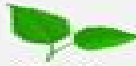


# Essential Oil

Properties & Uses (A-C)

| Oil                                                                                                      | Properties                                                                                                                                 | Uses                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Anise</b>        | <ul style="list-style-type: none"> <li>- anti-rheumatic</li> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- decongestant</li> </ul>  | <ul style="list-style-type: none"> <li>- digestive</li> <li>- expectorant</li> <li>- sedative</li> </ul> <p>Constipation, indigestion, flatulence, sleep disorders, stress, anxiety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.</p>                                                       |
| <br><b>Basil</b>        | <ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- antibacterial</li> </ul>                           | <ul style="list-style-type: none"> <li>- antiviral</li> <li>- anti-inflammatory</li> <li>- antidepressant</li> </ul> <p>Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache</p>                                                                         |
| <br><b>Bergamot</b>     | <ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- sedative</li> </ul>                                | <ul style="list-style-type: none"> <li>- analgesic</li> <li>- antidepressant</li> <li>- digestive</li> </ul> <p>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.</p>       |
| <br><b>Birch</b>        | <ul style="list-style-type: none"> <li>- analgesic</li> <li>- anti-inflammatory</li> <li>- anti-rheumatic</li> </ul>                       | <ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> </ul> <p>Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.</p>                                                                                                                         |
| <br><b>Black pepper</b> | <ul style="list-style-type: none"> <li>- anti-inflammatory</li> <li>- expectorant</li> </ul>                                               | <ul style="list-style-type: none"> <li>- analgesic</li> <li>- good for blood circulation</li> </ul> <p>Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.</p>                                                                                            |
| <br><b>Camphor</b>      | <ul style="list-style-type: none"> <li>- anti-inflammatory</li> <li>- antispasmodic</li> <li>- antiseptic</li> </ul>                       | <ul style="list-style-type: none"> <li>- decongestant</li> <li>- anaesthetic</li> <li>- sedative</li> </ul> <p>Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.</p>                                                               |
| <br><b>Carrot seed</b>  | <ul style="list-style-type: none"> <li>- antiseptic</li> <li>- anti-oxidant</li> <li>- stimulant</li> <li>- tonic</li> </ul>               | <p>Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.</p>                                                                                                                                                                                |
| <br><b>Cedarwood</b>  | <ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- tonic</li> </ul>                                   | <ul style="list-style-type: none"> <li>- astringent</li> <li>- expectorant</li> <li>- sedative</li> </ul> <p>Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.</p>                                                                              |
| <br><b>Cinnamon</b>   | <ul style="list-style-type: none"> <li>- antibacterial</li> <li>- antifungal</li> <li>- antimicrobial</li> </ul>                           | <ul style="list-style-type: none"> <li>- astringent</li> <li>- stimulant</li> </ul> <p>Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scabies mites and lice.</p>                                                                                                                    |
| <br><b>Citronella</b> | <ul style="list-style-type: none"> <li>- antibacterial</li> <li>- antidepressant</li> <li>- antiseptic</li> <li>- antispasmodic</li> </ul> | <ul style="list-style-type: none"> <li>- anti-inflammatory</li> <li>- a very effective insect repellent</li> </ul> <p>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.</p> |

# Guide To Essential Oils

**KG Stiles**



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