

STAY HEALTHY ON THE GO & AT ANY AGE

ESSENTIAL OILS FOR IMMUNITY

THE 18 BEST ANTIMICROBIAL OILS

For Natural Immune Support &
Disease Prevention
What the Research Shows!

PLUS+ HOW TO USE GUIDE &
WELLNESS RECIPES



KG Stiles, Certified Clinical Aromatherapist

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Learn eighteen (18) of the best pure essential oils to use for their potent antimicrobial properties, actions and effects, along with the botanical species to use for boosting natural immunity and to support your immune response.

You'll also learn about the research findings and be given detailed explanations for why each of the recommended essential oils are so effective for natural immunity, as well as how essential oils stimulate the immune response and support a healthy immune system.

Additional helpful information about the variety of other benefits and uses for each essential oil is also noted.

ANTIMICROBIAL

As a whole essential oils tend to be potent anti-microbial agents as their parent plants have a vested interest in killing bugs, fungus, bacteria and other tiny microbes. This motivation manifests in the plant excretions which are essential oils. As a result essential oils have the ability to break down microbial bio fields that are stubborn and resistant to many antibiotics.

ADAPTOGENIC

Many of the recommended antimicrobial oils are adaptogenic meaning they have a regulating effect on the body's responses when they've gotten out of balance as in the case of illness.

18 BEST ANTIMICROBIAL OILS

1 - CLARY SAGE (*Salvia sclarea*)

One of the most powerful adaptogenic in aromatherapy Clary Sage is an especially inviting, softly floral and sweet oil Clary Sage and can have a deeply soothing effect on the nervous tension in both men and women.

Well known for having a natural affinity with the female reproductive organs Clary Sage aromatherapy essential oil is strongly Yang and thus helpful for balancing excessive Yin states.

The high sclareol content gives Clary Sage oil its powerful action for relieving premenstrual tension in women as it has a balancing effect on hormones!

Clary Sage oil has traditionally been used for easing painful contractions during labor and birth. Clary Sage is often blended with Geranium essential oil to help regulate and relieve female complaints associated with hormonal imbalance, such as irregular menses, menopausal symptoms, headache, nausea, and depression.

Use Clary Sage pure essential oil in a hot towel compress to relieve menstrual and intestinal cramps, as well as stomach, liver and gall bladder conditions.

A stimulating, regenerative and revitalizing oil Clary Sage is excellent for treating nervousness, weakness, fear and depression.

Clary Sage stimulates lucid dreaming and clear insight through your intuition and promotes long lasting tranquility, warmth and aliveness. For some people Clary Sage has an especially hypnotic effect on the mind and emotions producing very tranquil and peaceful states.

Clary Sage essential oil nourishes your soul, dispels negative thoughts and emotions and can help you get through challenging and difficult circumstances. Clary Sage is especially helpful for relieving stressful or tense physical and emotional states.

Excellent in a sensual massage blend Clary Sage promotes healthy circulation and is helpful in balancing circulatory conditions like high blood pressure and varicose veins.

Clary Sage may be useful for relieving migraine headaches.

RESEARCH ICU NURSES

Harris Methodist Fort Worth Hospital conducted a controlled research study to examine conclusively the effects of aromatherapy on the relief of work-related stress for Intensive Care Unit (ICU) nurses.

The controlled study was conducted on 14 ICU nurses over 42 nursing shifts. Nurses were given Lavender (*Lavandula angustifolia*), and Clary Sage (*Salvia sclarea*). Both essential oils have been shown in previous research to calm stress and relieve anxiety. Over 57 percent of the ICU nurses involved in the research study when surveyed reported a decrease in their perceived stress levels after using essential oils.

"The study showed the use of clinical aromatherapy is effective in reducing stress, which we hope will improve retention and turnover, and increase nurses' satisfaction with their jobs," said Erin Pemberton, BSN, RN, CPAN, LMT, CCAP, lead researcher and med/surg ICU nurse. "ICU nurses are called to participate in end-of-life decisions and patient resuscitations, and support families through a patient's journey. It is important for nurses to have outlets and options for stress relief."

CLARY SAGE

Proven Properties, Actions & Effects

Anti-convulsive - helps arrest or prevent convulsions

Antidepressant - alleviates or prevents depression, lifts mood, counters melancholia

Antiseptic - prevents, halts infection

Antispasmodic - calms nervous and muscular spasms, for colic, pain and indigestion

Aphrodisiac - increases capacity for sexual arousal

Astringent - causes contraction of organic tissues

Deodorant - an agent that corrects, masks, or removes unpleasant odors

Hormone - a product of living cells that produces a specific effect on the activity of cells remote from its point of origin, helps balance hormones

Nervine - strengthening and toning to the nerves and nervous system

Sedative - agent that exerts a soothing, tranquilizing, calming effect on the body

Tonic - strengthens and enlivens the whole or specific parts of the body

According to Ayurvedic Medicine, an ancient system of healing practiced in India, sweet aromas, such as Clary Sage, are used to regulate and pacify both Vata and Pitta imbalances.

Symptoms of Vata imbalance are premenstrual syndrome, insomnia, nervousness and anxiety or worry.

Symptoms of Pitta imbalance include feelings of frustration and anger, tendency to emotional upset and over reaction, high blood pressure and an inability to relax and go with the flow.

BLEND WITH: Geranium oils, Lavender, Rose, Bergamot

CAUTION: As Clary Sage can make some people feel exceedingly woozy and faint please avoid using it with alcohol, or when driving or needing to focus. Because of its hormonal effects avoid Clary Sage during pregnancy, or when nursing unless under the direct supervision of a qualified professional aromatherapist. Due to its estrogen-like effect it may cause complications with conditions sensitive to estrogen

2 - LAVENDER (*Lavandula angustifolia*)

Highly scented Lavender oil has a distinctly sweet floral-spice aroma that's a little wild and woody. Distilling at high altitude allows lower temperatures and lower pressure for distillation making it possible for the volatile phytochemicals to come through intact in the final product.

Lavender oil was first cultivated in the high mountains of Persia and southern France. A hearty and robust plant Lavender thrives in barren environments that sharply contrast to its natural power for producing healing energy.

A universal first aid healing oil Lavender's pure and clean scent is well known.

Lavender oil has broad application and may be beneficial for treating an assortment of wounds, as well as for relieving inflammatory conditions like fever blisters, herpes outbreaks, rheumatism, sore muscles and back pain.

Lavender oil promotes healing and is useful for relieving headaches, especially sinus headaches.

One study showed Lavender was effective against acute migraine.

In a study of hospital workers Lavender aromatherapy was shown to limit the reduction in flow mediated dilation that normally accompanies night shift workers. In other words lavender oil increases vasodilation and relief of tension headache.

May help relieve physical and psychological effects of asthma attacks!

Stimulates digestive juices and promotes fat metabolism.

Lavender oil is a first aid treatment for motion sickness, blend with Peppermint to enhance this effect.

Useful for relieving premenstrual tension, and promoting restful sleep.

Helpful for urinary tract and bladder infections.

When used as an antiseptic douche Lavender oil is an effective treatment for vaginal yeast infection, blend with Tea Tree oil to enhance this effect.

A cardio-tonic Lavender oil has a stimulating and rejuvenating effect on the heart, lowers blood pressure, and may be useful for treating tachycardia (rapid heart syndrome).

Lavender oil is the most commonly used essential oil and the absolute classic oil for treating burns!

During the early 20th century, French chemist Rene-Maurice Gattefosse became interested in the use of essential oils for their medicinal properties. While working Gattefosse accidentally burned his arm very badly!

On reflex Gattefosse plunged his burned arm into a large vat of lavender oil. His burn healed rapidly and there was absolutely NO scarring of tissue!

Gattefosse is credited with coining the term "aromatherapy" in his 1928 article supporting the use of essential oils in their whole, pure and unadulterated state.

Apply Lavender pure essential oil immediately to burns to prevent blistering, or scarring, as well as speed healing of wounds as it stimulates cellular repair and regeneration.

Lavender essential oil's gentle nourishing and healing effect on the body, mind, spirit and emotions comes from its notable ability to harmonize and stabilize the entire human energy system.

Excellent for balancing hyper emotional states Lavender oil may be helpful for treating shock, anger, impatience and irritability.

Lavender oil helps dispel the negative mental states of fear & worry and supports the growth and development of inner freedom from compulsion and clinging to one's desires.

Inhalation of Lavender scent opens the mind and heart to rest securely in the present moment. Generally the inhalation of any aromatic essential oil has the positive effect of bringing you back to the here and now.

A useful aid for breaking the habit of negative self-talk. Lavender essential oil is known for promoting flexibility in temperament and may help reduce angry and defensive mental attitudes.

Excellent for relieving situations that may trigger anger and frustration, inhalation of the aroma of Lavender oil always puts people in a happy mood and leaves them feeling refreshed.

A revitalizing aroma for care givers inhalation of the gently reassuring scent of lavender is like a warm hug from an understanding friend.

Use Lavender oil when you're feeling burned-out, or exhausted from caring for others. Lavender allows space for self care!

Lavender oil has been used to help balance moods and calm emotions. It is helpful for calming intense feeling states of nervousness, stress, depression, fear, irritability, frustration, anger, resentment, jealousy and insomnia.

Lavender oil is excellent for skin care and promotes healing and regeneration for all skin types, especially dry skin.

Use Lavender oil for burns, rashes, acne, eczema, boils, dermatitis, leg ulcers, and psoriasis.

Apply Lavender immediately to burns to prevent blistering, or scarring, as well as speed healing of wounds as it stimulates cellular repair and regeneration.

Especially good results reported using Lavender for treatment of bee and wasp stings!

Add Lavender oil to your shampoo for helping to reduce hair loss, and also good for regulating sebum production to relieve oily/dry scalp conditions.

Helpful for controlling dandruff!

Lavender oil's antiviral properties make it useful as a treatment for cold sores, herpes and athlete's foot, blend with equal parts of Thyme, Clove and Tea Tree oil.

A popular preventative for bronchitis, cold and flu Lavender oil stimulates the formation of white blood cells and strengthens the body's immune system.

Lavender has been used in Persia, Greece and Rome to disinfect hospital rooms. Researchers are continuing studies to learn if pure

essential oils are effective against the super bug MRSA (methicillin resistant Staphylococcus aureus) among other strains of bacteria.

Dispense 10-12 drops of Lavender oil on a cotton wash cloth and add to your dryer in the cool down cycle to disinfect and give a fresh, clean scent to you bedding.

Lavender oil makes a wonderful air freshener and room deodorizer.

Moths dislike the smell of Lavender!

LAVENDER ESSENTIAL OIL

Proven Properties, Actions & Effects

Analgesic - pain reliever

Anti-convulsive - helps arrest or prevent convulsions.

Antidepressant - alleviates or prevents depression, lifts mood, counters melancholia

Anti-fungal - destroys or inhibits growth of fungus

Anti-infectious - counteracts infection

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Anti-rheumatic - eases rheumatic pain, inflamed muscles and joints

Antiseptic - prevents, halts infection

Antispasmodic - calms nervous and muscular spasms, for colic, pain and indigestion

Antiviral - Preventing or inhibiting viral activity

Calmative - a sedative

Cardio-tonic - Having stimulating and rejuvenating effect on the heart

Carminative - settles digestive system, relieves intestinal gas.

Decongestant - an agent for relief or reduction of congestion

Deodorant - an agent that corrects, masks, or removes unpleasant odors

Immuno-stimulant - substances that stimulate the immune system by inducing activation or increasing activity of any of its components

Restorative - an agent that helps to strengthen and revive the body systems

Sedative - agent that exerts a soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety and palpitations

Relaxant - soothing, causing relaxation, relieving strain or tension

Tonic - strengthens and enlivens the whole or specific parts of the body

BLEND WITH: Bergamot, Clary Sage, Geranium, Lemon, Neroli, Sweet Orange, Petitgrain, Rose, Sandalwood

3 - CINNAMON (*Cinnamomum zeylanicum*)

Cinnamon Leaf pure essential oil is a powerful antiseptic oil with a warm, strong pungent and spicy aroma and reddish brown color. It has a long tradition of use, having been produced in Sri Lanka for more than 2,000 years.

Historically Cinnamon oil was used in the Middle East and Orient for combating viruses and infectious disease. Inhalation of Cinnamon oil has proven effective for relieving respiratory infections.

Cinnamon leaf has dozens of traditional and esoteric uses. Its properties are powerfully anti-infectious, antibacterial, anti-diarrheal, anti-spasmodic, anti-parasitic, and strongly astringent.

Cinnamon leaf oil has been used successfully for treating many conditions, including: respiratory, musculo- skeletal, digestive, cardiovascular, lymphatic, immune, urinary, reproductive, and nervous system complaints, among others.

Cinnamon leaf is anti-helminthic which means it expels parasitic worms (helminthes) from the body, by either stunning them as with vermifuges, or killing them as a vermicide.

Research shows that virus, bacteria, and fungus cannot survive in the presence of Cinnamon oil.

Cinnamon bark oil has even stronger antiseptic properties and readily kills bacterial and fungal infections. You can rely on Cinnamon oil to keep the air fresh and free of "bugs" and to prevent the spread of infection.

Everyone enjoys Cinnamon oil's warm and spicy scent and its incredible power to prevent and relieve cold and flu symptoms.

A known circulatory, lymphatic, and immune stimulant cinnamon oil relieves painful muscles and stiff joints.

During the winter months use Cinnamon Leaf to warm you. Excellent when you are feeling chilled down to your bones Cinnamon Leaf's scent is a definite pick-me-up! Use it for "brain fog" and to relieve your winter "blahs" Cinnamon Leaf's warm fragrance makes it excellent for warming your mind and emotions and to dispel feelings of loneliness. During the winter months enjoy Cinnamon Leaf's warming and elevating scent in your aroma diffuser!

Essential Oils in the News - Research was released on the influence of aromas on drivers and reported on CBS News. Researchers reported findings that the smell of cinnamon oil or peppermint oil can relax drivers' tension and relieve driver fatigue while increasing alertness. Peppermint was also linked to minimizing driving frustration. "Periodic administration of these odors over long-term driving may prove beneficial in maintaining alertness and decreasing highway accidents and fatalities." the researchers reported.

Cinnamon oil has long been popular as a mouthwash and breath freshener, as well as for food flavoring.

CINNAMON LEAF OIL

Proven Properties, Actions & Effects

Anti-viral - inhibits and controls viral activity, destroys virus

Antibiotic - inhibits growth, destroys micro organisms

Anti-bacterial - inhibits bacterial growth

Anti-spasmodic - controls, alleviates inflammation resulting from injury or infection

Anti-inflammatory - reduces inflammation

Anti-parasitic - destroys parasites

Anti-fungal - destroys, inhibits growth of fungus

Astringent - causing contraction of tissues

Uplifting - morally or spiritually elevating, inspires happiness or hope

Sedative - agent that exerts a soothing, tranquilizing, calming effect on the body, especially the central nervous system, good for nervous tension, stress, insomnia, anxiety, palpitations

Hypotensor - lowers blood pressure

Disinfectant - inhibits, destroys bacteria

Vasodilators - relaxes smooth muscles within blood vessel walls

Antipyretic - fever reducer

ANTI-MICROBIAL TEA

You can enjoy all the antimicrobial benefits of Cinnamon oil as a food flavor. Add a drop of Cinnamon oil in a teaspoon of honey and stir into your favorite hot or cold drink to enjoy a refreshing break in your day!

According to Ayurvedic Medicine, an ancient system of healing in India, Aromatherapy is used to send specific signals through the olfactory nerve to balance the three doshas, or bodymind types, Vata, Pitta and Kapha.

In Ayurveda Cinnamon oil's warm and sweet scent is used to balance conditions of Vata imbalance such as flatulence, irritable bowel syndrome, constipation, anxiety and nervousness, premenstrual syndrome, and insomnia. Cinnamon oil's warming action improves circulation and has a warming and grounding effect on excess Vata conditions.

BLEND WITH: Citrus oils, especially sweet orange, Black Pepper, Clove, Eucalyptus, Frankincense, Ginger, Rosemary, Sandalwood, Thyme, Tea Tree, Ylang Ylang.

CAUTION: Cinnamon Leaf pure essential oil is suitable for skin application in weak dilutions of less than 1%. You may use it in a bath to warm you, or in massage oil blends and hot compresses to relieve achy muscles and stiff joints.

4 - CLOVE BUD (*Eugenia caryophyllata*)

A deep yellowish brown oil with a spicy pepper aroma Clove Bud pure essential oil is a valuable first-aid oil for use alone or in a blend.

Clove essential oil is a powerful analgesic and well known for having a numbing effect on the nerves. For this reason Clove oil makes an effective emergency first aid treatment for toothache.

TOOTHACHE PAIN RELIEF

For Emergency First Aid Care a drop of Clove Oil on a cotton swab can be applied to the surrounding gum line of the effected tooth for immediate relief.

Clove Bud aromatherapy essential oil shares similar antiseptic and anti-microbial qualities as Cinnamon oil and is powerful for treating a broad spectrum of viral, bacterial and fungal infections, including athlete's foot and toenail fungus.

Its stimulant properties make Clove Bud oil a helpful digestive aid. Clove oil will restore loss of appetite due to illness.

Use Clove Bud essential oil as a tonic for strengthening the body and mind, as well as for intestinal parasites and for the prevention and treatment of infections.

Clove Bud is recommended for various respiratory conditions such as asthma, sinus infections and bronchitis and is helpful in blends for rheumatic type pains.

A stimulant Clove enhances memory retention and is good for relieving brain fog, lethargy and depressive states of mind.

CLOVE BUD OIL

Proven Properties, Actions & Effects

Analgesic - pain reliever.

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Anti-fungal - destroys or inhibits growth of fungus

Antimicrobial - an agent that resists or destroys pathogenic microbes (virus & bacteria)

Anti rheumatic - eases rheumatic pain, inflamed muscles and joints

Antiseptic - prevents, halts infection

Digestive - substance that promotes or aids digestion of food

Stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

BLEND WITH: Basil, Black Pepper, Cinnamon, Ginger, Lavender, Lemon, Sweet Marjoram, Peppermint, Rosemary, Thyme and Tea Tree.

CAUTION: Clove oil is known to irritate the skin and mucous membranes and generally not for use in skin except in extremely weak dilutions of less than 1%. Please respect the power inherent in Clove and use with extreme care

5 - LEMON (*citrus limonum*)

The aroma is sweet, fruity, light, and fresh, and genuinely reminiscent of fresh lemon peel. The Mediterranean climate and Italian soil produce Lemon oil which has a superior scent. For quality of aroma lemon essential oil is obtained by cold pressing the fresh peel.

This essential oil has a tart and tangy, scintillating clean lemon scent and smells just like the freshly grated peel.

As Lemon oil comes from the fresh peel it should be obtained exclusively from organically grown fruits that are pesticide-free!

Lemon oil rapidly fires up your metabolism and fat burning cells!

Lemon is a known physical tonic and helps stimulate blood and lymph circulation to effectively cleanse the body when you're losing weight fast!

Brain research conducted to learn about the effects aroma has on the brain discovered that lemon oil activates the center of the hippocampus and triggers left brain, rational thinking.

Take a whiff of Lemon pure essential oil and your emotional triggers for sweets and second helpings are instantly short circuited.

Lemon oil energizes and refreshes your body and mind and increases your ability to focus and memorize.

In times of confusion or when needing clarity to make decisions Lemon oil can be a great aid!

Japanese scientists studied the effect of lemon essential oil on the ability to focus. They discovered that the typical mistakes were reduced by 54 percent when lemon oil was diffused in the work room.

Lemon oil enlivens your brain and uplifts your body, and relieves physical and mental heaviness, feelings of being burdened or weighed down by life's responsibilities.

Lemon oil is helpful in avoiding stormy emotional outbursts that can alienate others from us.

It is also useful for treating circulatory problems such as "spider" veins, or broken capillaries.

Lemon oil stimulates the body's immune system by activating white blood cell formation. Can be relied upon for protection against colds and the flu.

Its anti-inflammatory properties make Lemon oil useful for treating boils, gout, and insect bites.

In small amounts Lemon has calming action on the nervous system and may be useful for relieving headache, insomnia, and nightmares.

An antiemetic Lemon is effective for relieving nausea and vomiting, and useful for calming motion sickness.

One research study showed that inhalation of lemon oil can produce effective results for pregnancy related symptoms of nausea and vomiting.

A strong germicide Lemon is highly anti-infectious and has strong antibacterial properties. Use Lemon oil in your aroma diffuser to purify the air, or in your household cleaning spray to disinfect surface areas.

Perfect for treating respiratory conditions, and eradicating air-borne bugs in hospital rooms, schools and waiting rooms. Lemon's antiseptic properties will last for up to twenty days.

Its powerful antiseptic action makes it effective for treating a broad spectrum of infections, including viral, bacterial, fungal and yeast.

Use Lemon for treating colds and flu, Candida overgrowth, bronchitis, thrush or as a gargle for sore throat.

An anti-spasmodic and digestive aid Lemon oil is effective for treating intestinal cramps, bloating, flatulence, swallowing air, and diarrhea. Lemon oil is also excellent for relieving heartburn and helpful for neutralizing a high Acid pH condition.

Lemon oil strengthens the heart and may prevent the onset of arteriosclerosis, and is useful in blends for liver regeneration and detoxification.

The anti-tumoral properties of Lemon have been researched. Recently limonene, a chemical component of Lemon oil, was documented to have a range of influences on receptor-mediated processes showing it to be preventative and curative for breast cancer in rats.

Lemon is effective for controlling acne and treating oily skin and scalp conditions such as seborrhea and dandruff.

Lemon oil may also be helpful for treating psoriasis.

LEMON ESSENTIAL OIL

Proven Properties, Actions & Effects:

Antibacterial - destroying or stopping growth of bacteria

Anti-coagulent - inhibit or stop blood from clotting

Anti-fungal - destroys or inhibits growth of fungus

Anti-infectious - counteracts infection Respiratory -

Anti-inflammatory - controls eliminates inflammation resulting from injury or infection

Anti-metic - effective against vomiting and nausea, used for treating motion sickness

Antiseptic - prevents, halts infection

Anti-spasmodic - Calms nervous and muscular spasms, for colic, pain and indigestion

Anti-viral - Preventing or inhibiting viral activity

Calmative - Sedative

Digestive aid - promotes digestion of food

Diuretic - increases urine flow

Expectorant - helps promote the release of mucous from the respiratory system

Immuno-stimulant - substances that stimulate the immune system by inducing activation or increasing activity of any of its components, increases white blood cells

Insecticide - repels, kills insects

Rheumatism - painful condition joints and muscles, characterized by inflammation, stiffness

Breaks up Stones - Gallstones, kidney, urinary

Pancreatic stimulant - stimulates pancreatic juices

Anti-tumoral - Counteracts, prevents formation tumors, anticancer

Astringent - causes contraction of organic tissues

CAUTION: May be a skin irritant, as well as a photo sensitizer. Avoid sunlight after skin application for up to 3-4 hours.

BLEND WITH: Citrus and Spice Oils, Cinnamon, Clove, Rosemary, Basil, Fennel, Thyme, Tea Tree, Oregano, Lavender and Eucalyptus

6 - SWEET ORANGE (*citrus sinensis*)

A rejuvenating and uplifting tonic Orange oil has a very sweet and fresh orange aroma that's warm and inviting. As a nerve tonic Sweet Orange is a happy oil and eases physical and emotional tension. Sweet Orange oil from especially High Aldehyde content is known for it's power to clean, freshen and renew.

As with other members of the citrus family Orange oil's natural astringency makes it an effective tonic for the circulatory and lymphatic systems.

Use Sweet Orange oil for relieving muscle soreness after exercise as it will stimulate the release of lactic acid that builds up in the muscles.

A wonderful and highly favored oil for the children's playroom. Refresh your heart and soul with Sweet Orange pure essential oil as it opens and lightens your heart and helps you to laugh and find your sense of humor.

When in an overly serious mood inhale the playful scent of sweet orange oil and bring your thoughts to rest in the present moment. Allow the warm rays of a smile to chase away clouds of worry and affirm, "I am filled with the light of heaven, all is well.

Its natural antiseptic properties make Sweet Orange oil a soothing mouth wash for treating gingivitis and mouth sores.

Sweet Orange essential oil is a natural disinfectant. Spray the friendly scent of Orange oil into the air to immediately freshen any room's ambiance.

ROOM DEODORIZER

To a 2 ounce colored glass atomizer bottle filled with pure fresh water add 80-120 drops of Sweet Orange oil, shake well and spray. Try a blend of Sweet Orange, Lemon oil and Eucalyptus to lift your spirits and clear congestion.

As citrus oils are extracted from the skin of the fruit by cold-pressing it's absolutely necessary that you use organically grown fruit as toxins from pesticides become part of the oil when cold pressed.

SWEET ORANGE OIL

Proven Properties, Actions & Effects:

Antibacterial – destroying or stopping growth of bacteria

Anticoagulent – inhibit or stop blood from clotting

Antifungal – destroys or inhibits growth of fungus

Anti-infectious – counteracts infection

Anti-inflammatory – controls eliminates inflammation resulting from injury or infection

Antimetic – effective against vomiting and nausea, used for treating motion sickness

Antiseptic – prevents, halts infection

Anti-spasmodic – Calms nervous and muscular spasms, for colic, pain and indigestion

Anti-viral – Preventing or inhibiting viral activity

Calmative – Sedative

Digestive aid – promotes digestion of food

Diuretic – increases urine flow

Expectorant – helps promote the release of mucous from the respiratory system

Insecticide – repels, kills insects

Rheumatism – painful condition joints and muscles, characterized by inflammation, stiffness

Immuno-stimulant – Increases white blood cells

Breaks up Stones – Gallstones, kidney, urinary

Pancreatic stimulant – stimulates pancreatic juices

Anti-tumoral – Counteracts, prevents formation tumors, anticancer

Astringent – causes contraction of organic tissues

BLEND WITH: Cinnamon, Clove, Rosemary, Basil, Fennel, Thyme, Tea Tree and Eucalyptus.

CAUTION: May cause photosensitivity. Avoid exposure to direct sunlight after skin application.

7 - BERGAMOT (*Citrus bergamia*)

A lightly sweet, inviting and supportive pure essential oil with a refreshing citrus aroma Bergamot's fruity scent uplifts and balances the mind and emotions.

Bergamot essential oil is highly valued in the perfume industry and often used in perfume blends like Eau de Cologne.

One of the reasons Bergamot oil is recommended as an antimicrobial has to do with its regulating influence. It can act as a relaxant, stimulant, or tonic depending on the needs of your body, mind and emotions. So, it's really a quite versatile oil.

Bergamot promotes a cheerful and friendly attitude. Its refreshing aroma relieves fatigue.

A very versatile oil Bergamot shares the antiseptic properties of other citrus oils without the sharp note.

Bergamot is quite often used in skin care formulas and may be effective for treating acne, cold sores, skin rash, eczema, psoriasis, and shingles.

Bergamot is a fever reducer and boosts the immune function.

Bergamot's anti-viral properties make it effective for treating herpes simplex 1 and cystitis.

A regulating aromatherapy essential oil Bergamot is reported to relieve many digestive system complaints.

Bergamot promotes balance to unstable emotions. Use Bergamot for overcoming anxiety, depression, despair and worry.

Paoli Rovesti, a professor at the University of Milan, Italy conducted research at several psychiatric clinics with essential oils showing their benefits for depression, anxiety and hysteria. He described the most important psychological benefits of Bergamot oil were for relieving fear and calming anxiety.

Another research study of healthy females showed that Bergamot oil increased parasympathetic activity and lowered salivary cortisol levels both signs of a reduction in anxiety.

Most citrus oils, including Bergamot, show anxiolytic effects (reduces anxiety) possibly due to limonene an anxiolytic compound found in all citrus oils.

Research studies have also shown Bergamot essential oil to effectively balance the activity of the hypothalamus gland, seat of your more intense emotions such as terror and rage. The hypothalamus gland works in synchrony with the pineal and pituitary gland to help regulate and balance your hormonal cycles, including your natural sleep and wake cycles and excellent for relieving symptoms of jet lag.

Bergamot oil is good for morale and self esteem issues and helps to rebuild strength and regain self confidence.

Bergamot cleanses and freshens. Often used as a breath freshener. Try it in your aroma diffuser to brighten a stale or smoke filled room.

ROOM DEODORIZER: Add 30+ drops of Bergamot and 30+ drops of Lemon or Lemongrass Essential oil to a 2 ounce (colored glass) misting bottle of pure water. Shake well and mist.

Bergamot aids return of appetite during and after illness, and has been recommended for quitting smoking and is traditionally used as a flavoring in Earl Grey tea!

BERGAMOT OIL

Proven Properties, Actions & Effects

Antidepressant - alleviates or prevents depression, lifts mood, counters melancholia, reduces anxiety

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Anti-fungal - destroys or inhibits growth of fungus

Antimicrobial - an agent that resists or destroys pathogenic microbes (virus and bacteria).

Anti-parasitic - destroys, or inhibits parasites.

Antiseptic - prevents, halts infection (mouth throat gargles).

Antispasmodic - calms nervous and muscular spasms, for colic, pain and indigestion

Astringent - causes contraction of organic tissues

Calming & Sedative - Insomnia

Disinfectant - prevents and combats spread of germs

Diuretic - promotes formation urine, aids flushing body toxins, breaking down fats

Expectorant - helps promote the removal of mucus from respiratory system

Regulator - an agent that helps balance and regulate the functions of the body.

Relaxant - soothing, causing relaxation, relieving strain or tension.

Stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - digestive, Central Nervous System (CNS)

BLEND WITH: Citrus and Spice Oils, Clary Sage, Geranium, Lavender, Vetiver and Ylang Ylang.

CAUTION: Though Bergamot is helpful for treating a variety of skin conditions care should be taken when using it in skin applications. As Bergamot is phototoxic please avoid exposure to direct sunlight or sunlamps for up to 3-12 hours after use as permanent pigmentation of the skin may result.

8 - EUCALYPTUS (*Eucalyptus globulus* & *radiata*)

Refreshing, stimulating and powerful Eucalyptus oil has a long lasting aroma with fluid consistency, and one of the most well-known aromas of all the essential oils, along with lavender, rose and mint. Most people can easily recognize any one of these aromas.

Eucalyptus oil brings to mind the family medicine cabinet. Certainly many traditional, as well as modern day medicine, contain Eucalyptus.

Strongly anti-bacterial and anti-viral Eucalyptus oil's healing potency is widely recognized and highly valued.

The *Eucalyptus radiata* species is especially gentle, suitable for children, and useful for treating long term treatment or convalescence after illness.

Eucalyptus oil is a powerful respiratory aid oil. It has a strong influence on breathing as it stimulates oxygen uptake in our cell tissues and increases circulation. Increased oxygenation in the lungs promotes the cleansing and repair function of our red blood cells.

Eucalyptus oil is an excellent blood cleanser and helpful for regenerating lung tissue and function.

It has an excellent reputation as a good expectorant (promotes removal of mucous from respiratory system) and cough suppressant.

Eucalyptus oil is helpful for easing inflammation of the nasal mucous membranes, as well as nasal congestion.

For treating bronchial problems use Eucalyptus oil as an inhalant, or diffuse in the air.

May also use Eucalyptus oil in a dilution of light coconut oil or jojoba and apply liberally to the chest and upper back areas.

A fever reducer Eucalyptus oil is helpful for relieving fevers that arise from infectious diseases and useful in cooling compresses! Apply to the forehead, back of neck, over the kidneys and pelvic region.

Eucalyptus oil's action is similar to Peppermint's and only a small amount is needed otherwise it may produce a chilling effect.

Its powerful anti-bacterial properties make Eucalyptus effective in the treatment of a broad spectrum of infections.

Eucalyptus oil has been used to treat tuberculosis and malaria!

A powerful antiseptic agent Eucalyptus oil's powerful germicidal properties may make it effective for killing staphylococcus bacteria.

Use Eucalyptus for treating cold sores, skin ulcers, shingles and insect bites.

May use Eucalyptus oil as a gargle to relieve sore throat!

DENTAL HEALTH

Many essential oils have potential in dental health. In research studies Tea Tree Oil and Eucalyptus displayed anti-microbial effects against common pathogens.

Eucalyptus oil is a traditional remedy for sinusitis, bronchitis, asthma, strep throat, colds and flu, hay fever, catarrh, coughs, sinus headache and tension headaches due to congestion.

RESEARCH

Research scientists Dr Lindsey Gaunt and Sabrina Higgins from the University of Southampton have found that essential oils, such as eucalyptus, orange and thyme can destroy bacteria, such as *Escherichia coli* (E. coli) and *Staphylococcus aureus* (staph) on surfaces.

The findings that essential oils could be effectively destroy bacteria were unveiled at the sixth joint symposium of the International Electrostatics Society of Japan and the Electrostatics Society of America conference in Tokyo (Nov 7-10, 2004). The scientists used essential oils of orange, eucalyptus, thyme and tea tree which, when dispersed into the air, had a powerful bactericidal effect. They said that the use of these essential oils could help people to easily and conveniently kill bacteria lurking in their homes.

EUCALYPTUS OIL

Proven Properties, Actions & Effects

Analgesic - pain reliever

Anti-bacterial - destroying or stopping growth of bacteria

Anti-inflammatory - alleviates inflammation

Antispasmodic - prevents and eases spasm, relieves cramps

Anti-pyretic - fever reducer

Anti-tumoral - breaks down abnormal cell growth

Anti-viral - controls viral organisms and infections

Decongestant - an agent for relief or reduction of congestion, reduces inflammation

Expectorant - helps promote the removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Mucolytic - dissolves, breaks down mucous, especially respiratory

and uro-genital tracts

Lipolytic - breaks down fats

Relaxant - relaxing, soothing effect, causing relaxation, relieving strain or tension

Sedative (in small amounts) - soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety, palpitations

Mild stimulant - quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue, good as a mental stimulant to increase mental function

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubefacient - warming, agent which reddens skin, dilates vessels increase blood flow

Regulator - stabilizing, promotes balance and harmony

Cicatrisant - skin and wound healing, promotes formation of scar tissue

Eucalyptus has a lowering effect on blood sugar, along with coriander, fennel, geranium and juniper berry.

On a psycho-emotional level Eucalyptus oil is said to relieve congested thoughts and promote fluid thought processes! Use Eucalyptus oil when you're feeling bogged down and overwhelmed by life's details.

Like fresh air Eucalyptus rejuvenates your thought process, stimulates fresh new ideas for dealing with life situations and aids focus. Use Eucalyptus to more easily direct and control your thoughts.

An analgesic pain reliever Eucalyptus oil is found in many topical preparations to treat inflammatory conditions like Fibromyalgia, neuralgia, muscle cramps, joint pain and to promote wound healing, blend with Helichrysum oil to enhance this effect.

Useful as an underarm antiperspirant to control body odor.

Eucalyptus oil also makes an excellent insect repellent.

In Ayurvedic Medicine, an ancient system of healing practiced in India, the cooling and spicy aroma of Eucalyptus oil is ideal to regulate and pacify ALL the Doshas or body/mind types. Vata, Pitta and Kapha imbalances respond well to Eucalyptus' regulating influence.

Symptoms of Vata imbalance are premenstrual syndrome, constipation, insomnia, restlessness, nervousness, anxiety and worry.

Symptoms of Pitta imbalance are high blood pressure, anger, frustration and emotional upsets.

Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression.

BLEND WITH: Basil, Atlas or Himalayan Cedarwood, Cypress, Frankincense, Lavender, Lemon, Rosemary, Tea Tree, Thyme

9 - THYME (*Thymus vulgaris L*).

Extracted by steam distillation from the flowering tops and leaves of the herb. Thyme oil has an intensely hot antiseptic smell with spicy overtones. The Latin meaning for "thyme" is courage. Dynamic, fresh and radiant Thyme oil provides a protective force field for body, mind and soul against a broad spectrum of virus, bacteria and fungus.

A powerful immune stimulant and one of nature's most potent anti-microbials Thyme essential oil's fierce energy gives it the notable ability to support and protect the immune system unequaled by other aromatic oils. An especially potent anti-bacterial agent Thyme oil's action to disinfect will destroy staphylococcus bacteria even when diluted 1,000 times!

Highly regarded in aromatherapy for protection against infectious disease Thyme oil has antiseptic and expectorant properties and, when diffused into the atmosphere, may be especially beneficial for treating and relieving symptoms of bronchitis, pneumonia, sinusitis, cough, colds and flu.

Thyme stimulates the formation of white blood cells and aids the oxygenation of cellular tissue for removal of toxic wastes during illness.

Thyme oil boosts your lymphatic system and builds self esteem and confidence in your ability to heal. The lymph system is connected to one's sense of self worth for being supported and protected in life.

Besides being strongly anti-bacterial and anti-viral Thyme is also an extremely potent fungicide and one of nature's strongest antioxidants. Powerful for treating athlete's foot and toenail fungus!

ATHLETE'S FOOT TREATMENT

Blend 1 drop of Thyme oil with 1 drop each of Tea Tree and Clove Bud oil in a half teaspoon of pure vegetable carrier oil like Jojoba and apply to a clean and dry area where there is athlete's foot.

Repeat 2-3 times daily for up to 3 weeks!

A powerful antispasmodic Thyme oil stimulates circulation and relieves sore muscles.

The essential oil of Thyme provides physical and mental strength in times of testing that is unequalled.

An excellent tonic for overcoming nervous exhaustion or to support physical recovery after a long illness.

Thyme contains thymol, a warming immuno-stimulant and powerful antibacterial agent which have been researched for its effectiveness in treating harmful mouth bacteria.

May be an effective treatment as a gargle for Thrush (candida albicans overgrowth in the mouth) and Gingivitis.

THYME OIL

Proven Properties, Actions & Effects

Anti-infectious - Counteracts infection, used in acute illnesses and infections

Analgesic - pain reliever

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Antiseptic - prevents, halts infection

Antibacterial - destroys or stops growth of bacteria

Anti-infectious - counteracts infection

Stimulant - quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue, especially stimulating to central nervous & immune systems, activates the body's own healing mechanism

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubefacient - warming, agent which reddens skin, dilates vessels, increases blood flow

Astringent - drying, causes contraction of organic tissues

According to Ayurvedic Medicine, an ancient system of healing practiced in India, the warm herbal scent of Thyme oil with its spicy overtones is especially helpful for regulating and pacifying both Vata and Kapha Doshas.

Symptoms of Vata imbalance are premenstrual syndrome, constipation, insomnia, restlessness, nervousness, anxiety and worry.

Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression.

BLEND WITH: Citrus oils, Cinnamon leaf, Eucalyptus, Clove, Ravensara, Tea Tree, Lavender.

CAUTION: A skin irritant, avoid during pregnancy, or in cases with a diagnosed seizure disorder, high-blood pressure, or hyperthyroidism.

10 - OREGANO (*origanum vulgare*)

A spicy, pungent and herbaceous aroma that's warm and radiant to the senses Oregano oil is one of the most effective antibacterial oils in aromatherapy. Its powerful antiseptic action makes Oregano useful treating a broad spectrum of infections.

Distillations of Oregano oil that are high in the chemical constituent Carvacrol makes the oil especially potent as a germ killer.

A 1973 study by Hildebert Wagner demonstrated that a blend of essential oils had a broader spectrum of effectiveness against treating bacteria than a broad spectrum antibiotic, especially when treating bacteria upper respiratory infections. Effectiveness of essential oils for treating *Candida albicans* was also demonstrated. A broad spectrum assessment of antibacterial and antifungal properties showed oregano, thyme, clove, cinnamon, and tea tree to have the widest application.

Other research studies showed that Thyme and Oregano essential oil showed effective results for treating against pathogens.

Oregano oil is reported to be helpful for soothing coughing fits, and for treating bronchial infections.

Topically Oregano is also useful for relieving a wide variety of skin conditions, including eczema, and psoriasis.

OREGANO OIL

Proven Properties, Actions & Effects

Antiseptic - prevents, halts infection

Antispasmodic - relieve involuntary muscle spasms

Spasmolytic - calms nervous and muscular spasms, for colic, pain and indigestion

Digestive - promotes or aids digestion of food

BLEND WITH: Citrus oils and other anti-infectious oils like Thyme oil.

CAUTION: Strong irritant to the skin and the mucous membranes.

11 - TEA TREE (*Melaleuca alternifolia*)

Tea Tree essential oil has a strongly medicinal and antiseptic smell and is well tolerated by most individuals.

Captain James Cook and his mates when arriving in Australia in the 1700's wanted a refreshing herbal tea to drink. They chose the fragrant leaves of a tree. The tree has been called Tea Tree ever since.

Tea Tree essential oil has an undisputed popular reputation for being the first choice of essential oils when treating fungal and bacterial infections and known as a cure all treatment for many chronic and acute bacterial, fungal and viral conditions.

Research studies have proven that Tea Tree oil boosts the immune system. One study showed that rats infected with a pathogenic protozoa when given an oral tea tree oil extended their lives and modified the immune response, but did not cure them.

Another study showed Tea Tree's effectiveness in healing skin cancer. An animal study using topical tea tree oil mixed with DMSO (a solvent that allows whatever it's mixed with to penetrate the skin) showed the mixture to inhibit the growth of established skin cancer cells.

Tea Tree was shown to kill oral pathogens. A study showed that tea tree had beneficial effects on Gingivitis, but not plaque. Tea tree oil has significant anti-microbial against common oral pathogens.

Consider using Tea Tree essential oil for treating bladder infections, bronchitis and sinusitis.

Use Tea Tree to eliminate athlete's foot, blend with Lavender and Thyme to enhance your results!

An immune stimulant Tea Tree oil promotes and strengthens the body's immune system by stimulating the formation of white blood cells.

A decongestant and an analgesic pain reliever Tea Tree oil is helpful for relieving cold and flu symptoms.

Researchers are continuing studies to learn if essential oils are effective against the super bug MRSA (methicillin resistant Staphylococcus aureus) among other strains of bacteria. An ongoing research project is underway using a body/hand wash, containing essential oils of lavender and tea tree that could be effective against MRSA. Human trials are now being organized for further testing. Lavender and Tea Tree oil contain proven natural anti-bacterial ingredients that will soothe your skin, while also providing proven, natural all organic anti-bacterial ingredients.

French physician Paul Belaiche in 1985 studied Tree Tree oil's healing abilities for Candida albicans, a vaginal yeast infection. In most cases this infection can be treated effectively without the side effects common with conventional treatments.

Research has proven Tea Tree oil useful for another vaginal infection, trichomoniasis. In 1962 an American study of 130 women treated using it recovered from this infection.

Tea Tree essential oil may be helpful for treating cold sores and is helpful for balancing skin conditions like acne, alone or in a blend.

TEA TREE OIL

Proven Properties, Actions & Effects

Stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Analgesic - pain reliever

Anti-inflammatory - relieves inflammation

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubefacient - Warming, agent which reddens skin, dilates vessels, increases blood flow

Astringent - drying, causes contraction of organic tissues

Diuretic - increases urine flow

Deodorizer - excellent air freshener, airborne deodorizer

Decongestant - entire body

Expectorant - helps promote the removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Antiseptic - helps control infection

Anti-viral - prevents or inhibits viral activity, destroys virus

Reported to be helpful for relieving insect, scorpion and snake bites.

Psycho-emotionally Tea Tree oil promotes self confidence in one's ability to negotiate differences with others without feeling threatened!

According to Ayurvedic Medicine, an ancient system of healing practiced in India, the warm and spicy aroma of Tea Tree oil is ideal to regulate and pacify ALL the Doshas or bodymind types. Vata, Pitta and Kapha imbalances respond well to Tea Tree's healing influence.

Symptoms of Vata imbalance are hyper activity, premenstrual syndrome, irritable bowel syndrome and constipation, insomnia, restlessness, nervousness, anxiety and worry.

Symptoms of Pitta imbalance are high blood pressure, anger, frustration, emotional upsets and an inability to go with the flow.

Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression.

BLEND WITH: Atlas & Himalayan Cedarwood, Black Pepper, Ginger, Lavender, Myrrh, Thyme, Rosemary and Lemon

12 - RAVENSARA (*Ravinsara aromatica*)

A soft, sweet aroma with a lightly camphorous scent, similar to Eucalyptus, Ravensara essential oil has a reputation as a universal healing oil to be used for a broad spectrum of conditions. It is especially beneficial for treating any type of respiratory illness like: bronchitis, sinusitis and flu.

Ravensara oil is an immuno-stimulant and promotes detoxification. Its anti-viral and anti-bacterial properties make it an excellent aromatic mist for use in a room. Or try a few drops in a bowl of hot steaming hot water.

Ravensara oil also acts as gentle and nourishing support for the nerves making it especially good for treating chronic conditions.

Good results may be obtained for infectious mononucleosis, shingles and cold sores. For shingles try blending it with Sandalwood and Myrrh for inhalation.

Ravensara essential oil's tonic effect on nerves makes it useful for treating mental and physical fatigue.

RAVENSARA OIL

Proven Properties, Actions & Effects

Mild stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubafacient - warming, agent which reddens skin, dilates vessels increase blood flow

Decongestant - relieves or reduces congestion, inflammation

Expectorant - helps promote removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Anti-viral - controls, inhibits viral organisms and infections, destroys virus

Mental stimulant - increases mental function

BLEND WITH: Lemon, Thyme, Lavender and other anti-infectious oils. May be beneficial in a blend with Neroli and Sandalwood for treating Fibromyalgia and Chronic Fatigue Syndrome.

13 - RAVINTSARA (*Cinnamomum camphora*)

Its camphoraceous top note makes Ravintsara's aroma reminiscent of Eucalyptus. Ravintsara oil that is high in 1,8-Cineole (40-60%) makes it strongly anti-viral.

Ravintsara oil is an immune stimulant and promotes detoxification.

Strongly anti-viral properties make Ravintsara useful as an aromatherapy room spray, or try a few drops in a bowl of steaming hot water.

Ravintsara's gentle immune stimulant action makes it one of the safest anti-infectious oils to use, along with Eucalyptus radiata.

RAVINTSARA OIL

Proven Properties, Actions & Effects

Mild stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubefacient - warming, agent which reddens skin, dilates vessels increase blood flow

Decongestant - relieves or reduces congestion, inflammation

Expectorant - helps promote removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Anti-viral - controls, inhibits viral organisms and infections, destroys virus

Mental stimulant - increases mental function

CAUTION: Skin irritant. Use caution when using with those with breathing issues like asthmatics. Avoid use with children under age 10.

14 - NIAOULI (*Melaleuca quinquenervia*)

The aroma of Niaouli oil is fresh, warm, penetrating, and slightly sweet, similar to eucalyptus oil. In the regions where Niaouli is grown and distilled the natives use Niaouli oil for a variety of medicinal purposes.

Generally regarded as a type of “Tea Tree” *Melaleuca quinquenervia* is a strong antiseptic, antibacterial oil.

A powerful respiratory aid oil Niaouli also has strong decongestant properties, which make it extremely useful for treating head and chest colds. These same properties make it useful for clearing the head mentally, and give it a stimulating and uplifting effect on the senses.

Niaouli oil is excellent for treating bronchial congestion use in a blend with Rosemary oil, or Eucalyptus, as an inhalant, or diffused into the air.

NIAOULI OIL - Similar to Ravensara
Proven Properties, Actions & Effects

Mild stimulant - an agent that quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - strengthens and enlivens the whole or specific parts of the body

Rubafacient - warming, agent which reddens skin, dilates vessels increase blood flow

Decongestant - relieves or reduces congestion, inflammation

Expectorant - helps promote removal of mucus from respiratory system, stimulates the action of decongestion for the entire body, heals respiratory system

Anti-viral - controls, inhibits viral organisms and infections, destroys virus

Mental stimulant - increases mental function

May also use Niaouli in a blend with Eucalyptus in a dilution of light coconut oil or jojoba and apply liberally to the chest and upper back areas to soothe and aid respiratory conditions.

For an energizing and uplifting respiratory blend add Niaouli with peppermint, spearmint and eucalyptus. This blend is known to be effective for relieving cold and flu symptoms.

Niaouli's antiseptic properties make it useful in a skin blend with other anti-infectious oils like Rosemary, Tea Tree, and Lavender for treating skin conditions like acne, boils, and cold sores.

Niaouli oil may also be useful in a blend for relieving bladder, and urinary tract infections.

BLEND WITH: Peppermint, Spearmint, Lavender, Thyme, Rosemary, Tea Tree, and Lemon

15 - ROSEMARY (*Rosmarinus Officinalis ct. cineole*)

A powerful and pungent aroma that's woody and herbal Rosemary cineole essential oil is penetrating and sharp to the senses. Its fragrance is refreshing, lasting, clean and pleasant. Smells like the fresh picked herb.

Rosemary is a good first aid oil to have on hand as it is very versatile with a multitude of uses. Use it alone or in a synergistic blend with other essential oils to enhance its effects.

Rosemary essential oil has the highest hydrogen content of all the essential oils which makes it a powerfully stimulating and warming oil!

With its long history of use Rosemary essential oil is one of the most highly valued of all the essential oils and has been considered a holy oil since ancient time, many folk songs attribute deep mystery to its healing properties.

Rosemary's place as a holy oil has been lost in more modern times. Remnants of Rosemary plant have been discovered in Egyptian tombs and its incense was traditionally used by the Egyptians for purification and healing.

Both Greeks and Romans are known to have made wreaths of Rosemary to pay homage and give thanks to the gods. Rosemary has been used traditionally as a universal healing herb and it was a chief ingredient in medicines made by the alchemists and early scientists like Paracelsus.

Philosopher-healers of the Renaissance period regarded Rosemary highly and praised its curative benefits in treating liver, heart, brain and eye disorders. Through the ages Rosemary has been used to celebrate life and to attract benevolent outcomes. No feast was ever

without Rosemary.

A regulating oil with both stimulant and relaxant properties depending upon the circumstances for which it's used the cineole chemotype is effective in your bath for relieving cold and flu symptoms.

ROSEMARY OIL

Proven Properties, Actions & Effects

Anti-infectious - controls, inhibits spread of infections

Cicatrizant - skin healing and regenerating skin regeneration, wound healing and reducing old scar tissue such as in wounds, stretch marks and adhesions.

Mucolytic - dissolves mucous, especially respiratory and uro-genital

Lipolytic - breaks down fats

Stimulant (in large amounts) - quickens the physiological functions of the body, temporarily increases body or organ function, good for convalescence, poor circulation, listlessness, physical fatigue

Tonic - invigorating, giving feeling of well being

Sedative - promotes calm, induces sleep

Analgesic (some are) - pain reliever

Anti-coagulant (some are) - inhibits blood clotting

Rosemary is also helpful as an endocrine regulator, and useful for treating respiratory infections.

Rosemary oil relieves blockage and stagnation and is known to fortify and protect the liver, gall bladder and heart, and to enhance their function.

Use Rosemary to restore, strengthen and balance the nervous system, and for protection against mood swings and glandular disorders!

Traditionally Rosemary essential oil was used to remove the causes which hindered conception!

Useful for restoring and balancing intestinal flora Rosemary may be helpful for treating degenerative conditions of the bowel such as Crohn's Disease and Irritable Bowel Syndrome (IBS).

Rosemary has been reported to strengthen and even restore sight, and said to make the heart merry and take away foolish imaginations.

Rosemary oil stimulates the central nervous system, improves the intellect, and left brain recall of numbers and facts.

Inhalation of Rosemary oil may be helpful for restoring the sensory abilities of smell, speech and sight!

In ancient Greece and Rome wreaths made of Rosemary were worn by students to improve mental focus and memory when studying or taking exams!

Helps to dispel negativity and negative situations, add to Black Pepper to enhance this effect.

Useful aid for meditation as it stabilizes and clears the mind for effective practice. Blend with Frankincense, Sweet Orange, Atlas Cedarwood to enhance this effect.

Rosemary oil's invigorating scent is physically reviving and a wonderful aid for letting go of feelings of stress, frustration, inner resistance and the tendency to struggle.

Rosemary relieves mental fatigue, lethargy and physical exhaustion. A great pick me up or wake up oil alone or in a blend. Add to Lemon,

Pink Grapefruit, or Peppermint for a study blend to enhance your memory retention.

RESTORATIVE FOOT SOAK

Wonderful antidote for cold hands and feet. Mix 1-3 drops of Rosemary essential oil in an unscented liquid soap then blend this mixture in a basin of hot water for a 15 minute refreshing foot soak to warm and restore your entire body, mind, spirit and emotions.

Rosemary is recommended by many authorities for its cell regenerating powers.

It is excellent for physical recovery of one's energy after an illness.

May help to lower high blood sugar!

Its pronounced stimulating effect on the circulatory systems (lymph, nerve and blood) makes it especially helpful for lowering blood pressure, as well as for promoting cellular respiration and detoxification.

Rosemary's antiseptic and anti-infectious properties are supportive to a healthy functioning immune system. The chemotype of the Cineole variety is most useful for stimulating immune function. Traditionally Rosemary was used to RID bad ghosts - bacteria causing illness!

Rosemary's powerful antiseptic properties are written about in the famous recipe for, "Vinegar of the Four Thieves."

FOUR THIEVE'S STORY

During a great plague epidemic that swept through Europe there were four robbers who became well-known for robbing houses of plague victims. When they were finally caught and sentenced to death they were promised their freedom if they gave their secret for how they escaped from catching the deadly pestilence sweeping the country.

“The Vinegar of the Four Thieves” recipe they gave, which supposedly was documented, included the essential oil Rosemary!

Rosemary is excellent for relieving respiratory conditions like bronchitis and sinusitis, as well as symptoms of the cold and flu.

Rosemary's outstanding ability to relieve excess mucous conditions is unsurpassed by other essential oils!

Use Rosemary for swelling, fluid retention edema, lung congestion and cough.

Inhalation of Rosemary in moderation will clear blocked sinus and relieve stuffy nose and sinus congestion. Blend Rosemary with Fennel in a hot compress or bath to stimulate and promote the flow of Chi (life force energy).

Rosemary's beneficial effects on the circulation of blood, lymph and nerve supply make it an excellent choice in a massage blend.

Use Rosemary to relieve symptoms of chronic fatigue, multiple sclerosis, gout, rheumatism, stiff joints and muscular aches and pain.

Rosemary is a favorite culinary herb for food flavoring and makes an excellent marinade. Add 1-3 drops in a 1/8 teaspoon of olive oil and add at the end of the cooking process to maximize Rosemary's benefits and flavors.

BLEND WITH: Atlas Cedarwood, Basil, Bergamot, Clary Sage,
Fennel, Frankincense, Grapefruit, Lemon, Lemongrass, Marjoram,
Peppermint \

CAUTION: Due to its stimulating effect do not use Rosemary if you
have a diagnosed seizure disorder.

16 - MYRRH (*Commiphora myrrha*)

Strong, sweet and woody Myrrh oil's enduring aroma anchors other essential oils in a synergy blend.

An ancient and sacred oil Myrrh oil's soothing and astringent action makes it excellent for relieving a wide variety of skin conditions, including: acne, sensitive, mature, oily or dry, wrinkled, chapped, or cracked skin.

Blend Myrrh essential oil with Helichrysum for softening lines, scars and other adhesions.

Traditionally Myrrh oil has been used for enhancing spiritual and emotional well-being.

Myrrh pure essential oil is an excellent aid to healthy functioning of the limbic (emotional center) of your brain. It has an especial affinity for the endocrine (hormonal) glands and is useful for promoting circulation within the endocrine glands and associated chakra centers.

Myrrh oil wakes up cell tissues and enhances the physical energetic centers of the body. Its vibrant and resonant effect on cell tissues makes it a wonderful tonic for your body, mind, spirit and emotions.

Myrrh oil promotes healthy immune function and is good for treating respiratory conditions as it has a decongesting and drying effect on excess mucous and wet conditions like: asthma, bronchitis, phlegm and respiratory congestion.

Myrrh may be helpful for dispelling congestion and promoting healthy function of the thyroid, prostate and pituitary glands.

Myrrh essential oil's antiseptic action makes it a helpful aid for treating: sinusitis, flu, colds and coughs.

It's strongly anti-fungal properties make it effective for eliminating athlete's foot, toenail fungus and ringworm.

Myrrh oil has been used to heal cold sores, canker sores and gum disease.

MYRRH OIL

Proven Properties, Actions & Effects

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Anti-fungal - destroys or inhibits growth of fungus

Antiseptic - prevents, halts infection

Astringent - causes contraction of organic tissues

Expectorant - helps promote the removal of mucus from respiratory system

Immune stimulant - an agent that quickens the physiological functions of the body's immune system, temporarily increases immune function, good for convalescence, poor circulation, listlessness, physical fatigue

Restorative - an agent that helps to strengthen and revive the body systems

Sedative - agent that exerts a soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety and palpitations

Skin tonic - strengthens and enlivens skin cells

BLEND WITH: Frankincense, Myrrh, Helichrysum, Bergamot, Orange, Cinnamon, Clove and Neroli

CAUTION: Due to its stimulating properties please avoid Myrrh essential oil during pregnancy.

17 - FRANKINCENSE (Boswellia frereana)

One of the 'Holy' oils from ancient times when it was considered more valuable than gold Frankincense aromatherapy oil has a powerful and enticing wood aroma that sweetly sparkles with freshness and a hint of spice.

An immuno-stimulant Frankincense increases white blood cell (WBC) count.

Its calming, rejuvenating and empowering influence makes Frankincense especially useful for treating post traumatic stress syndrome.

A fortifying essence Frankincense oil slows and deepens cellular respiration. Its characteristic effect of calming the nervous system helps recovery after illness.

Its anti-catarrh action makes Frankincense useful for treating asthma and bronchitis.

FRANKINCENSE OIL

Proven Properties, Actions & Effects

Analgesic - pain reliever

Anti-catarrhal - helps remove excess phlegm, reduces inflamed mucous membranes of head and throat.

Antidepressant - alleviates or prevents depression, lifts mood, counters melancholia

Anti-infectious - counteracts infection

Anti-inflammatory - controls, alleviates inflammation resulting from injury or infection

Anti-tumoral - counteracts, prevents, inhibits the formation of malignant tumors, anticancer

Antioxidant - prevents, inhibits oxidation

Astringent - causes contraction of organic tissues

Diuretic - increases urine flow

Expectorant - helps promote the removal of mucus from respiratory system.

Immuno-stimulant - substances that stimulate the immune system by inducing activation or increasing activity of any of its components

Sedative - agent that exerts a soothing, tranquilizing, calming effect on the body, good for nervous tension, stress, insomnia, anxiety, palpitations

BLEND WITH: Sandalwood, Myrrh, Spikenar, Vetiver, Bergamot, Orange

18 - SANDALWOOD (*Santalum album*)

A gentle wood oil that's lightly sweet, spicy and round. Sandalwood Essential Oil has a deep oceanic and resonant nature and is a popular oil known to ground and enhance any blend because of its fortifying and lasting qualities.

Sandalwood oil, properly stored, will only improve with age and is considered inheritance quality oil. Buy what you need for today, but you can also invest for the coming decades.

In the Summer 2006 the price of true East Indian Sandalwood essential oil escalated almost weekly. Scarcity of the raw material and Indian government restrictions on exportation make sourcing true Sandalwood Oil more and more difficult. Many vendors are no longer offering it.

PLEASE NOTE: True East Indian Sandalwood continues to rise in price. It has been restricted for exportation since 2006 and it is now considered an endangered species which makes its value beyond price.

Since East Indian Sandalwood is endangered I recommend you purchase Sandalwood from Somalia.

I've also heard of lovely distillations of Sandalwood (*Santalum album*) grown and distilled in Sri Lanka being available on the market.

Due to its strengthening and fortifying properties, as well as its cooling and regulating effect Sandalwood essential oil makes an excellent tonic for the body and mind.

A known aphrodisiac Sandalwood oil is useful for restoring and healing the body, mind & emotions of any stored trauma.

Sandalwood is used extensively in Indian temples, as well as in churches around the world in religious ceremonies for worshipping the Divine.

Use Sandalwood essential oil to enhance your meditation and to open your solar plexus chakra which connects you to the cosmic desire to manifest your soul's life purpose and ensures a strong feeling of self worth, empowerment and spiritual dominion.

The aroma of Sandalwood oil readily clears any atmosphere of negativity, restores harmony and brings life sustaining positive vibrations!

Sandalwood oil takes you to higher ground where you can soar like an eagle for a more balanced perspective of your situation. The big picture comes in to view as Sandalwood oil promotes the experience of warmth and balance in one's life.

Sandalwood oil acts as a soothing tonic for the nerves, helping to relieve stress, soothe irritations, as well as lifts depression and is an ideal remedy for nervous anxiety, fear and stress resulting from a hectic and erratic lifestyle.

Sandalwood essential oil acts to regulate and balance the mood and is excellent for stabilizing the mind and emotions when feeling upset by life circumstances.

Helpful for dispelling feelings of self doubt, nervousness, fear, insecurity & hypersensitivity.

If you are reacting to others with judgment, irritability and frustration then it's time to inhale the scent of Sandalwood oil as it will slow your respiration and calms your mind and emotions.

Sandalwood oil opens and clears your emotional centers and is a great aid to those who may isolate themselves due to an overly sensitive or accommodating nature. Sandalwood oil strengthens your ability to make contact with others with an open and compassionate heart.

Sandalwood essential oil diminishes overly egocentric drives and supports your ability to discern the needs and desires of others without feeling overwhelmed by them. Our connection with others is primarily a subconscious process guided by very subtle, nonverbal cues and signals. Sandalwood fosters our feelings of self acceptance and inner sense of connection so that our relationships with others can be strengthened and stabilized.

Sandalwood oil's restorative effects make it a good tonic for the immune system. Its immune stimulating properties act to increase white blood cell production.

Also an excellent tonic for the kidneys and adrenals which are heavily impacted by the stresses of our daily life use Sandalwood oil to promote kidney and adrenal function as well as tone the bladder, kidney & urinary tract.

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Research scientists have discovered the chemical substance responsible for Sandalwood's erotic effect on our senses. A man's natural body scent is similar in chemical structure as the male hormone testosterone.

Androsterone in light concentrations smells similar to Sandalwood. It appears that Sandalwood oil is similar to a man's natural body scent and, though barely perceptible, sends out a highly effective erotic signal to the opposite sex.

Sandalwood supports the circulatory systems and enhances lymph, nerve and blood supply to all the organs and systems and has traditionally been used for skin regeneration and healing.

A regulating oil Sandalwood is beneficial for mature skin and known to balance both dry and oily skin conditions. Consider Sandalwood for treating skin rash, eczema and psoriasis.

A natural antiseptic Sandalwood oil is helpful for treating acne, blend with Basil, Chamomile or Tea Tree oils to enhance this effect.

SANDALWOOD OIL

Proven Properties, Actions & Effects

Regulator - stabilizing, promotes balance and harmony

Anti-inflammatory - alleviates inflammation

Antispasmodic - prevents and eases spasm and relieves cramps

Cicatrisant - skin and wound healing, promotes formation of scar tissue

Sedative - calming

Relaxant - relaxing, soothing effect, causing relaxation, relieving strain or tension

Analgesic - pain reliever

Anti-allergic - prevents, halts allergic reactions

Stimulant - quickens the physiological functions of the body, temporarily increases body or organ function, cleansing effect on liver and hormonal systems

According to Ayurvedic Medicine, an ancient system of healing practiced in India, the sweet aroma of Sandalwood oil is used to regulate and pacify both Vata and Pitta imbalances.

Symptoms of Vata imbalance are premenstrual syndrome, constipation, insomnia, restlessness, nervousness and anxiety or worry.

Symptoms of Pitta imbalance include feelings of frustration and anger, tendency to emotional upset and over reaction, high blood pressure and an inability to relax and go with the flow.

BLEND WITH: Sandalwood smoothes and anchors any aromatic blend. True East Indian Sandalwood matures with age and becomes lovelier in aroma. An inheritance quality essential oil to be savored for years to come!

TO RECAP: The best pure essential oils to use alone or in a synergy formulation for natural immunity and to boost the immune response include: Bergamot, Cinnamon leaf, Clary Sage, Clove, Eucalyptus (radiata & globulus), Frankincense, Lavender, Lemon, Tea Tree, Myrrh, Niaouli, Sweet Orange, Oregano, Ravensara, Ravintsara, Rosemary cineole, Sandalwood, Thyme.

If you loved this book please tell your friends!

PLEASE NOTE: More and more controlled research studies are being conducted on the efficacy of using essential oils for therapeutic results, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using essential oils are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using essential oils.

Aromatherapy is Nature's Medicine in its purest and most essential form. Aromatic plant oils are the very soul of a plant. Even a drop or two can produce significant results for your body, mind and soul. Properly administered essential oils are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

If you loved this book check out my other books on my Amazon Author page: <http://www.amazon.com/dp/B005SUC8V6>

KG Stiles is a Certified Clinical Aromatherapist and founding director of PurePlant Essentials aromatherapy company. She began utilizing pure essential oils in her professional metaphysical healing arts practice in 1980. Since that time KG has formulated thousands of aromatherapy products for a variety of health and beauty related treatments for the global marketplace, as well as routinely blends custom aromatherapy formulas for her many clients in her consulting practice. Her clients have included entrepreneurs and top executives, and her advice and services have been used by internationally

famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers.

CLICK THE LINK to sign-up for the Soul of Aromatherapy & Get the Complete Online Aromatherapy Course FREE as a Gift (\$197. Value). <http://www.kgstiles.com/sign-up-for-soul-of-aromatherapy-get-six-week-aromatherapy-course-free-as-a-gift/>

“I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed!” -*Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, ‘Choices and Illusions.’*

“I highly recommend this to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique.” ~John L. Turner, MD, Neuro-surgeon, Author - *Medicine, Miracles & Manifestations*

“It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!” ~Linda McGwire, RN, BSN, HNC-B

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Hope you love your LoveNotes as much as I enjoy creating them for you!

Aromatically yours,

-KG Stiles, Author,

Certified Clinical Aromatherapist

Founder PurePlant Essentials Aromatherapy