

# Reference Guide for Essential Oils

## MINI REFERENCE CARD



CONDITION	ESSENTIAL OILS	APPLICATION
Acne	Tea tree	T: Apply on location. Add 2-3 drops to 1 oz. distilled water, and mist on face.
Allergies	Tea tree, Lavender	T: Apply on sinuses and bottoms of feet.
Anxiety	Lavender, Orange, Lemon, Ylang Ylang, Patchouli	A: Diffuse or inhale. T: Massage into the skin. Apply to back of neck or temples.
Arthritis	Frankincense, Rosemary, Eucalyptus, Peppermint	T: Apply on location. Warm compress. Massage. Warm bath. A: Diffuse.
Asthma	Eucalyptus, Frankincense, Peppermint, Euc	A: Diffuse. Inhale directly. T: Apply to chest, throat, or back.
Bacterial Infection	Tea tree, Thyme, Clove, Peppermint, Thieves	T: Apply on location or to liver area or bottoms of feet. A: Diffuse.
Bee Sting	Roman chamomile, Basil, Purification	T: Apply on location. Cool compress on location.
Bleeding	Helichrysum, Geranium	T: Apply on location.
Blisters	Lavender	T: Apply on location.
Bronchitis	Eucalyptus, Thyme, White fir, Basil, Euc	A: Diffuse, or inhale directly. T: Apply to chest, sinuses, neck, or feet.
Bruises	Helichrysum, Geranium, Fennel, Patchouli	T: Apply on location.
Burns	Lavender, Geranium	T: Apply on location.
Colds	Thyme, Lemon, Thieves, Tea tree	A: Diffuse. Inhale from water vapor. T: Apply to throat, temples, forehead, or sinuses.
Cones	Clove	T: Apply on location.
Congestion	Eucalyptus, Peppermint, Euc	T: Apply to chest, neck, back, feet. A: Diffuse. Inhale directly or from water vapor.
Cooling Oils	Peppermint, Eucalyptus, Tea tree	T: Apply on location. Add to bathwater. A: Diffuse.
Coughs	Euc, Tea tree, Eucalyptus, Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	Helichrysum, Lavender, Tea tree, Basil, Thieves	T: Apply on location.
Dandruff	Lavender, Wintergreen	T: Massage 2-3 drops into hair before shower; then shampoo as normal.
Depression	Lemon, Frankincense, Lavender, Joy, Valor	A: Diffuse. Inhale directly. T: Apply to forehead. Massage. Bath. I: 2-3 drops in capsule. 2-3 drops in 8-oz. distilled water.
Diarrhea	Peppermint, Ginger, Geranium, Di-Gize	I: 2-3 drops in capsule. T: Apply to abdomen. Warm compress.
Ears/Chills	Basil, Tea tree, Helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or oval around ear canal.
Energy	White fir, Joy, Valor	A: Inhale directly, or diffuse. T: Massage. Bath. Apply to temples or back of neck.
Fever	Peppermint, Lemon, Eucalyptus, Clove	I: Swallow in capsule. T: Apply to back or to bottoms of feet. A: Diffuse.
Fungal Infection	Tea tree, Oregano, Thyme, Clove, Thieves	T: Apply on location. Warm compress.
Gas/Flatulence	Lavender, Ginger	T: Apply on stomach, abdomen, or feet.
Headaches	Peppermint, Rosemary, Patchouli, Aroma Sin	T: Apply to temples, back of neck, forehead. A: Diffuse, or inhale directly.
High Blood Pressure	Ylang Ylang, Marjoram	T: Apply on location or on feet and hands. A: Diffuse. Inhale.
Hives	Tea tree, Peppermint	T: Apply on location. Massage on location.
Indigestion	Peppermint, Ginger	I: Take in capsule. T: Apply on stomach or feet. A: Diffuse.

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### T=Topical

Topical application is the process of placing an essential oil directly on the area of concern. This may include applying or massaging the oil, either diluted or neat (undiluted), on location, adding a few drops of oil to warm bathwater before bathing, or using essential oils in a warm compress.

### I=Internal

Internal use is the process of consuming or otherwise internalizing the essential oil into the body. Internal use often includes swallowing 2-3 drops of essential oil inside a capsule or adding 2 drops of essential oil to 2-4 cups of rice milk, almond milk, or water before drinking.

### A=Anromatic

Anromatic use is the process of breathing in the oil through the nasal passage. This can be done by using an essential oil diffuser to disperse oil into the air, by inhaling the essential oil directly from the bottle, or by adding 2-4 drops of essential oil to a humidifier and inhaling the water vapor.

CONDITION	ESSENTIAL OILS	APPLICATION
Inflammation	Frankincense, Tea tree, Eucalyptus, Patchouli	T: Apply on location or back of neck. Massage. A: Diffuse. Inhale water vapor.
Influenza (Flu)	Euc, Tea tree, Peppermint, Rosemary, Thieves	A: Diffuse. T: Apply to throat, chest, back, sinuses. I: Take in capsule.
Insect Repellent	Citronella, Purification, Patchouli, Lavender	T: Apply to feet or exposed skin. Massage. Mist onto skin. A: Diffuse.
Insomnia	Lavender, Orange, Peace & Calming, Roman chamomile	A: Diffuse. Mist on linens, or place on pillow. T: Apply on feet or neck. Massage.
Low Blood Pressure	Rosemary	A: Diffuse. Inhale. T: Apply on location, feet, hands, and over heart.
Memory	Rosemary, Peppermint, Frankincense	A: Diffuse. Inhale directly. T: Apply to temples or back of neck.
Muscle Cramps	Peppermint, Marjoram, Patchouli	T: Apply on location. Massage. Bath.
Nausea	Ginger, Peppermint	A: Inhale directly. Diffuse. I: Take in capsule. T: Apply to feet, temples, or wrists.
Neuralgia	Marjoram, Eucalyptus, Roman chamomile	T: Apply on location. Massage. Bath.
Pain	Lavender, Eucalyptus, Patchouli	T: Apply on location. Massage. Warm compress. A: Diffuse. Inhale.
Parasites	Oregano, Thyme, Fennel, Roman chamomile	I: Take in capsule or with beverage. T: Warm compress. Apply to abdomen and feet.
PMS	Clary sage	T: Apply on abdomen, lower back, shoulders, or feet. Massage. Warm compress.
Pneumonia	Euc, Thieves, Thyme, Clove, Oregano	A: Diffuse. Inhale water vapor. T: Apply to chest, back, and feet. Warm compress.
Poison/Dark/By Shock	Lavender, Joy, Peppermint, Helichrysum, Tea tree, Joy	T: Apply on location. Massage on location. T: Apply on neck, feet, or over heart. A: Inhale aroma. Diffuse.
Sore Throat	Tea tree, Thieves	T: Apply on throat or feet. Gargle. A: Diffuse. Inhale. I: Drink with beverage.
Stress	Lavender, Lemon, Ylang Ylang	A: Diffuse. Inhale. T: Massage. Bath salts. Apply to neck, back, or bottoms of feet.
Toothache	Clove, Purification	T: Apply on location or along jawbone. Warm compress on jaw.
Viral Infection	Helichrysum, Tea tree, Clove, Thieves, Euc	T: Apply on location or on bottoms of feet. A: Diffuse. Inhale directly.
Warts	Frankincense, Thieves, Tea tree, Oregano, Clove	T: Apply on location daily.



**ABUNDANT  
HEALTH**

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# Fragrance Oils Reference Guide

**Pasquale De Marco**



## **Fragrance Oils Reference Guide:**

**Reference Guide for Essential Oils** Connie Higley,1998      [The Essential Oils Complete Reference Guide](#) KG Stiles,2017-01-31 KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses An aromatherapist to stars like Yo Yo Ma Sela War Charles Barkley and Tommy Lee KG provides prescriptions with personalized formulas for your ailment You ll learn which oils work best for certain problems and will be introduced to new oils you may not have heard of before The balanced blended recipes include a broad spectrum of solutions for various conditions You ll build connections with plants and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves

**A Beginner's Reference Guide To Aromatherapy and Herbs** Susan Stewart,Vicki Ambrosio,2011      *Quick Reference Guide for Using Essential Oils* ,2005      **The Element Encyclopedia of 5000 Spells: The Ultimate Reference Book for the Magical Arts** Judika Illes,2024-03-14 Updated Anniversary Edition features an inspiring new preface from Judika to celebrate 20 years of this magical reference book      *The Spellcaster's Reference* Eileen Holland,2009-10-01 Need to bless a newborn babe Wondering what color candle to use for a winter handfasting What herbs are best to use when the Moon is in Cancer Magick is intent but any witch will tell you that intent requires forethought and preparation And even the most seasoned ritualist needs a reference to determine the best timing and most powerful ingredients for their magical work From Solstice to Saturday to Seven O Clock from Vervain to Mandrake to Amber using the right magickal correspondences strengthens any spell ceremony or ritual Here Eileen Holland has gathered together a wealth of magickal knowledge complete with everything from hours days weeks and astrological alignment to proper corresponding plants animals oils herbs and deities and compiled them into the ultimate reference book for anyone seeking guidance in creating their own enchantments Includes a glossary of less familiar terms and deities as well as a glossary of ingredients      *The Chemistry of Essential Oils Made Simple* David Stewart,2005-04 This solidly scientific book is anchored in scripture and easy to understand It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils Publisher description      *Authentic Aromatherapy* Sharon Falsetto,2014-01-07 Essential oils are becoming increasingly popular but how do you identify quality oils from the myriad of inferior ones to choose from And what can you actually do with these little vials of oils In fact there are countless things you can use them for things that will improve your life and home and it s so easy Sharon Falsetto features forty essential oils and recommends which ones you can use to improve specific ailments ways they can benefit women babies and children how to utilize them in the home and seasonally and how to use them when you are traveling She also provides information on bases for different essential oil uses and lists cautions and tips This complete handbook is a great tool for anyone just starting to use essential oils as a holistic approach or those who have been using them for a long time and includes chapters on The history of scents Essential oils vs fragrance oils

Organic and non organic essential oils Hydrosols resins absolutes and carrier oils Extraction of essential oils and home distillation Basic chemistry of essential oils Species and chemotypes Endangered essential oils And much more You ll learn how to use common essential oils like grapefruit eucalyptus cedarwood lavender rosemary tea tree and thyme but also more rare ones like benzoin helichrysum petigrain vetiver and yarrow Essential oils can improve your life and well being if you know how to use them correctly The Aromatherapy Handbook will show you how      Reference-book of Practical Therapeutics Frank Pierce Foster,1897      The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded Valerie Ann Worwood,2016-10-15 Looking for books on essential oils Completely updated essential oils book The Complete Book of Essential Oils and Aromatherapy might be the best aromatherapy book available anywhere And it just got better If you liked Modern Essentials you ll love this essential oils favorite The Complete Book of Essential Oils and Aromatherapy Revised and Expanded is a necessary resource for anyone interested in alternative approaches to healing and lifestyle This new edition contains more than 800 easy to follow recipes for essential oil treatments from Valerie Ann Worwood a consultant and expert on the clinical uses of essential oils internationally Explore the multitude of benefits of essential oils and aromatherapy In her clear and positive voice Worwood provides tools to address a variety of health issues including specific advice for children women men and seniors This aromatherapy book also covers self defense against microbes and contaminants emotional challenges care for the home and workplace and applications for athletes dancers travelers cooks gardeners and animal lovers Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments plus profiles of 125 essential oils 37 carrier oils and more An essential oils book classic for 25 years Since the publication of the first edition of this book 25 years ago the positive impact of essential oil use has become increasingly recognized as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses      Candle Craft, A Complete Guide Tiana Coats,2023-04-25 Stunning safe custom candles made by you Craft a serene atmosphere with hand poured candles and inspiring scents Candles making is as rewarding as it is relaxing you can enjoy custom scents colors and holistic ingredients in one of a kind candles that match your style and home decor Candle Craft is your one stop guide to mastering the craft from start to finish Cut through the online clutter and learn from accomplished candles making business owner Tiana Coats as she shows you how to create candles that match your desired aesthetic and burn safely You ll also find tips on selling your candles and starting your own creative business Simply and successfully bring a sense of serenity to your home with beautiful handcrafted candles in any shape color and scent you can imagine Get started with more than two dozen projects basic and specialty projects Learn to share your projects with the world with Tiana s small business tips for starting and growing your own creative venture      *Technology of Perfumes, Flavours and Essential Oils* ,2008\* The book Technology of Perfumes Flavours Essential Oils covers various methods including Creating a Perfume Flower Perfumes and Their Formulations Packaging of Perfumes Testing a Perfume Aerosol Spray Aromatic Perfumery

Compounds Scents and Perfumes Spray Perfumes Floral Oils Manufacturing Processes of Flavours Non Alcoholic Flavours Flavours Fruits Whiskey Vodka Grape Butter Scotch and Rum Terpeneless Menthol Crystals Trends in Trade of Essential Oils Demand for Essential Oils Super Critical Fluid Extraction SCFE Technology For Spice Extraction Citronella Oil Clove Oil Extraction of Essential Oils by Super Critical Fluid Carbon Dioxide Method from Flowers Herbs and Spices Eucalyptus Oil Ginger Oil Jasmine Flower Oil Production Technology of Jasmine for Essential Oil Lemon Grass Oil Palm Oil Crushing Unit Essential Oils by Steam Distillation Composition of Essential Oil from Flowers of Keora Distillation of Eucalyptus hybrid Oil Turmeric Curcuma Longa L Leaf Oil a new Essential Oil for Perfumer Industry Essential Oils and Flavours Technology of Essential Oils Essences and Ottos Preparation of Essences Natural Essences Marketing of Artificial Essences Preparation of Ottos Rose and Keora Water Toilet Water Technology of Flavours Role of Perfumer Quality Control in Aromatic Plants Palmarosa Oil Chemical Composition of Lemongrass Varieties Kewda Essential Oil and Attar Palmarosa Oil Sandalwood Oil Technology of Palmarosa Oil Lemongrass Oil Patchouli Oil Rose Scented Geranium Basil Oil Turpentine Oil The book has been written for the benefit and to prove an asset and a handy reference guide in the hands of new entrepreneurs and well established industrialists

**All-Natural Perfume Making** Kristen Schuhmann, 2021-03-23 Master your own custom perfume blends with ingredients to benefit your mind body and emotions in All Natural Perfume Making Just like magic turn botanical herbs flowers and essential oils into wonderful smelling healthy and sustainable perfumes In All Natural Perfume Making author and herbalist Kristen Schuhmann guides beginning perfumers in the art and techniques of crafting oil based alcohol based and solid perfumes Learn the history and traditional benefits of certain scents as you create your own unique blends from a variety of plant based ingredients In addition to smelling good natural scents can be a powerful self care tool to benefit mental and emotional health Feeling anxious A blend of vanilla lavender cedarwood and neroli can help relax frazzled nerves Have a big test coming up Boost your brain power with rosemary sweet orange and peppermint Once you've grasped the techniques in All Natural Perfume Making the possibilities are endless as you mix layer and experiment with natural scents Perfect for the beginner who wants to create their own signature scents without the use of harsh chemicals this book provides a solid base on the philosophy and methods of crafting all natural fragrances that not only smell fantastic but can add to your well being

**Scented Balance** Barrett Williams, ChatGPT, 2025-06-19 Scented Balance Unlocking Emotional Harmony Through the Power of Aromatherapy Discover the transformative power of scent with Scented Balance an enlightening journey into the world of emotional aromatherapy This captivating eBook invites you to explore how the right aroma can profoundly impact your emotional wellbeing offering paths to serenity rejuvenation and joy Dive into the science behind aromas with an introduction to the principles of emotional balance through scent Learn about the fascinating connection between your mind and essential oils how scents influence your brain chemistry and how you can tap into this to elevate your mood and soothe your soul The Foundations of Essential Oils unravels the rich history and meticulous art of

essential oil extraction ensuring you're equipped with the knowledge to choose high quality pure oils safely From this solid foundation you'll explore methods tailored to your unique emotional needs crafting blends and rituals that resonate with your personal journey toward balance Discover practical daily rituals that harness the energy of the morning uplift your mid afternoon slump and envelop your evening with relaxation Understand the chemistry behind stress anxiety and mood then learn to combat these with personalized blends designed to unwrap layers of emotional complexity Infuse your living and working spaces with scent to foster peace and productivity while cultivating personal rituals that promote mindfulness and soothing sleep Build your aromatic apothecary from starter oils to sophisticated combinations and curate a collection that evolves with your emotional journey Real Life Stories of Transformation highlight the profound impact of aromatherapy on individuals' lives providing inspiration and a sense of community Finally gaze into the future of aromatherapy as emerging trends and scientific research continue to shape its role in holistic emotional health Scented Balance is more than an eBook it is your comprehensive guide to understanding and enriching the emotional landscapes of everyday life through the captivating sense of smell Start your journey to emotional wellness today

### **The Herb Gardener's Essential Guide**

Sandra Kynes, 2016-04-08 Learn how to use twenty eight popular easy to grow herbs to treat everyday ailments and maintain good health From selecting plants to harvesting and storing them to making remedies and savories of all sorts The Herb Gardener's Essential Guide presents an abundance of practical and satisfying ways to incorporate herbs into a healthier lifestyle and diet Utilizing both herbs and essential oils this beautifully illustrated guide explains how to choose and make the ideal herbal mixture for a wide variety of medicinal and culinary uses Need help getting to sleep Try a cup of Thyme to Settle Tea Add a sweet spicy flavor to roast meat or vegetables with Coriander Spiced Butter Ease muscle pain and stiffness with soothing Rosemary Warming Massage Oil Featuring an ailments and issues guide instructions for creating a personalized apothecary garden and detailed profiles for each of the herbs this accessible book belongs on every gardener's shelf

**The Herbal Handbook** David Hoffmann, 1998-02-01 Well respected herbalist David Hoffmann's comprehensive and practical guide to herbal medicine Discusses the history and modern practice of herbalism including Chinese Native American and Welsh influences Includes a practical reference section listing the effects of various herbs with prescriptions on how to use them for a wide range of illnesses Covers the fundamentals of growing drying storing and cooking with herbs Over 45 000 copies of previous edition sold This compendium of medical herbalism by one of the most eminent herbalists practicing today is both comprehensive and practical Answering basic as well as complicated questions about herbal medicine it provides both the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills A discussion of the history and modern practice of herbalism encompassing the influences of Welsh Chinese and Native American herbal medicine is followed by a practical reference section that lists the various actions herbs have on the body carminative anti inflammatory etc with examples of herbs and their mode of activity in each category Herbal prescriptions for various

illnesses are also organized under the main systems of the body so that information can be quickly and easily referenced A final section covers the fundamentals of growing drying storing and cooking with herbs as well as the making of infusions decoctions oils and ointments The author also provides helpful introductions to aromatherapy and plant medicines

**Reference-book of practical therapeutics v. 1, 1896** Frank Pierce Foster,1896 *The Luminous Art: A Guide to Crafting Unique Candles* Pasquale De Marco, Step into the enchanting world of candle making with *The Luminous Art A Guide to Crafting Unique Candles* a comprehensive guide that illuminates the art of crafting unique and mesmerizing candles Discover the secrets to creating candles that not only provide ambient light but also fill your home with captivating scents and enhance your well being Whether you re a seasoned candle maker or just starting this book will ignite your creativity and inspire you to create stunning candles that reflect your personal style As you embark on this aromatic journey you ll delve into the fascinating history of candle making uncovering its ancient origins and exploring its significance in various cultures and rituals You ll learn about the different types of waxes wicks and additives and how to select the perfect combination for your candles With clear instructions and step by step guidance you ll master various candle making techniques from the simple melt and pour method to more advanced container and pillar candle making Explore the art of candle decoration and design transforming ordinary candles into exquisite works of art Embellish your candles with herbs flowers glitter and beads or create layered candles with vibrant colors Discover the secrets of carving and molding candles into unique shapes and add a touch of elegance with ribbons and lace Learn how to care for your candles properly ensuring they burn safely and last longer Discover tips for trimming wicks extinguishing candles correctly and avoiding common candle making mistakes Whether you re making candles for personal use as gifts or to sell this book provides valuable insights into candle care and maintenance Delve into the world of aromatherapy candles and discover how to harness the therapeutic properties of essential oils to create candles that promote relaxation meditation and overall well being Explore the art of blending essential oils to create custom scents that cater to your specific needs and preferences With *The Luminous Art A Guide to Crafting Unique Candles* you ll unlock the secrets of candle making and embark on a creative journey filled with fragrance beauty and tranquility Whether you re a hobbyist looking to create unique candles for your home or an aspiring entrepreneur seeking to start a candle making business this book is your essential guide to mastering the art of candle making

**At Home In Nature, A User's Guide** Mary Choate and Aaron Brachfeld,2023-07-18 This guide is an essential tool for anyone who wants to fully connect with the natural world It includes tips on everything from camping and hiking to identifying plants and animals This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made

generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant      **Hazardous Materials Reference Book** Daniel J. Davis, Julie A. Davis, 2006-01-23 This one stop reference gives firefighters and emergency response personnel immediate access to the page number where chemical data on nearly 1 000 substances can be located in 13 of the most frequently used references It speeds up research time by alphabetizing chemicals by name and with UN NA numbers



## **Fragrance Oils Reference Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Fragrance Oils Reference Guide**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

<https://staging.conocer.cide.edu/results/virtual-library/default.aspx/environmental%20science%202013%20response%20question%20answers.pdf>

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## **Fragrance Oils Reference Guide Introduction**

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