



Directory of Essential Oils

Bergamot oil

Citrus bergamia

Aroma: Citrus, sweet

Benefits/Uses: Use aromatically or topically if you're feeling stressed, or need some extra self-confidence. Taken as a supplement, it can soothe the nervous system, and support a healthy metabolism.

Cardamom oil

Elettaria cardamomum

Aroma: Spicy, cool, mint

Benefits/Uses: Cardamom has the ability to promote clear breathing and maintain respiratory health.* It also may help when you experience occasional indigestion.* Aromatically, Cardamom encourages calm and relaxed feelings.

Cassia oil

Cinnamomum cassia

Aroma: Spicy, slightly woody

Benefits/Uses: Add to water to support hydration, and to support a healthy metabolism.* Take one to two drops internally to promote the healthy function of your immune system, as well as healthy cardiovascular system function.*

Cedarwood oil

Juniperus virginiana

Aroma: Woody

Benefits/Uses: A skin care powerhouse, Cedarwood is great for improving the appearance of blemishes, and keeping your skin looking fresh and healthy. When you've had a hard day, it can help to diffuse Cedarwood to soothe your mind and unwind.

Cinnamon Bark oil

Cinnamomum zeylanicum

Aroma: Spicy

Benefits/Uses: Cinnamon Bark oil sustains a healthy urinary tract and kidneys.* Used as part of your dental routine, it can also cleanse the gums, mouth, and maintain clean teeth.

Clary Sage oil

Salvia sclarea

Aroma: Herbaceous

Benefits/Uses: Diffuse Clary Sage to reduce feelings of anxiousness or stress and promote calm and relaxation. It also helps promote healthy-looking hair and scalp when added to shampoo or conditioner. Or, apply Clary Sage to the abdomen during your menstrual cycle for a soothing massage.

Clove oil

Eugenia caryophyllata

Aroma: Spicy

Benefits/Uses: Taken internally, Clove enhances your body's ability to absorb other nutrients, supports healthy bones, and may

calm tense muscles.* Clove is also an energizing oil that can help you wake up or stay alert.

Eucalyptus oil

Eucalyptus radiata

Aroma: Camphoraceous

Benefits/Uses: Diffuse Eucalyptus or apply it to your chest to encourage feelings of clear breathing and open airways. Inhale the aroma of Eucalyptus to diminish feelings of tension and promote feelings of relaxation.

Fennel oil

Foeniculum vulgare

Aroma: Herbaceous, licorice

Benefits/Uses: Put a drop of Fennel in water or tea to combat any sweet tooth cravings you experience and to support the overall health of your digestive tract.* Traditionally, Fennel was used to relieve monthly discomfort during menstruation. Today, emerging scientific evidence supports this.

Frankincense oil

Boswellia carterii, *sacra*, *papyrifera*, and *frereana*

Aroma: Resinous

Benefits/Uses: Frankincense possesses a variety of internal benefits, some of which are supporting cellular health, digestive health, healthy lung and respiratory function, and healthy joint function.* Used topically it has the power to rejuvenate the skin, reduce the appearance of blemishes, and soothe. The aroma gives you feelings of peace, satisfaction, and overall wellness.

Ginger oil

Zingiber officinale

Aroma: Spicy

Benefits/Uses: It can help reduce gas, bloating, or occasional indigestion.* Or, take with you on a road-trip to put in your water or a Veggie Cap to deal with any motion sickness.*

Grapefruit oil

Citrus X paradisi

Aroma: Citrus

Benefits/Uses: The uplifting scent can help motivate you to stay on track with your fitness goals. Beyond this, drink a drop or two in water to support a healthy metabolism.*

Juniper Berry oil

Juniperus communis

Aroma: Woody

Benefits/Uses: Juniper Berry will support your kidney and urinary tract function, and also use it as an excellent internal cleanser and detoxifier.* Used in skin care, it is a natural toner.

Lavender oil

Lavandula angustifolia

Aroma: Floral, powdery

Benefits/Uses: Restful is the defining characteristic of Lavender—it provides qualities that relax you and promote a peaceful sleep. Diffuse it to ease feelings of tension or anxious feelings. Use it on occasional skin irritations or in your shampoo to keep hair looking healthy.

Lemon oil

Citrus limon

Aroma: Citrus

Benefits/Uses: Highly useful to improve mood, Lemon is also a great oil to use internally for seasonal respiratory discomfort.* It also is a great surface cleanser when added to homemade cleansing sprays.

Lemongrass oil

Cymbopogon flexuosus

Aroma: Citrus, Herbaceous

Benefits/Uses: When diffused or worn on the skin, Lemongrass can repel insects, or heighten your awareness and help you feel positive. It can also be used with Fractionated Coconut Oil for a soothing massage on joints and muscles.

Lime oil

Citrus aurantifolia

Aroma: Citrus

Benefits/Uses: Used internally, Lime may support cholesterol levels and blood sugar levels already in the normal range.* It also can support healthy metabolism and weight management.

Marjoram oil

Origanum marjorana

Aroma: Herbaceous

Benefits/Uses: Marjoram supports a healthy immune system, and may have a positive effect on the nervous system.* Can be applied topically to lessen feelings of stress.

Tea Tree

Melaleuca alternifolia

Aroma: Camphoraceous

Benefits/Uses: Tea Tree protects the body against seasonal or environmental threats and supports a healthy immune system.* It also possesses reinforcing and rejuvenating properties for the hair, skin, and nails.

Patchouli oil

Pogostemon cablin

Aroma: Earthy, musky-sweet

Benefits/Uses: The unique aroma of Patchouli helps to balance your emotions. When it comes to skincare, Patchouli is a triple-threat: it reduces skin imperfections, blemishes, and the appearance of wrinkles.

Peppermint oil

Mentha piperita

Aroma: Both herbaceous and camphoraceous

Benefits/Uses: The minty aroma of Peppermint very clearly helps with two issues: the occasional upset stomach and healthy respiratory function.

Apply it topically to relieve feelings of tension.

Rosemary oil

Rosmarinus officinalis

Aroma: Herbaceous, Camphoraceous

Uses/Benefits: The energizing nature of Rosemary can help reduce occasional fatigue and nervous tension.* Diffusing it can help you maintain concentration on any task or naturally repel insects. Finally, it supports the healthy functioning of a variety of internal organs.

Spearmint oil

Mentha Spicata

Aroma: Herbaceous, sweet

Benefits/Uses: Similar to Peppermint, Spearmint can help reduce the occasional upset stomach and promote healthy digestion.*

Tangerine oil

Rosmarinus officinalis

Aroma: Citrus

Benefits/Uses: Diffusing Tangerine helps to purify and cleanse the air, or using it in a homemade cleaner also cleanses and purifies surfaces. The delicious flavor of Tangerine is made all-the-sweeter with some amazing internal benefits: supporting a healthy digestive system and metabolism.

Thyme oil

Thymus vulgaris

Aroma: Herbaceous

Benefits/Uses: Thyme is an excellent internal cleanser for the gastrointestinal tract and the digestive system.* It can be massaged into the abdomen to ease normal symptoms of menstruation in women.

Vetiver oil

Vetiveria zizanioides

Aroma: Earthy

Benefits/Uses: The sesquiterpenes in Vetiver give it a grounding effect on your emotions and mood. It can also help support the immune system when taken internally.

Wintergreen oil

Gaultheria procumbens

Aroma: Herbaceous

Benefits/Uses: Wintergreen is a useful massage oil when you need to unwind, relieve tension, or reduce occasional stress. You can add a drop or two to your facewash to reduce the appearance of blemishes.

Ylang Ylang oil

Cananga odorata

Aroma: Floral

Uses/Benefits: Use Ylang Ylang on your scalp to help with the appearance of healthy and shiny hair. The aroma alone is helpful for promoting a positive outlook and, at the same time, a night of restful sleep.