

ESSENTIAL OILS REFERENCE CHART

3

The numbers beside the illustrations indicate the preferred oils for blending.

<p>17</p>  <p>NUTMEG <i>Myristica fragrans</i></p> <p>GENERAL INFORMATION</p> <p>Nutmeg essential oil, derived from the myristica fragrans tree's seeds, has a rich history in traditional Indian and Chinese medicine. Highly valued in Europe for its flavor and medicinal properties, nutmeg became a symbol of wealth and cultural exchange. Its warming and comforting effects continue to be prized in modern aromatherapy. The oil represents a sophisticated understanding of botanical healing, bridging ancient medicinal practices with contemporary wellness approaches. Its versatile therapeutic profile demonstrates the enduring significance of natural botanical remedies across diverse cultural and medical contexts.</p> <p>PROPERTIES</p> <p>Analgesic, Antibacterial, Anti-Inflammatory, Antispasmodic, Antiparasitic, Aphrodisiac, Digestive Aid, Immune Booster, Pain Relief, Sedative, Stimulant, Stress Relief</p> <p>NATURE</p> <p>Uplifting, Warming</p> <p>HOW TO USE</p> <p>Cold Compress, Inhalations, Massage, Mouth Wash, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, potential toxicity in high doses, pregnancy caution, skin irritation, undiluted use.</p>	<p>18</p>  <p>ORANGE <i>Citrus sinensis</i></p> <p>GENERAL INFORMATION</p> <p>Orange essential oil, extracted from the sweet orange peel, carries a profound historical legacy in traditional medicine. Ancient Chinese practitioners valued its uplifting and purifying properties, recognizing its therapeutic potential. During the 18th and 19th centuries, European cultures embraced orange oil for its remarkable aromatic qualities and comprehensive health benefits. Its versatile nature bridges traditional botanical knowledge with modern wellness practices, representing a sophisticated understanding of citrus-based healing. This oil continues to be celebrated for its ability to support emotional and physical well-being across diverse cultural and medical contexts.</p> <p>PROPERTIES</p> <p>Antibacterial, Antiviral, Anti-Inflammatory, Antispasmodic, Astringent, Calming, Detoxifying, Digestive Aid, Immune Booster, Mood Enhancer, Skin Clarifier, Stress Relief</p> <p>NATURE</p> <p>Soothing, Uplifting</p> <p>HOW TO USE</p> <p>Bath, Inhalation, Massage, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, avoid sun exposure, photosensitivity, pregnancy caution, skin irritation, undiluted use.</p>	<p>19</p>  <p>PATCHOULI <i>Pogostemon patchouli</i></p> <p>GENERAL INFORMATION</p> <p>Patchouli, deeply rooted in traditional Asian medicine, has been valued for centuries for its remarkable healing properties and natural insect-repellent qualities. Its therapeutic significance spans multiple cultural contexts, demonstrating a sophisticated understanding of botanical wisdom. During the 19th century, particularly in the 1860s counterculture, patchouli gained widespread Western popularity, celebrated for its distinct earthy aroma and profound calming effects. The essential oil represents a complex botanical remedy that bridges traditional healing practices with contemporary aromatherapy, embodying the intricate relationship between natural plant extracts and holistic well-being.</p> <p>PROPERTIES</p> <p>Antibacterial, Antidepressant, Anti-Inflammatory, Antifungal, Aphrodisiac, Antiparasitic, Calming, Immune Booster, Mood Regulator, Sedative, Skin Healing, Stress Relief</p> <p>NATURE</p> <p>Balancing, Soothing</p> <p>HOW TO USE</p> <p>Bath, Massage, Perfume, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.</p>	<p>20</p>  <p>PEPPERMINT <i>Mentha piperata</i></p> <p>GENERAL INFORMATION</p> <p>Peppermint essential oil, with roots tracing back to ancient Egypt, embodies a rich tradition of medicinal and aromatic applications. Its therapeutic significance spans centuries, demonstrating profound botanical healing wisdom. European practitioners in the 18th century embraced peppermint for treating diverse health conditions including digestive issues, headaches, and respiratory ailments. Modern aromatherapy and natural medicine continue to value this versatile essential oil, recognizing its comprehensive healing potential. Bridging traditional botanical knowledge with contemporary wellness practices, peppermint oil represents a sophisticated approach to holistic health and natural healing.</p> <p>PROPERTIES</p> <p>Analgesic, Antibacterial, Antispasmodic, Anti-Inflammatory, Antiviral, Cooling, Decongestant, Digestive Aid, Eucalyptus, Headache Relief, Muscle Relaxant, Stimulant</p> <p>NATURE</p> <p>Soothing, Uplifting, Warming</p> <p>HOW TO USE</p> <p>Bath, Inhalation, Massage Oil, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, not for use on young children, pregnancy caution, skin irritation, undiluted use.</p>
<p>21</p>  <p>ROSE <i>Rosa centifolia / damascena</i></p> <p>GENERAL INFORMATION</p> <p>Rose essential oil, derived from Rosa damascena petals, has a profound historical legacy in ancient Persian and Egyptian cultures. Its delicate fragrance and therapeutic properties made it a treasured botanical remedy. During the Renaissance, European cultures elevated rose oil in perfume, medicine, and medicine. Priced for its multifaceted healing potential, rose oil represents a sophisticated understanding of botanical wisdom across diverse cultural contexts. Modern aromatherapy continues to value this essential oil, recognizing its comprehensive therapeutic and aesthetic qualities.</p> <p>PROPERTIES</p> <p>Antibacterial, Antidepressant, Anti-Inflammatory, Antispasmodic, Astringent, Calming, Hormone Balancing, Mood Enhancer, Skin Regeneration, Stress Relief, Wound Healing</p> <p>NATURE</p> <p>Harmonizing, Stimulant, Uplifting, Warming</p> <p>HOW TO USE</p> <p>Bath, Local Wash, Massage Oil, Perfume, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.</p>	<p>22</p>  <p>ROSEMARY <i>Rosmarinus officinalis</i></p> <p>GENERAL INFORMATION</p> <p>Rosemary, revered since ancient Greek and Roman times, embodies a rich legacy of medicinal and culinary significance. Its therapeutic potential spans multiple cultural contexts, demonstrating sophisticated botanical healing wisdom. Ancient practitioners believed rosemary could enhance memory and vitality in religious ceremonies. During the Middle Ages, European herbal medicine embraced this versatile herb for treating diverse ailments and promoting hair health. Its comprehensive wellness potential continues to be recognized, bridging traditional botanical knowledge with contemporary healing practices.</p> <p>PROPERTIES</p> <p>Analgesic, Antibacterial, Anti-Inflammatory, Antispasmodic, Astringent, Circulatory Stimulant, Digestive Aid, Hair Growth Stimulant, Immune Booster, Mood Enhancer, Muscle Relaxant, Skin Care, Stress Relief</p> <p>NATURE</p> <p>Stimulating, Uplifting</p> <p>HOW TO USE</p> <p>Bath, Inhalation, Local Wash, Massage, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, avoid sensitive skin areas, not for use on young children, pregnancy caution, skin irritation.</p>	<p>23</p>  <p>SANDALWOOD <i>Santalum album</i></p> <p>GENERAL INFORMATION</p> <p>Sandalwood, used for over 4,000 years in ancient Indian and Egyptian cultures, embodies sacred and medicinal traditions. Its rich, woody aroma is celebrated in Western perfumery and aromatherapy. During the 19th century, its calming effects and versatile therapeutic profile demonstrated sophisticated botanical healing wisdom. Continuing to be prized in perfumery and aromatherapy, sandalwood represents a profound connection between traditional healing practices and contemporary wellness approaches. Its enduring significance highlights the timeless value of natural botanical remedies.</p> <p>PROPERTIES</p> <p>Antibacterial, Anti-Inflammatory, Anti-aging, Antispasmodic, Astringent, Calming, Immune Booster, Mood Enhancer, Relaxant, Skin Care, Soothing, Skin Healing, Stress Relief</p> <p>NATURE</p> <p>Soothing, Uplifting</p> <p>HOW TO USE</p> <p>Aphrodisiac, Bath, Inhalation, Local Wash, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.</p>	<p>24</p>  <p>YLANG YLANG <i>Cananga odorata</i></p> <p>GENERAL INFORMATION</p> <p>Ylang ylang essential oil, originating in Southeast Asia, carries a rich history of aromatic and therapeutic applications. Used for centuries, it gained prominence in Western perfumery and aromatherapy during the 19th century. Its exotic scent and comprehensive wellness properties include stress relief, mood enhancement, and skin health promotion. The oil represents a sophisticated understanding of botanical healing, bridging traditional botanical knowledge with contemporary wellness practices. Its enduring significance highlights the timeless value of natural essential oils in holistic health approaches.</p> <p>PROPERTIES</p> <p>Antibacterial, Antidepressant, Anti-Inflammatory, Antispasmodic, Aphrodisiac, Calming, Hormone Balancing, Immune Booster, Mood Enhancer, Sedative, Skin Healing, Stress Relief</p> <p>NATURE</p> <p>Aphrodisiac, Soothing, Uplifting</p> <p>HOW TO USE</p> <p>Bath, Massage Oil, Perfume, Vaporizer</p> <p>WARNING</p> <p>Avoid contact with eyes, potential headache or nausea with excessive use, pregnancy caution, skin irritation.</p>

Aromatherapy Reference S

Don Novey



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Aromatherapy for Health Professionals Len Price, 2007-01-01 Providing an introduction to aromatherapy as practised in modern health care settings and information for the health professional who wants to learn about the subject this book provides the in depth knowledge needed to begin using essential oils in the practice environment **Reference Guide for Essential Oils** Connie Higley, Alan Higley, 2012 **Complementary and Alternative Medicinal Approaches for Enhancing Immunity** Mehwish Iqbal, 2022-08-24 Ancient therapeutic systems have played a tremendous role in health preservation all around the globe for thousands of years even the earliest humans on earth had used these approaches along with simple surgical procedures for the betterment of their health Complementary and Alternative Medicinal Approaches for Enhancing Immunity examines various aspects of health and diseases and the importance of basic but essential factors for the preservation of health and management of diseases Concisely written the author discusses ancient ways to enhance self healing abilities and stimulate the immune system such as fasting meditation acupuncture cupping therapy balneotherapy and aromatherapy The importance of nutrition and diet is also examined as it plays a crucial role in the prevention and causation of diseases Additional features include Discusses how the integration of various CAM modalities helps in enhancing self healing abilities and boosts the human immune system Contains various topics from different systems of medicines that are taught widely as individual courses or discussed broadly in several institutes Reviews Eastern pharmacotherapy and how using certain herbs minerals and animal based products aids in maintaining health and alleviating diseases Using evidence based knowledge taken from ancient literature and recently published articles this book will inform readers on the importance of holistic health approaches and some ancient treatment modalities that enhance the immune system to combat diseases *Handbook of Essential Oils* K. Husnu Can Baser, 2020-08-10 Handbook of Essential Oils Science Technology and Applications presents the development use and marketing of essential oils Exciting new topics include insecticidal applications but there is a continued focus on the chemistry pharmacology and biological activities of essential oils The third edition unveils new chapters including the insect repellent and insecticidal activities of essential oils the synergistic activity with antibiotics against resistant microorganisms essential oil applications in agriculture plant insect interactions and pheromones and contaminants in essential oils Features Presents a wide range of topics including sources production analysis storage transport chemistry aromatherapy pharmacology toxicology metabolism technology biotransformation application utilization and trade Includes discussions of biological activity testing results of antimicrobial and antioxidant tests and penetration enhancing activities useful in drug delivery Covers up to date regulations and legislative procedures together with the use of essential oils in perfumes cosmetics feed food beverages and pharmaceutical industries Unveils new chapters including the insect repellent and insecticidal activities of essential oils the synergistic activity with antibiotics against resistant microorganisms essential oil applications in agriculture plant insect interactions and pheromones and

contaminants in essential oils The American Botanical Council ABC named the second edition as the recipient of the 2016 ABC James A Duke Excellence in Botanical Literature Award and recognized that essential oils are one of the fastest growing segments of the herbal product market **Dossey & Keegan's Holistic Nursing: A Handbook for Practice** Mary A. Blaszkowski, Deborah A. Shields, Karen M. Avino, William E. Rosa, 2020-11-23 Dossey Keegan's Holistic Nursing A Handbook for Practice Eighth Edition covers basic and advanced concepts of holism demonstrating how holistic nursing spans all specialties and levels This text is distinguished by its emphasis on theory research and evidence based practice essential to holistic nursing **Aromatherapy for Health Professionals E-Book** Shirley Price, Len Price, Penny Price, 2019-09-07 Now entering its 5th edition Aromatherapy for Health Professionals is an essential read for any professional wishing to practice aromatherapy in a clinical setting It covers the theory and practice of essential oil science and the application of aromatherapy for specific conditions giving an evidence based and in depth presentation of the subject Written by a highly experienced team of aromatherapists it is an authoritative guide for those wishing to use essential oils in a modern health care setting Contains an A Z of essential oils including their chemistry and properties allowing therapists to select the most effective oils for use in a clinical situation Includes a table giving the appropriate essential oils for different health conditions Includes case studies to help the reader understand how to put the theory into practice The text is fully referenced and evidence based for use in a clinical setting *Clinician's Complete Reference to Complementary/alternative Medicine* Don Noveck, 2000 The increasing popularity of alternative medical practices is changing the way that patients and doctors approach treatment options making it vital that every clinician have access to reliable information on complementary and alternative therapies The CLINICIAN'S COMPLETE REFERENCE TO COMPLEMENTARY AND ALTERNATIVE MEDICINE presents clear and factual discussions of these therapies with the traditional health care practitioner in mind

Complementary Therapies and the Management of Diabetes and Vascular Disease Trisha Dunning, 2007-01-11 This book brings together important information about complementary therapies and how they are used in diabetes care It addresses the benefits and risks of complementary therapies and takes an evidence based approach Complementary Therapies and the Management of Diabetes and Vascular Disease A Matter of Balance provides health professionals with appropriate information about complementary therapies so they can discuss these therapies with their patients and help them make informed decisions about their diabetes care Managing diabetes depends on achieving life balance not just metabolic control This is the first book devoted exclusively to complementary therapies and diabetes and it has several key features It is an informative evidence based text that will help health professionals understand complementary therapies commonly used by people with diabetes their potential benefits possible adverse events and how these could be minimised or prevented It describes clinical practice guidelines for the safe combination of complementary and conventional therapies in diabetes management It suggests appropriate advice to give people with diabetes and vascular disease about complementary

therapies Written by experts in the various fields this book makes important reading for all health professionals managing patients with diabetes and associated vascular disease including nurses doctors dietitians and podiatrists *Aromatherapy for Health Professionals Revised Reprint E-Book* Shirley Price, Len Price, Penny Price, 2021-02-16 Now in its 5th edition Aromatherapy for Health Professionals is an essential resource for professionals wishing to practice aromatherapy in a clinical setting It covers the theory and practice of essential oil science and the application of aromatherapy for specific conditions giving an evidence based in depth presentation of the subject Written by a highly experienced team of aromatherapists this book is an authoritative guide for anyone seeking to use essential oils in a modern health care setting Contains an A Z of essential oils including their chemistry and properties allowing therapists to select the most effective oils for use in a clinical situation Details the appropriate essential oils for different health conditions Features case studies to help the reader understand how to put the theory into practice Fully referenced and evidence based for use in a clinical setting

Endocrinology of Obesity, Aging and Stress Yuko Maejima, Kenju Shimomura, Heidi de Wet, 2025-04-09 The prevalence of obesity is increasing on a global scale In addition we are facing the arrival of super aging society Obesity s effects on cognitive decline mobility hypertension and stress are similar to symptoms seen in aging Both obesity and aging lead to serious health problems and increase the risk of developing multiple diseases and even death Aging is associated with an increase in abdominal fat a major contributor to insulin resistance and metabolic syndrome Obesity and aging share a similar spectrum of phenotypes such as compromised genomic integrity impaired mitochondrial function accumulation of intracellular macromolecules weakened immunity shifts in tissue and body composition and enhanced systemic inflammation Overall the current search results suggest that there is a complex relationship between obesity aging and stress Both obesity and aging are associated with inflammation and oxidative stress which are also associated with stress In order to understand the cross talk among obesity aging and stress from an endocrinological point of view we propose the topic entitled Endocrinology of obesity aging and stress

The Handbook of Alternative and Complementary Medicine Stephen Fulder, 1996 The Handbook of Complementary and Alternative Medicine is acknowledged to be the most authoritative and complete guide to complementary medicine available The result of extensive research it provides a detailed picture of the status of alternative and complementary medicine in the UK and internationally The Handbook examines the developing social position of complementary medicine including legal political scientific educational and demographic aspects and considers why people choose complementary therapies how many do so and what happens during and after their treatment For each therapy there is a concise review of the theoretical practical and research aspects written in collaboration with a leading practitioner and providing an authoritative introduction to the field The book also includes an invaluable resource guide covering all the significant colleges professional bodies and societies in this area of medicine and detailing over 250 organizations as well as an extensive glossary and bibliography This third edition has been extensively rewritten expanded

and updated and reflects the dramatic increase in complementary medicine over the past years in the UK alone there are more complementary practitioners than general practitioners now It charts the growing level of interest among medical professionals and the general public the coverage of research has been extended new sections have been added dealing with the UK National Health Service and education The Handbook is an invaluable reference source for all medical practitioners including nurses reseachers and administrators as well as members of the general public who want to make an informed choice about complementary medicine

Spa Bodywork Anne Williams,2007 This textbook guides massage therapists through each step of delivering a spa treatment from consideration of the indications and contraindications to scope of practice issues supplies room set up specific procedure steps and ideas for integrating massage techniques spa products and enhancing accents While wet room treatments are discussed the focus is on dry room treatments which can be delivered in a wider variety of settings More than 250 full color photographs illustrate each technique and treatment Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step by step procedures section Sanitation Boxes offer clean up and sanitation tips Sample Treatments include promotional descriptions product recommendations and recipes for creating inviting smell scapes

Essential Oil Profiles Lea Jacobson,2018-03-07 Safety information drug interactions shelf life therapeutic properties body system benefits and more for the 60 most popular essential oils with BONUS sections on diluting carriers children pregnancy breastfeeding dogs and cats

Reference Guide for Essential Oils Abundant Health,Connie Higley,Alan Higley,2001-02-01

Clinical Aromatherapy in Nursing Jane Buckle,1997 Discussion of the use of oils and how they may apply to the management of common specific problems such as infection and pain

Quick Reference Guide for Using Essential Oils Connie Higley,Alan Higley,1998

The British National Bibliography Arthur James Wells,2005

American Book Publishing Record ,1998

The Nurses' Handbook of Complementary Therapies Denise F. Rankin-Box,Victoria E. Slater,1996

Fundamentals of Complementary and Integrative Medicine Marc S. Micozzi,2006 This resource lays the groundwork for a solid understanding of complementary and integrative therapy It provides insight into the historical context of alternative healing systems as well as the most up to date scientific research and clinical applications for integrative medicine Focusing on therapies best supported by clinical trials and evidence it describes key concepts of the most prevalent complementary and alternative therapies in use today This edition features many new chapters and a new appendix with thorough updates and references throughout

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