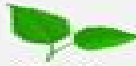


Essential Oil

Properties & Uses (A-C)

Oil	Properties	Uses
 Anise	- anti-rheumatic - antiseptic - antispasmodic - decongestant	- digestive - expectorant - sedative Constipation, indigestion, flatulence, sleep disorders, stress, anxiety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.
 Basil	- antiseptic - antispasmodic - antibacterial	- antiviral - anti-inflammatory - antidepressant Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache
 Bergamot	- antiseptic - antispasmodic - sedative	- analgesic - antidepressant - digestive Stress, depression, anxiety, lack of focus and confidence, constipation, immune health, chest congestion, psoriasis, acne, eczema, premature skin aging, sallow complexion, muscle fatigue and pain.
 Birch	- analgesic - anti-inflammatory - anti-rheumatic	- antiseptic - antispasmodic Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.
 Black pepper	- anti-inflammatory - expectorant	- analgesic - good for blood circulation Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.
 Camphor	- anti-inflammatory - antispasmodic - antiseptic	- decongestant - anaesthetic - sedative Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.
 Carrot seed	- antiseptic - anti-oxidant - stimulant - tonic	Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.
 Cedarwood	- antiseptic - antispasmodic - tonic	- astringent - expectorant - sedative Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.
 Cinnamon	- antibacterial - antifungal - antimicrobial	- astringent - stimulant Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scabies mites and lice.
 Citronella	- antibacterial - antidepressant - antiseptic - antispasmodic	- anti-inflammatory - a very effective insect repellent Muscle soreness, menstrual cramps, abdominal pain due to gas, respiratory congestion and cough, neuralgia, insect repellent, insect bites, viral and fungal skin infections, fatigue and depression.

Guide To Essential Oils

Connie Higley, Alan Higley



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Reference Guide for Essential Oils Connie Higley, Alan Higley, 2013 **Essential Oils Guide Book** Olivia Banks, 2018-09-12 Looking for books on essential oils and aromatherapy You've come to the right place Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know You'll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it's all here Here's a quick preview of what's inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils **The Beginner's Guide to Essential Oils** Dr. Josh Axe, Jordan Rubin, Ty Bollinger, 2019-12-17 The safe natural alternative to the dangers of prescription meds conventional personal care products and common household cleaners In their quest to help people around the world discover healing and a vibrant life health experts and bestselling authors Dr Josh Axe Jordan Rubin and Ty Bollinger have joined forces to share this Essential Oils & Aromatherapy Marlene Houghton, 2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you need to use them effectively After a detailed summary of each major oil recipes of specific oil blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject **Reference Guide for Essential Oils**, 1996 **Essential Oils for Beginners** Mary Jones, 2017-05-17 Finally The Essential Oils complete guide has arrived and you can start to benefit today Need to lose weight Head throbbing from stress at work Sneezing from an allergy that just won't go away These are common modern day maladies that modern medicine just can't seem to fix while costing a small fortune yet the solution is quite literally just under our noses in the form of essential oils Essential oils have been hitting headlines lately and with good reason these natural oils have been shown to help with health issues of all kinds

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