

# Essential Oils

## Cheat Sheet



OIL	PROPERTIES	BENEFITS/USES	HOW TO USE	PRECAUTIONS
<b>Basil</b>	Spicy Warm Herbal	Concentration PMS Boost immunity	Direct Inhalation Diffuser Massage with carrier oil Drink diluted with water or tea	Avoid with pregnancy May irritate skin
<b>Bergamot</b>	Calming Soothing Vermifuge Antibiotic Antiseptic Deodorant Vulnerary Antispasmodic Sedative Analgesic Antidepressant Disinfectant Febrifuge	Improves blood circulation Prevents infections Reduces body aches Stress control Relaxation Aids digestion Skin care - heals scars, acne, smooth skin Eliminates bad odors Fever reducer Kills germs	Direct Inhalation Diffuser Massage with carrier oil In bath Internal – 1 drop for each 4 ounces of liquid	Phototoxic, avoid exposure to sun for 3 hours after use
<b>Black</b>	Hot	Mood lifter	Diffuser	May irritate skin without dilution

<b>Pepper</b>	Potent  Fruity  Spicy	Digestive Aid  Antioxidant Support  Promotes circulation	Massage with carrier oil  Internal – dilute 1 drop with 4 ounces of liquid for digestive health	
<b>Cinnamon Bark</b>	Spicy  Earthy  Woody  Warmly sweet  Disinfectant	Immunity  Digestive health  Healthy blood sugar  Muscle relaxation  Sore throat Cleaning  Inspires confidence	Direct Inhalation  Diffuser  Massage with carrier oil  Internal - 1 drop hot water or tea Cleaning – 3 to 4 drops with water in a spray bottle	May irritate skin without dilution
<b>Roman Chamomile</b>	Floral  Sweet  Calming  Soothing  Warm	Stress  Calm  Peace  Promotes sleep  Muscle pain  Arthritis  PMS  Colic	Direct Inhalation  Diffuser  Massage  Bath	May irritate skin without dilution

<b>Eucalyptus (Globulus)</b>	Herbal Purifying Refreshing Soothing Light	Optimism Facial cleansing/Skin care Mood lifter Wellness/calm Asthma Respiratory health	Direct Inhalation Diffuser Massage with carrier oil	Do not use with infants Not for internal use May irritate skin with dilution
<b>Frankincense</b>	Spicy Clean Warm Tranquil Revitalizing Calming	Scars/wounds Wrinkles Stress Colds/flu	Direct Inhalation Diffuser Bath Massage diluted with carrier oil for sensitive skin	Not for internal use with pregnant women
<b>Geranium</b>	Floral Sweet Sensual Romantic Balancing	Intimacy/romance Clear and healthy skin Insect repellent Hair vibrancy and strength Relaxation Hormone balancing Adrenal health	Direct Inhalation Diffuser Bath Massage diluted with carrier oil Internal - 1 drop into 4 ounces of liquid	May cause contact dermatitis

<b>Grapefruit</b>	Citrus Floral Anti-septic Cooling Refreshing Energetic	Boost mood Boost energy Cellulite Oily skin Weight loss/metabolism Water retention	Direct Inhalation Diffuser Massage with carrier oil Internal – dilute 1 drop with 4 ounces of liquid for digestive health	May irritate skin without dilution
<b>Lavender</b>	Floral Calming Light Anti-inflammatory Antifungal Antidepressant Antiseptic Antibacterial Antimicrobial Antispasmodic Analgesic Detoxifying Hypotensive	Calming/reduces stress/wellbeing Eases tension Promotes sleep Headaches Acne Burns/minor skin irritations Asthma Colds/flu Air cleaner Soothes skin sensitivity	Direct Inhalation Diffuser Bath Massage with carrier oil	If pregnant, consult doctor before use May irritate skin without dilution

	Sedative			
<b>Lemon</b>	Bright and clean	Boosts energy	Direct inhalation	Phototoxic, avoid exposure to sun for 12 hours after topical use
	Stimulating	Relieves Nausea	Diffuser	
	Calming	Improves Digestion	Massage with carrier oil	May irritate skin without dilution
	Carminative	Nourishes Skin		
	Anti-infection	May Promote Weight Loss		
	Astringent	Purifies		
	Detoxifying	Cleanses		
	Antiseptic	Allergies		
	Disinfectant	Oral Health		
	Sleep-inducing	Cough		
	Antifungal	Household cleaner/disinfectant		
	Crisp			
	Fresh	Antimicrobial - cleanse your home of harmful pathogens		
	Citrus	Dishwasher detergent		
		Laundry		
		Boosts immunity		

		Congestion/cough colds/flu		
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<b>Lemongrass</b>	Citrus	Digestive tract spasms	Direct inhalation	May irritate skin
	Herbal	Mental calm/clarity	Diffuser	
	Smoky	Stomach pains	Massage with carrier oil	
	Refreshing	Cough		
	Antiseptic	Painful joints		
	Analgesic	Fever		
		Cold/flu		
		Fatigue		
		Germ killer		
		Mild astringent		



<b>Orange</b>	Antidepressant	Romance/libido	Direct inhalation	Phototoxic, avoid exposure to sun for 12 hours after topical use
	Antispasmodic	Household cleaner	Diffuser	
	Antiseptic	Disinfectant	Massage with carrier oil	
	Anti-inflammatory	Relieves Inflammation		
	Aphrodisiac	Muscle relaxation		
	Carminative	Anxiety		
	Diuretic	Depression		
	Tonic	Prevents Infections		
	Sedative	Wound healing		
	Cholagogic	Acne/dermatitis		
		Boosts immunity		
		Healthy skin/anti-aging		

<b>Peppermint</b>	Fresh	Clarity	Direct inhalation
	Minty	Concentration	Diffuser
	Energizing	Mental fatigue	Massage with carrier oil
	Antispasmodic	Bad breath	Internal – 1 drop per 4 ounces of liquid
		Nausea	
		Indigestion	
		Headaches	
		Sinuses	
		PMS	
		Relax GI muscles to relieve constipation	
		Relieves Sore Muscles	
		Urinary Tract Infections	
		Boosts circulation	
		Healthy skin	
	Bug repellent		
	Joint pain		

<b>Rosemary</b>	Sweet	Clarity	Direct inhalation	Pregnant and breastfeeding should ask their doctors before use
	Herbal	Cough	Diffuser	
	Floral	Headaches	Massage with carrier oil	Consult a doctor before using for children
	Fruity	Indigestion		
	Analgesic	Stress relief		
	Antibacterial	Pain relief		
	Anticatarrhal	Learning and memory		
	Antifungal	Vaginal infections		
	Anti-infection	Immune system boost		
	Anti-inflammatory	Respiratory problem		
	Antioxidant			
	Expectorant			

<b>Sandalwood</b>	Calming	Energy	Direct inhalation	May irritate skin without dilution
	Astringent	Skin care	Diffuser	
	Anti-viral	Cough/cold/flu	Massage with carrier oil	
	antiseptic	Gastritis	Internal – 1 drop into 4 ounces of milk	
	Anti-inflammatory	Mental clarity		
	Expectorant	Stress control		
	Uplifting	Relaxation/calm		
	Carminative	Natural aphrodisiac		
	Diuretic	Memory booster		
	Disinfectant	Concentration		
	Emollient	Antiseptic for skin to prevent acne and infections		
		Lowers cholesterol		
		Heals scars		
		Boosts immunity		
	UTI			
	Skin care			
	Reduces anxiety			

<b>Tea Tree</b>	Antiviral	Acne and other skin conditions	Direct inhalation	NOT for Internal Use
	Expectorant	Dry scalp	Diffuser	NOT for use with pets
	Fungicide	Antiseptic for minor cuts and scrapes	Massage with carrier oil	
	Antibacterial	Bacterial, fungal and viral infections		
	Antimicrobial	Respiratory health		
	Antiseptic	Head lice		
	Insecticide	Natural deodorant		
	Stimulant	Bad breath		
	Sudorific	Hair health		
		Hand sanitizer		
		Direct inhalation		
		Diffuser		
		Massage with carrier oil		
		All-purpose cleaner		
	Dandruff			
	Athlete's foot			

<b>Vetiver</b>	Warm Earthy Calming Tranquil	Grounding Centering PMS Hormone balancing Menopause	Direct inhalation Diffuser Massage with carrier oil	
<b>Ylang Ylang</b>	Antiseborrheic Antiseptic Aphrodisiac Nervine Sedative	Depression Eczema Minor skin irritations, burns and bruises Aphrodisiac Romance Lowers high blood pressure Stress control Anxiety Boosts nervous system health Anti-aging skin care Balances moisture and oils in skin	Direct inhalation Diffuser Massage with carrier oil	Nausea, headache and sensitivity may occur when taken in excessive amounts