

GROUPING ESSENTIAL OILS

Spice Essential Oils

Black Pepper	Cinnamon	Coriander	Nutmeg
Caraway	Clove	Ginger	

Spice essential oils work on the body by warming, uplifting, stimulating, improving circulation, improving digestion and the immune response. Because essential oils are balancing in effect, they can restore homeostasis. They aid in **detoxifying organs and muscle tissue**. They are anti-bacterial, anti-viral, anti-spasmodic and analgesic. They are excellent to use for sports injuries, muscle pain and stiffness, and for skin irritations. They are not suitable for pregnancy, for infants, or young children.

Herb Essential Oils

Basil	Marjoram	Peppermint	Thyme
Clary Sage	Melissa	Rosemary	Hyssop
Patchouli	Oregano		

Herb essential oils work on the mind. They have an uplifting, stimulating, warming effect. They are excellent for use for stress, relief, emotional balance and trauma. Melissa, Marjoram, Clary Sage can be deeply sedating for **deep seated emotions**. Herb oils are antispasmodic and are ideal for **stress related muscle tension**. Peppermint is warm in Winter and cool in Summer.

Herb essential oils should be used with caution because they tend to irritate the skin. Most herb essential oils are not suitable for pregnancy.

Flower Essential Oils

Roman Chamomile	Jasmine	Neroli	Lavender
Geranium	Rose	Ylang Ylang	

Flower essential oils are similar to flower remedies; **they work on the spirit**. They are ideal for dealing with everyday stress, because **they relax and soothe**. They may be used in beauty preparations. Neroli and Roman Chamomile are ideal for teenagers and younger children who suffer with stress and battling to cope. They are excellent cell regenerators for skin problems, scar tissue, wounds and burns. They are ideal for reproductive system imbalances. They are not suitable for pregnancy.

Citrus Essential Oils

Grapefruit	Lime	Orange	Lemon
Mandarin	Tangerine	Bergamot	

Citrus essential oils are antiseptic, useful for the treatment of infections of all types, ranging from urinary tract to respiratory (colds, flu, bronchitis, pneumonia). They are suitable for babies, children and pregnant women. They can **be blended with tree essential oils for the treatment of skin conditions such as eczema, psoriasis, and dermatitis. Citrus essential oils cleanse and detoxify the body.** They are useful for regulating appetite, weight loss, and dealing with cellulite. They may be blended with flower essential oils to relieve stress. They are not to be used before spending time in the sun.

Tree Essential Oils

Birch	Eucalyptus	Niaouli	Fir
Sandalwood	Cedarwood	Pine Needle	Spruce
Cypress	Juniper		Tea Tree

Ideal for fungal viral and infection related conditions, (athlete's foot, Candida, ringworm) and infections (bronchitis, sinusitis, colds, flu, pneumonia, urinary system infections). **Tree essential oils move stagnant matter** (constipation, hemorrhoids, varicose veins, cellulite, fluid retention, acidity from arthritis, gout). They are excellent for **chronic and acute allergy related conditions, manifesting in respiratory and skin conditions such as asthma, bronchitis, sinus hay fever, eczema, psoriasis, welts, dermatitis.** Good for numerous skin problems and cracked heels. They are expectorants and decongestants. Blend well with spice oils. Both are analgesics.

Grass Essential Oils

Citronella	Palmarosa	Lemongrass	Vetiver
------------	-----------	------------	---------

Grass essential oils are insect repellents and blend well with other repellents, such as Clove, Peppermint, Eucalyptus, Thyme, and Cedarwood. **Grass essential oils are relaxing, soothing, and tone the skin.**

Gum Essential Oils

Benzoin	Frankincense	Myrrh
---------	--------------	-------

Gum essential oils originate from trees and have the same general properties as tree essential oils. **They are cell rejuvenators, beneficial in the treatment of wrinkles in mature skin, stretch marks, and other skin conditions** (blend with citrus and flower essential oils). **For respiratory infections, skin infections, or inflammation;** blend with tree and citrus oils.