



## Aromatherapy Essential Oil Reference Chart

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

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

<b>Rose</b> (Rosa damascena)	antidepressant aphrodisiac antiseptic calming centering	anxiety depression hopelessness insecurity	do not use during pregnancy	flowers
<b>Rosemary</b> (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
<b>Sandalwood</b> (Santalum album)	antiseptic aphrodisiac astringent calming sedative soothing	apprehension depression shyness timidity		wood
<b>Tea Tree</b> (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

<b>Neat</b>	1 drop direct topical application to skin
<b>Paper Funnel Inhalation</b>	2-3 drops in base of paper towel, rolled into a cone shape
<b>Pillow</b>	1 drop either side of pillow
<b>Poultice</b>	4 drops to 2 tablespoonsful of poultice base
<b>Pulse point</b>	1 drop to 1ml carrier oil
<b>Room Air Spray</b>	50 drops in 100ml pure water in garden spray or spray top bottle
<b>Skin Oil / Lotion Cream /Ointment</b>	1 drop for each 2ml (body), 4ml (facial)
<b>Sitz Bath</b>	3-4 drops in a bowl large enough to sit in, filled with cool/warm water
<b>Tissue / Hankie</b>	1-2 drops direct on cloth
<b>Vapouriser</b>	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
<b>BACKACHE</b> (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.
<b>BITES/STINGS</b> (Bee / Flea / Wasp / Mosquito)	TEA TREE LAVENDER	1 Drop of either	Neat. Topical application.
		2 Drops of each	Cold compress to area.
<b>BRUISES</b>	LAVENDER FENNEL CYPRESS	2 Drops each	Immediate ice-cold compress.
	ROSEMARY	2-3 Drops	Gentle massage when colour appears. in 5ml Base oil.
<b>BURNS</b> ( Minor)	LAVENDER	Neat as required	Immediately apply neat to affected area. Apply iced water or ice cold compress.

<b>COLD &amp; FLU</b> (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.
<b>COLD SORES</b> (Relief of Symptoms)	GERANIUM TEA TREE	Neat: 1 Drop	On cotton bud. Apply to affected area as soon as tingling of skin starts.
<b>CRAMPS</b> (Relief of Pain)	MARJORAM CYPRESS GERANIUM	3-4 Drop Combination in 5ml Base oil	Massage: For leg cramps Warm Compress: To abdomen and Leg.
<b>CUTS &amp; GRAZES</b>	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.
<b>NOTE: SEEK MEDICAL ATTENTION IF CUT IS DEEP OR BLOOD LOSS SIGNIFICANT</b>			
<b>EARACHE</b>	LAVENDER	1 Drop	Neat: Apply to cotton wool and gently place in outer ear and dab behind ear. Warm Compress: Hot water bottle.
<b>FEVER</b> (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).
<b>WARNING: DRINK PLENTY OF FLUIDS &amp; ALWAYS CONSULT A DOCTOR IF SYMPTOMS PERSIST.</b>			
<b>HANGOVER</b> (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.
<b>HAYFEVER</b> (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
<b>NOTE: HAYFEVER AFFECTS PEOPLE IN DIFFERENT WAYS SO EXPERIMENT WITH THE ABOVE OILS TO SELECT THE BEST FOR YOU.</b>			

<b>HEADACHE</b> (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.
<b>INSOMNIA</b> (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.
<b>MENSTRUATION</b> (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)
<b>NOTE: SEEK MEDICAL ADVICE IF PAIN PERSISTS,</b>			
<b>MOUTH ULCERS</b>	ORANGE CLOVE BUD TEA TREE	1 Drop of either	Apply to cotton bud and apply to area.
<b>NAUSEA</b>	PEPPERMINT ORANGE LEMON LAVENDER	2 Drops of one.	Tissue: Inhale as needed.
<b>NOSEBLEEDS</b>	LAVENDER CYPRESS	1 Drop each in ice cold water.	Cold Compress: (Hankie) to bridge of nose.
<b>PIMPLES</b>	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

<b>SUNBURN</b> (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.
<b>TOOTHACHE</b> (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).
<b>CAUTION: SEE DENTIST IF PAIN PERSISTS.</b>			
<b>WARTS</b>	LEMON CLOVE LAVENDER	1 Drop of any	Apply to cotton bud. Dab direct on wart.

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

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

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

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

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