

ESSENTIAL OILS

- ⊗ **ANISE** - Anti-epileptic, digestive cramps, flatulence, diarrhea, arthritis. SOOTHING
- ⊗ **BASIL** - Uplifting, anti-depressant, mental fatigue. STIMULATING
- BERGAMOT** - Anti-depressant, anxiety, disinfectant, antibiotic. BALANCING
- CARDAMOM** - Nervous digestion, menstrual pain, cold, headaches, confusion. INVIGORATING
- CEDARWOOD** - Expectorant, bronchial infections, coughs. RESTORATIVE
- CINNAMON** - Cold, viral infections, weakness, emotional coldness. STIMULATING
- CITRONELLA** - Antiseptic, anti-spasmodic, deodorant, insect repellent, fungicidal. REFRESHING
- ⊗ **CLARY SAGE** - Anti-convulsive, cools inflammation, throat and respiratory infections, astringent. SOOTHING
- CLOVE** - Anti-neuralgic, toothache, mouth ulcers, bronchitis, asthma. AROUSING
- CYPRESS** - Astringent, antiseptic, skin care for oily skins, anti-spasmodic, asthma. STIMULATING
- EUCALYPTUS** - Expectorant, decongestant, catarrh, flu, asthma, burns, insect repellent. PURIFYING
- GERANIUM** - Anti-depressant, regulates hormones, menopause, PMT, cellulite. BALANCING
- GINGER** - Feeling cold, arthritis, muscle tension, pain, cramps, flatulence. WARMING
- GRAPEFRUIT** - Anti-depressant, stress, negative thoughts, obesity, fluid retention. REFRESHING
- ⊗ **JASMINE** - Aphrodisiac, anxiety, low self confidence, frigidity, impotence, menstrual pain. AROUSING
- ⊗ **JUNIPERBERRY** - Antiseptic, acne, eczema, psoriasis, anti-spasmodic. PURIFYING
- LAVENDER** - Sedative, anxiety, insomnia, muscular tension, palpitations, high blood pressure. CALMING
- LEMON** - Anti-bacterial, boosts immune system, insect bites, varicose veins, skin care for oily skin. REFRESHING
- LEMONGRASS** - Fatigue, irritability, grumpiness, drowsiness, difficulty concentrating. UPLIFTING
- MARJORAM** - Headaches, colds, asthma, bronchitis, menstrual cramps, rheumatism, constipation. WARMING
- ORANGE** - Hysteria, insomnia, shock, anti-spasmodic, aphrodisiac, palpitations. UPLIFTING
- PATCHOULI** - Antiseptic, anti-inflammatory, fungal infections, insect stings, dandruff. PURIFYING
- PEPPERMINT** - Indigestion, colic, nausea, fainting, headaches, clears the mind. INVIGORATING
- PINE** - Expectorant, decongestant, bronchitis, laryngitis, influenza, disinfectant. PURIFYING
- ROSE** - Anti-depressant, insomnia, aphrodisiac, PMT, irregular cycle, menopause, skin care for dry skin. UPLIFTING
- ROSEMARY** - Memory loss, mental fatigue, headache, hair loss, clears the mind. REFRESHING
- ⊗ **SAGE** - Antiseptic, mouth/throat infections, wounds, mental stimulant, headaches. STIMULATING
- ⊗ **SANDALWOOD** - Anti-depressant, insomnia, aphrodisiac, antiseptic, acne, dry coughs, sore throat. AROUSING
- TANGERINE** - Nervousness, anxiety, poor circulation, irritable digestion, water retention. CALMING
- THYME** - Disinfectant, expectorant, immuno-stimulant, respiratory infections, cough, sore throat. CLEANSING
- TEA TREE** - Anti-bacterial, anti-fungal, anti-viral, immuno-stimulant, bites, verrucae, warts, acne. CLEANSING
- YLANG YLANG** - Anti-depressant, aphrodisiac, insomnia, impotence, skin care for all skin types. AROUSING

⊗ *not suitable for pregnant women*



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