

Black Pepper – *Suggested Uses:* Black pepper is commonly added to massage blends to enhance circulation. The aroma is comforting and stimulating. When applied to the bottoms of the feet, or elsewhere on the body diluted in a carrier oil may help increase circulation. May help ease tooth aches, in a similar manner to Clove oil; increase cellular oxygenation, help support digestion, stimulate the endocrine system, increase energy overall, and may help with rheumatoid arthritis symptoms.

Cinnamon Bark – *Suggested Uses:* Apply topically or diffuse. **MUST BE DILUTED** in carrier oil before topical application. **DO NOT APPLY TO FACE OR SENSITIVE AREAS.** Cinnamon Bark Oil is extremely potent – use with caution. Try adding a few drops to a glass of water and work up to a tolerable dose. Traditionally used as an anti-bacterial, anti-microbial, anti-infectious, anti-viral, anti-fungal. Sexual stimulant, increases blood flow where previously restricted. May offer help in cases of topical infection, typhoid, vaginitis. **Cautions:** Always test a small amount first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult your physician. Test for skin sensitivity, repeated use can cause extreme skin sensitization. Diffuse with caution - can irritate nasal membranes if inhaled directly from the diffuser. Not to be used with children less than 5 years old.

Clove Oil – *Suggested Uses:* Apply clove essential oil topically (diluted to 1% or less in carrier oil) or diffuse. For mouth sores or painful teeth, apply a drop to the affected area with finger, or add one or two drops to 4 ounces of water and gargle. Traditionally used as an antiseptic and antibiotic. Helps offer support in cases of Infectious diseases, intestinal parasites, mouth and tooth pain. **Cautions:** Always test a small amount of essential oil first for sensitivity or allergic reaction. Can be irritating to the skin, so dilute before topical use. Clove oil can be sensitizing (repeated use on the same area increases irritation) and acts as a blood thinner, so should be avoided if using a prescription thinner such as Coumarin or Wafarin.

Eucalyptus Radiata – *Suggested Uses:* Apply Eucalyptus essential oil topically or diffuse. Can be used in a humidifier, or add to an inhaler to help in bronchial conditions. Traditionally used as an antibacterial, expectorant, mucolytic. Offers support in conditions of Bronchial infections, joint and muscle soreness. **Cautions:** Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult your physician. Do not take internally.

Fennel –*Suggested Uses:* Dilute in carrier oil and apply topically. May be rubbed over the stomach area to improve digestion. Traditionally been used for stimulating estrogen production, balancing hormones, and supporting digestion. Also used for sluggish digestion, intestinal parasites, intestinal spasms, menopausal and pre-menopausal problems. **Cautions:** Not to be used where the following are indicated: Breast cancer or other tumors, epilepsy, and hypothyroidism. Always test a small amount first for sensitivity or allergic reaction. Do not use during pregnancy.

Frankincense – *Suggested Uses:* Frankincense oil has been revered for centuries for various reasons. Apply externally to the affected area for joint conditions. For immune support, massage into the tops of the feet and lymph-node areas using the carrier oil of your choice. Frankincense essential oil has traditionally been used as an anti-asthmatic, strengthening the immune system. It has been found to have anti-cancer effects. Frankincense contains boswellic acids, which may be helpful in arthritic conditions where inflammation is indicated. Seems to be supportive in cases of a weakened immune

system, asthma, and depression. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult your physician.

Geranium Oil - *Suggested Uses:* Can Diffuse or apply topically. Use for general skin care; add to baths or use in a diffuser to disinfect room air and create a pleasant environment. Dilute to 10% in carrier oil for massaging into skin. Traditionally used as a general tonic and energizer for the mind; helps with healing in fungicide and as an excellent skin care agent. Geranium essential oil can be supportive in cases of Infectious diseases, intestinal parasites, mouth and tooth pain. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction.

Ginger - *Suggested Uses:* For stomach upset, add a few drops of Ginger oil to warm water and drink slowly' helps in digestive disorders, respiratory difficulties and joint/rheumatic pain.. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. Can be sensitizing with repeated use. Avoid direct sunlight after use.

Helichrysum - *Suggested Uses:* Helichrysum may be applied undiluted to bumps, strains, sprains or burns that have just occurred. Do not apply to open wounds. For older injuries, dilute between 1:1 and 1:10 in any carrier oil. For additional antiseptic properties, blend with Tea Tree Oil. Helichrysum aids in soothing nerve pain, joint pain, bruises, wound healing, scar reduction, and heavy metal toxicity. Cautions: Always test a small amount first for sensitivity or allergic reaction. May be used safely as a natural aromatic. If pregnant or under a doctor's care, consult a physician.

Lavender - *Suggested Uses:* Diffuse or apply topically. Lavender essential oil is considered among the safest oils in aromatherapy, and usually can be applied undiluted to the skin. Offering a wide range of uses from perfume to deodorant and usually safe for children. Lavender Oil can be taken internally as well. Very effective on burns, insect bites and small cuts. A few drops in water 15 minutes before a meal can significantly reduce appetite. Traditionally used as an anti-inflammatory, balancing, relieves pain, calming, relaxing Cautions: Always test a small amount first for sensitivity or allergic reaction. Very safe oil. If pregnant or under a doctor's care, consult a physician.

Lemon - *Suggested Uses:* Diffuse or add a few drops to a spray bottle with spring or purified water and spray a room to disinfect and deodorize. Add 2 drops to a glass of water to disinfect. Combine with Peppermint Oil for a refreshing lift. Traditionally used for uplifting the spirit, antidepressant, stimulating, antibacterial, disinfectant. Lemon essential oil can be supportive in cases of anxiety, stress; some infections. It has been studied to sharpen the awareness and improve test scores when diffuser during study and test-taking. Cautions: Always test a small amount first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. Lemon oil is photosensitizing; do not use on skin or do not expose skin where oil has been applied to sunlight or UV rays for 72 hours after application (note this with other citrus oils as well).

Lemongrass - *Suggested Uses:* Diffuse or apply topically. Traditionally used as a broad-spectrum antimicrobial agent, and for immune system support. May be supportive in cases of Candida overgrowth, athlete's foot, and other bacterial and fungal infections. Cautions: Always test a small amount of lemongrass essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician.

Myrrh - *Suggested Uses:* Diffuse or apply topically or in a massage blend. Traditionally used for uplifting the spirit, promotes spiritual awareness. Anti-viral, anti-infectious, anti-inflammatory. May be supportive in cases of mouth ulcers, thrush, vaginal thrush, absence of menstrual periods outside of pregnancy. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician.

Orange EO - *Suggested Uses:* Diffuse or apply Orange essential oil topically; can be taken internally - dilute in water. Traditionally used for its calming, sedative, anti-inflammatory, antitumor, and anticoagulant properties. Been reported to aid in cases of depression, bronchitis, colds, and skin care. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician.

Oregano - *Suggested Uses:* Apply oil topically to the bottom of the feet; if applied elsewhere, dilute 1:50 in carrier oil. Can be taken internally - dilute in water, 1 or 2 drops per glass. Avoid contact with mucous membranes - it will burn! Traditionally used as an anti-bacterial, anti-fungal; possible general tonic for the immune system. Helps offer support in cases of bacterial infection of the respiratory system or gastrointestinal system. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. VERY POWERFUL - dilute 50:1 for skin application; avoid contact to mucous membranes.

Peppermint - *Suggested Uses:* Diffuse or add to water or rub on the stomach for digestion. Rub a small amount on the temples for headaches. Place a couple drops on the tongue to improve alertness. Possible Actions: Has been traditionally been used for stimulating the mind, supporting digestion, as a decongestant and insect repellent. Possible Indications: Can be supportive in cases of nausea, indigestion, fatigue, sinusitis, congestion. Cautions: Always test a small amount first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. NOT to be used on infants less than 30 months old.

Rosemary - *Suggested Uses:* Rosemary Oil has a wonderful aroma and can be diffused or applied topically. Add a few drops to a full bath or put a few drops to warm water and soak a small towel for a compress on sore joints. Traditionally used for stimulating the mind, enhancing clarity, relieving stiffness of joints, stimulating healthy hair growth. Also used for support for conditions of rheumatism, arthritis, hypertension (small doses), hypotension (higher doses), respiratory infections, hair loss. Cautions: Always test a small amount first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. Those with epilepsy are to use with caution.

Sandalwood - *Suggested Uses:* Diffuse or apply topically. Traditionally been used for enhancing meditation and spiritual practice, and for skin revitalization. Supports conditions of acne, bronchitis, catarrh, coughs, cystitis, skin conditions. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. Those with epilepsy are to use with caution.

Spearmint - *Suggested Uses:* Diffuse or add to water or rub on the stomach for digestion. Place a couple drops on the tongue to improve alertness - may be taken internally in small amounts. Spearmint oil has traditionally been used for stimulating the mind, supporting digestion, as a decongestant and insect repellent. Good for nausea, indigestion, fatigue, sinusitis, and congestion. Cautions: Always test a small

amount first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. NOT to be used on infants less than 30 months old.

Spikenard - *Suggested Uses:* Diffuse or apply topically. Has been traditionally used for spiritual release, its sedative effect and as a skin tonic. Spikenard oil can be supportive for conditions of anxiety, skin allergies, and dandruff. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. Those with epilepsy are to use with caution.

Tea Tree - *Suggested Uses:* Apply topically; or dilute in water for a mouth rinse or for other sensitive areas. Great as an insect repellent, just apply drops to exposed areas. For cuts and scrapes can be added directly. Traditionally used for its antibacterial and antifungal properties. Supports conditions of mouth and gum sores, acne, thrush, herpes infections, fungal infections and bacterial infections. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician.

Thyme - *Suggested Uses:* Always dilute Thyme essential oil – 1% or less in carrier oil. Test for sensitivity and dilute more if necessary. Diffuse in steam inhaler. Traditionally used as a general tonic for the nerves and stomach. It may also help with bacterial infections, respiratory infections, headaches and joint pain. Supportive for conditions of respiratory problems, digestive complaints, infections, gastritis, bronchitis, asthma, laryngitis, tonsillitis, . Cautions: Always test a small amount first for sensitivity or allergic reaction, dilute properly! - **Thyme oil is irritating to the skin.** Avoid if pregnant. Avoid if you have high blood pressure.

Vetiver - *Suggested Uses:* Diffuse Vetiver essential oil or apply topically; suggested for use in a soothing massage. Traditionally used as a tonic for the immune system, calming over-excitation, and for warming and reducing inflammation in joints. Helps support healing in conditions of a weakened immune system, over-excitation, and joint inflammation. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction, dilute properly. If pregnant or under a doctor's care, consult a physician.

Ylang Ylang - *Suggested Uses:* Diffuse or apply topically, particularly in massage oil. Traditionally used as an aphrodisiac, and to calm overexcited physiological states. Used in hair preparations to promote thick and shiny hair, also to add luster to skin. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction, dilute properly. If pregnant or under a doctor's care, consult a physician.

Vitex - Other names: *Vitex agnus castus*, Agnus castus, chaste tree, monk's pepper Vitex is a plant found in Asia and in Mediterranean countries. The part used medicinally is the dried fruit. Traditionally used for a range of female conditions, such as post-partum hemorrhage and to help with passing afterbirth. One of its alternative names is 'chaste tree'. Vitex does not actually contain hormones but it appears to increase progesterone by stimulating the release of a hormone called luteinizing hormone from the pituitary gland. Vitex is also thought to normalize excessive prolactin levels and promote fertility. Vitex is not recommended during pregnancy. It shouldn't be used by nursing women unless under the guidance of a qualified health professional. People with hormone dependent conditions such as endometriosis, uterine fibroids, and cancers of the breast, ovaries, uterus or prostate shouldn't take vitex. Small amounts of vitex could increase the production of breast milk in post-partum women.

High doses may have the opposite effect and decrease the production of breast milk. A very powerful essential oil. Cautions: Always test a small amount of essential oil first for sensitivity or allergic reaction, dilute properly. If pregnant or under a doctor's care, consult a physician.