



Aromatherapy Essential Oil Reference Chart

Oil	Properties	Uses	Precautions	Part of Plant Used
Cedarwood (Cedrus Atlantica)	antiseptic astringent energizing stimulant	stress tension deodorant repellent	insect	wood
Chamomile (Matricaria chamomilla)	anti-inflammatory antidepressant disinfectant soothing diuretic	anxiety irritability stress	depression	flowers
Citronella (Cymbopogon nardus)	energizing stimulating soothing	insect repellent		all parts
Clary Sage (Salvia sclarea)	antispasmodic calming relaxing soothing tonic warming	moodiness panic restlessness stress tension	do not use during pregnancy	flowering tops
Eucalyptus (Eucalyptus globulus)	antiseptic antiviral bactericidal decongestant expectorant stimulating	frustration anger stress tension	depression	leaves & twigs
Frankincense (Buswellia thurifera)	calming grounding, toning	aging skin sleep fear grief stress	disturbed vulnerability	resin

Grapefruit (Citrus paradisi)	energizing freshening, tonic	air freshener cellulite depression lethargy seasonal affective disorder (SAD) congestion	sun sensitivity	peel of fruit
Jasmine (absolute) (Jasmineum officinale)	aphrodisiac antidepressant energizing soothing uplifting	anxiety apathy depression nervous tension shyness	do not use during pregnancy	flowers
Juniper (Juniperus communis)	antimicrobial antiseptic astringent energizing	confusion exhaustion emotional distress	do not use during pregnancy	berries
Lavender (Lavandula officinalis)	analgesic antidepressant antimicrobial antiseptic bactericidal balancing calming soothing anti- inflammatory	anxiety fear insomnia hysteria depression panic restlessness		flowering tops
Lemon (Citrus limonum)	anti-infectious antiseptic bactericidal uplifting	refreshing nervous conditions	sun sensitivity	rind of fruit
Orange (Citrus aurantium)	cleansing antidepressant astringent calming mildly sedative tonic	anxiety depression insomnia	sun sensitivity	rind of fruit
Patchouli (Pogostemon patchouli)	antidepressant anti- inflammatory antiseptic aphrodisiac astringent calming soothing insecticidal	earth grounding anxiety depression stress acne athlete's foot dandruff		leaves
Peppermint (Mentha piperata)	decongestant energizing stimulating	centering focus grounding awakening		leaves

Rose (Rosa damascena)	antidepressant aphrodisiac antiseptic calming centering	anxiety depression hopelessness insecurity	do not use during pregnancy	flowers
Rosemary (Rosmarius officinalis)	analgesic antiseptic energizing stimulating	focus concentration indecision procrastination hangover head aches muscular tension	do not use during pregnancy or if epileptic	leaves & flowering tips
Sandalwood (Santalum album)	antiseptic aphrodisiac astringent calming sedative soothing	apprehension depression shyness timidity		wood
Tea Tree (Melaleuca alternifolia)	antifungal anti-infectious antimicrobial antiseptic decongestant antiviral disinfectant energizing stimulant	athlete's foot acne infections psoriasis dandruff sinusitis		

Dosage Reference Chart

Quick Reference Chart of Dosages and Directions for Treatment

Applications Essential Oil Drop Dosage

Aromatic Wrap Soak sheeting in 10-15 drops and hand-hot water

Bathe 4 drops in a small dish of cold boiled water

Bath 6-8 drops in bath filled with warm water

Body Scrub Massage blend applied to body brush

Compress 6-8 drops in cold or warm water

Friction Rub 50/50 dilution in Lavender or base oil

Hand Friction Rub 2 drops neat to palm. rub to heat. Cup hands, inhale deeply

Hydrosol Spray 5 drops to 20mls of hydrosol spray (floral water)

Gargle 1-2 drops in a glass cold boiled water

Steam inhalation 2-3 drops in bowl of steaming water

Massage Ratio of one drop to 2ml base oil as a general guide

Neat	1 drop direct topical application to skin
Paper Funnel Inhalation	2-3 drops in base of paper towel, rolled into a cone shape
Pillow	1 drop either side of pillow
Poultice	4 drops to 2 tablespoonsful of poultice base
Pulse point	1 drop to 1ml carrier oil
Room Air Spray	50 drops in 100ml pure water in garden spray or spray top bottle
Skin Oil / Lotion Cream /Ointment	1 drop for each 2ml (body), 4ml (facial)
Sitz Bath	3-4 drops in a bowl large enough to sit in, filled with cool/warm water
Tissue / Hankie	1-2 drops direct on cloth
Vapouriser	6-8 drops in saucer of water (candle lit) 6-8 drops direct in electric

NORMAL SKIN: Lavender, Geranium, Rosemary, Rosewood, Evening Primrose, Sweet Orange, Cedarwood.

DRY SKIN: Lavender, Sandalwood, Geranium, Cedarwood, Rosewood, Ylang Ylang, Patchouli, Evening Primrose, Frankincense.

OILY SKIN: Cypress, Cedarwood, Lavender, Bergamot, Rosemary, Lemon, Sweet Orange, Juniper, Frankincense, Clary Sage, Lemongrass.

MATURE SKIN: Frankincense, Ylang Ylang, Sandalwood, Rosewood, Patchouli, Fennel, Lavender, Geranium, Cypress, Evening Primrose.

BLEMISHED SKIN: Rosemary, Lavender, Teatree, Lemon, Geranium.

SENSITIVE SKIN: Lavender, Sandalwood, Cedarwood, Evening Primrose.

Ailment	Oil	Adult Dosage (over 12 years)	Application
BACKACHE (Temporary Relief of Pain)	LAVENDER ROSEMARY JUNIPER	2 Drops each	Add to warm bath.
		1 Drop each	Warm compress to area.
		2 Drops each	Massage. Add to 10ml. Base oil.
BITES/STINGS (Bee / Flea / Wasp / Mosquito)	TEA TREE LAVENDER	1 Drop of either	Neat. Topical application.
		2 Drops of each	Cold compress to area.
BRUISES	LAVENDER FENNEL CYPRESS	2 Drops each	Immediate ice-cold compress.
	ROSEMARY	2-3 Drops	Gentle massage when colour appears. in 5ml Base oil.
BURNS (Minor)	LAVENDER	Neat as required	Immediately apply neat to affected area. Apply iced water or ice cold compress.

COLD & FLU (Temporary Relief of Symptoms)	LEMON PEPPERMINT EUCALYPTUS	4 Drops Combination	On tissue: use as required to clear head.
	LAVENDER TEA TREE EUCALYPTUS LEMON	6 Drops Combination of three	Vapouriser: During day to combat germs.
	PEPPERMINT ROSEMARY TEA TREE EUCALYPTUS	2 Drops Combination of two	Inhalation: During day as decongestant.
	LAVENDER GERANIUM MAJORAM	6-8 Drop Combination	Bath: In evening to aid sleep.
	LAVENDER EUCALYPTUS CEDARWOOD	4-6 Drops Combination in 5-10ml Base oil	Chest Back Rub: Before bed or during day.
COLD SORES (Relief of Symptoms)	GERANIUM TEA TREE	Neat: 1 Drop	On cotton bud. Apply to affected area as soon as tingling of skin starts.
CRAMPS (Relief of Pain)	MARJORAM CYPRESS GERANIUM	3-4 Drop Combination in 5ml Base oil	Massage: For leg cramps Warm Compress: To abdomen and Leg.
CUTS & GRAZES	LAVENDER LEMON TEA TREE EUCALYPTUS	6-10 Drops Combination or any single type. Add to 1 lt. boiled water	Bathe: To cleanse and sterilise. Leave wound uncovered if possible or add 1 drop Lavender neat to plaster.
NOTE: SEEK MEDICAL ATTENTION IF CUT IS DEEP OR BLOOD LOSS SIGNIFICANT			
EARACHE	LAVENDER	1 Drop	Neat: Apply to cotton wool and gently place in outer ear and dab behind ear. Warm Compress: Hot water bottle.
FEVER (Temporary Relief of Symptoms)	PEPPERMINT EUCALYPTUS BERGAMOT LAVENDER LEMONGRASS	1 Drop of Combination of 3	Tepid/Cool Compress: Apply to feet, arms and forehead. Add to bowl tepid water and sponge body. (NB: Lemongrass: Caution on skin).
WARNING: DRINK PLENTY OF FLUIDS & ALWAYS CONSULT A DOCTOR IF SYMPTOMS PERSIST.			
HANGOVER (Relief of Symptoms)	FENNEL JUNIPER ROSEMARY	2 Drops each in 10ml Carrier oil	Massage: circular motion to liver area.
		1 Drop each	Cold Compress: To head and back of neck.
HAYFEVER (Relief of Symptoms)	PEPPERMINT LEMON ROSEMARY LAVENDER CLOVE GERANIUM EUCALYPTUS	4 Drop Combination 3	Tissue: Inhale as required
		5 Drops/10 ml Base oil	Massage: Neck, chest and back.
		6 Drops Combination 3	Vapouriser: To clear atmosphere
NOTE: HAYFEVER AFFECTS PEOPLE IN DIFFERENT WAYS SO EXPERIMENT WITH THE ABOVE OILS TO SELECT THE BEST FOR YOU.			

HEADACHE (Temporary Relief of Symptoms)	PEPPERMINT ROSEMARY EUCALYPTUS LEMON	3 Drops Combination3	Inhalation: To help sinus headache
	BASIL GERANIUM LAVENDER CLARY SAGE MARJORAM	4-6 Drops Combination of 3 in Base oil	Massage: Scalp, neck and shoulders for tension headache.
	LAVENDER TEA TREE EUCALYPTUS PEPPERMINT LEMON	4-6 Drop Combination	Cold Compress: Apply to temples and neck.
		4 Drops	Tissue: Inhale when required.
		2 Drops	Pillow: To help sleep.
INSOMNIA (Relief of)	LAVENDER ORANGE MARJORAM CLARY SAGE FRANKINCENSE SANDALWOOD YLANG YLANG	10 Drop Combination of 3 in 20ml Carrier oil	Massage: Before bed.
		2 Drops of one.	Pillow: A drop each side.
		6-8 Drops Combination of 3	Bath: Before bed.
MENSTRUATION (Relief of Pain)	CLARY SAGE JUNIPER YLANG YLANG MARJORAM	4-6 Drop Combination of 3 in 10ml Base oil	Massage: Clockwise over solar plexus, lower abdomen and lower back. Warm Compress: Applied to abdomen and lower back. (Use hot water bottle)
NOTE: SEEK MEDICAL ADVICE IF PAIN PERSISTS,			
MOUTH ULCERS	ORANGE CLOVE BUD TEA TREE	1 Drop of either	Apply to cotton bud and apply to area.
NAUSEA	PEPPERMINT ORANGE LEMON LAVENDER	2 Drops of one.	Tissue: Inhale as needed.
NOSEBLEEDS	LAVENDER CYPRESS	1 Drop each in ice cold water.	Cold Compress: (Hankie) to bridge of nose.
PIMPLES	LAVENDER LEMON	3 Drop Combination 3 in 5ml Base oil.	Dab on affected area with Cotton bud.
	TEA TREE PEPPERMINT	1 Drop neat	Dab on affected area with cotton bud

SUNBURN (Relief of Pain)	LAVENDER	2 Drops	Add to tub of natural yogurt, apply and cover with Cotton t-shirt.
	LAVENDER TEA TREE SANDALWOOD PEPPERMINT	4-6 Drop Combination in 10ml Jojoba	Bath: Tepid water to soothe and cool. Skin Oil: Smoothe over gently to nourish.
TOOTHACHE (Temporary Relief of Pain)	CLOVE PEPPERMINT TEA TREE	1 Drop	Apply to Cotton bud, dab on affected tooth or dilute in Base oil for children.(Avoid lips).
CAUTION: SEE DENTIST IF PAIN PERSISTS.			
WARTS	LEMON CLOVE LAVENDER	1 Drop of any	Apply to cotton bud. Dab direct on wart.

LEGEND:	
C = Compress	D = Direct Application
B = Bathe	M = Massage
T = Tissue	
<u>Quick Reference Chart of Dosages</u>	
<u>Nature's Medicine Cabinet</u>	

Bites	Lavender/Tea Tree	D
Blisters	Lavender/Tea Tree	D
Bruises	Geranium/Lavender	C
Bumps	Lavender	C
Chills	Geranium	C B
Colds	Eucalyptus/Peppermint	M T
Cuts	Lavender/Eucalyptus/Tea Tree	B
Cramps	Geranium	C M
Fever	Eucalyptus/Lavender	C B
Hayfever	Eucalyptus/Peppermint/Lavender/Geranium	M T
Headache	Peppermint/Lavender	C M T
Heat Exhaustion	Lavender/Eucalyptus	C B
Insect Repellent	Lavender/Peppermint/Eucalyptus/Tea Tree/Geranium	M

Muscle Aches	Lavender/Eucalyptus	C B M
Rashes	Geranium/Eucalyptus/Lavender	C B
Sleeplessness	Lavender/Geranium	C B M
Sunburn	Lavender/Peppermint/Eucalyptus	B M
Travel Sickness	Peppermint	C T
Toothache	Peppermint/Tea Tree	D
Vomiting	Peppermint/Lavender	C T
Upset Tummy	Lavender/Peppermint	C M T

Effect	Lemon	Sweet Marjoram	Orange	Peppermint	Rose	Rosemary	Sandalwood	Tea-Tree	Ylang Ylang
anti-bacterial	X	X					X	X	
anti-inflammation	X			X		X		X	
anti-rheumatic		X				X			
anti-spasmodic		X		X		X	X		
anti-viral	X			X				X	
asthma		X					X		
bronchitis		X		X		X	X	X	
calming		X	X		X		X		X
colds	X	X		X		X			
depression		X			X	X	X		X
disinfect air	X	X		X		X			
energize				X		X			
fatigue				X		X			
fevers	X					X		X	

Effect	Lemon	Sweet Marjoram	Orange	Peppermint	Rose	Rosemary	Sandalwood	Tea-Tree	Ylang Ylang
headache/migraine		X		X		X			
hypertension	X	X							X
insomnia		X	X		X		X		X
meditation							X		
menstrual cramps		X		X		X			
menopause					X				
mental acuity				X		X			
muscle stress		X				X			
nervousness	X	X	X				X		X
pms		X							

pain relief		X		X		X			
stress		X	X		X		X		X
wounds/burns								X	

- When pregnant avoid Atlas Cedar, Basil, Clary Sage, Juniper, Marjoram, Peppermint & Rosemary.
- Clary Sage should be avoided if you have endometriosis, breast, ovarian or uterine cysts, estrogen dependent conditions (cancers).
- Avoid Rosemary if you have high blood pressure or epilepsy.
- Peppermint and Lemon may irritate sensitive skin.
- Bergamot, Lemon and Orange may cause skin sensitivity to the sun.

Traditional Therapeutic Effects of Ancient Healing Art Blends

These tables cross reference the traditional therapeutic effects of the nine [Ancient Healing Art Essential Oil Blends](#). This reference table was created to make choosing a blend (that is just right for you) easier.

Effect	Balance	Energizer	Northwest Comfort	Muscle Relief	Peace	Romance	Serenity	Stress Free	Vitality
anti-inflammation		X							
anti-spasmodic			X	X			X	X	
aphrodisiac						X			
bronchitis					X			X	
calming	X			X	X	X	X	X	
colds									X
depression	X		X			X	X		
disinfect air	X	x						x	
energize/fatigue		X							X

Effect	Balance	Energizer	Northwest Comfort	Muscle Relief	Peace	Romance	Serenity	Stress Free	Vitality
headache/migraine							X		X
insomnia					X		X	X	
meditation					X				
menstrual cramps			X						
menopause	X								
muscle stress				X					
pms	X							X	
pain relief	X	X	X	X					
stress	X			X	X	X	X	X	

- When pregnant avoid Energizer, Northwest Comfort, Muscle Relief, Peace, Serenity and Vitality
- Northwest Comfort and Muscle Tension Relief should be avoided if you have endometriosis, breast, ovarian or uterine cysts or estrogen dependent conditions (cancers).

- **Avoid Energizer, Muscle Relief and Vitality if you have high blood pressure or epilepsy.**
 - **Energizer, Northwest Comfort and Vitality may irritate sensitive skin.**
 - **Romance may cause skin sensitivity to the sun.**
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