

Reference Guide for Essential Oils

MINI REFERENCE CARD



CONDITION	ESSENTIAL OILS	APPLICATION
Acne	†metaleuca	T: Apply on location. Add 1-2 drops to 1 oz. distilled water, and mist on face.
Allergies	†metaleuca, †lavender	T: Apply on sinuses and bottoms of feet.
Anxiety	†lavender, †orange, †lemon, †peace & calming	A: Diffuse or inhale. T: Massage into the skin. Apply to back of neck or temples.
Arthritis	†frankincense, †rosemary, †marjoram, †fennel	T: Apply on location. Warm compress. Massage. Warm bath. A: Diffuse.
Asthma	†eucalyptus, †frankincense, †peppermint, †RC	A: Diffuse. Inhale directly. T: Apply to chest, throat, or back.
Bacterial Infection	†metaleuca, †thyme, †cinnamon, †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, †RC	A: Diffuse, or inhale directly. T: Apply to chest, sinuses, neck, or feet.
Bruises	†helichrysum, †geranium, †fennel, †Patchway	T: Apply on location.
Burns	†lavender, †geranium	T: Apply on location.
Colds	†thyme, †lemon, †Thieves, †metaleuca	A: Diffuse. Inhale from water vapor. T: Apply to throat, temples, forehead, or sinuses.
Cones	†clove	T: Apply on location.
Congestion	†eucalyptus, †peppermint, †RC	T: Apply to chest, neck, back, feet. A: Diffuse. Inhale directly or from water vapor.
Cooling Oils	†peppermint, †eucalyptus, †metaleuca	T: Apply on location. Add to bathwater. A: Diffuse.
Coughs	†RC, †metaleuca, †eucalyptus, †Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	†helichrysum, †lavender, †metaleuca, †basil, †Thieves	T: Apply on location.
Dandruff	†lavender, †wintergreen	T: Massage 1-2 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. In 1-2 drops in capsule. 1-2 drops in 8-oz. distilled water.
Diarrhea	†peppermint, †ginger, †geranium, †Di-Gize	In 1-2 drops in capsule. T: Apply to abdomen. Warm compress.
Ears/Ch	†basil, †metaleuca, †helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or swirl 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	In Swallow in capsule. T: Apply to back or to bottoms of feet. A: Diffuse.
Fungal Infection	†metaleuca, †oregano, †thyme, †clove, †Thieves	T: Apply on location. Warm compress.
Gas/Flatulence	†lavender, †ginger	T: Apply on stomach, abdomen, or feet.
Headaches	†peppermint, †rosemary, †Patchway, †Aroma Sing	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	†metaleuca, †peppermint	T: Apply on location. Massage on location.
Indigestion	†peppermint, †ginger	In 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 1-2 drops of essential oil inside a capsule or adding 1 drop of essential oil to 1-2 cups of rice milk, almond milk, or water before drinking.

A=AROMATIC

Aromatic 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 1-2 drops of essential oil to a humidifier and inhaling the water vapor.

CONDITION	ESSENTIAL OILS	APPLICATION
Inflammation	†frankincense, †metaleuca, †eucalyptus, †Patchway	T: Apply on location or back of neck. Massage. A: Diffuse. Inhale water vapor.
Influenza (Flu)	†RC, †metaleuca, †peppermint, †rosemary, †Thieves	A: Diffuse. T: Apply to thymus, 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	†lemongrass with peppermint, †marjoram, †Patchway	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, †Patchway	T: Apply on location. Massage. Warm compress. A: Diffuse. Inhale.
Parasites	†oregano, †thyme, †lemon, †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	†RC, †Thieves, †thyme, †cinnamon, †oregano	A: Diffuse. Inhale water vapor. T: Apply to chest, back, and feet. Warm compress.
Poison/Dark/ry Shock	†lavender, †Joy, †peppermint, †helichrysum, †metaleuca, †Joy	T: Apply on location. Massage on location. T: Apply on neck, feet, or over heart. A: Inhale aroma. Diffuse.
Sore Throat	†metaleuca, †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, †metaleuca, †clove, †Thieves, †RC	T: Apply on location or on bottoms of feet. A: Diffuse. Inhale directly.
Warts	†frankincense, †Thieves, †metaleuca, †oregano, †clove	T: Apply on location daily.



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Please see this book for more information on using essential oils.
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Fragrance Oils Reference Guide

Connie Higley



Fragrance Oils Reference Guide:

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 **Reference Guide for Essential Oils** Connie Higley, 1998

Quick Reference Guide for Using Essential Oils , 2005 **A Beginner's Reference Guide To Aromatherapy and Herbs** Susan Stewart, Vicki Ambrosio, 2011 **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 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 **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 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 aromatheraphy 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 The People's Reference Book ,1873

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much of the gobi from mongolian gobi meaning waterless place is not sandy desert but bare rock although vegetation is rare the gobi s fauna is varied and includes camels kulan and dzeren

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despite the barren and harsh nature of deserts most of them are full of life

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