

Essential Oil	General Description and Uses	Safety Precautions
Anise – (<i>pimpinella anisum</i>)	Sweet, licorice like scent often used during the hunting season to mask the human scent. Also applied to bait to attract fish. Cheering, euphoric, energizing, sense enhancing, antibacterial, coughs, deodorant, menopause. Parts used: seed pod	Dilute well before use. Do not use during pregnancy.
Bergamot – (<i>citrus bergamia</i>)	Citrusy, fresh, woody scent. Cheering, concentration, aggression, confidence, grief, nervous tension and stress. Said to help with the stress of Parkinson's Disease and PMS moodiness. Good for withdrawals. Parts used: peel of fruit.	Photosensitizing. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
Cedarwood – (<i>cedrus atlantica</i>)	Dry, sweet, woody balsamic scent. Balancing, grounding and strengthening. Often used to promote self-control and to balance spirituality. Possible uses: acne, dry hair, rheumatism, oily skin, immunity booster. Parts used: wood	Avoid during pregnancy. May irritate extra sensitive skin.
Cinnamon Leaf – (<i>cinnamomum zeylanicum</i>)	Hot, spicy scent — richer in aroma than ground cinnamon. Invigorating, refreshing, warming, aphrodisiac properties. Often used by those with low blood pressure. Good for exhaustion & fatigue. Antifungal. Parts used: leaf.	Avoid if you have high blood pressure. Dilute well before use.
Citronella – (<i>cymbopogon nardus</i>)	Slightly fruity, fresh, lemony scent. An oil that is known to be refreshing, stimulating, soothing & vitalizing. Most popular for being a powerful insect repellent. Antiseptic properties, good when you have a cold. Parts used: grass.	Avoid during pregnancy.
Clary Sage – (<i>salvia sclarea</i>)	Earthy, herbaceous & slightly fruity scent. Known as the "woman's oil." Good for use as an antidepressant, for PMS and Menopause. Also good for fatigue, fear & stress. Is often used to help promote vivid dreaming. Parts used: flowering tops, herb.	Avoid with a history of breast or ovarian cysts or estrogen-dependent cancer. Do not overuse while drinking alcohol.
Clove Bud – (<i>eugenia caryophyllata</i>)	Spicy, warming, rich but slightly bitter scent. Possible uses: memory loss, stimulating, energizing, warming. Also known for use as an antiseptic, for sprains, strains and is often used (in part) by dentists for toothaches. Parts used: flower buds.	A possible mucous membrane irritant. Not to be used by alcoholics, haemophiliacs or those with prostate cancer.
Cypress – (<i>cupressus sempervirens</i>)	Fresh, slightly woody aroma. Helpful with aggression, nervous tension, stress & nervousness. Said to be good for hot flashes, menopause and bruising as well as a circulatory stimulant. Parts used: leaves (needles), twigs.	Avoid during pregnancy or a history of estrogen-dependent cancer. Avoid constant use with high blood pressure.
Eucalyptus – (<i>eucalyptus globulus</i>)	Clean, fresh, medicinal scent. A balancing, cooling & stimulating oil often used with colds, coughs, muscular fatigue & sinusitis. Also helpful when you have bronchitis, the flu or slight fever. Parts used: leaves & twigs.	Avoid with a history of epilepsy or if you have using homeopathic remedies. Do NOT take internally — toxic.
Fir Needle – (<i>Abies alba</i>)	Woody, earthy, fresh scent. Known for stimulating circulation. Often used for muscle pain, arthritis & rheumatism as well as elevating the emotions and helping with stress. Parts used: leaves (needles), twigs.	Dilute well before use.
Frankincense – (<i>Boswellia carterii</i>)	Spicy, woody, fruity & fresh smell. For the mind, frankincense is often used for anxiety, exhaustion and for focus. Reported to help with scars and wrinkles. Has been used in history for blessing and consecration. Parts used: resin.	Avoid during pregnancy. Regarded as generally safe.
Geranium – (<i>Pelargonium graveolens</i>)	Floral but sweet smell with fruity undertones. Often used for nerves, stress and for relaxed, intense focus (such as self-hypnosis). Has been known to calm those who suffer from Alzheimer's and Muscular Dystrophy. Parts used: flowers, leaves, stalks.	Avoid if a history of estrogen-dependent cancer or hypoglycemia.
Ginger – (<i>Zingiber officinale</i>)	Smoky, spicy, woody scent. For the mind, used for memory loss and to anchor the emotions. Good for nausea, motion sickness, aches & sprains and the nausea associated with migraine headaches. Parts used: roots (stems).	May irritate extra-sensitive skin. Dilute well before use.
Jasmine Absolute – (<i>Jasminum officinale</i>)	Exotic, floral, rich, sweet scent. Used often in the perfume industry. Has relaxing, sedative properties and is said to be an aphrodisiac. Also good as an antidepressant, for PMS & Menopause. Parts used: flowers	Avoid during pregnancy. Extended use has narcotic-like properties.
Juniper Berry – (<i>Juniperus communis</i>)	Crisp, sweet & herbaceous with a fruity note. Often used for gout, jet lag and hangovers as well as for memory loss, clearing the mind and exhaustion. Said to have detoxifying and toning properties. Parts used: berries	Avoid during pregnancy. Avoid if a history of kidney disease or high blood pressure.
Lavender – (<i>lavandula officinalis</i>)	Floral, fresh, light, herbaceous scent. Is said to bring about love and peace. Good for insect bites, to calm the nerves, help with sleeping — soothing & relaxing. Also good for burns, bruises, itching and headaches. Parts used: flowering tops.	Avoid during first trimester of pregnancy.
Lemon – (<i>citrus limonum</i>)	Rich, fresh smell similar to fresh lemon rinds. Used to uplift the spirits as it is balancing, cheering and refreshing. Often used to reduce warts, for fainting and hayfever. Good ingredient in cleaning and dish washing. Parts used: peel of fruit.	Photosensitizing. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
Lemon Eucalyptus – (<i>eucalyptus citriodora</i>)	Sweet, lemony smell with a woody note. Known to be calming and purifying. Reported by the CDC to be a good, natural substitution for DEET in combating mosquitoes. Contains some of the same properties as regular eucalyptus. Parts used: leaves, twigs.	Dilute before use.
Lemongrass – (<i>cymbopogon citratus</i>)	Fresh, lemons, grassy scent. For the mind, used for irritability, mental fatigue, stress & nervous exhaustion. Often used as a mild insect repellent, for light cases of athlete's foot and reported to be good for cellulite. Parts used: grass, leaves.	Avoid during pregnancy or a history of high blood pressure.
Lime – (<i>citrus aurantifolia</i>)	Green, fresh, citrusy, sweet scent. Stimulating, uplifting & cheering. Lime is known for helping raise the spirits and makes a good antidepressant. Good for skin toning as an astringent and is said to help with dandruff. Parts used: peel of fruit.	Highly photosensitizing. Try to avoid direct exposure to sunlight where time has been used on the skin.
Palmarosa – (<i>cymbopogon martini</i>)	A floral, grassy, rose-like scent. Good for creativity, aggression & anxiety. Said to work quite well for wrinkles, dermatitis, hair loss & PMS symptoms. Associated with healing and love. Parts used: whole plant	Avoid with a history of high blood pressure.

Aromatherapy Reference Guide

Connie Higley, Alan Higley



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John L Turner MD It has been a pleasure working with KG Stiles She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils

Thank you KG Linda McGwire RN BSN HNC BA

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Table of Contents Aromatherapy Reference Guide

1. Understanding the eBook Aromatherapy Reference Guide
 - The Rise of Digital Reading Aromatherapy Reference Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Aromatherapy Reference Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aromatherapy Reference Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aromatherapy Reference Guide
 - Personalized Recommendations
 - Aromatherapy Reference Guide User Reviews and Ratings
 - Aromatherapy Reference Guide and Bestseller Lists

5. Accessing Aromatherapy Reference Guide Free and Paid eBooks
 - Aromatherapy Reference Guide Public Domain eBooks
 - Aromatherapy Reference Guide eBook Subscription Services
 - Aromatherapy Reference Guide Budget-Friendly Options
6. Navigating Aromatherapy Reference Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Aromatherapy Reference Guide Compatibility with Devices
 - Aromatherapy Reference Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aromatherapy Reference Guide
 - Highlighting and Note-Taking Aromatherapy Reference Guide
 - Interactive Elements Aromatherapy Reference Guide
8. Staying Engaged with Aromatherapy Reference Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aromatherapy Reference Guide
9. Balancing eBooks and Physical Books Aromatherapy Reference Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aromatherapy Reference Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aromatherapy Reference Guide
 - Setting Reading Goals Aromatherapy Reference Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aromatherapy Reference Guide
 - Fact-Checking eBook Content of Aromatherapy Reference Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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