibiotic, antidepressant, anti-infectious, anti-inflammatory, antimicrobial, antiparasitic, antiphlogistic, antipruritic, antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, cordial, decongestant for the prostate (mild), depurative, digestive, emmenagogue, expectorant, febrifuge, hepatic, sedative, stimulant (particularly to the heart, brain, and pancreas), stomachic, sudorific, tonic (nerve), vasoconstrictor, vermifuge, and viricide.

Benefits: Acne, asthma, belching, bronchitis, cholera, clears the sinuses, colds, cough, cramps, dermatitis, diarrhea, dysmenorrhea, dyspepsia, eczema, fainting, fevers, flatulence, flu, gaseous indigestion and irritated colon, gastralgia, halitosis, headaches, hysteria, insect bites, insufficient liver or pancreas juices, kidney stones and gallstones, mental fatigue, migraine, motion sickness, mouth or gum infections, muscular pain, nausea, nerve pain, nervous disorders, neuralgia, palpitations, paralysis, poor circulation, pruritis, purulent (itching, stinking), respiratory disorders, ringworm, scabies, sciatica, shock, sinusitis, toothache, travel sickness, tuberculosis, vertigo, and vomiting.

Blends Well With: Basil, benzoin, black pepper, cypress, eucalyptus (all), geranium, grapefruit, juniper, lavender, lemon, marjoram, niaouli, pine, ravensara, rosemary, tea tree, and other mints.

Of Interest: Known as one of the seven polyvalents (effective against many toxins), which are applicable to many ailments. According to Greek mythology the genus *Mentha* takes its name from the nymph Minthe who was seduced by Pluto and turned into a plant by his jealous wife, who trod Minthe into the ground. Pluto, however, turned her into an herb, knowing people would then appreciate Minthe for years to come. Traditionally classified as a Visionary Herb, mint was thought not only to uplift the Spirit, but also to bring dreams of prophecy. Mint was dedicated to the Ancient Greeks to Zeus, the king of the gods.

Safety Data: Non-toxic, non-irritant (except in concentration), possible sensitization due to menthol content. Not recommended for use while pregnant.

Pine, Scotch (*Pinus sylvestris*)

Traditional Use: Used as a fragrance component in soaps, detergents, cosmetics, toiletries (especially bath products) and, to a limited extent, perfumes.

Properties: Anti-fungal, anti-infectious, antimicrobial, antineuralgic, antirheumatic, antiscorbutic, antiseptic (pulmonary, urinary, hepatic), antiviral, bactericidal, balsamic, cholagogue, cholaretic, deodorant, depurative, diuretic, expectorant, hypertensive, insecticidal, pectoral, restorative, rubefacient, stimulant (adrenal cortex, circulatory, nervous), and vermifuge.

Benefits: Arthritis, asthma, bronchitis, catarrh, cellulite, colds, coughs, cuts, cystitis, excessive perspiration, fatigue, flu, general debility, gout, lice, mental exhaustion, muscular aches and pains, nervous exhaustion and stress related conditions, neuralgia, poor circulation, rheumatism, scabies, sinusitis, sore throat, sores, and urinary infection.

Blends Well With: Bergamot, cedarwood, clary sage, cypress, eucalyptus (all), frankincense, grapefruit, juniper, lavender, lemon, marjoram, niaouli, peppermint, ravensara, rosemary, sage, sandalwood, tea tree, and thyme linalol.

Of Interest: The tall, upright, and unbranched trunk of the Scots pine made it a highly valued source of wood for the mast of sailing ships. The kernels were eaten by the Ancient Egyptians, who added them to bread, while the young tops were used by the American Indians to prevent scurvy.

Safety Data: Non-toxic, non-irritant (except in concentration), and may cause possible sensitization when undiluted. Avoid in allergic skin conditions and use with caution. Not for internal use and not recommended for use while pregnant.

Petitgrain (*Citrus aurantium*)

Traditional Use: Extensively used as a fragrance component in soaps, detergents, cosmetics and perfumes, especially colognes (sometimes used to replace neroli).

Properties: Antidepressant, anti-infectious, antiseptic, antispasmodic, calmative, deodorant, nervine, stimulant (digestive, nervous), stomachic, and tonic.

Benefits: Acne (excessive), anxiety, balance nervous system, convalescence, depression, dyspepsia, excessive perspiration, flatulence, indigestion, insomnia, nervous exhaustion and stress-related conditions, and oily hair and skin.

Blends Well With: Benzoin, bergamot, cedarwood, clary sage, clove, cypress, eucalyptus citriodora, frankincense, geranium, jasmine, juniper, labdanum, lavender, lemon, mandarin, marjoram, neroli, oakmoss, orange, orange bitter, palmarosa, patchouli, rose, rosemary, sandalwood, ylang ylang, and yuzu.

Of Interest: At one time the oil use to be extracted from the green unripe oranges when they were still the size of cherries – hence the name petitgrains or ‘little grains’. Used in the classic eau de colognes.

Safety Data: Non-toxic, non-irritant, non-sensitizing, and non-photo toxic.

Ravensara (*Agathophyllum aromatica*)

Properties: Antibiotic, anti-infectious, antiseptic, antitoxic, antiviral, expectorant, and febrifuge.

Benefits: Bronchitis, chicken pox, cold sores, colds, diarrhea, fatigue, fever, flu, general tonic, measles, and muscular pain.

Blends Well With: Bay, bergamot, black pepper, cardamom, cedarwood, clary sage, cypress, eucalyptus (all), frankincense, geranium, ginger, grapefruit, lavender, lemon, mandarin, marjoram, palmarosa, pine, rosemary, sandalwood, tea tree, thyme linalol, and thyme red.

Of Interest: The bark of the tree is used to make local rum. The seeds are known as Madagascan nutmeg and are used in cooking and medicines.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Rose Absolute (*Rosa damascena*)

Traditional Use: Employed extensively in soaps, cosmetics, toiletries and perfumes of all kinds.

Properties: Antidepressant, antiphlogistic, antitubercular agent, antiviral, aphrodisiac, astringent, bactericidal, choleric, cicatrisant, depurative, emmenagogue, hemostatic, hepatic, laxative, regulator of appetite, sedative (nervous), stomachic, and tonic (heart, liver, stomach, uterus).

Benefits: Due to the solvent extraction process, absolutes are not recommended for therapeutic use. Rose absolute can be used to scent items, in diffusers, and perfumes.

Blends Well With: It blends well with most oils and is useful for ‘rounding off’ blends. Bergamot, chamomile roman, clary sage, geranium, jasmine, lavender, lemon, mandarin, neroli, patchouli, petitgrain, sandalwood, vetiver, and ylang ylang.

Of Interest: There are some 250 species of rose, and over 10,000 different hybrid varieties. Among the 30 of these described as “odorata”, only three are commonly distilled for the perfume.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. For external use only. Not recommended for use while pregnant.

Rose (Bulgarian) (*Rosa damascena*)

Traditional Use: Employed extensively in soaps, cosmetics, toiletries, and perfumes of all types.

Properties: Antidepressant, anti-infectious, antiphlogistic, antiseptic, antitubercular agent, antiviral, aphrodisiac, astringent, bactericidal, choleric, cicatrisant, cytophylactic, depurative, emmenagogue, emollient, hemostatic, hepatic, laxative, pectoral, regulator of appetite, sedative (nervous), stomachic, and tonic (heart, liver, stomach, uterus).

Benefits: Amenorrhea, aphrodisiac, asthma, broken capillaries, childbirth, cholecystitis, coughs, depression, dry skin, eczema, emotional crisis, general tonic, frigidity, hay fever, headache, herpes, impotence, infertility, insomnia, leucorrhea, liver congestion, mature and sensitive complexions, menorrhagia, nausea, nervous tension and stress-related complaints, palpitations, poor circulation, scarring, skin problems, uterine disorders, and wrinkles.

Blends Well With: It blends well with most oils and is useful for 'rounding off' blends. Bergamot, chamomile roman, clary sage, geranium, jasmine, lavender, lemon, mandarin, neroli, patchouli, petitgrain, sandalwood, ylang ylang, and vetiver.

Of Interest: Fresh flowers are picked before 8 A.M. Rosa comes from the Greek *rodēn*, meaning "red," as the ancient rose was thought to have been crimson. In myth, the rose was supposed to have sprung from the blood of Adonis (some accounts say Venus). Although the oil is obliquely referred to in the ancient Indian Ayurvedas and is mentioned by Homer in the Iliad, the first known rose oil distilleries existed in the year 1612 in Shiraz, part of Persia. It takes about 10,000 pounds of flowers to make 1 pound of rose oil.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Its use while pregnant is not recommended.

Rose (Chinese) (*Rosa rugosa*)

Traditional Use: Employed extensively in soaps, cosmetics, toiletries, and perfumes of all types.

Properties: Antidepressant, anti-infectious, antiphlogistic, antiseptic, antitubercular agent, antiviral, aphrodisiac, astringent, bactericidal, choleric, cicatrisant, cytophylactic, depurative, emmenagogue, emollient, hemostatic, hepatic, laxative, pectoral, regulator of appetite, sedative (nervous), stomachic, and tonic (heart, liver, stomach, uterus).

Benefits: Amenorrhea, aphrodisiac, asthma, broken capillaries, childbirth, cholecystitis, coughs, depression, dry skin, eczema, emotional crisis, general tonic, frigidity, hay fever, headache, herpes, impotence, infertility, insomnia, leucorrhea, liver congestion, mature and sensitive complexions, menorrhagia, nausea, nervous tension and stress-related complaints, palpitations, poor circulation, scarring, skin problems, uterine disorders, and wrinkles.

Blends Well With: Bay, cardamom, clove, coriander, frankincense, geranium, ginger, jasmine, lemon, mandarin, neroli, palmarosa, patchouli, sandalwood, and ylang ylang.

Of Interest: Traditionally, the rosebush was grown as a dense hedge around wheat and bean fields and domestic gardens, and between rows of trees. Nowadays, in addition, roses are grown on a commercial basis in huge fields.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Its use while pregnant is not recommended.

Rosemary (*Rosmarinus officinalis*)

Traditional Use: Used extensively in soaps, detergents, cosmetics, household sprays and perfumes and as a masking agent. Employed in most major food categories, as well as drinks.

Properties: Analgesic, antidepressant, antimicrobial, antioxidant, antirheumatic, antiseptic, antispasmodic, antitussive, antitoxic, aphrodisiac, astringent, carminative, cephalic, cholagogue, choleric, cicatrisant, cordial, cytophylactic, decongestant, diaphoretic, digestive, diuretic, emmenagogue, fungicidal, hepatic, hypertensor, nervine, parasiticide, pectoral, restorative, rubefacient, stimulant, stomachic, sudorific, tonic, and vulnerary.

Benefits: Acne, amenorrhea, arouses memory, arteriosclerosis, arthritis, asthma, baldness, bronchitis, chlorosis, cholecystitis, cirrhosis, colds, colitis, constipation, coughs, dandruff, debility, dermatitis, diarrhea, dysmenorrhea, dyspepsia, eczema, enhances circulation, epilepsy, fainting, flatulence, flu, fluid retention, general weakness, gout, greasy hair, hangovers, headache, hepatic disorders, hypercholesterolaemia, hypotension, hysteria, increases the secretion of bile, insect repellent, jaundice, leucorrhea, lice, mental fatigue, migraine, muscle pain and spasms, nervous disorders, neuralgia, palpitations, pediculosis, rheumatism, scabies, sinus problems, sore muscles, stimulating (mind, body, adrenals, and memory), tonic (heart, liver, and gallbladder), varicose veins, whooping cough, and wounds.

Blends Well With: Basil, bergamot, black pepper, cedarwood, cinnamon, citronella, clary sage, elemi, eucalyptus (all), frankincense, geranium, grapefruit, labdanum, lavandin, lavender, lemon, litsea cubeba, mandarin, marjoram, niaouli, olibanum, oregano, peppermint, petitgrain, pine, ravensara, tea tree, and thyme linalol.

Of Interest: To the ancient Greeks and Romans the plant was sacred, symbolic of loyalty, death, and remembrance, as well as scholarly learning. At weddings and important occasions, wherever solemn vows were made, garlands and headdresses of rosemary were worn, as an

emblem of trust and constancy. The tragic Ophelia said, “There’s rosemary, that’s for remembrance”. The plant was also thought to bring good luck, and to impart protection against magic and witchcraft. “Seethe much Rosemary,” advised William Langham (1597), “and bathe therein to make thee lusty, lively, joyful, likeing and youngly”. Rosemary was dedicated by the Ancient Greeks to the solar deity of Apollo, the god of medicine, music, poetry, and prophecy. *Safety Data:* Non-toxic, non-irritant (in dilution only), non-sensitizing. Avoid during pregnancy. Not to be used by epileptics. Contraindicated in cases of high blood pressure.

Rosewood *Aniba rosaedora*

Traditional Use: Once used extensively as a source of natural linalol, now increasingly replaced by the synthetic form. Used extensively in perfumery work, soaps, toiletries, cosmetics, and perfumes.

Properties: Analgesic (mild), antibacterial, anticonvulsant, antidepressant, antifungal, anti-infectious, anti-microbial, antiseptic, aphrodisiac, cephalic, deodorant, stimulant (immune system), and tonic.

Benefits: Acne, colds, coughs, dermatitis, fever, frigidity, headaches, infections, nausea, nervous tension and stress-related conditions, respiratory infections, scars, skin (sensitive, dry, dull, combination oily/dry), stimulates the immune system, vaginal candida, wounds, and wrinkles.

Blends Well With: Blends well with most oils, especially citrus, woods, and floral. It helps give body and rounds off sharp edges.

Of Interest: Use with care as this is one of the trees that are being extensively felled in the clearing of the South American rainforest; use sparingly.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Sage (*Salvia officinalis*)

Traditional Use: Employed as a fragrance component in soaps, shampoos, detergents, anti-perspirants, colognes and perfumes, especially men’s fragrances.

Properties: Anti-inflammatory, antimicrobial, anti-oxidant, antiseptic, antispasmodic, astringent, digestive, diuretic, emmenagogue, febrifuge, hypertensive, insecticidal, laxative, stomachic, and tonic.

Benefits: None. Use with care or avoid therapeutic work altogether – Spanish sage or clary sage are good alternatives.

Blends Well With: Hyssop, lavandin, lavender, lemon, rosemary, rosewood, and other citrus oils.

Of Interest: The herb of ancient repute, valued as a culinary and medicinal plant – called herba sacra, ‘sacred herb’, by the Romans.

Safety Data: Oral toxin (due to thujone). Abortifacient; avoid during pregnancy. Avoid in epilepsy. Contraindicated in cases of high blood pressure. A potential skin irritant so use with caution.

Sandalwood

Traditional Use: Extensively employed as a fragrance component and fixative in soaps, detergents, cosmetics, and perfumes – especially oriental, woody, aftershaves, and chypres.

Properties: Antidepressant, anti-infectious, antiphlogistic, antiseptic (urinary and pulmonary), antispasmodic, aphrodisiac, astringent, bactericidal, calmativ, carminative, cicatrisant, decongestant (lymph and venous system), diuretic, emollient, expectorant, fungicidal, insecticidal, sedative, and tonic (heart).

Benefits: Acne, anxiety, aphrodisiac, bladder infections, blenorrea, bronchitis, cardiac fatigue, catarrh, chest infections, cough, cracked and chapped skin, cystitis, depression, diarrhea, dry skin, fluid retention, gonorrhea, hiccough, impotence, insomnia, laryngitis, nausea, nervous tension, pelvic congestion, scarring, sore throat, strep and staph infections, stress, tuberculosis, and vomiting.

Blends Well With: Benzoin, bergamot, black pepper, cassie, chamomile roman, clary sage, clove, costus, geranium, grapefruit, fennel, frankincense, jasmine, labdanum, lavender, lemon, mandarin, mimosa, myrrh, neroli, oakmoss, orange, palmarosa, patchouli, rose, rosewood, tuberose, vetiver, violet, and ylang ylang.

Of Interest: It is being over harvested at this point and may be seriously endangered. Consider using the best suited alternatives which are Australian Sandalwood or Amyris. The wood was carved into furniture, temples, and retains an important place in Ayurvedic, Tibetan, and traditional Chinese medicines. The yogi believes it encourages a meditative state and enhances devotion to God. Swaha yoga recommends it for the union of the senses; Tantric yoga recommends it to awaken sexual energy. It has been associated in terms of the symbolism of the Tarot, with the Empress – the universal womb in which all manifestations is gestated, and the Great Mother of Ideas.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Sandalwood, Australian (Santalum spicatum)

Traditional Use: Used as a substitute for Indian Sandalwood in perfumery. Used in pharmaceutical purposes particularly as a disinfectant for the urinary tract.

Properties: Antidepressant, anti-infectious, antiphlogistic, antiseptic (urinary and pulmonary), antispasmodic, aphrodisiac, astringent, bactericidal, calmative, carminative, cicatrisant, decongestant (lymph and venous system), diuretic, emollient, expectorant, fungicidal, insecticidal, sedative, and tonic (heart).

Benefits: Acne, anxiety, aphrodisiac, bladder infections, blenorrhea, bronchitis, cardiac fatigue, catarrh, chest infections, cough, cracked and chapped skin, cystitis, depression, diarrhea, dry skin, fluid retention, gonorrhea, hiccough, impotence, insomnia, laryngitis, nausea, nervous tension, pelvic congestion, scarring, sore throat, strep and staph infections, stress, tuberculosis, and vomiting.

Blends Well With: Benzoin, bergamot, black pepper, cassie, chamomile roman, clary sage, clove, costus, geranium, grapefruit, fennel, frankincense, jasmine, labdanum, lavender, lemon, mandarin, mimosa, myrrh, neroli, oakmoss, orange, palmarosa, patchouli, rose, rosewood, tuberose, vetiver, violet, and ylang ylang.

Of Interest: A report published in the Journal of Essential Oil Research stated: "analysis showed that Western Australian sandalwood is related to East Indian sandalwood in terms of constituents." Some thirty species of sandalwood occur throughout Asia, Australia and the Pacific region. Six of the species are native to Australia. One species, Santalum spicatum, is presently being harvested in the Goldfields region of Western Australia.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Savory, Winter (*Satureja montana*)

Traditional Use: Occasionally used in perfumery work. Employed to some extent in flavoring, mainly meats and seasonings.

Properties: Anticatarrhal, antiputrescent, antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrisant, emmenagogue, expectorant, fungicidal, stimulant, and vermifuge.

Benefits: None. Should not be used on the skin at all.

Blends Well With: Lavandin, lavender, oakmoss, pine, rosemary, and citrus oils.

Of Interest: It has been used as a culinary herb since antiquity; much in the same way as summer savory. When compared with many varieties of thyme, rosemary, and lavender, recent research has shown 'the net superiority of the anti-microbial properties of essence of savory'.

Safety Data: Dermal toxin, dermal irritant, and mucous membrane irritant. Avoid during pregnancy.

Spearmint (*Mentha spicata*)

Traditional Use: Used as a fragrance component, mainly in soaps and colognes. Used primarily as a flavor ingredient in a wide range of product, including toothpaste, chewing gum, confectionery, alcoholic and soft drinks.

Properties: Anesthetic (local), antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, decongestant, digestive, diuretic, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, and tonic.

Benefits: Acne, asthma, bronchitis, catarrhal conditions, colds, colic, congested skin, dermatitis, dyspepsia, fatigue, fevers, flatulence, flu, headache, hepatobiliary disorders, migraine, nausea, nervous strain, neurasthenia, sinusitis, stress, and vomiting.

Blends Well With: Basil, eucalyptus, jasmine, lavandin, lavender, peppermint, and rosemary.

Of Interest: Not compatible with homeopathic treatment. The properties of spearmint oil resemble those of peppermint but its effects are less powerful...it is better adapted to children's maladies than peppermint.

Safety Data: Generally non-toxic, non-irritant, and non-sensitizing.

There have been a few reported incidents of people reacting to it when used externally so use caution.

Spikenard (*Nardostachus jatamansi*)

Traditional Use: Little used these days, usually as a substitute for valerian oil.

Properties: Antibiotic, antifungal, anti-infectious, anti-inflammatory, antipyretic, antiseptic, bactericidal, calmative, deodorant, fungicidal, laxative, sedative, and tonic.

Benefits: Allergies, anxiety, hysteria, inflammation, insomnia, mature skin (rejuvenating), menstrual problems, migraine, nervous indigestion, rashes, stress and tension.

Blends Well With: Clary sage, clove, cypress, frankincense, geranium, juniper, labdanum, lavender, lemon, myrrh, neroli, oakmoss, palmarosa, patchouli, pine, rose, and vetiver.

Of Interest: Spikenard is one of the early aromatics used by the ancient Egyptians and is mentioned in the Song of Solomon in the Bible. It is also the herb that Mary used to anoint Jesus before the Last Supper: 'Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair; and the house was filled with the odor of the ointment. The oil was also used by the

Roman perfumers, or unguentarii, in the preparation of nardinum, one of their most celebrated scented oils, and by the Mughal empress Nur Jehan in her rejuvenating cosmetic preparations.

Safety Data: Non-toxic, non-irritant, and non-sensitizing in most individuals. Not to be used while pregnant.

Spruce (*Tsuga canadensis*)

Traditional Use: Used in veterinary liniments. Extensively used for room spray perfumes, household detergents, soaps, bath preparations, and toiletries, especially in the USA.

Properties: Antimicrobial, antiseptic, antitussive, astringent, diaphoretic, diuretic, expectorant, nervine, rubefacient, and tonic.

Benefits: Anxiety, asthma, bronchitis, colds, coughs, flu, infections, muscular aches and pains, poor circulation, respiratory weakness, rheumatism, and stress related conditions.

Blends Well With: Benzoin, cedarwood, galbanum, lavandin, lavender, oakmoss, pine, and rosemary.

Of Interest: The bark of the spruce is current in the British Herbal Pharmacopoeia indicated for diarrhea, cystitis, mucous colitis, leucorrhoea, uterine prolapse, pharyngitis, stomatitis, and gingivitis. An extract of the bark is also used in the tanning industry.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Notes: Spruce (Hemlock Spruce) essential oil is actually a true Hemlock and not a Spruce, however the name "Hemlock Spruce" has been firmly established in the trade as acceptable and both trees produce an oil similar in aroma and benefits.

St. Johns Worth (*Hypericum perforatum*)

Traditional Use: Known for wound healing and antidepressant properties. The plant is used dried, as an infused oil, and an essential oil.

Properties: Anti-inflammatory, antimicrobial, astringent, nervine, and vulnerary.

Benefits: Anxiety, bruises, chorea, concussion, depression, enlarged glands, hemorrhoids, mild burns, muscular bruises, neuralgia, neurasthenia, rheumatic pain, sciatica, shock or injury to the spine, spinal irritation, sunburn, tension, toothache, traumatic shock, varicose veins, and wounds.

Of Interest: This is a moderately new essential oil on the market. There is still much to learn about the uses of this oil.

Safety Data: Not recommended for internal use. Not to be used while pregnant.

Tagetes (*Tagetes minuta*)

Traditional Use: Used in some pharmaceutical products. To a limited extent the oil is employed in herbaceous and floral perfumes.

Properties: Anthelmintic, antispasmodic, bactericidal, carminative, diaphoretic, emmenagogue, fungicidal, and stomachic.

Benefits: Athlete's foot, bunions, calluses, catarrh, chest infections, corns, coughs, fungal infections, and parasitic infections.

Blends Well With: Bergamot, clary sage, jasmine, lavender, lemon, and other citrus oils.

Of Interest: In India the locally grown flowering tops of the French marigold are distilled into a receiver that contains a solvent, often sandalwood oil, to produce 'attar genda' – a popular Indian perfume material. The herb is hung in doorways as a fly and mosquito deterrent in Africa, and as a mattress stuffing to keep out bugs and pests. In Uganda it is used to treat and deter disease and insects. The oil in a 5% dilution has been used to kill maggots in open wounds as well as other ticks and parasites.

Safety Data: Not to be used in pregnancy and may cause skin irritation in some individuals. Tagetes is photo-toxic and exposure to the sun is not recommended. Use with moderation.

Tangerine (*Citrus reticulata*)

Traditional Use: It has less body than mandarin, but is sometimes used in soaps, cosmetics, and perfumes, especially colognes. It is occasionally employed as a flavoring agent especially in confectionery, soft drinks and liqueurs.

Properties: Antiseptic, antispasmodic, calmative, carminative, digestive, diuretic (mild), hypnotic, laxative (mild), sedative, stimulant (digestive and lymphatic), and tonic.

Benefits: Acne, congested and oily skin, constipation, dyspepsia, fluid retention, hiccoughs, indigestion, insomnia, intestinal problems, nervous tension, obesity, restlessness, scars, skin disorders, and stretch marks.

Blends Well With: Basil, black pepper, chamomile roman, cinnamon, clary sage, clove, frankincense, geranium, grapefruit, jasmine, juniper, lemon, myrrh, neroli, nutmeg, palmarosa, patchouli, petitgrain, rose, sandalwood, and ylang ylang.

Of Interest: There are two varieties of this oil. One called Mandarin, mainly from Europe, and the other called Tangerine, mainly from the United States. Some experts consider these two plants to be the same, and some consider them to be either different varieties or different horticultural strains; however the EO from both is used very much in the same manner.

Safety Data: Non-toxic, non-irritant, and non-sensitizing. Possibly photo toxic, although it has not been demonstrated decisively and there have been a few reported cases of minor sensitivity in some individuals so please use caution. Not to be used while pregnant.

Tarragon (*Artemisia dracunculus*)

Traditional Use: Used as a fragrance component in soaps, detergents, cosmetics, and perfumes. Employed as a flavor ingredient in most major food categories, especially condiments and relishes, as well as alcoholic and soft drinks.

Properties: Anthelmintic, antiseptic, antispasmodic, aperitif, carminative, digestive, diuretic, emmenagogue, hypnotic, stimulant, stomachic, and vermifuge.

Benefits: Amenorrhea, anorexia, dysmenorrhea, dyspepsia, flatulence, hiccoughs, intestinal spasm, nervous indigestion, PMT, and sluggish digestion.

Blends Well With: Basil, galbanum, labdanum, lavender, oakmoss, pine, and vanilla.

Of Interest: The name is thought to derive from an ancient use as an antidote to the bites of venomous creatures and ‘madde dogges’. It was favored by maharajahs of India who took it as a tisane, and in Persia it was used to induce appetite.

Safety Data: Moderately toxic due to ‘estragole’ (methyl chavicol): use in moderation only and avoid internal use. Avoid during pregnancy.

Tea Tree (*Melaleuca alternifolia*)

Traditional Use: Employed in soaps, toothpastes, deodorants, disinfectants, gargles, germicides, and increasingly, in aftershaves and spicy colognes.

Properties: Analgesic, antibacterial, antibiotic, anti-infectious, anti-inflammatory, antiparasitic, antiseptic, antiviral, balsamic, cicatrisant, decongestant, diaphoretic, expectorant, fungicidal, stimulant (immune), and vulnerary.

Benefits: Abscess, acne, asthma, athlete’s foot, blisters, bronchitis, burns, candida, catarrh, chicken pox, cold sores, colds, coughs, cystitis, dandruff, ear and nose infections, fever, flu, fungal infections, herpes, immune system deficiencies, infectious illnesses, insect bites, local anesthetic, oily skin, prevents radiation burns or scalds, pruritis, respiratory problems, sinusitis, skin rashes, staph, strep throat, thrush, tooth and gum infections, tuberculosis, vaginal infections, veruccae, viral infections, warts, whooping cough, and wounds.

Blends Well With: Basil, bergamot, black pepper, cananga, chamomile german, chamomile roman, clary sage, clove, cypress, eucalyptus globus, eucalyptus radiata, geranium, juniper, lavandin, lavender, lemon, marjoram, nutmeg, oakmoss, oregano, peppermint, pine, ravensara, rosemary, thyme linalol, and thyme red.

Of Interest: Because the water-resistant “paperbark” is so easy to peel off the tree, it was used extensively by the aboriginal peoples of Australia to make small canoes, knife sheaths, and thatching for shelters. The pungent leaves were soaked in hot water and taken as a cure for cold coughs, and headaches – or they were simply picked from the tree and chewed. In World War II cutters and producers of tea tree were exempt from military service until enough essential oil had been accumulated. It was issued to each soldier and sailor for them to treat tropical infections and other problems of warfare, including wounds.

Safety Data: Non-toxic, non-irritant, with possible sensitization in some individuals. Not to be used internally.

Thuja (*Thuja occidentalis*)

Traditional Use: Used in pharmaceutical products such as disinfectants and sprays; also as a counter-irritant in analgesic ointments and liniments.

Properties: Antirheumatic, astringent, diuretic, emmenagogue, expectorant, insect repellent, rubefacient, stimulant (nerves, uterus and heart muscles), tonic, and vermifuge.

Benefits: None. Should not be used in aromatherapy.

Of Interest: Used as incense by ancient civilizations for ritual purposes. A decoction of leaves has been used for coughs, fever, intestinal parasites, cystitis and venereal diseases.

Safety Data: Oral toxin and is poisonous due to high thujone content, so avoid exposing it to the mouth or mucuous membranes. Not to be used while pregnant. External use may cause irritation so please use caution.

Thyme (*Thymus zygis*)

Traditional Use: The oil is used in mouthwashes, gargles, toothpastes and cough lozenges.

Properties: Analgesic, anthelmintic, antifungal, anti-infectious, antimicrobial, anti-oxidant, antiputrescent, antirheumatic, antiseptic, (intestinal, pulmonary, genito-urinary), antispasmodic, antitussive, antitoxic, antivenomus, antiviral, aperitif, aphrodisiac, astringent, bactericidal, balsamic, carminative, cicatrizant, diuretic, emmenagogue, nervine, parasiticide, pectoral, revulsive, rubefacient, stimulant (immune system, circulation), sudorific, tonic, and vermifuge.

Benefits: Abscess, acne, anorexia, arthritis, asthma, balsamic, bronchitis, bruises, burns, catarrh, cellulitis, chills, colds, coughs, cuts, cystitis, dermatitis, diarrhea, dyspepsia, eczema, edema, expectorant, flatulence, flu, gout, gum infections, headaches, infectious diseases, insect bites, insomnia, gum infections, laryngitis, lice, muscular aches and pains, nervous debility and stress related conditions, obesity, oily skin, poor circulation, rheumatism, scabies, sinusitis, sore throat, sports injuries, sprains, thrush, tonsillitis, urethritis, verrucas, and warts.

Blends Well With: Bergamot, clary sage, cypress, eucalyptus (all), geranium, grapefruit, lavandin, lavender, lemon, marjoram, melissa, Peru balsam, pine, rosemary, and tea tree.

Of Interest: So important was the herb's aroma that its name was culled from the Greek "thymon" which means "to fumigate". On the other hand, its name has also been linked to the Greek word thumon, meaning "courage" – as the plant was associated with bravery. Indeed Roman soldiers bathed in thyme before entering a battle, and in the Middle Ages sprigs of thyme were woven into the scarves of knights departing for the Crusades. Most present-day research has centered on thyme's ability as an antibacterial and anti-infectious agent, even when diffused in the air.

Safety Data: Do not use while pregnant or on children. Can be a mucous membrane and skin irritant.

Tuberose (*Polianthes tuberosa*)

Traditional Use: Used in high-class perfumes, especially of an oriental, floral, or fantasy type.

Properties: Narcotic.

Benefits: Perfume.

Blends Well With: Carnation, gardenia, jasmine, neroli, opopanax, orris, Peru balsam, rose, violet, and ylang ylang.

Of Interest: Pure absolute extraction of tuberose is perhaps the most expensive natural flower oil at the disposal of the modern perfumer.

Safety Data: Not for internal use.

Turmeric (*Curcuma longa*)

Traditional Use: Employed in perfumery work, for oriental and fantasy-type fragrances.

Properties: Analgesic, anti-arthritic, anti-inflammatory, anti-oxidant, bactericidal, cholagogue, digestive, diuretic, hypotensive, insecticidal, laxative, rubefacient, and stimulant.

Benefits: Perfumery.

Blends Well With: Cananga, cassie, clary sage, elecampane, ginger, labdanum, mimosa, and orris.

Of Interest: Closely related to the common ginger (*Zingiber officinale*). The root is high in minerals and vitamins, especially vitamin C.

Safety Data: The ketone ‘tumerone’ is moderately toxic and irritant in high concentration. Possible sensitization problems. Not for internal use.

Valerian (*Valeriana officinalis*)

Traditional Use: Used in pharmaceutical preparations as a relaxant. Is also used as a fragrance component in soaps and in ‘moss’ and ‘forest’ fragrances.

Properties: Anodyne (mild), antidandruff, antispasmodic, bactericidal, carminative, depressant of the central nervous system, diuretic, hypnotic, hypotensive, regulator, sedative, and stomachic.

Benefits: Insomnia, migraine, nervous indigestion, restlessness and tension states.

Blends Well With: Cedarwood, costus, lavender, mandarin, oakmoss, patchouli, petitgrain, pine, and rosemary.

Of Interest: This herb has been highly esteemed since medieval times, and used to be called ‘all heal’. In Europe the oil has been used for cholera, epilepsy, and skin complaints.

Safety Data: Non-toxic, non-irritant, possible sensitization. Not to be used while pregnant.

Vanilla Absolute (*Vanilla planifolia*)

Traditional Use: Used as a fragrance ingredient in perfumes, especially oriental types.

Properties: Balsamic.

Benefits: Perfumery.

Blends Well With: Balsams, benzoin, bergamot, frankincense, jasmine, lemon, mandarin, opopanax, orange, patchouli, rose, sandalwood, vetiver, and ylang ylang.

Of Interest: When vanilla is grown in cultivation the deep trumpet-shaped flowers have to be hand-pollinated – except in Mexico where the native humming birds do most of the work. Vanilla absolute and Vanilla extract are 2 completely different products. Vanilla extract is for food flavoring purposes and Vanilla absolute is reserved exclusively for perfume.

Safety Data: Vanilla absolute is not for internal use.

Vetiver (*Vetiveria zizanoides*)

Traditional Use: Employed as a fixative and fragrance ingredient in soaps, cosmetics, and perfumes, especially oriental types.

Properties: Antiparasitic, antiseptic, antispasmodic, depurative, emmenagogue, nervine, rubefacient, sedative, stimulant (circulatory, production of red corpuscles), tonic, and vermifuge.

Benefits: Arthritis, cuts, debility, depression, insomnia, menstrual problems, moth repellent, muscular aches and pains, nervous tension, rheumatism, sprains, stiffness, and wounds.

Blends Well With: Bergamot, black pepper, cassie, clary sage, coriander, eucalyptus citriodora, geranium, ginger, grapefruit, jasmine, lavender, lemon, lemongrass, litsea cubeba, mandarin, melissa, mimosa, oakmoss, opopanax, orange, patchouli, rose, sandalwood, violet, ylang ylang, and yuzu.

Of Interest: Woven into heavy blinds and screens, the wiry, fibrous roots darken the windows of homes in the burning noon of summer. Constantly doused with water, the cool, sweet scent of their vapor turns scorching winds that dehydrate into moist and balmy breezes. Because its fragrance repels insects, women from India and Java cherish vetiver fans. Sanskrit texts refer to its use as an unguent for anointing brides. Growing the plant protects against soil erosion.

Safety Data: Non-toxic, non-irritant, and non-sensitizing.

Yarrow, Blue (*Achillea millefolium*)

Traditional Use: Limited use in pharmaceutical bath preparations for skin condition, in perfumes and aftershaves.

Properties: Anti-inflammatory, antipyretic, antirheumatic, antiseptic, antispasmodic, astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, hemostatic, hypotensive, stomachic, and tonic.

Benefits: Acne, amenorrhea, arteriosclerosis, burns, colds, constipation, cramp, cuts, cystitis, dysmenorrhea, eczema, fever, flatulence, flu, hair rinse (promotes hair growth), hemorrhoids, high blood pressure, hypertension, indigestion, inflammations, insomnia, rashes, rheumatoid arthritis, scars, stress-related conditions, thrombosis, tones the skin, varicose veins, and wounds.

Blends Well With: Cedarwood, chamomile, oakmoss, pine, valerian, and vetiver.

Of Interest: Its use in the treatment of wounds is said to go back to Achilles who used it for injuries inflicted by iron weapons.

Safety Data: Non-toxic, non-irritant, possible sensitization in some individuals. Not to be used while pregnant.

Yarrow, Green (*Achillea millefolium*)

Traditional Use: Limited use in pharmaceutical bath preparations for skin condition, in perfumes and aftershaves.

Properties: Anti-inflammatory, antipyretic, antirheumatic, antiseptic, antispasmodic, astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, hemostatic, hypotensive, stomachic, and tonic.

Benefits: Acne, amenorrhea, arteriosclerosis, burns, colds, constipation, cramp, cuts, cystitis, dysmenorrhea, eczema, fever, flatulence, flu, hair rinse (promotes hair growth), hemorrhoids, high blood pressure, hypertension, indigestion, inflammations, insomnia, rashes, rheumatoid arthritis, scars, stress-related conditions, thrombosis, tones the skin, varicose veins, and wounds.

Blends Well With: Cedarwood, chamomile, oakmoss, pine, valerian, and vetiver.

Of Interest: The stalks are traditionally used for divination in the I Ching, the Chinese classic.

Safety Data: Non-toxic, non-irritant, possible sensitization in some individuals. Not to be used while pregnant.

Ylang Ylang (*Cananga odorata*)

Traditional Use: Extensively used as a fragrance component and fixative in soaps, cosmetics, perfumes; ylang ylang extra tends to be used in high-class perfumes, ylang ylang 3 in soaps, detergents, etc.

Properties: Antidepressant, anti-infectious, antiseborrheic, antiseptic, aphrodisiac, calmative, euphoric, hypotensive, nervine, regulator, sedative (nervous), stimulant (circulatory), and tonic.

Benefits: Acne, circulation, depression, frigidity, hair growth, high blood pressure, hyperpnoea, hypertension, impotence, insect bites, insomnia, nervous tension, oily skin, palpitations, PMS, regulates cardiac and respiratory rhythms, tachycardia, and uterine tonic.

Blends Well With: Bergamot, cassie, chamomile roman, clary sage, clove, costus, eucalyptus citriodora, ginger, grapefruit, jasmine, lemon, litsea cubeba, mandarin, mimosa, neroli, opopanax, orange, palmarosa, patchouli, Peru balsam, petitgrain, rose, rosewood, sandalwood, tuberose, vetiver, and yuzu.

Of Interest: Indonesians spread the luxuriant flowers on the marriage bed of the newly wedded couples. Ylang means “flowers of flowers”, sometimes called “the perfume tree”. The first distillate (about 40%) is called ylang ylang extra, which is the top grade. Three further successive distillates are called Grades 1, 2 and 3. ‘Complete’ oil is also produced that represents the total or ‘unfractionated’ oil, but this is sometimes constructed by blending ylang ylang 1 and 2 together.

Safety Data: Non-toxic, non-irritant, a few cases of sensitization reported. Use in moderation, since its heady scent can cause headaches or nausea. It is best avoided if pregnant.

General Safety Information: Do not take any oils internally without consultation from a qualified aromatherapy practitioner. Do not apply undiluted essential oils, absolutes, CO2s or other concentrated essences onto the skin. If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest oils at extremely low doses. It is safest to consult a qualified aromatherapy practitioner before using oils with children. A skin patch test should be conducted prior to using oils that you've never used before.

Disclaimer:

This information is for educational purposes only, it is not intended to treat, cure, prevent or, diagnose any disease or condition. Nor is it intended to prescribe in any way. This information is for educational purposes only and may not be complete, nor may its data be accurate.

As with all essential oils, never use them undiluted. Do not take internally unless working with a qualified and expert practitioner. Keep away from children. If applying an essential oil to your skin always perform a small patch test to an insensitive part of the body (after you have properly diluted the oil in an appropriate carrier).

Chapter 4

- ❖ **Preservatives for Your Mixes**
- ❖ **Conversion Table - LIQUID or VOLUME MEASURE**
- ❖ **Conversion Table - Essential Oil Drops**

Preservatives for Your Mixes

The biggest challenges are skin sensitivities and undesirable odors when it comes to natural preservatives. And if you are going to use more than one natural preservative, are they going to blend well with each other and your product?

You will need anti-fungal, anti-bacterial and anti-oxidant properties in your preservatives. Each natural ingredient from the list below has one or more jobs. Just make sure each quality is covered and blends well without doubling up too much. Start simple and build from there.

Remember, any preservative that is anti-microbial is just as likely to kill your skin cells as the microbes in large doses. So, the least amount of preservatives should be used in your batch of super good stuff. Start with small batches. Write down everything you do. After each trial, leave a bottle out and put a bottle in the refrigerator to see how long each lasts... until you get your desired result.

Naturally preserving additives are:

Cinnamon- Used to slow the growth of mold, yeast, fungi and some bacteria. Some studies show that this spice works better as a preservative in combination with potassium sorbate. Cinnamon oil can be very irritating to the skin, even at very low doses...please research more on the uses of this herb in your mixes. Even though this ingredient is found in every grocery store, You can purchase a variety of top quality Cinnamon products from an organic supplier online like [Mountain Rose Herbs](#).

Citric Acid Powder- You can order 100% pure anhydrous Citric Acid from crystallized fruit sugar online from [Mountain Rose Herbs](#). Here is a quote from them about Citric Acid:

"Citric acid is used for many different reasons, including (but not limited to):

Antioxidant and preservative properties

- prevents rancidity and bacteria growth
- Astringency and Acidity
- Adjusts pH
- Rapidly biodegradable
- Readily metabolized and eliminated from the body"

Geranium Essential Oil- Antioxidant & Antibacterial. Used to inhibit mold, yeast, fungi and some bacteria. Oil soluble. It is very mild on the

skin. It is beneficial to the skin in other ways as well. It does have a perfume smell. (Bourbon is more lemony and the others smell more like a rose) Most people like the smell but it is very feminine. It isn't as noticeable when used in combination with other preservatives and other fragrances. Add it last in your recipe. You can purchase any size from an organic supplier online like [Mountain Rose Herbs](#).

Goldenseal Root- Used to slow the growth of mold, yeast, fungi and some bacteria. It is beneficial to the skin in other ways as well. Has a woody-herb smell. Soak 1/2 - 1 teaspoon in your 12 oz distilled water mixture like tea when you add the rest of your herbs and strain if you aren't using a tea ball. That's the best way to do it naturally. You can purchase a variety of top quality Golden Seal products from an organic supplier online like [Mountain Rose Herbs](#).

Grapefruit Seed Extract- (GSE) Used to slow the growth of mold, yeast, fungi and some bacteria. Soluble in water. It has a pH of about 2.5. Usage rate is .5 to 1%. Wear gloves and use caution when handling this product. It can be irritating to the skin in pure form. Keep it away from cuts and away from your eyes. This is one of the most popular, natural preservatives. You can purchase any size from an organic supplier online like [Mountain Rose Herbs](#).

Green Tea Extract- A powerful antioxidant. Water soluble. Recommended usage 0.5-3%. It can leave a slight bitter taste in products, but it fights cancer and sun damage and it aides in skin cell regeneration. You can find this non-toxic at most health food stores; you can use the gel caps with fluid inside by breaking the cap and squeezing the fluid into your water mixture. You can purchase top quality Green Tea products from an organic supplier online like [Mountain Rose Herbs](#).

Green Tea Leaf Powder- The same powerful antioxidant. Water soluble. Recommended usage 0.5-3%. It can leave a slight bitter taste in products, but it fights cancer and sun damage and it aides in skin cell regeneration. You can purchase top quality Green Tea products from an organic supplier online like [Mountain Rose Herbs](#).

Potassium Sorbate- Used to inhibit mold, yeast, fungi and some bacteria. One of those "naturally occurring" or "naturally derived" chemicals. Potassium Sorbate is the potassium salt of sorbic acid. You can order either fairly easily. It is a personal choice. Used in MANY natural skin care products successfully. Usage Rate: 0.1 - 0.5% for lotion. Do not

exceed this. Works best when the pH is 5-6, 6 is a good pH for lotion. Use with citric acid to keep the pH low. Some studies show that this mineral works better as a preservative in combination with cinnamon. It has been used for over 100 years "in quantities at which there are no known adverse health effects. Potassium sorbate is considered to be safe because of its long term safety record and non-toxic profile. Potassium sorbate is non-irritating and non-sensitizing. Allergic reactions are rare." Source Wikipedia. It is the only preservative that is generally regarded as safe by the FDA. Please use caution when handling these chemicals in their pure form. Do not inhale, get into eyes or get directly on your skin when adding them to the mix. If you do- flush with cold water for several minutes.

Rosemary Oil Extract- (ROE) Natural antioxidant. Oil-soluble. Adds its own color (greenish tint) and aroma to your mixture so it may only be compatible with some of your creations. Add at 0.1% to 0.5% to your oil mixture. It is beneficial to the skin in other ways as well. You can purchase a variety of top quality Rosemary products from an organic supplier online like [Mountain Rose Herbs](#).

Rosemary Extract Powder- Again, natural antioxidant. Adds its own color (greenish tint) and aroma to your mixture so it may only be compatible with some of your creations. Add at 0.1% to 0.5% to your oil mixture while melting everything down. It is beneficial to the skin in other ways as well.

Vitamin E- Great for preventing rancidity in cosmetics and it acts as an anti-oxidant in creams, lotions, baby products, cosmetics and more. Recent studies have suggested that Vitamin E oil assists in maintaining a healthy heart and blood vessels.

Conversion Table - LIQUID or VOLUME MEASURE

1 teaspoon		1/3 tablespoon	5 ml
1 tablespoon	½ fluid ounce	3 teaspoons	15 ml, 15cc
2 tablespoons	1 fluid ounce	1/8 cup, 6 teaspoons	30 ml, 30cc
1/4 cup	2 fluid ounces	4 tablespoons	59 ml
1/3 cup	2 2/3 fluid ounces	5 tablespoons & 1 teaspoon	79 ml
½ cup	4 fluid ounces	8 tablespoons	118 ml
2/3 cup	5 1/3 fluid ounces	10 tablespoons & 2 teaspoons	158 ml
3/4 cup	6 fluid ounces	12 tablespoons	177 ml
7/8 cup	7 fluid ounces	14 tablespoons	207 ml
1 cup	8 fluid ounces/ ½ pint	16 tablespoons	237 ml
2 cups	16 fluid ounces/ 1 pint	32 tablespoons	473 ml
4 cups	32 fluid ounces	1 quart	946 ml
1 pint	16 fluid ounces/ 1 pint	32 tablespoons	473 m
2 pints	32 fluid ounces	1 quart	946 ml, 0.946 liters
8 pints	1gallon/ 128 fluid ounces	4 quarts	3785 ml, 3.78 liters
4 quarts	1 gallon/ 128 fluid ounces	1 gallon	3785 ml, 3.78 liters
1 liter	1.057 quarts		1000 ml
128 fluid ounces	1 gallon	4 quarts	3785 ml, 3.78 liters

Conversion Table - DRY or WEIGHT MEASUREMENTS

1 ounce		30 grams
2 ounces		55 grams
3 ounces		85 grams
4 ounces	1/4 pound	125 grams
8 ounces	½ pound	240 grams
12 ounces	3/4 pound	375 grams
16 ounces	1 pound	454 grams
32 ounces	2 pounds	907 grams
1 kilogram	2.2 pounds/35.2 ounces	1000 grams

Conversion Table – Essential Oil Drops

drops	tsp	tbsp	ounce
10	1/10		1/60
12	1/8		1/48
20			
25	1/4		1/24
50	$\frac{1}{2}$		1/12
100	1		1/6
150	1 ½	$\frac{1}{2}$	$\frac{1}{4}$
200	2		1/3
300	3	1	$\frac{1}{2}$
600	6	2	1
1200	12	4	2
2400	24	8	4

Here are a few tips I learned along the way:

- Always use sterile tools, containers, and working areas, make sure your containers are clean, sterilized and have tight fitting lids. Keep hands clean, even when using your finished products.
- Always store products raw and finished in a cool, dry, dim or dark place (preferably your refrigerator).
- Cold- pressed oils last longer.
- Use your raw materials while they are fresh. Don't let your herbs get stale or your oils go rancid. Use your raw materials within 3 months. Dried herbs and cold-pressed, refrigerated oils may last longer. Expeller oils will stay active and fresh no longer than 6 months, even when refrigerated.
- Always use distilled water and bring it to a quick boil before adding anything to it.
- Products made without water last longer. The least amount of water, the better.
- Use a base that includes Vitamin E oils, tea tree oil, jojoba oil, avocado oil, olive oil, red raspberry seed oil, green tea, aloe vera or honey because of the naturally long lasting- bacteria, mold and fungus fighting qualities they already possess.
- Find a good recipe....Write it down! This is a must if you want to receive the same results.
- Make small batches until you receive the results you're looking for.

Here are 2 companies I have used several times when purchasing my supplies:

For my herbs, butters and oils -
www.mountainroseherbs.com

For packaging: such as container & bottles
<http://www.specialtybottle.com>

Use the additional pages to place your notes & future recipes,
Good luck and have fun☺

Demeka Scott
www.healthylivingjourney.com
