

Garden Essence Oils



Allspice - Relieves colic, flatulence and other digestive disorders. An aromatic stimulant and carminative for the gastro-intestinal tract. Allspice is a natural source of beta-carotene and other important nutrients and acts as an antioxidant and anti-inflammatory. Some more uses circulation, muscles and joints. Tiny amounts in massage oil for chest infections, extreme cold, chills, congested coughs, bronchitis, digestive system, cramps, flatulence, indigestion nausea. Nervous system, depression, neuralgia, stress, tension.



Amyris- The woody, balsamic aroma of Amyris is relaxing and calming to the nerves. Commonly found in soaps and other 'Sandalwood' products in place of Sandalwood. Amyris is a healthy, affordable and sustainable substitute for Sandalwood in many aromatherapy applications. Antiseptic, balsamic, sedative.



Angelica Root - For centuries, Angelica Root has been hailed as the ultimate remedy for poisons and all infectious maladies. It was said to protect against contagious diseases and for use as a blood purifier. Held in such high esteem, Angelica Root, was sometimes called “The Root of the Holy Ghost.” As a medicinal plant, Angelica was considered to have “Angelic” healing powers. Angelica has a long-standing, ancient record as a medicinal herb. Used for coughs, colds, fevers, flatulence, indigestion, skin.



Angelica Seed - Praised throughout the centuries as a miraculous gift from the angels and a panacea for all ills, a well-known remedy for stomach pain, flatulence, sour stomach, heartburn, menstrual cramps, colic and general indigestion. It also helps treat arthritis and relieves the discomfort of colds. It is an excellent stimulant and overall tonic for good health.



Anise Seed - Historically used to relieve the pain of indigestion, colic, flatulence and bloating. Since ancient times Anise has been used to loosen phlegm and eases the discomforts of bronchitis, asthma and coughs. Boost your immune system – and try it for bad breath too! Also good as a food flavoring, and for infant catarrh, flatulence, colic, griping pains, painful periods, promote breast milk, dry irritable cough, bronchitis, whooping cough.



Balsam - Used in Europe for chronic cystitis and bronchitis, piles, chronic diarrhea, intestinal problems. Soothing, balancing and uplifting. Balsam blends well with oils from the spice family, oils from the floral family, and essential oils with Oriental bases. They also work well with the aphrodisiac oils – Rose, Jasmine, Sandalwood, and Frankincense. It can also support the softer qualities of oils such as Ylang Ylang, Vanilla or Jasmine .



Basil This sweet spicy scent relaxes the mind and alleviates aches and pains. Great for ear infection, rub a little drop around the ear canal and around the back of ear down the throat. Put a drop on a cotton ball and put in infected ear. Useful in blends for anxiety, insomnia, migraines and fatigue. Used for bronchitis, fatigue, mental fatigue, rhinitis, colds, loss of concentration, migraine, spasms, gout, aches and pains, wasp stings, snake bites, nausea, nervous tension, paralysis, vomiting, whooping cough.



Bay - can be used in the treatment of rheumatism, neuralgia, muscular pain, circulation problems, colds, flu, dental infection, and diarrhea and skin infections. Antiseptic, antibiotic, analgesic, anti-neuralgic, aperitif, astringent, emmenagogue, febrifuge, insecticide, sedative and a tonic.



Benzoin (Liquid resin) - used as an essential oil as well as a fixative in perfumes. Benzoin absolute can be used for bronchitis, coughs, colds, wounds, acne, eczema, psoriasis, rheumatism, arthritis, scar tissue, circulation, nervous tension, stress, muscle pains, chilblains, rashes and mouth ulcers. Anti-inflammatory, anti-oxidant, antiseptic, astringent, carminative, cordial, deodorant, diuretic, expectorant, sedative.



Bergamot - Bergamot essential oil can be used in the treatment of depression, stress, tension, fear, hysteria, infection (all types including skin), anorexia, psoriasis, eczema and general convalescence. fevers, boils, thrush, acne, tension, wounds, eczema, psoriasis, scabies, ulcers, coughs, herpes, leucorrhoea, respiratory and urinary tract infections, tonsillitis (acute), T.B., insect repellent, stress; (Anti-depressant)



Birch Bark- is credited with being an analgesic, anti-inflammatory, antipruritic, antirheumatic, antiseptic, astringent, depurative, diuretic, rubefacient, tonic. An effective addition to a massage oil for sore muscles, sprains and painful joints because of its anti-inflammatory and antispasmodic properties. Blends well with: cedarwood, fir balsam, copaiba balsam, sandalwood, spruce, rosewood.



Blue Tansy - is best known for its skin care properties and as an anti-inflammatory. It has also been credited by aromatherapists as having antihistamine and antispasmodic qualities. It is believed to induce relaxation, reduce nervous tension and stress, and be beneficial for allergies. It does the latter by being a stimulant for the thymus gland. Used as a “cure all” by gypsies - expel worms, colds, fever, cramping pains, scabies, rheumatism, nervous disorders and to keep flies and vermin away.



Cajeput - Used chiefly as a local application in skin disease and as a stimulating expectorant. Mildly analgesic, antimicrobial, antineuralgic, antispasmodic, antiseptic (pulmonary, urinary, intestinal), anthelmintic, diaphoretic, carminative, expectorant, febrifuge, insecticide, sudorific, tonic. Used for: acne, arthritis, asthma, dysentery, bladder infections, cholera, colds, flu, headaches, psoriasis, rheumatism, sore throats, toothaches, viral Infections, sinusitis.



Calamus - is a stimulating nervine antispasmodic, and a general tonic to the mind. As a rejuvenative for the brain and nervous system, it is used to promote cerebral circulation, to stimulate self-expression, and to help manage a wide range of symptoms in the head, including neuralgia, epilepsy, memory loss and shock. It is used in the Phillipines for rheumatism and memory problems. Research in China has shown the essential oil in this rhizome to be sedating and neuroprotectant.



Camphor - It was well known as a remedy against the plague in Persia. The therapeutic properties of Camphor oil include the following: anti-inflammatory, antiseptic, cardiac, carminative, diuretic, febrifuge, insecticide, laxative, rubefacient, stimulant and vulnerary. Camphor oil can be used in the treatment of nervous depression, acne, inflammation, arthritis, muscular aches and pains, sprains, rheumatism, bronchitis, coughs, colds, fever, flu and infectious diseases. It is a well-known preventive of moths and other insects, such as worms in wood.



Caraway - The therapeutic properties of Caraway oil include: anti-histaminic, antiseptic, astringent, carminative, digestive, disinfectant, emmenagogue, expectorant, stimulant, stomachic, tonic and vermifuge. Improves digestion, soothes the intestines, flatulence, menstrual discomfort. As an expectorant it helps clear bronchitis, bronchial asthma and coughs. It is also helpful in cases of sore throats and laryngitis.



Cardamom - Historical uses: Loss of Appetite, Colic, Nausea, Coughs, Mental Fatigue, Headaches, Aches; as a Digestive and Tonic, Halitosis, Pyrosis, Vomiting, Mental fatigue. Respiratory: helps ease coughs, congestion, bronchitis; chills, warms the body; aids all pulmonary infections. Nervous Brain/ Mind: mental fatigue, nervous strain warming, uplifting, refreshing, invigorating. Blends well with: black pepper, eucalyptus, frankincense, geranium, ginger, lime, pine, tea tree, vetiver, ylang ylang.



Carrot Seed - fantastic for skin care (revitalizing and toning) and considered one of the best Essential Oils for Mature Skin. Carrot seed oil also assists in removing toxin and water build up in the skin giving it a fresher more firmer appearance. Carrot seed oil has a detoxifying effect on the liver and cleans the digestive system and the body as a whole. It is helpful for arthritis, gout, edema, rheumatism and the accumulation of toxins in muscles and joints. Parasites, revitalizing and toning, wrinkles, PMS, anemia, anorexia, colic, indigestion, liver congestion, amenorrhea, dysmenorrhea, glandular problems. Carrot seed strengthens the mucus membranes in the nose, throat and lungs, thus has a beneficial effect on problems such as bronchitis and influenza.



Cassia - a tonic, carminative and stimulant. It is used to treat nausea and flatulence. It is also used alone or in combination to treat diarrhea. Chinese and Japanese scientists have found that cassia has sedative effects and lowers high blood pressure and fever in experimental animals. The oil has antiseptic properties, killing various types of bacteria and fungi. Cassia oil is used mainly as a carminative (for relieving colic and griping) or as a stomach tonic. It can also be used for colds, influenza, fevers, arthritis and rheumatism. Improves circulation, reduction of cellulite, mood uplifting, lessens pain, increases mobility in joints, repels insects, disinfectant.



Catnip - North American Indians used catnip for its sedative effect on the nervous system as well as for treating colic in infants. Catnip has been documented as normalizing blood pressure. It is a mild tranquilizer that helps relieve stress, promotes restfulness, stimulates the appetite, soothes babies and children. It has also been used to induce sweating without bringing on a fever and promotes menstruation. Used to treat anxiety, colds, flu, bronchitis, fever, inflammation, and general aches and pains. A good remedy for diarrhea, even in children, and for inflammatory bowel conditions, infections, and constipation. Has been known to help headaches caused by tension, indigestion and stress-related conditions. A good antiseptic for sore throats and coughs, a decongestant for catarrh and sinusitis, and a relaxant for croup and asthma. It can be applied to hemorrhoids to soothe burning and itching or on eruptive skin infections such as measles and chickenpox. It helps to speed tissue repair, stop bleeding of abrasions and cuts, and aid in the healing of burns, scalds, piles, insect bites and other inflammatory skin conditions.



Cedarwood, Atlas - his ancient oil was used extensively by the Egyptians in daily beauty rituals. Oily or acne skins respond well to its antiseptic actions and as a nervous system sedative it helps eczema and stress related conditions. Antiseptic (urinary, pulmonary), antiputrescent, antiseborrheic, aphrodisiac, astringent, emollient, expectorant, fungicidal, insecticidal, mucolytic, lipolytic, sedative, tonic-lymphatic. stimulates lymph circulation, aids arteriosclerosis. regulates nervous system, sedative, nervous tension, fear, anger, disconnectedness, lacking integrity & independence soothes anxiety, meditation.



Cedarwood Virginia - Historically used to calm nervous tension and states of anxiety. Cedarwood, Virginia is an expectorant and useful in treating hemorrhoids, deterring moths and other insects, and will act as a mild astringent. It is a very powerful antiseptic, fungicidal and anti-seborrheic helps with dandruff, hair loss and oily hair. Cedarwood also useful for bronchitis, congestion, catarrh, cystitis, acne, Nervous tension, dandruff, psoriasis, congestion, gonorrhoea, pyelitis, urinary tract disorders, respiratory affections, arthritis; as a diuretic.



Celery Seed - Cooling, purifying, cellulite, promotes calm, relaxed state and restful sleep. Antioxidative, anti rheumatic, antiseptic (urinary), antispasmodic, aperitif, depurative, digestive diuretic, carminative, cholagogue, hepatic, nervine, sedative (nervous), stimulant (uterine), stomachic, tonic (digestive). Blends well with: Lavender, pine, tea tree, oak moss, and other spice oils.



Chamomile - This essential oil is useful in the treatment of aches and pains in muscles and joints. Treatment of symptoms of PMS. Chamomile is also beneficial especially when the symptoms are related to stress. Chamomile, Roman blends well with: Geranium, Lavender, Rose, Neroli, Marjoram, Cedarwood, Frankincense, Rosewood, Clary Sage, Ylang Ylang.



Chaste Tree Leaf - Natural L-dopa (Parkinson's) and Vitex, have been used for the relief of paralysis, pains in the limbs, weakness, and breast pain, in addition to the menstrual regulation and treatment of hemorrhage. Prolonged use of Chaste Tree significantly reduces a range of PMS symptoms, from irritability and headaches to cramping and breast pain. Other trials have shown genuine effectiveness for women suffering from infertility and irregular periods. Chaste Tree works well in reducing the symptoms such as hot flashes associated with peri-or postmenopause. Some studies have shown the berries to be antiandrogenic and can therefore be used to help treat acne in men and women.



Cinnamon Bark- boosts the activity of the brain It helps to remove nervous tension and memory loss. Cinnamon can also help to remove blood impurities. This also makes it a great treatment for pimples. it is also an anti-inflammatory substance, so it helps in removing stiffness of the muscles and joints. It is effective on treating external as well as internal infections. It helps in destroying germs in the gall bladder and the bacteria present in staph infections.



Citronella - antiseptic, antibacterial, antidepressant, antispasmodic, anti-inflammatory, deodorant, diaphoretic, febrifuge, fungicidal, insect repellent, (mosquitos), stomachic, tonic,(uterine, neurotonic, cardiogenic) stimulant, vermifuge. Uplifting and refreshing its aroma has traditionally been used to repel insects, but it is also good at scaring away cold, flu and fatigue.



Clary Sage - Profoundly relaxing and balancing. Banishes mood swings and lifts depressive states. Supports all female reproductive disorders. Reproductive: uterine tonic, estrogen-like, stimulates hormones(stimulates development of sex hormones), regulates menstrual cycle, eases painful periods, labor pain, PMS, post-natal depression, reduces menopausal hot flashes, impotence, frigidity, genital infections; strengthens kidneys, increases mucus secretion in all uro-genital organs, increases peristalsis in smooth muscles of reproductive organs & bladder.



Clove - Cloves are one of the few things that will kill parasite eggs. Uses include: Antiseptic, antifungal, antiviral, powerful bactericidal-large spectrum(most germs, E.coli), antiparasitic, anthelmintic, antimetic, antihistamine, antioxidant, aphrodisiac, expectorant, cicatrizant, spasmolytic, splenetic, stimulant (general, digestive, sexual), tonic (nervous, hypertensive) Skin: acne, cuts and skin parasites, scabies, fungal infections, athlete's foot; aids bruises, warts, zonal (herpes, shingles), prickly heat, mosquito-repellant Use highly diluted on skin; avoid use on sensitive or damaged skin Respiratory: asthma, tuberculosis, aids pulmonary afflictions, bronchitis, sinusitis Muscular/Skeletal: arthritis, rheumatoid arthritis, rheumatism, sprains.



Coriander - This oil helps to removes toxins and stimulates circulation. Eases muscular stiffness. Relieves arthritis and inflammatory conditions. Estrogen like effects, helping to regulate menstruation. May be useful during menopause. Skin: stretch marks, scars. Muscular/Skeletal: arthritis, gout, muscle aches & pains, rheumatism, stiffness. Cardio-vascular/ Lymphatic: accumulation of fluids or toxins, increases circulation Immune: colds, influenza, infectious diseases, measles. Genito-Urinary/ Reproductive: impotence, frigidity, infertility, estrogen stimulant for irregular periods, post partum care (depression). Nervous Brain/ Mind: debility, migraine, neuralgia, nervous exhaustion, insomnia; gentle mental stimulant, bad memory, dizziness, shock, fear.



Cumin, Black - Cumin essential oil is also useful as a warming oil that helps relieve muscular pains and osteoarthritis. For the digestive system it is a stimulant that helps with colic, dyspepsia, flatulence, bloating and indigestion. For the nervous system, Cumin essential oil is a tonic with beneficial effect on headaches, migraine pain and nervous exhaustion. Used extensively with Auto-immune problems. Mohammad said that it would cure everything except death.



Cypress - This oil works well for cellulite, varicose veins as well as water retention. An ideal oil for many menstrual difficulties. Aids nervous tension and stress related conditions. Skin: acne, oily skin and hair, mature skin, excessive perspiration, simple water retention, varicose veins, cellulite, wound healing, stimulates skin circulation. Respiratory: asthma, throat infection, whooping cough, laryngitis, bronchitis, pulmonary tuberculosis. Muscular/Skeletal: muscle aches and pains, rheumatism, cramps, arthritis, edema; simple water retention. Genito-Urinary/ Reproductive: induces menstruation, eases painful periods, reduces menopausal hot flashes, cramps, regulates menstrual cycle, decongests prostate with mastic, diuretic-increases urine flow, eases simple water retention.



Dill Seed - Aromatherapists credit Dill Seed with being an effective stimulating, revitalizing, restoring, purifying, balancing, and cleansing agent. Increases lactation, helps crying babies fall asleep, repels insects, indigestion, stimulate urination, sweeten bad breath, fever, ulcers.



Elemi
- Bronchitis, catarrhal conditions unproductive coughs, nervous exhaustion and stress-related conditions, aged skin, infected cuts and wounds, inflammations, wrinkles, rejuvenating, fortifying.



Eucalyptus citriodora - Powerful antiseptic, analgesic, antiviral, antirheumatic, powerful antispasmodic anti-inflammatory, bactericidal, deodorant, expectorant, fungicidal, insect repellent, purifying. Highly antifungal and anti-infectious with an awakening lemony scent which is surprisingly soothing to the body and mind.



Eucalyptus globulus - Well known as a cold and flu prevention and treatment, it's a must for every aromatherapy kit. Regenerative effect on bronchial tissue and lungs. Helps to clear sinuses. Eucalyptus essential oil is fantastic on skin ailments (Burns, blisters, wounds, insect bites, lice, and skin infections), as well as to combat the effects of colds and the flu. There is also a history of Eucalyptus essential oil being applied to sore muscles and joints.



Eucalyptus radiata - Long term or chronic respiratory ailments are alleviated with the radiata variety. Its an easier aroma to inhale directly. Aid asthma, muscle aches and nervous exhaustion. Appears anti-infectious, anti-inflammatory, antibacterial, anticatarrh, expectorant. This chemotype better suited for long term use of chronic respiratory conditions and best suited for viral or bacterial infections. Safer to inhale directly as has less cough reflex than eucalyptus globulus.



Fennel- Sweet licorice scent detoxifies the body while strengthening the liver. Used for balancing hormones and its anti-aging properties in skin remedies. Skin: astringent for dull, dry, watery, oily and mature skin types; aids corns Respiratory: asthma, asthmatic bronchitis, whooping cough, pulmonary congestion, difficulty in breathing- disorders of nervous origin. Muscular/Skeletal: rheumatism, acts as slight muscle analgesic, paralysis, lumbago. Immune: flu preventative. Digestive: gum disease, anorexia, dyspepsia, spasmodic colitis, colic, constipation, hiccups, nausea, detoxification from alcohol, nicotine. Endocrine: endocrine stimulant. Nervous Brain/ Mind: nerve tonic, eases nervous tension. Emotional/Energetic: Increases inner strength and courage.



Fir Needle - Fir needle is reported to help with arthritis, bronchitis, colds, coughs, flu, muscle aches, rheumatism, sinusitis. Airborne germs and bacteria, Fever.



Frankincense - Anti-inflammatory, antiseptic, antidepressant, cicatrizant, cytophylactic, immunostimulant, sedative, emmenagogue, tonic-digestive. Skin: acne, dry/mature aged skin, pimples, scars, smooths out wrinkles, tonic to all skin, balances oily skin. Respiratory: deepens breathing, regulates mucus secretion, pleurisy, bronchitis, laryngitis, best inhaled for respiratory system. Digestive: soothes stomach, eases digestion, chronic diarrhea, belching. Cardiovascular/Lymphatic: varicose ulcer Immune: immune stimulant; certain cancers, colds, flu. Genito-Urinary/ Reproductive: cystitis, nephritis, general genital infections, dysmenorrhea, leucorrhea, uterine tonic. Nervous Brain/ Mind: anxiety, nervous tension, depression, nightmares, fear of future, produces calm mental states.



Galbanum - Anti-arthritic & Anti-Rheumatic – helps toxins to move out of the body relieving symptoms. Anti-spasmodic – relieves muscle cramps and relaxes the muscles and nerves. Cicatrissant - diminishes scars and the after marks left by acne, stretch marks, scarring, speeds the growth of new cells and tissue that replaces the damaged tissues of scars. Blood Detoxifier. Insecticide, bugs hate the smell of Galbanum. Anti-Parasitic, add it to shampoo to help get rid of lice. Very effective in keeping away parasites on both humans and pets, such as louse, fleas, lice, bed-bugs, mosquitoes, and others. Vulnerary: The essential oil of Galbanum is good for healing wounds. It does so by promoting the crowding of leucocytes and platelets in the wounded places, as well as by forming a protective covering against any sort of infection. It inhibits any kind of microbial (fungal or bacterial) growth in the wounded area and makes it heal faster. Beneficial in healing sores and ulcers, both internal and external including abscesses and boils. Always dilute with a carrier oil.



Geranium - Aromatherapy use: Dysentery, hemorrhaging, ulcers, healing for wounds and fractures, cellulite, calming to nervous system in small amounts and stimulating in large amounts, mood uplifting, stimulates adrenals, repels insects, and soothes insect bites, lice, ticks. Depression, burns, diarrhea, breast engorgement in nursing mothers, jaundice, kidney stones, ringworm, shingles, sterility, menstrual problems, diarrhea, diabetes, sores, neuralgia, bleeding, circulatory conditions, eczema, sore throats, nervous tension, kidney stones. It seems to be an adrenal cortex stimulant.



Ginger Root - Ginger is warming, stimulating and grounding. It aids memory and is an aphrodisiac. Helps with pain relief and detoxification. Muscular aches and pains, flu, sprains, broken bones, fever, alcoholism, colic, motion sickness, disorders, cramps and more.



Grapefruit, Pink - Euphoric and cleansing, great for refreshing your environment. In skin and body care it benefits oily or congested skin, improves elasticity and has diuretic properties. Has been used as a: tonic, kidney & liver problems, migraine, depression, tonic in drug withdrawal, reducing water retention & cellulite. Digestive: internally: stimulates gall bladder, digestive aid, liver tonic, useful in anorexia/bulimia, regulates body weight if used regularly.



Helichrysum - This oil has been found by European researchers to generate tissue, reduce tissue pain, helps to improve skin conditions, circulatory function, prevents phlebitis, helps regulate cholesterol, stimulates liver cell function, reduces scarring and discoloration. It is anticoagulant, anticatarrhal, mucolytic, expectorant and, antispasmodic. It has also been known to help in improving certain types of hearing loss. Miraculous healer for wounds, bruises and old scars particularly keloids. Detoxes liver and spleen congestion especially from nicotine overload. Anti-allergenic, anti-inflammatory, antimicrobial, antiphlogistic, antispasmodic, antitussive, febrifuge, antiseptic, anti-hematoma, anticoagulant, cholagogue, fungicidal, hepatic, diuretic, emollient, mucolytic, nervine, splenic, cytophylactic, expectorant.



Hyssop - is known to help ease sore throats caused by sinus issues. Some authorities believe it can relieve bronchial spasms and thus might be helpful for asthma attacks. Bruises, cuts, dermatitis, eczema, inflammation, wounds, blood pressure, rheumatism, catarrh, cough, sore throat, tonsillitis, whooping cough, colic, indigestion, amenorrhoea, leucorrhoea, colds, flu, anxiety, fatigue, nervous tension, stress.



Juniper Berries - Cleansing on many levels oily skin, blocked pores and congested liver and kidney problems, aids detoxification from over indulgence food, alcohol, stimulates digestion, acne, hair loss, oily skin, blocked pores, wounds, skin tonic; cellulite, rheumatism, arthritis, sciatica, hemorrhoids, aids lymphatic circulation- drainage of toxin accumulation Immune: colds, flu and infection and more.



Lavender - The Universal Oil, used for burns, inflammation, cuts, wounds, eczema, fainting, headaches, hysteria, migraine, nervous tension, infections, bacterial, PMS, ulcers, acne, abscess, carbuncles, colic, convulsions, depression, dermatitis, diarrhea, diphtheria, boils, asthma, psoriasis, earache, epilepsy, fistula (anal), gonorrhoea, halitosis, insomnia, depression, migraine, nausea, leucorrhoea, laryngitis, snake bite & insect bites.



Lemon - historically recognized as a cleanser. It is recognized as being antiseptic, and as having refreshing and cooling properties. Sore throat, nervous conditions, blood pressure, digestive problems, gallstones, debility, fever, anxiety, cellulite.



Lemongrass - Anyone with Morning Fatigue Syndrome will appreciate the effects of lemongrass. It is also used to detox lymph and cellulite and cleanse oily skin and hair. Antiseptic, anti-inflammatory, vasodilator, sedative, tonic, uplifts and refreshes, great for dispelling anger and frustration, immune stimulant, digestive tonic, stimulates liver, stress related disorders, calming.



Lime - Cheering and restorative, lime refreshes a tired mind. Congestion due to colds and spasms or inflammation are eased. Antiseptic and astringent it makes a great deodorant. Headaches, sore throats. Antiseptic, anti-viral, antirheumatic, antiscorbutic, anticoagulant, aperitif, bactericidal, febrifuge, tonic-restorative, cough, cold, congestion, anti-coagulant, aids cardiovascular disease, viral infections, colds, sore throat, flu.



Mandarin - A favorite oil of children, it calms excitations, muscle spasms and cramps. A Refreshing toner, softening and regenerating the skin, aiding stretch marks and scarring. Antiseptic, antispasmodic, cytophylactic, sedative, stomachic, tonic-general, It is often used as a digestive aid, for use against indigestion, hiccups, anxiety, and to assist the liver functions of the elderly. Acne, congested and oily skin, scars, spots, stretch marks, toner, insomnia, nervous tension, restlessness, digestive problems. Insomnia, liver problems, nervousness, digestive weaknesses, anxiety.



Marjoram, Sweet - Calms muscular stiffness, strains and sprains. Comforts emotions of grief and loneliness. Regulates menstrual cycle. ticks, aids in healing wounds, clears bruises, asthma, eases respiratory distress and infections, bronchitis, rhinitis, sinusitis, spasmodic and dry cough, arthritis, muscular aches and pains, rheumatism, lumbago, sprains, strains, neuromuscular contractions, mouth ulcers, colic, constipation, dyspepsia, flatulence, diarrhea, digestive problems, acidic stomach, ulcers, aids hypertension, increases vasodilation, lowers blood pressure, eases palpitations, colds, flu.



Melissa - Melissa is excellent for restoring a calm and relaxed feeling. It relieves occasional nervous tension and has been found helpful for the relief of occasional sleeplessness. Melissa is often used as a digestive aid and helps with occasional heartburn, gas, bloating, and feelings of fullness. True Melissa is highly effective and greatly valued. The herb was associated particularly with nervous disorders, the heart, and emotions. Melissa was used for anxiety, melancholy, and to strengthen and revive the vital spirit.



Myrrh - Especially if he has weeping eczema or skin inflammations. Used in mouth rinses for gum disease and gingivitis. Enhances visualization and strengthens spirituality. Wounds, mouth ulcers, amenorrhoea, cough, gingivitis, pyorrhoea, thrush, T.B., mouth & skin ulcers, hemorrhoids, candida dermatitis, bacterial infections, diarrhea, fungal infections, removes steroid residues from system. Athletes foot, ringworm.



Myrtle Flower - It is suitable for use on young children, especially for “chesty” infections of the respiratory tract, whereas many of the other oils that one would normally use for this type of problem are a bit too strong for young children. Myrtle is also slightly sedative, which makes it ideal for use at night, whereas other similar oils like eucalyptus are stimulating and are therefore not as good to use at night. This oil is also sometimes used for skin conditions, like acne, oily skin, etc, and for this it is also very gentle, and it has astringent and anti-allergy properties. It is also used for treating head lice in children.



Myrtle - characterized as being antiseptic, an astringent, bactericidal, and as an expectorant. Aromatherapy applications include usage to combat sore throats and coughs. Blends well with: Bergamot, Clary Sage, Clove, Hyssop, Eucalyptus, Ginger, Lavender (All), Peppermint, Rosemary, Spearmint, Thyme, and Tea Tree.



Neroli - Orange Blossom (citrus aurantium var amara). Benefits dry mature and aging skin and balances emotions. Uses: anti-depressant, antispasmodic, aphrodisiac, anti-bacterial, anti-hypertension, bactericidal, cicatrizant, antiseptic, deodorant, fungicidal, emollient, cytophylactic, hypnotic, tonic: digestive-carminative, hepato-pancreatic. Skin: acne, regenerating, thread veins, stretch marks, scars; dry, devitalized, oily, and mature skins, improves elasticity.



Niaouli - Bacterial Disease, Cuts and Wounds, Infections. Skin: acne, boils, cuts, burns, infections, insect bites, oily skin, firms tissue, aids wrinkles; psoriasis, fungal infections, collection of pus, gangrenous wounds, scalp crusts. Respiratory: asthma, respiratory allergies, bronchitis, whooping cough, rhinitis, laryngitis, sinusitis, spasmodic and dry cough, tuberculosis, pneumonia, pulmonary gangrene. Muscular/skeletal: rheumatoid arthritis, muscular aches and pains. Digestive: gastritis, sluggish liver, food poisoning (neutralizes botulism toxins), dysentery, flatulence, diarrhea, viral hepatitis and more.



Nutmeg - Respiratory: colds, coughs, aids intercostal muscle pain, bronchitis. Muscular/skeletal: arthritis, muscular aches and pains, gout, rheumatism, eases sprains and strains, fatigue and congestion after sports. Digestive: carminative, digestive stimulant, encourages the appetite, decreases bad breath, aids intestinal infections, parasites, diarrhea. Cardiovascular/Lymphatic: poor circulation, stimulates heart. Immune: bacterial infections, fevers. Genito-Urinary/ Reproductive: frigidity, impotence, imitates estrogen, eases labor pains, increases contractions, facilitates birthing. Nervous Brain/ Mind: fainting, neuralgia, nervous fatigue.



Orange, blood- It is very similar to sweet orange in its uses, although considered the most antidepressant of the citrus oils. Antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial, deodorant, digestive, stimulant (nervous), tonic (cardiac, circulatory). Blends well with: Lavender, lemon, clary sage, myrrh and spicy oils such as nutmeg, cinnamon and clove.



Orange - Aromatherapy Uses: antidepressant, anti-inflammatory, antiseptic, bactericidal, fungicidal, hypotensive, nervous sedative, lymphatic, stimulant, tonic-digestive. Skin: dull & oily skin, puffiness, wrinkles, softens thick, fissured and cracked skin; strengthens epidermis, increases circulation and melanocyte development, cell hydration, calms skin gland function, supports regeneration. Respiratory: bronchitis, chills. Muscular/Skeletal: palpitations. Cardio-vascular/ Lymphatic: environmental disinfection. Immune: colds, flu. Digestive: constipation, intestinal spasm, raises blood sugar, eases simple water retention, increases fluid circulation, aids digestive processes including gall bladder. Nervous Brain/ Mind: nervous tension, stress problems, harmonizes physical and mental, encourages energy.



Oregano - Boosts immune system to fight infection, cold and flu. Revives the senses, eases pain and stimulates the appetite. Skin: infected cuts, wounds, parasites. Respiratory: asthma, colds, bronchitis, catarrh, whooping cough. Muscular/skeletal: rheumatic, muscular aches and pains. Digestive: soothes nervous

stomach disorders, stimulates liver and spleen, calms intestinal spasm, flatulence, stimulates appetite. Immune: cold, flu, infection. Genito-Urinary/ Reproductive: period pains, diuretic. Nervous Brain/ Mind: very stimulating, nerve tonic, revives the senses, migraines, relieves imaginary diseases, gives feeling of well-being.



Palmarosa - Erase morning fatigue and stimulate circulation with this lemony floral scent. Great for all types of eczema and acne, scars, wrinkles, regulates sebum, hydrates and calms. Respiratory: bronchitis, sore throat, sinusitis, rhino-pharyngitis. Endocrine: normalizes thyroid. Genito-Urinary/ Reproductive: thrush, cystitis, vaginitis, urethritis, cervicitis, uterine tonic- aids labor. Nervous Brain/ Mind: morning fatigue & irritability, nervous tension, stress related disorders.



Patchouli - Skin: dermatitis (allergic and inflammatory), acne, athlete's foot, cracked and dry skin, loose skin, enlarged pores, simple water retention, aids scars, wrinkles, wounds, tissue regenerator, oily hair and scalp, dandruff, eczema(weeping), impetigo, aids snake and insect bites. Respiratory: slows breathing. Cardio-vascular/ Lymphatic: external hemorrhoids, varicosities. Digestive: infectious intestinal colitis. Genito-Urinary/ Reproductive: frigidity, impotence; eases menopausal sweats. Nervous Brain/ Mind: nervous exhaustion, lethargy, stress related problems, sedative at low dose, stimulating at high dose.



Pennyroyal - Pennyroyal is used to aid menstruation, and it can be helpful in aiding labor and delivery; however, it must be used under a physician's supervision to be used properly. It is also used to treat colds, phlegm, respiratory disorders. Purify blood. Pennyroyal water given as antidote to spasmodic, nervous and hysterical affections. Affections of joints, gout. Pennyroyal removes gas and stomach pain from the digestive system. It has a strong minty smell and the oil is useful for externally repelling insects such as mosquitoes, fleas, and flies. Pennyroyal tea is also a good wash for skin eruptions, bruises, rashes, and itching.



Pepper, black - A dry woody spice that aids all types of digestive ailments. Boosts endurance, increases circulation and tones muscles. Warming to the body, relaxes tight muscles, improves digestion. Flu, nausea and/or vomiting, quinsy, toothache, vertigo, cholera, catarrh, colic, constipation, diarrhea, dysentery, fevers, flatulence, heartburn. Skin: chilblains, bruises, cuts, wounds, dermatosis. Respiratory: bronchitis, laryngitis, catarrh, warms chills and cold feeling. Muscular/skeletal: arthritis, muscular aches and pains, neuralgia, poor muscle tone, temporary paralysis, stiffness. Digestive: anemia, toothache, tonsillitis, increases saliva, aids reducing diets, colic, constipation, restores colon tone, flatulence, nausea, diarrhea. Immune: colds, flu, infections, viruses, may lower temperature. Genito-Urinary/ Reproductive: frigidity, impotence, stimulates.



Peppermint - Definitely a first aid kit must! Relieves aches and pains, itchiness, inflammation and soothes migraines. Activates lymph and increases circulation and white blood cell count. Skin: acne, dermatitis, ringworm, scabies, toothache, detox, constricts capillaries, relieves itching (pruritis, eczema, urticaria), softens and degreases skin, removes blackheads, cools skin, retains moisture in skin. Digestive: gingivitis, colic, cramps, indigestion, dyspepsia, flatulence, nausea(travel, morning), diarrhea, ulcers, hepato-pancreatic stimulant, liver cirrhosis, liver fatigue from allopathic treatments,Irritable Bowel Syndrome.

Cardiovascular/Lymphatic: palpitations, heart tonic, vasoconstrictive action, aids hypotension, fainting, increases white blood cells, activates lymph flow and drainage. Genito-Urinary/ Reproductive: eases menstrual cramps, aids morning sickness, labor, delivery, aids mastitis, kidney tonic-cystitis. Nervous Brain/ Mind: headache, mental exhaustion, nervous stress, zona(herpes, shingles), vertigo, aids neuralgia & sciatica. Respiratory: asthma, bronchitis, halitosis, rhinitis, laryngitis, sinusitis, spasmodic and dry cough, tuberculosis, pneumonia, cleansing, purifying. Muscular/skeletal: neuralgia, sciatica, arthritis, muscular aches and pains, rheumatism.



Petitgrain - Aromatherapists have long used it to calm anger and stress, while it has been used in the skin care industry for acne, oily skin, and as a deodorizing agent. Traditional Uses: anti-inflammatory, antispasmodic, cicatrizant, antiseptic, deodorant, digestive stimulant, sedative tonic, nervine, anxiety, insomnia, depression (antiseptic, tonic, aid to convalescence) assists stretch marks and scarring. Also helpful with depression, anxiety and soothes tension and rigidity.



Pine Needles - Pine purifies the lungs and the skin. It stimulates circulation and prepares muscles for exercise. Skin: Boils, cuts, fleas, sores, eczema, psoriasis, ringworm, scabies, lice, congested skin, purifies skin esp. grey, oxygen poor skin. Respiratory: asthma, eases breathing, catarrh, laryngitis, stimulates and purifies respiratory tract, increasing Co2 discharge; best used as inhalation, increases secretion of mucus membrane of lungs, bronchitis, sore throat, sinusitis. Muscular/Skeletal: joint/muscular aches and pains, rheumatoid arthritis, gout, sciatica, edema-simple water retention, rheumatism. Cardio-vascular/ Lymphatic: circulatory stimulant. Immune: immune stimulant, warms and cools fevers, colds, flu; modulates inflammatory and allergic processes, aids severe infection. Digestive: hepatitis, inflamed gallbladder, stimulates metabolism, intestinal disturbances. Endocrine: supports thyroid, aids diabetes, stimulates adrenal. Genito-Urinary/ Reproductive: urinary infection, inflamed and congested uterus, prostate problems, cystitis. Nervous Brain/ Mind: fatigue, nervous tension, stress related disorders, debility and neuralgia.



Ravensara- Respiratory and cardiovascular systems are harmonized with this oil. Lymph drainage is facilitated and is also a beneficial oil for joint pain, digestion and water retention. It allows an individual's desire for change to increase and aids in realizing one's potential. Ravensara Uses: Strongly anti-infectious, antiseptic, antiviral, antiasthmatic, antibacterial, antispasmodic, antitussive, appears antiallergenic, analgesic, carminative, diuretic, expectorant, immune stimulant, neurotonic, energizing- strong central nervous system stimulant.



Ravintsara - Reduces pain, headaches, antiviral, effectively used for shingles and herpes zoster. For shingles, add Melissa and Ravintsara to St. John's Wort oil and apply liberally several times daily. Is decongesting, anti-inflammatory, helps clear sinuses, chronic allergies. Great for reducing pain and headaches. It is an immunostimulant and good for all respiratory concerns. It is a soft, camphoraceous oil, and can be used often. Excellent for colds and flu.



Rose - Delight your senses with this royal oil. Healing on every level especially heart related troubles. It lowers blood pressure, relieves depression, sorrow and increases happiness. Anger cannot exist where there is Rose Otto. For all skin types, especially acne, dry sensitive skin, mature, wrinkles, broken capillaries; aids conjunctivitis (rose water only), eczema, zona (herpes, shingles) excellent for babies, aids skin infections, ulcers, inflammations, swellings; radio-dermatitis and radiation burns



Rosemary - This cineole chemotype is best used for slow elimination, chronic fatigue and candida. Oily skin and dandruff are also treated with this oil. Age old remedy for apathy and gloom, it warms the spirit and boosts confidence, enhances memory and revives freshness, faith and love.



Rosewood - Rosewood is credited with being a bactericidal, anti-fungal, antiviral, anti-parasitic cellular stimulant, immune system stimulant, tissue regenerator, tonic, antidepressant, antimicrobial, and as an aphrodisiac. It is also regarded as a general balancer to the emotions. Soothing, helps skin elasticity, skin irritations such as candida. Anti-bacterial, anti-viral, anti-parasitic. Blends well with: cedarwood, frankincense, geranium, rosemary, mandarin, ylang ylang.



Sage - Common Uses: anti-inflammatory, antiseptic, astringent, digestive, diuretic, emmenagogue, insecticide, laxative and as a tonic. Sores, bacterial infections, fibrositis, arthritis, rheumatism, bronchitis, catarrh, dandruff, menopause - hot flashes. Blends well with: Bergamot, Lavender, Lemon and Rosemary.



Sandalwood - has been traditionally been used for enhancing meditation and spiritual practice, and for skin revitalization. Sandalwood oil has a woody, balsamic, creamy aroma; it is a pale yellow, viscous liquid with excellent tenacity (the aroma tends to last a long time) and superior fixative properties. The long history of Sandalwood in the cultural and spiritual life of Asia cannot be overstated. The oil is high in sesquiterpenes, a class of compound which has been studied in Europe for its stimulating of the pineal gland and the limbic region of the brain - the center of our emotions.



Spearmint - as a local/topical anesthetic, antispasmodic, astringent, carminative, decongestant, digestive, diuretic, expectorant, stimulant and restorative. It is also believed to be an uplifting oil great for alleviating fatigue and depression. Used for Flatulence, Indigestion, Intestinal Cramps, Fevers, Nausea, Colic, Hemorrhoids, Sciatica & Lumbago, Depression. Common Uses of Spearmint: Aromatherapists claim the therapeutic properties of Spearmint essential oil are: as a local/topical anesthetic, antispasmodic, astringent, carminative, decongestant, digestive, diuretic, expectorant, stimulant and restorative.



Spikenard - May aid the respiratory, nervous and glandular system. It is antispasmodic, anti-infectious, antiparasitic and anti-inflammatory. Its hormone-like activity may help open and release emotional blocks and bring about a feeling of balance. It has been used to increase metabolism to burn fat. Calming and balancing for body, mind and spirit. Aids in finding inner peace in life's chaos by regulating heart beat and balancing Autonomic Nervous System. Regenerates all functions of skin layers, healing incurable skin problems.



Spruce - helpful for muscular aches and pains, poor circulation, rheumatism, asthma, bronchitis, coughs, respiratory weakness, colds, flu, infections, anxiety, stress-related conditions. Excellent for yoga and meditation.



Tagetes - best known for its ability to keep insects away. It is also credited by aromatherapists as helping with parasitic and fungal issues, while also being able to facilitate the flow of mucous and loosening congestion. It has also been used on cuts, sores, and bunions. Aztecs used to lower blood pressure, reduce inflammation and calm nerves. Also used for coughs, colds, and ulcers.



Tangerine - Like most of the citrus family, can be depended upon for refreshing and rejuvenating characteristics. Tangerine's aroma clears the mind and can help to eliminate emotional confusion. Aromatherapists also consider it to be very comforting, soothing and warming. Users may also see Tangerine used in perfumes, soaps, and as an antispasmodic, carminative, digestive, diuretic, sedative, stimulant (digestive and lymphatic), and tonic agent.



Tarragon - Has been used in Europe to reduce anorexia, dyspepsia, flatulence, intestinal spasms, nervous digestion, sluggish digestion and genital urinary tract infection. It may also help reduce premenstrual discomfort and pain with nerves and sciatica. It is neuromuscular, antispasmodic, anti-inflammatory, anti-infectious, antiviral, antibacterial and prevents fermentation.



Tea Tree - oil can be used undiluted on skin for bacterial and fungal conditions. Amazing results in oral care and as an immune stimulant. Excellent choice for acne, athlete's foot, fungal infections, dandruff, herpes, insecticide, sores, arthritis, rheumatism, muscle & joint aches & pains, injuries and sprains. Cardio-vascular/ Lymphatic: may help to lower blood pressure, aids hypertension (MDR), recovery support after heart attack. Immune: colds, fevers, infections as zona (herpes), chicken pox, aids recuperation from long illness.



Thyme - Thyme essential oil has been used effectively as a bactericide, antiseptic, antimicrobial, astringent, antispasmodic, antitoxic, diuretic, antifungal, insecticide, tonic, and as an immune stimulant. Thyme oil can assist with nervous complaints, respiratory problems, poor circulation and problems of the digestive system. Aromatherapy: bacterial Infections, lethargy, urinary infections, rheumatism, sores, viral infections, wounds.



Valerian - has been used to combat insomnia, nervousness, restlessness, tension, agitation, headaches as the result of nervous tension, and panic attacks. It has also been used on muscle spasms, palpitations of the heart, cardiovascular spasm and neuralgia. Valerian is also believed to be a suitable replacement for catnip based on similar chemical components. Relaxes nerves, sleep, restlessness, insomnia, migraine, dysmenorrhoea, intestinal colic, rheumatism, pain reliever, cholera, epilepsy, backache, colds, menstrual problems, bruises and sores.



Vetiver - The smell of vetiver helps to calm over-energized kids and help them to connect and relate to people in more patient and agreeable way. Vetiver is very helpful for those ADD adults and teens who also suffer from depression. Vetiver is an incredibly grounding oil on an emotion level. Very helpful with care of oily, dry and sensitive skin.



Wintergreen - Wintergreen has a history of use as a pain reliever. It is also believed to increase the speed of healing for skin disorders, and when added to lotions, acts as a natural moisturizer. Respiratory conditions, chronic mucous discharge, joint and muscular problems, rheumatoid arthritis, neuralgia, myalgia, sciatica, lumbago.



Yarrow - Yarrow essential oil is credited with having an energy similar to that of the earth. This may seem extreme to some, but most aromatherapists agree that it is a balancing, uplifting oil with practical applications on gynecological issues, wounds and open sores. Fever, respiratory infections, digestive problems, nervous tension, sores, rashes, wounds, menstrual problems, hemorrhoids, rheumatism, thrombotic conditions with hypertension.



Ylang Ylang - can assist with problems such as high blood pressure, rapid breathing and heartbeat, nervous conditions, as well as impotence and frigidity. Palpitations, high blood pressure, equilibrium, frustration, frigidity, impotence, intestinal problems, insomnia, nervous tension, shock, skin problems.

Garden Essence Oils - Essential Oil Blends



Alert - This blend may help with memory retention and mental alertness; it may even help oxygenate the brain. One may study with this blend and then smell it during the test to help recall what was studied. May be used as a stimulant for low energy and may keep one from going into shock.

Contains: Peppermint, Basil, Cardamon, Rosemary, Rosewood, Geranium, Lemon, Palmarosa, Ylang Ylang, Bergamot, Chamomile, Jasmine.



Alpine - Crisp, Cool, blend - may relieve headiness & congestion.

Contains: Juniper, pine, peppermint, niaouli.



Angel - To help ward off the bombardment of negative energy. Helps to increase the aura around the body.

Contains: Ylang ylang, Rose Otto, Angelica, Melissa, Sandalwood, Geranium, Spruce, Myrrh, Hyssop, Bergamot, Rosewood.



Antispasmodic - The oils in this blend were selected specifically for their ability to relax, calm, and relieve tension of spastic muscles, from sports injuries and fatigue, stress, and headaches.

Contains: Lavender, Marjoram, Basil, Cypress.



Appetite Balance - Inhalation - Grapefruit, peppermint, geranium.

Contains: Grapefruit, peppermint, geranium.



Balance - This blend may help to establish Spiritual and Emotional harmony within us. We must be in harmony with ourselves, our creator, others, and the world around us before we can truly feel and overcome our negative emotions.

Contains: Spruce, Lavender, Rose Otto, Frankincense, Geranium, Sage, Hyssop, Angelica, Ylang Ylang, Sandalwood, Orange, Rosewood, Lemon, Palmarosa, Bergamot, Chamomile, Jasmine.



Beautiful Gardens - Peaceful floral blend.

Contains: Chamomile, Lavender, Marjoram.



Belief - The oils in this blend have the ability to help support the body physically and mentally to give us hope. These oils when inhaled together may give us the feeling of going forward with hope and achievement. It reconnects us with a feeling of hope, grounding, and strength to relieve depression.

Contains: Melissa, Spruce, Juniper, Chamomile, Myrrh.



Birth - This is a wonderful blend, designed specifically for expecting mothers and Newborn babies. Comforting, Relaxing, Soothing. Relieves stress (birthing), stretch marks, etc.

Contains: Geranium, Rosewood, Palmarosa, Lavender, Chamomile, Ylang Ylang, Rose Otto, Lemon, Bergamot, Jasmine.



Blue - helpful for inflammation and relaxation of tired achy joints and sore muscles, inflammation and injuries, carpal tunnel, arthritis, headaches.

Contains: Wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum and osmanthus.



Breathe Easy - Clears, Purifies, Cleanses.

Contains: Bergamot, tea tree, lemon.



Carpal Tunnel - Useful for tennis elbow, carpal tunnel and other muscle and tendon problems.

Contains: Rosemary, Peppermint, Ginger, Ravensara, Sandalwood, Helichrysum.



Chakra - Formulated to open the subconscious mind to help release deep-seated trauma. This blend helps promote emotional equilibrium and an elevated spiritual consciousness. To help release negative feelings and open crown chakra. Also grounding. The oils in this blend allow it to open the crown chakra, and facilitate the release of negative emotions. It is uplifting, through memory recall, helps keep negative energy from reattaching.

Contains: Spruce, Sandalwood, Angelica, Myrrh, Frankincense, Juniper.



Citrus Blend - may help children gain the feeling of well being. Putting a drop or two in a glass of water to flavor it may help to balance the lymphatic system and stimulate the immune system. The antiseptic qualities of this blend may help with airborne bacteria when diffused. It may also be helpful for relaxing, calming and insomnia.

Contains: Orange, Tangerine, Mandarin, Grapefruit, Lemon, Spearmint.



Clarity - Heightens Concentration & Mental Alertness.

Contains: Rosemary, basil, petitgrain.



Cleansing - The individual oils in this blend have some powerful antiseptic, anti-bacterial, anti-fungal, and sanitizing properties. Helps kill odors, bacteria, molds, fungus, anaerobic bacteria, mildew, cigarette smoke and other odors, repel spiders, bees, hornets and wasps. Good for first aid in sterilizing wounds and cuts.

Contains: Citronella, Lemongrass, Rosemary, Tea Tree (melaleuca), Lavandin, Myrtle.



Composure - Helps balance emotions, reduce anxiety.

Contains: Geranium, ylang ylang, patchouli.



Digestion - This blend is useful for improving digestive function. It is beneficial in digesting toxic material, and for alleviating indigestion, Stomach cramps, upset stomach, Gas, Heartburn. Works quickly, a must have for everyone.

Contains: Tarragon, Ginger, Peppermint, Juniper, Anise, Fennel, Lemongrass, Patchouli.



Energize - Invigorating, stimulates physical & mental vigor.

Contains: Rosemary, peppermint, grapefruit.



Energy - The oils in this blend may help with energy and mental alertness.

Contains: Lemongrass, Rosemary, Nutmeg, Clove, Fir, Black Pepper, Juniper.



Female Aide - This blend helps with PMS other menstrual concerns.

Contains: Clary Sage, Fennel, Lavender, Jasmine, Yarrow, Marjoram, Basil.



Forgiveness - To help with forgiving, forgetting and letting go - "The Gift We Give Ourselves". The oils in Forgiveness ALL have powerful emotional effects that may help people move past the barriers in life by bringing them into a higher Spiritual Awareness of their needs. This awareness leaves an angelic feeling in their soul that raises the frequency to the point where they are almost compelled to Forgive, Forget, Let Go, and go on with their lives.

Contains: Frankincense, Sandalwood, Lavender, Melissa, Angelica, Helichrysum, Rose, Rosewood, Geranium, Lemon, Palmarosa, Ylang Ylang, Bergamot, Chamomile, Jasmine.



Gain - Gain important things in life flow via the magnetic force of which Health is only one. Enhances Magnetic energies and helps create the law of attraction for Prosperity and Abundance. It contains tremendous anti-viral properties, which gives one an abundance of health as well.

Contains: Orange, Cinnamon, Frankincense, Patchouli, Myrrh, Spruce, Ginger, Clove.



Grounding - This blend helps to create a feeling of protection, empowerment and grounding. In addition it is anti-bacterial and very soothing to the respiratory system. This blend helps to create a feeling of protection, empowerment and grounding. In addition it is anti-bacterial and very soothing to the respiratory system.

Contains: Spruce, Ylang Ylang, Fir, Cedarwood.



Happy Memories - Helps to bring back memories of being loved, being held, sharing loving times. When there is grief, adenoids and adrenal glands shut down. Happy Memories helps to open these glands.

Contains: Geranium, Lemon, Ylang ylang, Bergamot, Rose otto, Mandarin, Palmarosa, Chamomile, Jasmine, Rosewood.



Healing - The strong anti-septic properties of the single oils in this blend make it excellent for cleansing and healing cuts, bruises, insect bites, cold sores, canker sores, tissue regeneration, and candida. Helps with infection & fungus.

Contains: Tea Tree (melaleuca alternifolia), Niaouli (melaleuca quinquenervia), Rosemary, Clove.



Honeymoon - Romantic blend for those special times.

Contains: Ylang ylang, vetiver, clary sage, patchouli.



Hormone Balancer - The oils in this blend help balance male energy and help regulate prostate function. Helps men with support for the male glandular system. Helps with stress by promoting greater inner-body balance. Recommended for men over 30. It has also been used to eliminate hot flashes for women.

Contains: Sage, Fennel, Lavender, Myrtle, Yarrow.



Humility - Helps with obtaining forgiveness and a deeper spiritual awareness where healing can begin. Having Humility and forgiveness helps us heal ourselves and our environment.

Contains: Geranium, Ylang Ylang, Frankincense, Spikenard, Myrrh, Rose, Rosewood, Melissa, Neroli.



ImmuBoost - Enhances immune system function.

Contains: Thyme, lavender, eucalyptus.



ImmuBoost Extra - Enhances immune system function.

Contains: Thyme, lavender, eucalyptus, balsam.



ImmuBoost Spice - Enhances immune system function.

Contains: Thyme, lavender, eucalyptus, Clove, Cinnamon, Rosemary.



Immune - This is a powerful blend for building, strengthening, and protecting the body and supporting its defense mechanism.

Contains: Cistus, Frankincense, Hyssop, Ravensara, Mountain Savory, Oregano, Clove Cumin, Blue Tansy.



Inner-Self - This blend has a fragrance that may stimulate memory response and help one reconnect with their inner-self, which is one of the first steps to finding emotional; balance, or your own identity.

Contains: Orange, Tangerine, Jasmine, Ylang Ylang, Spruce, Sandalwood, Lemongrass, Neroli.



Inspiration - Spiritually uplifting.

Contains: Frankincense, Jasmine.



Letting Go - This is a powerful blend for enhancing the release of Memory Trauma of the cells of the liver, where anger and hate emotions are held. These oils may aid in the letting go of negative emotions.

Contains: Ylang Ylang, Lavandin, Geranium, Sandalwood, Blue Tansy.



LGD - Stands for Liver, Gall Bladder, Digestion. This blend has been recognized medically for aiding the body in cleansing the liver, and building a stronger system, detoxifies lymphatic system, helps when getting off of addictions.

Contains: Fennel, Geranium, Rosemary, Chamomile, Blue Tansy, Helichrysum.



Metabolism - A help to your weight loss program by managing hunger and raising your mood.

Contains: Grapefruit, Lemon, Ginger, Peppermint, Cinnamon Bark.



My-Graine - This blend contains oils that help relieve migraines and stress headaches. Also helps with nausea and depression.

Contains: Basil, Marjoram, Lavender, Peppermint, Chamomile, Helichrysum.



Nerve Damage - Helps restore nerve damage which is also the cause of a majority of hearing loss. Use on back of ear diluted with a carrier oil such as fractionated coconut oil in a roller bottle.

Contains: Helichrysum, Cypress, Geranium, Juniper, Peppermint.



Nite Cap - Relieve nighttime restlessness, a great sleep aid.

Contains: Lavender, Chamomile, and Valerian.



No-Mo Pain -Due to the aspirin- like properties of Birch and the powerful anti-inflammatory properties of the other oils, this blend helps to reduce pain, headaches, swelling, bleeding and stimulating quicker healing, helps circulation.

Contains: Wintergreen or Birch, Helichrysum, Clove, Peppermint.



No Smoke - A special blend to help stop smoking.

Contains: Sandalwood, Orange, Chamomile, Eucalyptus, Fennel, Marjoram, Grapefruit.



Oasis - Relieve stressful tension.

Contains: Basil, lavender, clary sage.



Ortho-Flex Original - Everyday aches, pains.

Contains: Rosemary, juniper, lavender, eucalyptus.



Ortho-Flex Extra - Energizing relief after sports, exercise.

Contains: Peppermint, eucalyptus.



Ortho-Flex Spice - Penetrating relief for chronic pains.

Contains: Ginger, black pepper, eucalyptus, juniper.



Pain-Anti-inflammatory - Relaxing - Helps to calm nerves and soothe muscles and joints after exercise.

Contains: Spruce, Black Pepper, Hyssop, Peppermint, Helichrysum.



Pest-Away - Effective for people & pets and also helps with the insect bites.

Contains: Citronella, cedarwood, eucalyptus, peppermint.



Pest-Away with Catnip - Effective for people & pets.

Contains: Citronella, cedarwood, eucalyptus, peppermint.



Release - helps release negative emotions and memory of traumatic experiences such as sexual or ritual abuse. Always use with Angelica or Angel.

Contains: Blue Tansy, Rose Otto, Lavender, Geranium, Orange, Cedarwood, Ylang Ylang.



Respiratory Congestion - The oils in this blend are good for Allergies, Colds, Bronchitis, Flu, Cold sores, Sinusitis, Sore throat, Mucus.

Contains: Blue Tansy, Rose Otto, Lavender, Geranium, Orange, Cedarwood, Ylang Ylang.



Respiratory Problems -The properties of the oils have been used traditionally for Tuberculosis, pneumonia, upper respiratory problems, and especially useful for viral infections, and alleviating symptoms of asthma.

Contains: Ravensara, Lemon, Birch, Peppermint, Eucalyptus.



Romance - Sweet dreamy blend.

Contains: Sandalwood, cedarwood, ylang ylang.



Scarring - helps with stretch marks, old and new scars etc. Essential oils with carrier oil.

Contains: Rose Otto, & Helichrysum in Rose Hip Seed carrier oil.



Security - Helps feelings of strength - confidence while soothing a troubled heart. Helps with greater openness while helping to make it easier to accept new ideas in life while reaching your highest potential. It also helps to overcome procrastination and denial.

Contains: Geranium, Blue Tansy, Frankincense, Sandalwood, Neroli, Rosewood.



Serenity - Tranquil, reassuring, relaxing.

Contains: Lavender, tangerine, marjoram.



South Seas - Stress relief, peaceful blend.

Contains: Sandalwood, cedarwood, mandarin.



Spice - Holiday blend.

Contains: Fir, mandarin, clove.



Strength - This blend has been used to empower the physical and spiritual bodies. Helps build courage, self esteem, calming, ADD & ADHD. It has also been found to help energy alignment in the body.

Contains: Spruce, Rosewood, Blue Tansy, Frankincense.



Systems Strengtheners - May be of value in cardiovascular, lymphatic & circulatory systems, hemorrhoids & blood pressure.

Contains: Helichrysum, Cypress, Ylang Ylang, Marjoram.



3 in 1 Essential Oil Blend - Anti-bacterial and Anti Inflammatory, an excellent blend for strep, bacteria, viruses, etc. Especially helpful for any type of skin outbreak or acne.

Contains: Contains: Cloves, Lavender, Tea Tree



Tranquility - The oils in this blend have been used to reduce depression, anxiety, stress and tension. Helps hyperactive children.

Contains: Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy.



Uplifting - Because of the incredibly beautiful blend of these oils it is extremely uplifting, refreshing, arousing. It is very beneficial for skin problems of any kind. It also works for some menopausal problems.

Contains: Rosewood, Ylang Ylang, Jasmine.



Vitality - This blend helps balance and support endocrine system, give vitality, alleviate hot flashes, stimulate weight loss, and help balance hormones. Refreshing and arousing.

Contains: Spearmint, sage, Geranium, Myrtle, Nutmeg, Chamomile.



Winter Silk - Soft and sensual.

Contains: Lavandin rosewood, patchouli.



X-Plague - The highly anti-viral, antiseptic properties of the single oils contained in this blend help protect the body from the onset of flu, E-coli, candida, colds, sore throats, gum infection, canker sores.

Contains: Cloves, Lemon, Cinnamon Bark, Eucalyptus radiata, Rosemary.

[How to use essential oils](#)

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