

## Alphabetical Single Oil Mini-Guide

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**Basil:** Anti-inflammatory, helps intestinal problems, muscle spasms, headaches, and mental fatigue. Dilute with carrier oil.

**Bergamot:** Analgesic, anti-depressant, anxiety, female hormone balance. Anti-fungal, anti-inflammatory, allergies, sedative.

**Birch:** .Analgesic, anti-spasmodic, natural cortisone, may give relief to arthritis, bone, joint, and muscle pain. Helps back pain.

**Cardamon:** Diuretic, anti-bacterial, normalizes appetite, colic, coughs, heartburn, nausea, menstrual period. . :

**Cedar (Canadian red):** Anti-bacterial, antiseptic, follicle stimulant, helps dandruff, hair loss, respiratory system.

**Cedarwood:** Purifies animal odors. Helps cellulite, bronchitis, hair loss, dandruff, and oily hair. Tones lymph system.

**Chamomile (roman):** Skin care, acne, boils, rashes, and hair care. Helps relieve migraine headaches and inflamed joints.

**Cinnamon Bark:** Always dilute with carrier oil. Helps with strep and virus conditions. Strengthens circulatory system.

**Cistus:** Stops viruses from mutating, anti-microbial, works directly on immune system. ' \*

**Clary Sage:** May help PMS and hot flashes, helps regulate hormones and relieves menstrual cramps. Use during labor.'

**Clove:** Used in Egypt to strengthen respiratory system. Improves memory, anti-viral helps toothaches and gum pain.

**Coriander:** Cairo University research: lowers glucose levels by normalizing insulin levels, supports pancreas function.

**Cypress:** Anti-bacterial, anti-microbial, lymphatic decongestant. Used for arthritis, bronchitis, circulation, cramps, parasites.

**Davana:** Anti-infectious, helps dry chapped skin. Stimulates endocrine glands. Treats PMS symptoms.

**Dill:** Helps lower glucose levels by normalizing insulin levels. Pancreas support bronchial congestion and liver deficiencies.

**Eucalyptus:** Assists respiratory system, sinuses, flu, and allergies. Helps hypoglycemia and Candida.

**Fennel:** assists the adrenal cortex, helps break up toxins and fluid in tissue. Balances pituitary, thyroid and pineal glands.

**Fir:** Known to fight airborne germs and bacteria. Can help reduce symptoms of arthritis, rheumatism and fevers.

**Frankincense:** Has helped some cases of cancer. Works on immune system. Has reduced tumors and external ulcers.

**Galbanum:** Helps wounds, boils and abscesses. Calms mind for meditation. ...

**Geranium:** Anti-depressant, may assist dissolving stones, helps shingles and ulceration, deodorant, bug repellent.

**Ginger:** Anti-parasitic, relieves sprains, breaks up chest congestion, colic and indigestion, For motion sickness and chills.

**Grapefruit:** Good for acne, flabby arms, reduces cellulite. Relieves water retention.

**Helichrysum:** Anti-bacterial, reduces bleeding in accidents, skin regenerator, helps repair nerves.

**Hyssop:** Don't use on children. Thins mucous, for bruises, immune stimulator, anti-viral. May help asthma sufferers.

**Jasmine:** Helps childbirth, labor pain, frigidity, and coughs. Anti-spasmodic, muscle spasms and uterine disorders.

**Juniper:** A nerve stimulator, natural diuretic and cleanser. Reduces dermatitis, eczema and acne.

**Lavender:** Universal oil, can use pure. May help allergies, all types of burns, ulcers, insomnia, diaper rash, to name a few.

**Lemon:** Germicide, purifies air and water. Relieves heartburn, anti-parasitic, stimulates white and red blood cell formation.

**Lemongrass:** Mosquito repellent, helps connective tissue repair and regenerate. Reduces varicose veins. Sedative

**Marjoram:** Especially good for tight muscles, may calm spasms and respiratory problems. Insomnia.

**Melaleuca:** Used in war for gangrene and wounds. Can be taken before, during and after radiation treatment.

**Melissa:** Powerful anti-viral, anti-depressant, skin problems and eczema. Regulates menstrual cycle and calms emotions.

**Mountain Savory:** Kills all airborne bacteria and viruses. Discovered in 1996 lab studies. Best to diffuse. Anti-bacterial

**Myrrh:** Helps gum infections, mouth ulcers, skin rashes, wrinkles, and hemorrhoids. Can help abnormal vaginal discharge.

Myrtle: Helps treat hypothyroidism. Used for chronic coughs as an expectorant. Fights colds and flu.

Nutmeg: Good for chronic bowel disorder. Eases digestion difficulties. Good for circulation, gout, flatulence, neuralgia.

Orange: Reduces fluid retention, overcomes sadness, calming to children, aid digestion, mouth ulcers and gas. :

Oregano: Strong anti-viral and anti-fungal. It stimulates and helps protect the immune system.

Patchouli: Helps relieve anxiety, influences physical and sexual energies. Used for centuries for skin care and wrinkles.

Peppermint: Keeps one mentally alert and awake. Relieves some headaches. Digestion. Reduces fever, nausea, and vomiting.  
Petitgrain: Antiseptic, calming, brings mood up, helps heartburn, and insomnia. Nerve equilibrium.

Pine: Hormone-like, anti-diabetic, cortisone-like, antiseptic, anti-fungal, used on sore muscles.

Ravensara: >From Madagascar, the oil that heals, helps flu and hay fever, respiratory problems and walking cramps. Rose: Anti-aging, anti-depressant. Great for skin.

Rosemary: Mental stimulant, fights Candida, good for dandruff helps open bile duct. Helps reduce cholesterol

Rosewood: Known for slowing the aging process. Used for skin care, acne, eczema, vaginitis.

Sage: oral infection and skin condition. Asthma, bronchitis, menopause, and menstrual irregularities.

Sandalwood: Stimulates pineal and pituitary glands to enhance meditation. Helps with cystitis and urinary tract infections.  
Spearment: Helps to reduce weight. Good for colic, diarrhea, nausea, helps balance metabolism, stimulates gallbladder.

Spikenard: Antibacterial, anti-fungal, anti-inflammatory, used as a deodorant and skin tonic.

Spruce: Helps reduce weight. Beneficial for bone pain, arthritis, rheumatism, aching joints, prostatitis.

Tangerine: Assists dissolving of cellulite, improves circulation, treats dizziness, laxative, cleansing the lymphatic system.

Tansy (Blue): Anti-inflammatory, Reduces pain, relieves itching, antihistamine. soothing nerves.

Tarragon: Relief and balance to intestinal tract. Neuromuscular antispasmodic. Anti-microbial and antiseptic. Colitis, hiccups.

Thyme Anti-bacterial. Respiratory problems, digestive complaints, treatment for gastritis, bronchitis, asthma, laryngitis.

Valerian: Sedative and tranquilizing to the central nervous system. Treats sleep disorders, insomnia, stress, tension.

Veriver: Anti-spasmodic and anti-inflammatory used for arthritic symptoms. Antiseptic, warming properties to help hypothermia.

Ylang Ylang: Anti-depressant, alleviates headaches, hot flashes, and hypertension. Is very calming.

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**Alphabetical Essential Oil Blends Mini-Guide**  
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Abundance: Created to enhance and stimulate the frequency of the energy fields that surround us, including Law of Attraction.

Acceptance: Stimulates the mind, compelling it to open and accept new things. Helps overcome procrastination and denial.

Aroma Life: Supports cardiovascular, lymphatic, and circulatory systems, helping to lower high blood pressure.

Aroma Siez: May help relax, calm and relieve tight, sore, tired, and aching muscles resulting from sports injuries or stress.

Awaken: A formulation of other blends. It brings one to inner knowing in order to make changes and desirable transitions.

Brain Power: May increase mental potential, mental clarity, and long term use may retard the aging process.

Christmas Spirit: Fragrance reminds one of Christmas joy. Contains powerful anti-viral and anti-bacterial oil.

Citrus Fresh: Stimulates the right brain, bringing about more creativity, a sense of well being. An air purifier.

Clarity: Designed to promote a clear mind and mental alertness. Use for headaches. A stimulant for low energy.

Di-Tone: Blended to assist in relieving digestive irregularities and disturbances (heartburn, upset stomach, bloating).

Dragon Time: Blend of single oils that historically have been used to alleviate pre-menstrual and menstrual cramping.

Dream Catcher: This formula may help open the mind and enhance dreams.

EndoFlex: Designed to balance and support the endocrine system. May stimulate weight loss, alleviate hot flashes.

En-R-Gee: Traditionally used for vitality, circulation, and alertness, in the body, also mental alertness.

Envision: Helps bring renewed faith in the future and maintain the emotional fortitude to achieve your goals and dreams.

Exodus II: Used by Moses to protect the Israelites from the plague. Contains immune-stimulating and antiviral compounds.

Forgiveness: May help release negative memories, thereby allowing one to get on with their life. Apply to heart and navel.

Gathering: Contains Galbanum, one of Moses favorite oils when he prayed. Oxygenate the pineal and pituitary glands.

Gentle Baby: It is comforting, soothing, relaxing, and may be beneficial to the birthing process. Helps reduce stretch marks.

Grounding: "Grounds one to their task." Helps to deal with distressing situations logically,

Harmony: Promotes physical and emotional healing by bringing a harmonic balance to the body's energy centers.

Hope: Helps reconnect with a feeling of strength and grounding, allowing one to go forward with their life.

Humility: Assists with the forgiveness process, which helps seek a closer relationship with God.

Immupower: Anti-microbial, antiviral, builds, strengthens, and protects the body, supporting its defense mechanisms.

Inner Child: Designed for those suffering abuse. Effects of calming the nerves with a feeling of inner peace.

Inspiration: Used by Native Americans to increase their spirituality, enhancing their prayer and inner awareness.

Into the Future: This helps one leave the past behind in order to go forward with vision and excitement.

Joy: Opens the heart for self-love and brings joy into the heart. May help overcome grief and depression.

Juva Flex: Supports liver and lymphatic system detoxification as well as supports digestion. Supports breaking addictions.

Live With Passion: Stimulates the feelings of passion. May help to overcome depression, mood swings, and loss of drive.

**Magnify Your Purpose:** Designed to stimulate the endocrine system, creating energy flow to increase right brain. Creativity.

**Melrose:** Antiseptic-like properties when used for cleaning cuts, scrapes, bumps, and bruised tissue.

**Mister:** Thought to help decongest the prostate and promote greater hormonal balance.

**Motivation:** The electrical frequency may help one to overcome feelings of fear and procrastination, and move forward.

**M-Grain:** Contains oils traditionally used to relieve headaches, nausea, depression, and problems related to severe migraines.

**Pan-Away:** Many people have had relief from arthritis symptoms, sports injuries, sprains, muscle spasms, bumps, and bruises.

**Peace & Calming:** Best diffused. Promotes relaxation. Used to help treat hyperactivity. . .

**Present Time:** Gives the feeling of being in the moment Disease developed when we live in the past.

**Purification:** Cleans air, neutralizes mildew. Cuts and scrapes. Neutralizes poison from insect bites, wasps, spiders, etc.

**Raven:** Assists in fighting respiratory disease and infections. May alleviate symptoms of TB, asthma, and pneumonia.

**RC:** Formulated to help give relief from colds. Bronchitis, sore throats, sinusitis, and respiratory congestion. Diffuse.

**Release:** Helps in letting go of negative emotions. Apply to liver and bottoms of feet.

**Relieve It:** Contains a high anti-inflammatory action to relieve deep tissue pain. Alleviates skin and muscle soreness.

**Sacred Mountain:** Extracted from conifer trees. Anti-bacterial and soothing to the respiratory, system.

**S.A.R.A.:** Helps unlock traumatic experiences, such as physical and emotional abuse.

**Sensation:** Nourishing and hydrating for the skin and in beneficial for various skin problems.

**Surrender:** Creates the feeling of surrendering one's aggression, emotion, and controlling attitude.

**Thieves:** Potent anti-microbial. Weber State University test found 99.6% kill rate against airborne bacteria. Anti-infectious.

3 Wise Men: Designed to open the subconscious through pineal gland stimulation to help release deep seated trauma.

Trauma Life: May help release buried emotional trauma as well as upsets such as death of a loved one. assault, abuse, etc.

Valor: Balances electrical energies, gives conscience and courage. Has changed anaerobic mutated cells back to aerobic state.

White Angelica: Blend of 10 oils that is calming and brings a feeling of protection. Its frequency neutralizes negative energy.

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