


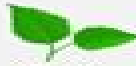








# Essential Oil

Properties & Uses (A-C)

| Oil   | Properties   | Uses   |
|---|--|--|
| <br>Anise        | <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>Basil        | <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>Bergamot     | <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>Birch        | <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>Black pepper | <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>Camphor      | <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>Carrot seed  | <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>Cedarwood  | <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>Cinnamon   | <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>Citronella | <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**



## Guide To Essential Oils:

**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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The Encyclopedia of Essential Oils Julia Lawless,2013-06-01 At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes John Steele American Aromatherapy Association The definitive AZ reference guide to essential aromatherapy oils Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils From commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertounge oakmoss cananga and angelica The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including The exact origins synonyms and related plants Methods of extraction the herbal folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses This easy to use volume lets you access essential information in a variety of ways with a Therapeutic Index a Botanical Index and Botanical Classifications plus safety information     **Aromatherapy** Kathi Keville,Mindy Green,2012-07-25 A comprehensive guide to using essential oils in health beauty and well being Aromatherapy offers countless uses for balancing body mind and spirit Drawing on 75 combined years of experience in botanical therapies Keville and Green provide a complete resource for

students and practitioners This encyclopedic guide with more than 90 formulas details cosmetics perfumes and botanical therapies that will help you harness the healing power of plants to enhance your beauty health and overall well being [A Beginner's Guide to Essential Oils](#) Hayley Hobson,2018-01-15 Discover the power of plant oils with this practical guide to their benefits with recipes included Every time you chop herbs for your salad or sprinkle cinnamon on your oatmeal you get to experience essential oil compounds In this guide internationally known speaker and wellness expert Hayley Hobson gives you the information you need to harness the benefits of essential oils by understanding how they work how to ensure quality and how to use them safely and effectively for specific purposes Hayley s program promotes a holistic path to wellness by incorporating the use of essential oils with a regimen of exercise healthy eating and mental and emotional practices Learn about Hayley s signature recipes created for specific purposes Helpful remedies Daily changes Safe handling and usage Using oils to create balance as part of a holistic lifestyle Why we get out of balance in the first place A 31 Day plan with daily inspiration

**Essential Oils for Beginners: The Where to & How to Guide for Essential Oil Beginners** Mary Jones,2017-05-16 Are you worried about the side effects of pharmaceutical medicines Discover natural solutions to safely treat a wide variety of common health issues Are you struggling with health problems like acne anxiety or allergies that just won t go away Have your efforts to cure your ailments with modern medicine made you more sick in the process Author Mary Jones discovered the healing power of essential oils in her youth when searching for alternatives to pharmaceutical medicine Now an essential oil expert Jones shows you how these inexpensive and age old remedies provide the power of self healing

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**A Complete Essential Oils Reference Guide** Nancy Connor,2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils

Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life

**Essential Aromatherapy** Susan Worwood,Valerie Ann Worwood,2012-08-22 Here is a complete guide to aromatherapy a modern healing technique with ancient origins Essential Aromatherapy organizes essential oils into alphabetical listings providing their profiles applications and the physical and emotional conditions that warrant their use Also included are detailed treatments for a variety of ailments and special circumstances

**Essential Oils** Amy Joyson,2015-06-03 Transform your health with the definitive beginners guide to Essential Oils Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature s greatest medicines Allow me to introduce you to the world of essential oils and aromatherapy In this book there is absolutely no prior knowledge required and everything is explained in simple easy to understand steps There is simply nothing more important in life than good health Health is either the facilitator or the limiting factor in doing and achieving what you want from our time on this gorgeous planet What if I told you I could teach you a natural treatment that takes care of both your mental AND physical health at the same time What if I could teach you how to cure your common cold without the use of drugs What if I could teach you to start the day exploding with motivation and energy whilst finishing the day calm content and stress free All of this and SO much more is possible through the proper application of essential oils Let me introduce you to the amazing world that is going to transform your life Here is exactly what you will learn whilst reading this book A history of the essential oils What exactly essential oils are The 3 key techniques for extracting essential oils and an explanation of grades A guide to buying essential oils The 3 important ways to administer essential oils How the essential oils work in the body 10 important rules of safety A detailed guide to the 20 most important essential oils What are the carrier oils and how to use them A detailed guide to the 10 most important carrier oils A detailed guide to using massage in aromatherapy practice 12 of the most important recipes and remedies for everyday use

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**Smart Mom's Guide to Essential Oils** Mariza Syder,2017-02-14 How to be a smart mom by using effective recipes for

overall well being green cleaning personal care and hormone support Dr Jolene Brighten ND author of Beyond the Pill As a mother you are always looking for ways to make your family safer happier and healthier This book shows how essential oils can help you achieve all those things And you ll save money An easy to use handbook for creating natural solutions green cleaners and toxin free personal care items the Smart Mom s Guide to Essential Oils provides pure and potent recipes including PEPPERMINT and GRAPEFRUIT energizing air diffusion FENNEL and EUCALYPTUS respiratory relief rub CITRUS infused cleaning spray and scrub LAVENDER and MELALEUCA skin soothing salve CHAMOMILE and VETIVER stress reliever SPEARMINT powered digestive aid Your family s wellness starts with you That s why this helpful handbook also features a powerful regimen to reduce stress increase energy and sustain your own personal vitality The perfect solution for every mom looking to implement a nontoxic lifestyle Dr Izabella Wentz 1 New York Times bestselling author of Hashimoto s Protocol This book was created for any mom ready to empower herself with effective natural solutions J J Virgin New York Times bestselling author of The Virgin Diet There is great scientific data supporting the benefits of essential oils for improved cognition relaxation and even supporting a healthy immune system Dr Snyder does a wonderful job in her book guiding moms through all of the essential oil basics for themselves and their families Maya Shetreat Klein MD author of The Dirt Cure

Pocket Guide to Essential Oils Kathi Keville,2020-06-02 A revised and updated accessible and practical guide to using essential oils for physical and emotional healing with more than 50 recipes With traditions dating back more than 6 000 years aromatherapy and essential oils are powerful tools for treating ailments boosting the immune system and helping relieve insomnia anxiety and stress In this easy to use guide you ll find a list of the best essential oils for each particular condition tips on making your own formulas and more than fifty recipes for improving your complexion treating pain and refreshing your home Simple recipes include relief from stress problem skin tummy troubles colds flu diaper rash bug bites and more Also included is a glossary of more than sixty common essential oils All you need to know about aromatherapy is right here

The Essential Oils Complete Reference Guide KG Stiles,2017-01-31 KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses An aromatherapist to stars like Yo Yo Ma Sela War Charles Barkley and Tommy Lee KG provides prescriptions with personalized formulas for your ailment You ll learn which oils work best for certain problems and will be introduced to new oils you may not have heard of before The balanced blended recipes include a broad spectrum of solutions for various conditions You ll build connections with plants and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves



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