

Essential Oil Mini-Guide

Be aware, the following information is referring to therapeutic grade A essential oils available from Young Living only.

Basil: Anti-inflammatory, helps intestinal problems, muscle spasms, headaches, and mental fatigue. Dilute with carrier oil.

Bergamot: Analgesic, anti-depressant, anxiety, female hormone balance. Anti-fungal, anti-inflammatory, allergies, sedative.

Birch: Analgesic, anti-spasmodic, natural cortisone, may give relief to arthritis, bone, joint, and muscle pain. Helps back pain.

Cardamon: Diuretic, anti-bacterial, normalizes appetite, colic, coughs, heartburn, nausea, menstrual period.

Cedar (Canadian red): Anti-bacterial, antiseptic, follicle stimulant, helps dandruff, hair loss, respiratory system.

Cedarwood: Purifies animal odors. Helps cellulite, bronchitis, hair loss, dandruff, and oily hair. Tones lymph system.

Chamomile (roman): Skin care, acne, boils, rashes, and hair care. Helps relieve migraine headaches and inflamed joints.

Cinnamon Bark: Always dilute with carrier oil. Helps with strep and virus conditions. Strengthens circulatory system.

Cistus: Stops viruses from mutating, anti-microbial, works directly on immune system.

Clary Sage: May help PMS and hot flashes, helps regulate hormones and relieves menstrual cramps. Use during labor.

Clove: Used in Egypt to strengthen respiratory system. Improves memory, anti-viral helps toothaches and gum pain.

Coriander: Cairo University research: lowers glucose levels by normalizing insulin levels, supports pancreas function.

Cypress: Anti-bacterial, anti-microbial, lymphatic decongestant. Used for arthritis, bronchitis, circulation, cramps, parasites.

Davana: Anti-infectious, helps dry chapped skin. Stimulates endocrine glands. Treats PMS symptoms.

Dill: Helps lower glucose levels by normalizing insulin levels. Pancreas support bronchial congestion and liver deficiencies.

Eucalyptus: Assists respiratory system, sinuses, flu, and allergies. Helps hypoglycemia and Candida.

Fennel: assists the adrenal cortex, helps break up toxins and fluid in tissue. Balances pituitary, thyroid and pineal glands.

Fir: Known to fight airborne germs and bacteria. Can help reduce symptoms of arthritis, rheumatism and fevers.

Frankincense: Has helped some cases of cancer. Works on immune system. Has reduced tumors and external ulcers.

Galbanum: Helps wounds, boils and abscesses. Calms mind for meditation.

Geranium: Anti-depressant, may assist dissolving stones, helps shingles and ulceration, deodorant, bug repellent.

Ginger: Anti-parasitic, relieves sprains, breaks up chest congestion, colic and indigestion, For motion sickness and chills.

Grapefruit: Good for acne, flabby arms, reduces cellulite. Relieves water retention.

Helichrysum: Anti-bacterial, reduces bleeding in accidents, skin regenerator, helps repair nerves.

Hyssop: Don't use on children. Thins mucous, for bruises, immune stimulator, anti-viral. May help asthma sufferers.

Jasmine: Helps childbirth, labor pain, frigidity, and coughs. Anti-spasmodic, muscle spasms and uterine disorders.

Juniper: A nerve stimulator, natural diuretic and cleanser. Reduces dermatitis, eczema and acne.

Lavender: Universal oil, can use pure. May help allergies, all types of burns, ulcers, insomnia, diaper rash, to name a few.

Lemon: Germicide, purifies air and water. Relives heartburn, anti-parasitic, stimulates white and red blood cell formation.

Lemongrass: Mosquito repellent, helps connective tissue repair and regenerate. Reduces varicose veins. Sedative.

Marjoram: Especially good for tight muscles, may calm spasms and respiratory problems. Insomnia.

Melaleuca: Used in war for gangrene and wounds. Can be taken before, during and after radiation treatment.

Melissa: Powerful anti-viral, anti-depressant, skin problems and eczema. Regulates menstrual cycle and calms emotions.

Mountain Savory: Kills all airborne bacteria and viruses. Discovered in 1996 lab studies. Best to diffuse. Anti-bacterial

Myrrh: Helps gum infections, mouth ulcers, skin rashes, wrinkles, and hemorrhoids. Can help abnormal vaginal discharge.

Myrtle: Helps treat hypothyroidism. Used for chronic coughs as an expectorant. Fights colds and flu.

Nutmeg: Good for chronic bowel disorder. Eases digestion difficulties. Good for circulation, gout, flatulence, neuralgia.

Orange: Reduces fluid retention, overcomes sadness, calming to children, aid digestion, mouth ulcers and gas.

Oregano: Strong anti-viral and anti-fungal. It stimulates and helps protect the immune system.

Patchouli: Helps relieve anxiety, influences physical and sexual energies. Used for centuries for skin care and wrinkles.

Peppermint: Keeps one mentally alert and awake. Relieves some headaches. Digestion. Reduces fever, nausea, and vomiting. Petitgrain: Antiseptic, calming, brings mood up, helps heartburn, and insomnia. Nerve equilibrium.

Pine: Hormone-like, anti-diabetic, cortisone-like, antiseptic, anti- fungal, used on sore muscles.

Ravensara: From Madagascar, the oil that heals, helps flu and hay fever, respiratory problems and walking cramps. Rose: Anti-aging, anti-depressant. Great for skin.

Rosemary: Mental stimulant, fights Candida, good for dandruff helps open bile duct. Helps reduce cholesterol.

Rosewood: Known for slowing the aging process. Used for skin care, acne, eczema, vaginitis.

Sage: oral infection and skin condition. Asthma, bronchitis, menopause, and menstrual irregularities.

Sandalwood: Stimulates pineal and pituitary glands to enhance meditation. Helps with cystitis and urinary tract infections.

Spearmint: Helps to reduce weight. Good for colic, diarrhea, nausea, helps balance metabolism, stimulates gallbladder.

Spikenard: Antibacterial, anti-fungal, anti-inflammatory, used as a deodorant and skin tonic.

Spruce: Helps reduce weight. Beneficial for bone pain, arthritis, rheumatism, aching joints, prostatitis.

Tangerine: Assists dissolving of cellulite, improves circulation, treats dizziness, laxative, cleansing the lymphatic system.

Tansy (Blue): Anti-inflammatory, Reduces pain, relieves itching, antihistamine. soothing nerves.

Tarragon: Relief and balance to intestinal tract. Neuromuscular antispasmodic. Anti-microbial and antiseptic. Colitis, hiccups.

Thyme: Anti-bacterial. Respiratory problems, digestive complaints, treatment for gastritis, bronchitis, asthma, laryngitis.

Valerian: Sedative and tranquilizing to the central nervous system. Treats sleep disorders, insomnia, stress, tension.

Vetiver: Anti-spasmodic and anti-inflammatory used for arthritic.

Ylang Ylang: Anti-depressant, alleviates headaches, hot flashes, and hypertension. Is very calming.