

BENEFITS OF 30 POPULAR ESSENTIAL OILS

Essential Oil	Blends well with	Note	Yin/Yang	Warnings	Mental/Emotional Benefits	Physical Benefits	Spiritual Benefit
Angelica	Bergamot Clary Sage Lemon Neroli Orange Patchouli Vetiver	Mid	Yang	<ul style="list-style-type: none"> Avoid during pregnancy Avoid if diabetic Do not use on skin if exposed to direct sunlight 	<ul style="list-style-type: none"> Decreases stress & tension Comforting, balancing & grounding 	<ul style="list-style-type: none"> Stimulates circulation & the immune system Aids digestion & stimulates appetites Useful for skin conditions Beneficial for bronchitis & cold symptoms 	<ul style="list-style-type: none"> Associated with Archangel Michael Awakens angelic intuition Lifts energetic vibration Repairs the energy system Helps tune into your higher self Strengthens the spirit Chakra: 7
Basil	Bergamot Clary Sage Geranium Lavender Lemon Marjoram Neroli Rosemary	Top	Yang	<ul style="list-style-type: none"> Avoid during pregnancy May trigger seizures in susceptible people Overuse can have a sedative effect May irritate sensitive skin 	<ul style="list-style-type: none"> Clears thinking to aid decision making Relieves mental fatigue Improves / aids concentration (good for study) Relieves / reduces nervous tension & mild anxiety Builds / enhances self-confidence 	<ul style="list-style-type: none"> Fights infection Relieves congestion & wheezing Expels excess mucus & phlegm Relieves muscle spasms & cramps Soothes digestive disorders Maintains nerve health 	<ul style="list-style-type: none"> Chakra 7
Bergamot	Chamomile Eucalyptus Geranium Lavender Lemon Marjoram Neroli Patchouli Ylang Ylang	Top	Yang	<ul style="list-style-type: none"> Do not use on skin if exposed to direct sunlight May irritate sensitive skin 	<ul style="list-style-type: none"> Supports positive thinking Counters depression Reduces butterflies & anxiety Refreshing & uplifting effect on emotions Calms anger & frustration Promotes self-esteem & self-confidence Improves love energy, happiness & joy 	<ul style="list-style-type: none"> Combats fatigue/exhaustion due to stress or illness Fights infections (good antiseptic) Kills insects Aids digestion Encourages growth of new tissue & formation of healthy scar tissue Good for oily skin, acne or eczema 	<ul style="list-style-type: none"> Rejuvenating effect on the aura Attracts spiritual enlightenment Chakras: 3 & 4
Black Pepper	Cypress Juniper Lemon	Mid	Yang	<ul style="list-style-type: none"> May irritate skin Use in moderation 	<ul style="list-style-type: none"> Reduces nervousness & stress Warming, comforting & inspiring 	<ul style="list-style-type: none"> Aids excessive perspiration Beneficial for acne, skin & hair Relieves insomnia Aids in flatulent conditions 	<ul style="list-style-type: none"> Helps remove blocks that prevent energy movement Chakra: 2
Cedarwood	Bergamot Eucalyptus Frankincense Jasmine Juniper Lavender Lemon Neroli Rose Rosemary	Base	Yang	<ul style="list-style-type: none"> Avoid during pregnancy Avoid using on infants 	<ul style="list-style-type: none"> Aids in releasing long term anxiety Reduces tension & nervous conditions Calming & grounding 	<ul style="list-style-type: none"> Beneficial for skin conditions Relieves congestion & coughs Aids arthritis & rheumatism 	<ul style="list-style-type: none"> Deeply relaxing; aids in achieving meditative states Chakras: 1 & 2
Chamomile	Bergamot	Mid	Yin	<ul style="list-style-type: none"> May irritate sensitive skin 	<ul style="list-style-type: none"> Calms nerves & decreases depression 	<ul style="list-style-type: none"> Promotes nerve health 	<ul style="list-style-type: none"> Strengthens the spirit

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	Frankincense Jasmine Lavender Lemon Orange Neroli Patchouli Rose Ylang Ylang				<ul style="list-style-type: none"> Counters restlessness & tension Soothing & comforting (especially for irritability & tantrums in children) Promotes truth without anger 	<ul style="list-style-type: none"> Softens skin Encourages cell regeneration Soothes inflamed skin Helps insomnia (sedative) 	<ul style="list-style-type: none"> Chakras: 4 & 5
Clary Sage	Bergamot Geranium Frankincense Lavender Lemon Jasmine Juniper Orange Sandalwood	Mid	Yang	<ul style="list-style-type: none"> Avoid during pregnancy May cause drowsiness, headaches & nausea if used in large doses Avoid if drinking 	<ul style="list-style-type: none"> Calms & stills the mind Prevents fearful & painful thoughts Improves clarity & communication Good for mood swings; calms nerves & reduces depression Excellent for times of transition Enhances creativity Uplifting & increases euphoric states 	<ul style="list-style-type: none"> Powerful muscle relaxant (especially for PMT relief) Creates a stimulating, creative & inspiring atmosphere Heightens sexual desire 	<ul style="list-style-type: none"> Soothes & protects the spirit against spiritual attack Enables third eye stimulation for clear vision Chakras: 2 & 6
Cypress	Bergamot Clary Sage Juniper Lavender Lemon Orange Rosemary Sandalwood	Base	Yin	<ul style="list-style-type: none"> Avoid during pregnancy 	<ul style="list-style-type: none"> Aids during times of transition & major decision making Soothes emotions & strengthens nerves Promotes calm in stressful situations 	<ul style="list-style-type: none"> Stabilising effect on nervous system Constricts blood vessels, tightens tissue, & inhibits bleeding Supports the circulatory system Reduces excessive flow of bodily fluids (ie. runny nose, sweating) 	<ul style="list-style-type: none"> Chakra: 1
Eucalyptus	Cedarwood Lemon Lemongrass Lavender	Top	Yin	<ul style="list-style-type: none"> May irritate sensitive skin Avoid during pregnancy May trigger seizures in susceptible people Avoid if high blood pressure Toxic (fatal) if taken internally 	<ul style="list-style-type: none"> Clears the head Integrates aspects of the mind Encourages the mind to discover answers Beneficial for overwhelmed states 	<ul style="list-style-type: none"> Stimulates the nervous system Fights bacterial, viral, & fungal infections Eases respiratory congestion Cools fever Relieves muscular aches & pains Cleansing (skin, burns, bites) 	<ul style="list-style-type: none"> Chakras: 4 & 6
Frankincense	Basil Geranium Lavender Neroli Orange Patchouli Sandalwood Ylang Ylang	Base	Yang	<ul style="list-style-type: none"> Avoid during pregnancy 	<ul style="list-style-type: none"> Stimulating & elevating to the mind Disperses fear Helps in overcoming stress & despair Comforting, healing & strengthening Heals old emotional wounds Slows things down 	<ul style="list-style-type: none"> Sedating effect on central nervous system Slows & deepens breathing Reduces inflammation & fights infection Clears excess mucus Tightens & tones skin Stimulates cell regeneration Aids digestion Increases urination Stimulates menstruation & tones the uterus 	<ul style="list-style-type: none"> Anointing & healing powers Cleanses & rejuvenates the aura Aids a meditative state Spiritually uplifting Promotes connection & invokes safe passage to higher self & the Divine Aids forward momentum in spiritual growth Facilitates intuitive communication with the inner realm Chakras: 1, 6 & 7

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Geranium	Basil Bergamot Clary Sage Jasmine Lavender Neroli Orange Rose Sandalwood	Mid	Yin	<ul style="list-style-type: none"> Use with caution if low blood sugar levels 	<ul style="list-style-type: none"> Aids release of negative memories Promotes a positive outlook Diminishes depression Balances & stabilizes emotional swings Promotes harmony Improves emotional stability 	<ul style="list-style-type: none"> Aids lymphatic drainage Relieves symptoms of hemorrhoids & varicose veins Repels insects; particularly mosquitoes Relieves pain & fights infection Stops bleeding of cuts and wounds Stimulates new cell growth & benefits skin conditions Lowers blood sugar levels Increases urination & reduces fluid retention 	<ul style="list-style-type: none"> Clears negativity from the energy system Powerful psychic protector Chakras: 4, 5 & 6
Jasmine	Bergamot Frankincense Geranium Lavender Neroli Orange Rose Sandalwood	Mid	Yin	<ul style="list-style-type: none"> Avoid during pregnancy Use sparingly 	<ul style="list-style-type: none"> Reduces anxiety, stress, nervous tension & depression Calms the nerves Dispels dark thoughts & worries Helps balance moodiness Uplifting & stimulating Instils self-confidence & hope 	<ul style="list-style-type: none"> Relieves pain & eases muscle spasm Reduces inflammation, fights infection, & clears excess mucus Softens & soothes skin (particularly beneficial for sensitive skin) Tones the uterus, eases delivery during childbirth, & promotes flow of milk in nursing mothers Sensual; aids attraction & romance 	<ul style="list-style-type: none"> Aids spiritual development Facilitates connection to the angelic realm Balances feminine energy Chakras: 2 & 7
Juniper	Bergamot Frankincense Geranium Lemongrass Orange Rosemary Sandalwood	Mid	Yang	<ul style="list-style-type: none"> Avoid during pregnancy Use with caution if experiencing kidney problems May irritate sensitive skin 	<ul style="list-style-type: none"> Eliminate crankiness & irritability caused by tension Reduces weepy emotions 	<ul style="list-style-type: none"> Skin detoxifier & cleanser Stimulates new cell growth Supports nerve function Relieves muscle spasms & pain Promotes elimination of wastes, increases urination & stimulates menstrual flow Kills germs & fights infection Purifies the atmosphere 	<ul style="list-style-type: none"> Assists clairvoyance Purifies & protects the aura Aids psychic cleansing Clears negative energy Chakras: 3 & 6
Lavender	Bergamot Chamomile Clary Sage Geranium Jasmine Lemon Orange Patchouli Rosemary	Mid	Yin	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Lifts depression & calms nerves Physically & emotional nurturing Soothing, sedating, calming & relaxing 	<ul style="list-style-type: none"> Highly regarded for the skin Cleanses cuts, bruises, & skin irritations; stimulates new cell growth Fights infection & reduces inflammation Relieves pain & muscle spasms Lowers blood pressure 	<ul style="list-style-type: none"> Promotes balance & supports energy flow through the Chakras Removes negative energy in a room & in the aura Honours higher spiritual realms Nourishes the spirit Chakras: 1, 3, 4 & 7
Lemon	Chamomile	Top	Yang	<ul style="list-style-type: none"> May irritate sensitive skin 	<ul style="list-style-type: none"> Uplifting & increases mental alertness 		<ul style="list-style-type: none"> Clarifying, refreshing & uplifting

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	Eucalyptus Frankincense Lavender Neroli Rose Sandalwood Ylang Ylang			<ul style="list-style-type: none"> Do not use on skin if exposed to direct sunlight 	<ul style="list-style-type: none"> Cleansing to the mind (clarifies thoughts) 	<ul style="list-style-type: none"> Aids oily skin Tightens & tones skin tissue Softens & soothes skin Apply neat to treat warts Reduces symptoms of respiratory infections Liver & gallbladder stimulant Soothes stiff / swollen joints Insect repellent Disinfects stale air in the home Stops bleeding Promotes bowel movements, aids digestion & increases urination Lowers blood sugar & blood pressure Fights infection; cools fever Stimulates the immune system 	<ul style="list-style-type: none"> Chakras: 3 & 5
Lemongrass	Basil Geranium Jasmine Lavender Lemon Neroli Tea Tree Rosemary	Top	Yang	<ul style="list-style-type: none"> May irritate sensitive skin 	<ul style="list-style-type: none"> Helps with depression Releases anxiety; good nerve tonic Sedating, soothing & calming to the emotions Boosts self-esteem & confidence 	<ul style="list-style-type: none"> Aids digestion Dispels stale air, cigarette smoke, pet odours & unpleasant kitchen scents Removes toxins from the body & environment 	<ul style="list-style-type: none"> Chakra: 3
Marjoram	Bergamot Chamomile Lavender Orange Rosemary Ylang Ylang	Mid	Yang	<ul style="list-style-type: none"> Avoid during pregnancy May cause drowsiness Long term use may inhibit sex drive 	<ul style="list-style-type: none"> Calming to the nerves Pacifying & deeply relaxing Excellent for those who are grieving Emotionally warming 	<ul style="list-style-type: none"> Soothes tense muscles after exercise Fights infection & has antiseptic properties Relieves pain & muscle spasms Lowers blood pressure Improves digestion & promotes elimination Stimulates menstrual flow 	<ul style="list-style-type: none"> Chakra: 3
Myrrh	Frankincense Lavender Lemon Patchouli Sandalwood	Base	Yang	<ul style="list-style-type: none"> Avoid during pregnancy 	<ul style="list-style-type: none"> Clears the mind Promotes clarity on life's direction Soothes the nerves Balances the emotions Creates a deep feeling of serenity Helps self-expression & inspiration Promotes courage 	<ul style="list-style-type: none"> Aids wrinkled, chapped & cracked skin Encourages new cell growth and promotes wound healing Fights bacterial and fungal infections Reduces inflammation Expels mucus & tones the lungs Aids digestion & reduces gas Restores & maintains healthy gums 	<ul style="list-style-type: none"> Energises energy depletion Chakras: 1 & 5
Neroli	Bergamot	Base	Yang	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Calms nerves; has a settling effect 	<ul style="list-style-type: none"> Releases physical tension 	<ul style="list-style-type: none"> Promotes well-being of the soul

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	Geranium Jasmine Lavender Lemon Orange Rose Rosemary Sandalwood Ylang Ylang				<ul style="list-style-type: none"> Reduces anxiety & lifts depression Promotes wellbeing of the mind One of the strongest stress-relieving oils Relaxes & heals the emotions Increases sensuality & stimulates sexual desire 	<ul style="list-style-type: none"> Fights infection & inflammation Relieves muscle spasms Stimulates new cell growth Softens & soothes the skin Aids in digestion & dispels gas 	<ul style="list-style-type: none"> Purifies a room for meditation Promotes spirituality & getting in touch with higher self Chakras: 4 & 7
Orange	Frankincense Geranium Jasmine Lavender Lemongrass Neroli Rose	Top	Yin	<ul style="list-style-type: none"> May irritate skin Do not use on skin if exposed to direct sunlight 	<ul style="list-style-type: none"> Improves communication Promotes feelings of peace, joy & happiness Calms nervousness Diminishes depression Promotes joyful communication Uplifts the mind, emotions & surroundings Enhances exuberance 	<ul style="list-style-type: none"> Dispels fatigue & exhaustion Freshens a room Fights infection & improves immunity Reduces inflammation Relieves muscle spasms Aids digestion & eases digestive disorders Cools fevers & warms chills Stimulates lymphatic circulation Aids in relieving headaches 	<ul style="list-style-type: none"> Refreshing & uplifting Chakras: 2, 5 & 6
Patchouli	Bergamot Clary Sage Geranium Frankincense Lavender Lemongrass Myrrh Neroli Rose Sandalwood Ylang Ylang	Base	Yang	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Calms the nerves, relieves anxiety & lifts despondent moods & depression Stimulates the dreaming brain Relaxing Relives confusion & indecision Increases sensuality & stimulates sexual desire 	<ul style="list-style-type: none"> Beneficial for the skin; helps to reduce wrinkled or chapped appearance Stimulates new cell growth, tightens & tones tissue & speeds healing of sores & wounds Aids the digestive system & queasiness Reduces inflammation & fights infections; cools fever Repels insects Reduces body odour 	<ul style="list-style-type: none"> Awakens the soul & aids spiritual insights Encourages movement towards dreams Unifies the mind, body & spirit Ensures grounding when in the higher realms Chakras: 1 & 2
Peppermint	Lavender Lemon Marjoram Rosemary	Top	Yin	<ul style="list-style-type: none"> May irritate sensitive skin May counteract homeopathic remedies Use in moderation 	<ul style="list-style-type: none"> Clears the head & stimulates the mind Improves concentration & mental activity / ability 	<ul style="list-style-type: none"> Improve gastric & digestive efficiency Relieves pain, eases spasms, & reduces inflammation Fights infection; cools fevers Clears congestion & opens the sinuses Tightens & tones skin tissue Regulates oiliness Promotes nerve health 	<ul style="list-style-type: none"> Energises & invigorates the spirit Chakra: 6
Rose	Bergamot Chamomile Clary Sage Geranium Jasmine Lavender Neroli	Base	Yin	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Calms nerves & decreases depression Stimulating & elevating to the mind Deepens love Nurtures emotional wounds Calming & comforting Promotes harmony & balance Facilitates artistic abilities 	<ul style="list-style-type: none"> Fights infection & reduces inflammation Relieves muscle spasms Stimulates sexual desire Increases urination, encourages bowel movements & aids digestion Helps to regulate menstrual cycles 	<ul style="list-style-type: none"> Cleanses the aura Encourages higher awareness & visualisation Creates a sense of well-being Chakras: 2, 4 & 7

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	Orange Patchouli Sandalwood						
Rosemary	Basil Clary Sage Frankincense Geranium Lemongrass Orange Peppermint	Mid	Yang	<ul style="list-style-type: none"> Avoid if high blood pressure May irritate sensitive skin May trigger seizures in susceptible people 	<ul style="list-style-type: none"> Helps to overcome mental fatigue Clears thoughts Stimulates remembrance, mental clarity & concentration Helps boost energy levels 	<ul style="list-style-type: none"> Beneficial for the skin Tightens & tones tissues & promotes new cell growth Regulates oil secretions Fights infection Relieves joint pain & eases muscle spasm Eases digestive disorders Improves functioning of the heart & nervous system Stimulates internal organs including adrenal glands, circulatory system, liver & gallbladder 	<ul style="list-style-type: none"> Stimulates spiritual truths Third eye sight memory activator Facilitates psychic protection Cleanses & protects the aura or a room Chakras: 3 & 6
Rosewood		Base	Yang	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Stimulates the brain & clears the head Relieves stress & tension Helps to uplift feelings of despair Diminishes depression Clarifies direction & heals emotional & past wounds Calming, stabilizing & grounding 	<ul style="list-style-type: none"> Stimulates sexual feelings Relieves pain Improves immunity & fights infection Soothes skin disorders, nourishes & maintains healthy skin 	<ul style="list-style-type: none"> Chakras: 1, 4 & 7
Sandalwood	Basil Frankincense Geranium Jasmine Lavender Lemon Myrrh Neroli Rose Ylang Ylang	Base	Yang	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Stills the conscious mind strengthening, courage, centres & strengthening, centres & stabilizes Oxygenates the pineal gland; the seat of our emotions Calms nerves Calming & grounding Promotes stability & courage Awakens the imagination & opens the heart to a sense of joy Increases sensuality & stimulates sexual desire 	<ul style="list-style-type: none"> Enhances deep sleep Supports a healthy nervous & circulatory system Skin revitalization; softens and soothes skin & stimulates new cell growth Fights infection, particularly of the urinary tract Relieves muscle spasms Releases mucus & clears congestion 	<ul style="list-style-type: none"> Aids connection to ancient wisdom Facilitates astral awakening Expands knowledge & experience of the higher levels Furtheres psychic skills including precognition Protects the soul & facilitates spiritual development Envelops the soul protectively, providing inner peace & security Spiritually grounding Yoga & meditation Chakras: 1,2 & 7
Tea tree	Eucalyptus Lavender Lemon Lemongrass Orange Rosemary Thyme	Top	Yang	<ul style="list-style-type: none"> May irritate sensitive skin 	<ul style="list-style-type: none"> Aids in balancing normal tension levels Promotes patience & understanding Encourages tolerance in challenging situations Increases confidence 	<ul style="list-style-type: none"> Kills insects; repels mosquitoes Fights fungal infections Soothes skin disorders & heals wounds Releases mucus & relieves respiratory congestion 	<ul style="list-style-type: none"> Promotes seeing the bigger picture , a different perspective Chakra: 6
Thyme	Bergamot	Mid	Yang	<ul style="list-style-type: none"> May irritate sensitive skin 	<ul style="list-style-type: none"> Reduces nervousness & stress 	<ul style="list-style-type: none"> Fights infection & improves immunity 	<ul style="list-style-type: none"> Chakra: 6

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	Chamomile Lemon Juniper Rosemary Tea Tree			<ul style="list-style-type: none"> • Avoid if high blood pressure • May irritate mucus membranes • May stimulate menstrual flow • Avoid during pregnancy 	<ul style="list-style-type: none"> • Helps to overcome emotional fatigue 	<ul style="list-style-type: none"> • Eases muscle spasms & the pain of arthritis • Improves digestion • Relieves urinary tract problems • Improves circulation & elevates blood pressure • Regulates oiliness of the skin & hair 	
Vetiver	Frankincense Geranium Jasmine Lavender Patchouli Rose	Base	Yin	<ul style="list-style-type: none"> • Nil 	<ul style="list-style-type: none"> • Decreases stress & depression • Calming, grounding & relaxing • Promotes wisdom 	<ul style="list-style-type: none"> • Relieves aches & pains • Aids insomnia • Increases circulation • Aids the immune system • Beneficial for cuts, wounds & acne 	<ul style="list-style-type: none"> • Acts as an auric shield • Facilitates full presence in the physical world • Increases connection with the Earth • Useful for past-life work • Aids past, present & future healing • Draws opportunities & abundance • Chakras: 1 & 3
Ylang Ylang	Bergamot Jasmine Lavender Lemon Neroli Orange Patchouli Rose Sandalwood	Base	Yin	<ul style="list-style-type: none"> • May irritate sensitive skin • Overuse may cause headaches or nausea 	<ul style="list-style-type: none"> • Calm nerves & relieves depression • Aids feelings of peacefulness • Extremely effective in calming and bringing about a sense of peace & relaxation • Soothing & reduces anger at self & others 	<ul style="list-style-type: none"> • Fights infection • Improves circulation & lowers blood pressure • Promotes love & sensuality • Facilitates erotic elation in the body 	<ul style="list-style-type: none"> • Raises the spirit • Chakras: 2 & 3