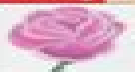


AROMATHERAPY ESSENTIAL OILS

Aromatherapy is a holistic healing technique that uses essential oils extracted from plants to promote physical, emotional, and mental well-being. Essential oils are highly concentrated plant extracts that contain aromatic compounds, and they are believed to possess therapeutic properties that can have a positive effect on the body and mind when inhaled or applied topically.

 BASIL <i>Ocimum basilicum</i> Sweet, herbaceous Extraction Method: Steam Distillation Blends with: Bergamot, ginger, lavender Reputed Therapeutic Properties: Analgesic, antispasmodic, antiparasitic, anti-verminous, carminative, diaphoretic, digestive, insecticide, stomachic, tonic and stimulant. Uses: Helpful for easing headaches and migraines. Has an uplifting effect. Soothes mosquito bites. Use in burner, vaporizer and in warm bath. Warning: Do not overuse.	 BERGAMOT <i>Citrus bergamia</i> Fresh, sweet, spicy Extraction Method: Steam Distillation, Cold Pressed Blends with: Chamomile, geranium, lavender Reputed Therapeutic Properties: Acne, abscesses, anxiety, boils, cold sores, cystitis, depression, hiccups, itching, loss of appetite, oily skin, psoriasis, stress. Uses: Uplifting, balancing. Helps to ease anxiety, depression, fear, inflammation. Encourages restful sleep. Use in burner, vaporizers, blend in face cream. Warning: Not on sensitive skin or during pregnancy.	 CINNAMON <i>Cinnamomum zeylanicum</i> Warm, spicy, sweet Extraction Method: Steam Distillation Blends with: Clove, orange, rosemary, lavender Reputed Therapeutic Properties: Antimicrobial, anti-inflammatory, antioxidant, digestive, antispasmodic, mood enhancer Uses: Warming and uplifting effect on the mind and body and can help to improve mood, reduce stress, and promote relaxation. Warning: May cause skin irritation.
 CEDARWOOD <i>Cedrus atlantica</i> Sweet, woody, balsamic Extraction Method: Steam Distillation Blends with: Frankincense, juniper, neroli Reputed Therapeutic Properties: Antifungal, antiseptic, antispasmodic, tonic, astringent, diuretic, expectorant, insect repellent, sedative and fungicide. Uses: Relieves itching. Helpful for acne, oily skin, oily hair and dandruff. Good general tonic. Use in massage oil, in burner, vaporizer and in relaxing bath. Warning: Avoid during pregnancy.	 CHAMOMILE (German) <i>Matricaria chamomilla</i> Sweet, fruity, herbaceous Extraction Method: Steam Distillation Blends with: Jasmine, rose, ylang ylang Reputed Therapeutic Properties: Analgesic, antiallergenic, antispasmodic, antibiotic, anti-inflammatory, antipruritic, bactericidal, carminative, sedative, stomachic. Uses: Helpful for easing irritation, impatience and anger. Use with teething children. Helps to balance PMS. Useful against allergies, hay fever and asthma. Warning: Avoid during pregnancy.	 CLARY SAGE <i>Salvia sclarea</i> Earthy, herbaceous Extraction Method: Steam Distillation Blends with: Lavender, sandalwood, jasmine Reputed Therapeutic Properties: Antidepressant, anticonvulsant, antispasmodic, anesthetic, astringent, bactericidal, carminative, deodorant, digestive, nervine, sedative, tonic. Uses: Amenorrhea, asthma, coughing, cramps, exhaustion, gas, labor pains, sore throat, stress. Use in burner, vaporizer and in cream or lotion. Warning: Avoid during pregnancy.
 NEROLI <i>Citrus vulgaris</i> Sweet, floral, citrusy Extraction Method: Steam Distillation Blends with: Bergamot, lemon, sweet orange Reputed Therapeutic Properties: Skin care, relaxation and stress relief, anesthetic, stomachic, aphrodisiac, digestive health, hormonal balance, emotional balance. Uses: Promote relaxation, extensively used in perfumery. Used as a massage oil, used in hair care, used as a flavoring agent in food and beverages. Warning: Use sparingly with caution.	 ROSE <i>Rosa rubiginosa</i> Sweet, floral, romantic Extraction Method: Steam Distillation Blends with: Lavender, geranium, sandalwood Reputed Therapeutic Properties: Calming the nervous system, anti-inflammatory, antimicrobial properties, skin care, traditional aphrodisiac, digestive aid. Uses: Burn in diffuser to create romantic, soothing atmosphere, use as perfume, as massage oil when diluted with carrier oils, as a hair care product, knowing hair shiny, relieve menstrual cramps. Warning: Use sparingly with caution.	 EUCALYPTUS <i>Eucalyptus globulus</i> Medicinal, fresh, earthy Extraction Method: Steam Distillation Blends with: Lavender, lemon, lemongrass, thyme Reputed Therapeutic Properties: Analgesic, antibacterial, anti-inflammatory, antirheumatic, decongestant, expectorant, astringent, diuretic, stimulant. Uses: Influenza, colds, sinusitis, bronchitis, asthma, cough, sore throat, toothache, earache, sore mouth, sore eyes, sore skin, sore feet, sore hands, sore joints, sore muscles, sore bones, sore tendons, sore ligaments, sore cartilages, sore nerves, sore blood vessels, sore lymph nodes, sore glands, sore organs, sore tissues, sore cells, sore molecules, sore atoms, sore subatomic particles, sore quarks, sore leptons, sore gluons, sore photons, sore neutrinos, sore electrons, sore protons, sore neutrons, sore mesons, sore baryons, sore leptons, sore quarks, sore gluons, sore photons, sore neutrinos, sore electrons, sore protons, sore neutrons, sore mesons, sore baryons. Warning: Use sparingly with caution.
 ROSEMARY <i>Minthha piperata</i> Fresh, minty, invigorating Extraction Method: Steam Distillation Blends with: Eucalyptus, lemon, lavender Reputed Therapeutic Properties: Respiratory health, digestive health, headaches and migraines, muscle pain, stress and anxiety, skin care, colds and fever. Uses: Use in a diffuser to promote mental clarity, dilute with a carrier oil for massage, inhale via steam inhalation, add to home-made cleaning products. Warning: Use sparingly with caution.	 FRANKINCENSE <i>Boswellia carterii</i> Woody, balsamic Extraction Method: Steam Distillation Blends with: Lavender, geranium, sandalwood Reputed Therapeutic Properties: Anticancer, anti-inflammatory, antiparasitic, antipruritic, antispasmodic, antitumor, antivenomous, carminative, diaphoretic, digestive, expectorant, insecticide, stomachic, tonic and stimulant. Uses: Burn in diffuser to create romantic, soothing atmosphere, use as perfume, as massage oil when diluted with carrier oils, as a hair care product, knowing hair shiny, relieve menstrual cramps. Warning: Use sparingly with caution.	 GERANIUM <i>Pelargonium graveolens</i> Floral, fresh, sweet Extraction Method: Steam Distillation Blends with: Rose, lavender, clary sage Reputed Therapeutic Properties: Astringent, hemostatic, cicatriment, cytophylactic, diuretic, deodorant, hemostatic, hypotonic, tonic, vermifuge and vulnerary. Uses: Helpful for relieving stress, mild depression, PMS, anxiety and tension, and for bringing fresh energy. Burner, vaporizer, massage oil, bath, in shampoo. Warning: Avoid during pregnancy.
 SANDALWOOD <i>Santalum</i> Woody Extraction Method: Solvent Extracted Blends with: Cedarwood, clary sage, geranium, lavender, rose, ylang ylang Reputed Therapeutic Properties: Analgesic, antileptic, antispasmodic, bactericidal, carminative, cephalic, expectorant, laxative, stimulant, stomachic and tonic. Uses: Helps with rheumatism, nausea, hiccups, coughs, sores, sore throats, cramps and fevers. Blends in massage oils or compresses. Warning: Use sparingly with caution.	 JASMINE <i>Jasminum grandiflorum</i> Sweet, herbaceous Extraction Method: Solvent Extracted Blends with: Rose, lavender, sandalwood Reputed Therapeutic Properties: Antidepressant, antiseptic, aphrodisiac, antispasmodic, cicatriment, expectorant, galactagogue, parturient, sedative and uterine. Uses: Emotionally warming. Relaxes, soothes, uplifts and helps self confidence. Good for stress and general anxiety. Burner, vaporizer, massage oil, creams. Warning: Avoid during pregnancy.	 LAVENDER <i>Lavandula officinalis</i> Sweet, herbaceous Extraction Method: Steam Distillation Blends with: Bergamot, clove, rosemary Reputed Therapeutic Properties: Antiseptic, analgesic, anticonvulsant, anti-depressant, anti-rheumatic, antispasmodic, anti-inflammatory, carminative, sedative. Uses: Calming, balancing, soothing. An excellent muscle relaxant, soothing agent, skin conditioner, and astringent. Treats burns and reduces scarring. Use in burner, vaporizer, bath, massage oil, lotions and creams, or as a cold compress. Warning: Avoid during pregnancy.

The Ebential Aromatherapy

Thomas Griffiths



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