


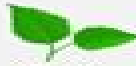








Essential Oil

Properties & Uses (A-C)

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

Olivia Banks



Guide To Essential Oils:

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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

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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

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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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