

Evidence Based Clinical Aromatherapy Materia Medica

Common Name Botanical Name(s)	Part Used	Traditional/Folk Uses & Properties	Evidence Based Properties & Research Links
Angelica <i>Angelica archangelica</i> <i>Angelica sinensis</i> <i>Angelica major</i>	Root Seed (fruit)	expectorant for bronchial illnesses, colds and coughs, GI disorders, alleviates dyspepsia, digestive tonic, cholagogue, appetite stimulant, hormone balancer, adaptogen skin care: dull, congested skin (caution: photosensitizing)	antimicrobial, antifungal, anti-inflammatory, mosquito repellent http://www.ncbi.nlm.nih.gov/pubmed/24788027 http://www.ncbi.nlm.nih.gov/pubmed/25576097 http://www.ncbi.nlm.nih.gov/pubmed/25515821 http://www.ncbi.nlm.nih.gov/pubmed/19113871
Basil <i>Ocimum basilicum</i>	Leaves & flowers	increases concentration and mental alertness, antimicrobial, stimulates appetite and digestion, alleviates dyspepsia, flatulence skin care: acne, bites and stings, fungal and bacterial infections	antibacterial, antioxidant, hepatoprotective http://www.ncbi.nlm.nih.gov/pubmed/23921795 http://www.ncbi.nlm.nih.gov/pubmed/20499917 http://www.ncbi.nlm.nih.gov/pubmed/19761043
Bergamot <i>Citrus x bergamia</i>	Peel (pressed)	antidepressant, anti-anxiety, anti-insomnia, treats digestive complaints skin care: antiseptic, acne, brightens complexion (caution: phototoxic)	anti-inflammatory, antioxidant, analgesic, anti-ischemic, neuroprotective, anti-anxiety, mood enhancing http://www.ncbi.nlm.nih.gov/pubmed/20578719 http://www.ncbi.nlm.nih.gov/pubmed/20499917 http://www.ncbi.nlm.nih.gov/pubmed/25419658 http://www.ncbi.nlm.nih.gov/pubmed/19607983 http://www.ncbi.nlm.nih.gov/pubmed/21105176 http://www.ncbi.nlm.nih.gov/pubmed/20093169
Blue Tansy <i>Tanacetum annuum</i>	Leaves & flowers Shoots	calming, euphoric, anti-allergic, antifungal skin care: inflamed, sensitive, damaged skin (caution: not to be confused with <i>Tanacetum vulgare</i> which should not be used for aromatherapy purposes)	antifungal, anti-cancer http://www.aromaticscience.com/chemical-composition-and-antifungal-properties-of-the-essential-oil-of-tanacetum-annuum-2/ http://www.fst.ac.ma/mjb/vol1/iss4-5/ARTs/Chemical%20composition%20and%20anti-proliferative%20properties%20of%20the%20essential.pdf
Cajeput <i>Melaleuca cajuputi</i> <i>Melaleuca leucodendron</i>	Leaves	anti-hypertensive, anti-diabetic, antimicrobial, muscle aches and pains skin care: insect bites, acne, fungal and bacterial infections	antibacterial http://www.ncbi.nlm.nih.gov/pubmed/1293213
Camphor, White <i>Cinnamomum camphora</i>	Wood	antiseptic, analgesic, treats respiratory complaints, colds, coughs, and flu, muscle aches and pains (caution: not to be confused with brown camphor or yellow camphor which should not be used for aromatherapy purposes)	antiseptic, analgesic, rubefacient, antioxidant, antifungal http://www.bioline.org.br/pdf?ja09027 http://for.nchu.edu.tw/up_book/%E8%98%87%E8%A3%95%E6%98%8C_201035042324Essential%20oil%20compositions.pdf
Cardamom <i>Elettaria cardamomum</i>	Seed	aphrodisiac, antispasmodic, anti-nausea, treats digestive and respiratory complaints, antimicrobial, tonic skin care: antiseptic	antimicrobial, gastroprotective, chemopreventive agent against two-stage skin cancer http://www.ncbi.nlm.nih.gov/pubmed/21695005 http://www.ncbi.nlm.nih.gov/pubmed/16298093 http://www.ncbi.nlm.nih.gov/pubmed/22404574

Cassia <i>Cinnamomum cassia</i>	Bark Leaf	antimicrobial, warming, anti-diarrheal, antidepressant (caution: skin sensitizer)	anti-inflammatory, antioxidant, antifungal, antimicrobial http://www.ncbi.nlm.nih.gov/pubmed/25364694 http://www.ncbi.nlm.nih.gov/pubmed/24051402 http://www.ncbi.nlm.nih.gov/pubmed/23647469 http://www.ncbi.nlm.nih.gov/pubmed/16710900
Cedarwood <i>Juniperus virginiana</i> <i>Cedrus atlantica</i>	Wood	grounding, relaxing, antimicrobial, insect repellent skin care: toning, oily skin, acne, dandruff, hair loss	antimicrobial, insect repellent http://www.ncbi.nlm.nih.gov/pubmed/22430697 http://www.ncbi.nlm.nih.gov/pubmed/24690252
Chamomile, German <i>Matricaria chamomilla</i> <i>Matricaria recutita</i>	Flowers	anti-inflammatory, anti-allergic, antispasmodic, treats skin inflammation and itching, hay fever, GI spasms and complaints, menstrual complaints, rheumatic pain, hemorrhoids, insomnia and migraine skin care: sensitive skin, inflammatory conditions, dermatitis, eczema	anti-inflammatory, anti-migraine, neuroprotective, antipruritic, antiallergic, antidiarrheal, antisecretory, analgesic, antiedemic, antispasmodic, normalizes LH secretion, decreases signs of PCOS http://www.ncbi.nlm.nih.gov/pubmed/25238714 http://www.ncbi.nlm.nih.gov/pubmed/15964726 http://www.ncbi.nlm.nih.gov/pubmed/25886126 http://www.ncbi.nlm.nih.gov/pubmed/23983133 http://www.ncbi.nlm.nih.gov/pubmed/23926485
Chamomile, Roman <i>Anthemis nobilis</i> <i>Chamaemelum nobile</i>	Flowers	anti-inflammatory, anti-allergic, antispasmodic, treats skin inflammation and itching, hay fever, GI spasms and complaints, menstrual complaints, rheumatic pain, hemorrhoids, insomnia and migraine, metabolic disorder skin care: sensitive skin, inflammatory conditions, dermatitis, eczema	anti-inflammatory, sedative, antioxidant, hypoglycemic, anti-metabolic disorder, antiedemic, antioxidant, hypotensive http://www.ncbi.nlm.nih.gov/pubmed/3247357 http://www.ncbi.nlm.nih.gov/pubmed/24471493 http://www.ncbi.nlm.nih.gov/pubmed/19811353
Cinnamon <i>Cinnamomum zeylanicum</i>	Bark Leaves	anti-diabetic, treats metabolic syndrome, balances appetite, treats dyspeptic complaints, digestive disorders, functional asthenias, rheumatism, colds and flu (caution: skin sensitizer)	antibacterial, antifungal, anti-diabetic, antioxidant http://www.ncbi.nlm.nih.gov/pubmed/20379951 http://www.ncbi.nlm.nih.gov/pubmed/25514231 http://www.ncbi.nlm.nih.gov/pubmed/20363216 http://www.ncbi.nlm.nih.gov/pubmed/22671971 http://www.ncbi.nlm.nih.gov/pubmed/20499917
Citronella <i>Cymbopogon nardus</i>	Grass	insect repellent, treats parasites, digestive complaints, fever, menstrual complaints skin care: antiseptic	insect repellent, antimicrobial http://www.ncbi.nlm.nih.gov/pubmed/8936292 http://www.ncbi.nlm.nih.gov/pubmed/24820563 http://www.ncbi.nlm.nih.gov/pubmed/23825733
Clary Sage <i>Salvia sclarea</i>	Flowering tops	antidepressant, hormone balancing, treats migraine, hypertension, anxiety, dyspepsia, flatulence, respiratory complaints, amenorrhea (lack of menstruation), dysmenorrhea (menstrual pain), PMS, labor pain, menopause symptoms skin care: acne, dandruff	antidepressant, dysmenorrhea treatment, labor pain management, treats postpartum anxiety and depression http://www.ncbi.nlm.nih.gov/pubmed/20441789 http://www.ncbi.nlm.nih.gov/pubmed/16884344 http://www.ncbi.nlm.nih.gov/pubmed/11033651 http://www.ncbi.nlm.nih.gov/pubmed/22789792
Clove <i>Eugenia caryophyllata</i>	Buds Leaves	antimicrobial, analgesic, treats tooth pain and oral inflammation, muscle and joint pain, insect repellent (caution: skin sensitizer)	anesthetic, antimicrobial, antioxidant, antifungal, antiviral, anti-inflammatory, immunomodulatory, insect repellent http://www.ncbi.nlm.nih.gov/pubmed/17380552 http://www.ncbi.nlm.nih.gov/pubmed/17714361 http://www.ncbi.nlm.nih.gov/pubmed/19589240 http://www.ncbi.nlm.nih.gov/pubmed/20499917

Cypress <i>Cupressus sempervirens</i>	Leaves	treats respiratory complaints, asthma, coughing, hemorrhoids, poor circulation, edema, cellulitis, dysmenorrhea (menstrual pain), muscle pain, excellent for lymphatic massage skin care: congested, oily, problem, acne	antimicrobial, anti-cancer http://www.ncbi.nlm.nih.gov/pubmed/24890383 http://www.ncbi.nlm.nih.gov/pubmed/19435146 http://www.ncbi.nlm.nih.gov/pubmed/19040575
Eucalyptus <i>Eucalyptus globulus</i> <i>Eucalyptus citriodora</i> <i>Eucalyptus radiata</i>	Leaves	antimicrobial, treats respiratory complaints, rheumatic complaints, insect repellent skin care: antiseptic, rash, bites, stings, bacterial infections	anti-inflammatory, antibacterial, antiviral, treatment of respiratory disease, anti-asthmatic, insect repellent, insecticide (head lice) http://www.ncbi.nlm.nih.gov/pubmed/19039907 http://www.ncbi.nlm.nih.gov/pubmed/22978309 http://www.ncbi.nlm.nih.gov/pubmed/24831245 http://www.ncbi.nlm.nih.gov/pubmed/20359267 http://www.ncbi.nlm.nih.gov/pubmed/15005885 http://www.ncbi.nlm.nih.gov/pubmed/12645832 http://www.ncbi.nlm.nih.gov/pubmed/20512762 http://www.ncbi.nlm.nih.gov/pubmed/19729299 http://www.ncbi.nlm.nih.gov/pubmed/20496586
Fennel <i>Foeniculum vulgare</i>	Seeds	treats peptic discomfort, gastrointestinal disorders, flatulence, cellulitis, edema, excellent for lymphatic massage skin care: congested, dull, oily skin	antibacterial, antifungal http://www.ncbi.nlm.nih.gov/pubmed/20030464 http://www.ncbi.nlm.nih.gov/pubmed/17004909 http://www.ncbi.nlm.nih.gov/pubmed/19656417 http://www.ncbi.nlm.nih.gov/pubmed/17897206
Fir <i>Abies sibirica</i> <i>Abies pectinata</i>	Needles	supports adrenal function, treats respiratory complaints, rheumatic and neuralgic ailments skin care: antiseptic, acne, bacterial and fungal infections	flu resistance http://www.ncbi.nlm.nih.gov/pubmed/11785384
Frankincense <i>Boswellia carteri</i> <i>Boswellia serrata</i>	Gum resin	anti-anxiety, treats respiratory complaints, skin disease, rheumatism, syphilis, cystitis, GI disorders, religious practices skin care: mature, acne, burns, rashes, wound healing	anti-inflammatory, anti-cancer, immunomodulatory, antimicrobial http://www.ncbi.nlm.nih.gov/pubmed/15879017 http://www.ncbi.nlm.nih.gov/pubmed/12710734 http://www.ncbi.nlm.nih.gov/pubmed/19296830 http://www.ncbi.nlm.nih.gov/pubmed/22288378

<p>Geranium <i>Pelargonium graveolens</i> <i>Pelargonium odorantissimum</i> <i>Pelargonium roseum</i></p>	<p>Leaves</p>	<p>hypotensive, anti-edema, insect repellent, treats sore throat, earache, PMS skin care: acne, burns, cellulitis, bacterial and fungal infections</p>	<p>hypoglycemic, antioxidant, anti-inflammatory, antibacterial, MRSA treatment, antifungal http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3439344/ http://www.ncbi.nlm.nih.gov/pubmed/8893526 http://www.ncbi.nlm.nih.gov/pubmed/20337938 http://www.ncbi.nlm.nih.gov/pubmed/?term=15555788 http://www.ncbi.nlm.nih.gov/pubmed/23496944</p>
<p>Ginger <i>Zingiber officinale</i></p>	<p>Root</p>	<p>anti-fatigue, treats nausea, digestive complaints, respiratory complaints, muscle aches and pains, inflammatory conditions, sprains, strains, colds and flu, fever, infectious disease skin care: inflammatory skin conditions</p>	<p>anti-inflammatory, antiarthritic, pain management, immunomodulatory, gastroprotective, anti-nausea http://www.ncbi.nlm.nih.gov/pubmed/7862743 http://www.ncbi.nlm.nih.gov/pubmed/18534325 http://www.ncbi.nlm.nih.gov/pubmed/24559813 http://www.ncbi.nlm.nih.gov/pubmed/24756059 http://www.ncbi.nlm.nih.gov/pubmed/15571467</p>
<p>Grapefruit Citrus x paradisi</p>	<p>Peel (pressed)</p>	<p>promotes weight loss, antidepressant, uplifting, energizing, antiseptic, disinfectant, detoxifying skin care: astringent, evens skin tone and brightens complexion (caution: mildly photosensitizing)</p>	<p>boosts weight loss, anti-inflammatory http://www.ncbi.nlm.nih.gov/pubmed/25599391 http://www.ncbi.nlm.nih.gov/pubmed/14610259</p>
<p>Helichrysum <i>Helichrysum italicum</i> <i>Helichrysum angustifolium</i></p>	<p>Flowers</p>	<p>anti-allergic, anti-inflammatory, antiseptic, analgesic, antispasmodic, treats bumps and bruises, muscle and joint pain skin care: anti-aging, bruises, spider veins, acne</p>	<p>anti-inflammatory, antioxidant, boosts weight loss http://www.ncbi.nlm.nih.gov/pubmed/12568916 http://www.ncbi.nlm.nih.gov/pubmed/24969521 http://www.ncbi.nlm.nih.gov/pubmed/25599391 http://www.ncbi.nlm.nih.gov/pubmed/25285382 http://www.ncbi.nlm.nih.gov/pubmed/25599391</p>
<p>Ho Leaf <i>Cinnamomum camphora</i> ct. <i>linalool</i></p>	<p>Leaves</p>	<p>calming, antimicrobial, sustainable substitute for Rosewood skin care: inflamed, mature, acne</p>	<p>antifungal, antimicrobial, antioxidant http://for.nchu.edu.tw/up_book/%E8%98%87%E8%A3%95%E6%98%8C_201035042324Essential%20oil%20compositions.pdf http://www.researchgate.net/publication/262648844_Antimicrobial_and_antioxidant_activities_of_ho-sho_%28Cinnamomum_camphora_Ness_e_Eberm_Var._Linaloolifera_fujita%29_essential_oil</p>

Jasmine <i>Jasminum officinale</i>	Flowers (absolute)	aphrodisiac, antidepressant, anti-anxiety, antispasmodic, expectorant, uterine tonic skin care: dry, brittle, dehydrated, acne scars, mature	uplifts mood, labor pain relief, shortens the labor stages with no negative impact on the baby's APGAR score, antioxidant http://www.ncbi.nlm.nih.gov/pubmed/20184043 http://www.ncbi.nlm.nih.gov/pubmed/25558267 http://www.ncbi.nlm.nih.gov/pubmed/17295511
Juniper <i>Juniperus communis</i>	Berries	treats dyspepsia, edema, cystitis, leucorrhea, dysmenorrhea (menstrual pain), gout, excellent for lymphatic massage skin care: acne, dermatitis, congested skin	antibacterial, antifungal, anti-inflammatory http://www.ncbi.nlm.nih.gov/pubmed/12672151 http://www.ncbi.nlm.nih.gov/pubmed/19505566
Laurel <i>Laurus nobilis</i>	Leaf	energizing, detoxifying, broncho-pulmonary disinfectant, anti-inflammatory, mood enhancing, calming, grounding, antispasmodic, antiseptic, relieves stomach and abdominal complaints, tonic skin care: acne, dandruff, regenerating, antifungal, antibacterial	antioxidant, antiproliferative, antidiarrheal, antibacterial, increases physical performance without negative emotion http://www.ncbi.nlm.nih.gov/pubmed/22017546 http://www.ncbi.nlm.nih.gov/pubmed/24250611 http://www.ncbi.nlm.nih.gov/pubmed/21756182 http://www.ncbi.nlm.nih.gov/pubmed/22082096 http://www.ncbi.nlm.nih.gov/pubmed/21383507
Lavandin <i>Lavandula x intermedia</i>	Flowering tops	calming, balancing, antimicrobial skin care: acne, dandruff	anti-anxiety http://www.ncbi.nlm.nih.gov/pubmed/19962101
Lavender <i>Lavandula officinalis</i> <i>Lavandula angustifolia</i> <i>Lavandula vera</i>	Flowers	treats mood disturbance, restlessness, insomnia, functional abdominal complaints (nervous stomach irritation, nervous intestinal discomfort), colic, muscle aches and pains, colic, cystitis, dysmenorrhea (menstrual pain), leucorrhea skin care: acne, burns, insect bites, lice, scabies, inflamed skin	anti-anxiety, improves quality and duration of sleep, anticonflict, mood enhancing, improves memory, antioxidant, antifungal, treats dysmenorrhea, treats gastrointestinal disorders http://www.ncbi.nlm.nih.gov/pubmed/20512042 http://www.ncbi.nlm.nih.gov/pubmed/19962288 http://www.ncbi.nlm.nih.gov/pubmed/19258850 http://www.ncbi.nlm.nih.gov/pubmed/19968674 http://www.ncbi.nlm.nih.gov/pubmed/10928328 http://www.ncbi.nlm.nih.gov/pubmed/24731891 http://www.ncbi.nlm.nih.gov/pubmed/22821949
Lemon Balm <i>Melissa officinalis</i>	Flowering tops	anti-anxiety, treats insomnia, depression, functional abdominal complaints, asthma, bronchitis, colic, nausea skin care: eczema	anti-anxiety, antibacterial, antifungal http://www.ncbi.nlm.nih.gov/pubmed/18066140 http://www.ncbi.nlm.nih.gov/pubmed/20201279

<p>Lemon <i>Citrus x limon</i></p>	<p>Peel (pressed) Fruit (distilled)</p>	<p>elevates mood, antiseptic, immune stimulant, anti-allergic, antidepressant, promotes weight loss skin care: antiseptic, acne, brightens complexion, lightens dark spots (caution: pressed lemon is photosensitizing)</p>	<p>anxiolytic, analgesic, antidepressant-like effects, protects against oxidative stress-induced neurodegeneration, analgesic, antibacterial, anti-candida, helps suppress weight gain, antitumor http://www.ncbi.nlm.nih.gov/pubmed/16780969 http://www.ncbi.nlm.nih.gov/pubmed/24555533 http://www.ncbi.nlm.nih.gov/pubmed/24599102 http://www.ncbi.nlm.nih.gov/pubmed/15366861 http://www.ncbi.nlm.nih.gov/pubmed/24436010 http://www.ncbi.nlm.nih.gov/pubmed/14610259 http://www.academia.edu/1097534/Influence_of_Some_Citrus_Essential_Oils_on_Cell_Viability_Glutathione-S-Transferase_and_Lipid_Peroxidation_in_Ehrlich_asciteCarcinoma_Cells</p>
<p>Lemongrass <i>Cymbopogon citratus</i></p>	<p>Grass</p>	<p>deodorant, insect repellent, treats athlete's foot, excessive perspiration, muscle pain, digestive complaints, headache, stress skin care: antiseptic, acne (caution: skin sensitizer)</p>	<p>anti-inflammatory, antiallergic, anticonvulsant, hepatoprotective, antifungal, insect repellent http://www.ncbi.nlm.nih.gov/pubmed/23583902 http://www.ncbi.nlm.nih.gov/pubmed/24682420 http://www.ncbi.nlm.nih.gov/pubmed/20237771 http://www.ncbi.nlm.nih.gov/pubmed/25435631 http://www.ncbi.nlm.nih.gov/pubmed/25242268 http://www.ncbi.nlm.nih.gov/pubmed/8936292 http://www.ncbi.nlm.nih.gov/pubmed/21338379</p>
<p>Lime <i>Citrus x aurantifolia</i></p>	<p>Peel (pressed) Whole fruit (distilled)</p>	<p>promotes weight loss, antiseptic, antispasmodic, restorative, tonic skin care: astringent, evens skin tone and brightens complexion (caution: pressed lime is photosensitizing)</p>	<p>promotes weight loss, antispasmodic, antioxidant, antibacterial http://www.ncbi.nlm.nih.gov/pubmed/20623616 http://www.ncbi.nlm.nih.gov/pubmed/23285822 http://www.ncbi.nlm.nih.gov/pubmed/22260108 http://www.ncbi.nlm.nih.gov/pubmed/17134518</p>
<p>Mandarin <i>Citrus reticulata</i></p>	<p>Peel (pressed)</p>	<p>anti-anxiety, antiseptic, antispasmodic, treats digestive complaints skin care: acne, oily, wrinkled, evens skin tone and brightens complexion, lightens scars and dark spots</p>	<p>anti-proliferative, antitumor, antioxidant http://www.ncbi.nlm.nih.gov/pubmed/22943501http://www.ncbi.nlm.nih.gov/pubmed/25068058 http://www.academia.edu/1097534/Influence_of_Some_Citrus_Essential_Oils_on_Cell_Viability_Glutathione-S-Transferase_and_Lipid_Peroxidation_in_Ehrlich_asciteCarcinoma_Cells</p>

Marjoram <i>Origanum majorana</i>	Leaves & flowers	calming, elevates mood, analgesic, antispasmodic, muscle relaxant, tonic skin care: bruising, bacterial and fungal infections	protects against oxidative stress http://www.ncbi.nlm.nih.gov/pubmed/25312175
Myrrh <i>Commiphora myrrha</i>	Gum resin	treats oral complaints, mouth sores, toothache, bad breath, digestive complaints, respiratory complaints, arthritis, amenorrhea (lack of menstruation), dysmenorrhea (menstrual pain), hemorrhoids, religious practices skin care: mature, chapped, ringworm, itching	antispasmodic, antimicrobial, promotes wound healing, anti-proliferative (prostate cancer cells) http://www.ncbi.nlm.nih.gov/pubmed/25590370 http://www.ncbi.nlm.nih.gov/pubmed/22288378 http://www.ncbi.nlm.nih.gov/pubmed/22781326 http://www.ncbi.nlm.nih.gov/pubmed/20709267 http://www.ncbi.nlm.nih.gov/pubmed/21372825
Neroli <i>Citrus x aurantium var. amara</i>	Flowers	aphrodisiac, anti-anxiety, antidepressant, antispasmodic, anti-inflammatory, antiseptic, relieves menopause symptoms skin care: anti-aging, renews elasticity, stimulates new cell growth	anti-anxiety, hypotensive, improves sleep, helps relieve menopausal symptoms, increase libido, and reduce blood pressure in postmenopausal women, antibacterial, antifungal, antioxidant, anticonvulsant, reduces labor anxiety http://www.ncbi.nlm.nih.gov/pubmed/23476690 http://www.ncbi.nlm.nih.gov/pubmed/21410035 http://www.ncbi.nlm.nih.gov/pubmed/25024731 http://www.ncbi.nlm.nih.gov/pubmed/24163946 http://www.ncbi.nlm.nih.gov/pubmed/25532295 http://www.ncbi.nlm.nih.gov/pubmed/25068058
Orange, Sweet <i>Citrus sinensis</i>	Peel (pressed)	elevates mood, anti-anxiety, insecticide skin care: astringent, evens skin tone and brightens complexion	antitumor, antioxidant, anti-anxiety, insecticide http://www.academia.edu/1097534/Influence_of_Some_Citrus_Essential_Oils_on_Cell_Viability_Glutathione-S-Transferase_and_Lipid_Peroxidation_in_Ehrlich_asciteCarcinoma_Cells http://www.ncbi.nlm.nih.gov/pubmed/20211673 http://www.ncbi.nlm.nih.gov/pubmed/17598551 http://www.ncbi.nlm.nih.gov/pubmed/20420330
Oregano <i>Origanum vulgare</i>	Flowering tops	broad spectrum antimicrobial, antiparasitic, anti-arthritic, sedative, treats respiratory complaints, GI disturbance, dysmenorrhea (menstrual pain) (caution: skin sensitizer)	antimicrobial, antifungal, antioxidant http://www.ncbi.nlm.nih.gov/pubmed/25332067 http://www.ncbi.nlm.nih.gov/pubmed/16506839 http://www.ncbi.nlm.nih.gov/pubmed/17004909

<p>Patchouli <i>Pogostemon cablin</i></p>	<p>Leaf</p>	<p>grounding, uplifting, antidepressant, anti-anxiety, anti-insomnia, digestive aid, antimicrobial, meditation aid, insect repellent skin care: mature, wrinkled, chapped, eczema, psoriasis</p>	<p>suppresses colon inflammation, anti-inflammatory, antimicrobial, helps prevent photoaging of the skin http://www.ncbi.nlm.nih.gov/pubmed/24166708 http://www.ncbi.nlm.nih.gov/pubmed/25519986 http://www.ncbi.nlm.nih.gov/pubmed/24250637 http://www.ncbi.nlm.nih.gov/pubmed/24747030</p>
<p>Peppermint <i>Mentha piperita</i></p>	<p>Leaves & flowers</p>	<p>relieves spastic discomfort of the upper gastrointestinal tract and bile ducts, irritable colon, respiratory complaints, inflammation of the oral mucosa, myalgia, neuralgia, nausea, colic, flatulence, headache, fatigue, anxiety, vertigo, muscle and joint pain skin care: antiseptic, antifungal, relieves itching (may sensitize skin - dilute highly, avoid applying to the face of infants and children)</p>	<p>treats respiratory complaints, gastrointestinal complaints, antispasmodic, antioxidant, antimicrobial, antifungal, promotes hair growth http://www.ncbi.nlm.nih.gov/pubmed/20488237 http://www.ncbi.nlm.nih.gov/pubmed/11694755 http://www.ncbi.nlm.nih.gov/pubmed/24574705 http://www.ncbi.nlm.nih.gov/pubmed/20077307 http://www.ncbi.nlm.nih.gov/pubmed/19473851 http://www.ncbi.nlm.nih.gov/pubmed/8893526 http://www.ncbi.nlm.nih.gov/pubmed/25584150</p>
<p>Petitgrain <i>Citrus x aurantium var. amara</i></p>	<p>Leaves</p>	<p>anti-anxiety, antidepressant, antiseptic, deodorant skin care: astringent, balancing, brightening, normalizes sebum secretion</p>	<p>antioxidant, antifungal, antimicrobial, treats intestinal dysbiosis (inhibits the growth of pathogens while leaving beneficial bacteria unharmed) http://www.ncbi.nlm.nih.gov/pubmed/24002139 http://www.ncbi.nlm.nih.gov/pubmed/25573286 http://www.ncbi.nlm.nih.gov/pubmed/25332067 http://www.ncbi.nlm.nih.gov/pubmed/20030464</p>
<p>Pine <i>Pinus sylvestris</i></p>	<p>Needles</p>	<p>anti-infectious, expectorant, adrenal cortex stimulant, antiseptic skin care: antiseptic, acne, bacterial and fungal infections</p>	<p>antimicrobial, antioxidant, fungicidal http://www.ncbi.nlm.nih.gov/pubmed/25532297 http://www.ncbi.nlm.nih.gov/pubmed/22757704 http://www.ncbi.nlm.nih.gov/pubmed/21535752 http://www.ncbi.nlm.nih.gov/pubmed/15300001</p>
<p>Ravensara <i>Ravensara aromatica</i></p>	<p>Leaves</p>	<p>antimicrobial, anti-allergic, analgesic, antispasmodic, antidepressant skin care: bacterial and fungal infections</p>	<p>anti-allergic http://www.ncbi.nlm.nih.gov/pubmed/23304560</p>

<p>Rose <i>Rosa damascena</i></p>	<p>Flowers</p>	<p>antidepressant, anti-stress, hormone balancing, relieves PMS and menopause symptoms, aphrodisiac skin care: anti-aging, eczema, dermatitis</p>	<p>antibacterial, antiviral, antioxidant, antitussive, hypnotic, anti-diabetic, anticancer, (human lung adenocarcinoma), treatment for mild memory impairments and Alzheimer's disease, anti-acne http://www.ncbi.nlm.nih.gov/pubmed/23493250 http://www.ncbi.nlm.nih.gov/pubmed/25561928 http://www.ncbi.nlm.nih.gov/pubmed/25312140 http://www.ncbi.nlm.nih.gov/pubmed/24395280 http://www.ncbi.nlm.nih.gov/pubmed/20657472</p>
<p>Rosemary <i>Rosmarinus officinalis</i></p>	<p>Leaves</p>	<p>detoxifying, treats muscle pain, gout, rheumatism, respiratory complaints, liver and gallbladder problems, fatigue, headache, colds and flu, insect repellent skin care: acne, dermatitis, bacterial and fungal infections</p>	<p>antimicrobial, antifungal, antioxidant, anti-inflammatory, antispasmodic, antirheumatic, anti-anxiety, spasmolytic, improves circulation, analgesic, mood enhancing, improves memory http://www.ncbi.nlm.nih.gov/pubmed/20034774 http://www.ncbi.nlm.nih.gov/pubmed/20120107 http://www.ncbi.nlm.nih.gov/pubmed/19053868 http://www.ncbi.nlm.nih.gov/pubmed/12690999</p>
<p>Sage <i>Salvia officinalis</i> <i>Salvia lavandulaefolia</i></p>	<p>Leaves</p>	<p>respiratory complaints, digestive complaints, liver congestion, hypothyroidism, gingivitis, sore throat, cough, short term memory dysfunction, hyperhidrosis (excessive sweating), menopause symptoms, estrogenic skin care: anti-aging, stimulates cell renewal, acne</p>	<p>mood enhancing, improves cognition, antioxidant, anti-inflammatory http://www.ncbi.nlm.nih.gov/pubmed/20589925 http://www.ncbi.nlm.nih.gov/pubmed/17168769</p>
<p>Sandalwood <i>Santalum album</i></p>	<p>Wood</p>	<p>stress, depression, bronchitis, laryngitis, leucorrhea, meditation aid, religious practices skin care: sensitive, dry, chapped, mature, dermatitis, normalizes sebum secretion, scars, stretch marks</p>	<p>anti-inflammatory, antibacterial, anti-dermatitis, anti-cancer http://www.ncbi.nlm.nih.gov/pubmed/24318647 http://www.ncbi.nlm.nih.gov/pubmed/24294497 http://www.ncbi.nlm.nih.gov/pubmed/24694358 http://www.ncbi.nlm.nih.gov/pubmed/25450628</p>
<p>Savory <i>Satureia montana</i></p>	<p>Herb</p>	<p>flatulence, colic, altitude sickness, infectious diseases skin care: bacterial and fungal infections (caution: skin sensitizer)</p>	<p>antibacterial, antifungal http://www.ncbi.nlm.nih.gov/pubmed/4840386 http://www.ncbi.nlm.nih.gov/pubmed/17004909</p>

<p>Spearmint <i>Mentha cardiaca</i> <i>Mentha spicata</i></p>	<p>Leaves</p>	<p>treats digestive upsets, anti-nausea, antiseptic, antispasmodic, decongestant, soothes coughs, antibacterial, antifungal, eases muscle aches and strains</p> <p>skin care: dermatitis, itching, bacterial and fungal infections, hair loss</p>	<p>anti-nausea, antibacterial, significantly retards dental biofilm formation (caries treatment), antifungal, anti-inflammatory, antioxidant, protective effect on lung injury, antiandrogenic</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/23390455 http://www.ncbi.nlm.nih.gov/pubmed/11549238 http://www.ncbi.nlm.nih.gov/pubmed/19659716 http://www.ncbi.nlm.nih.gov/pubmed/19136911 http://www.ncbi.nlm.nih.gov/pubmed/14668091 http://www.ncbi.nlm.nih.gov/pubmed/18705008 http://www.ncbi.nlm.nih.gov/pubmed/23843810</p>
<p>Spruce <i>Tsuga canadensis</i> <i>Picea abies</i> <i>Picea mariana</i></p>	<p>Leaves</p>	<p>grounding, nervous system tonic, supports adrenals, antispasmodic, antimicrobial, anti-inflammatory</p> <p>skin care: antiseptic, acne, bacterial and fungal infections</p>	<p>antibacterial</p> <p>http://www.sciencedirect.com/science/article/pii/S0956713502000269</p>
<p>Star Anise <i>Illicium verum</i></p>	<p>Fruits</p>	<p>soothes digestive, respiratory, and skin complaints as well as asthma, bronchitis and rheumatism</p> <p>skin care: inflammatory conditions, psoriasis, dermatitis (caution: maximum adult dose, 50 mg. daily)</p>	<p>antiviral, anti-inflammatory, antioxidant, analgesic, mediates inflammatory conditions such as psoriasis and dermatitis</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/20008902 http://www.ncbi.nlm.nih.gov/pubmed/23054333 http://www.ncbi.nlm.nih.gov/pubmed/24404587 http://www.ncbi.nlm.nih.gov/pubmed/23250338 http://www.ncbi.nlm.nih.gov/pubmed/23872327</p>
<p>Tangerine <i>Citrus x tangerina</i></p>	<p>Peel (pressed)</p>	<p>calming, uplifting, antispasmodic</p>	<p>antitumor, antioxidant</p> <p>http://www.academia.edu/1097534/Influence_of_Some_Citrus_Essential_Oils_on_Cell_Viability_Glutathione-S-Transferase_and_Lipid_Peroxidation_in_Ehrlich_asciteCarcinoma_Cells</p>
<p>Tarragon <i>Artemisia dracunculus</i></p>	<p>Leaves</p>	<p>detoxifying, digestive aid, mild sedative, anti-diabetic, anticancer, treats toothache, PMS, dysmenorrhea (menstrual pain)</p> <p>skin care: deodorant, detoxifying</p>	<p>anti-diabetic, anti-cancer</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/20175108 http://www.ncbi.nlm.nih.gov/pubmed/8061594</p>

<p>Tea Tree <i>Melaleuca alternifolia</i></p>	<p>Leaves</p>	<p>antiseptic, anti-inflammatory, general first aid skin care: burns, insect bites, acne, bacterial and fungal infections</p>	<p>antibacterial, MRSA treatment, antiviral, antifungal, skin cancer treatment, insecticide (head lice) http://www.ncbi.nlm.nih.gov/pubmed/10399193 http://www.ncbi.nlm.nih.gov/pubmed/?term=15555788 http://www.ncbi.nlm.nih.gov/pubmed/19843207 http://www.ncbi.nlm.nih.gov/pubmed/25631479 http://www.ncbi.nlm.nih.gov/pubmed/25631479 http://www.ncbi.nlm.nih.gov/pubmed/20577741 http://www.ncbi.nlm.nih.gov/pubmed/25296426</p>
<p>Thyme <i>Thymus vulgaris</i> <i>Thymus satureioides</i> (Borneol)</p>	<p>Leaves & flowers</p>	<p>treats respiratory complaints, asthma, cystitis, sore throat, tonsillitis, colds and flu, infectious diseases, muscle aches and pains skin care: insect bites, lice, scabies, bacterial and fungal infections (caution: <i>Thymus vulgaris</i> is a skin sensitizer - choose a low thymol chemotype such as Thyme Borneol or Thyme Linalool for skin application)</p>	<p>antimicrobial, antioxidant, anti-inflammatory http://www.ncbi.nlm.nih.gov/pubmed/25631514 http://www.ncbi.nlm.nih.gov/pubmed/24885682 http://www.ncbi.nlm.nih.gov/pubmed/17004909 http://www.ncbi.nlm.nih.gov/pubmed/19576738 http://www.ncbi.nlm.nih.gov/pubmed/19578162</p>
<p>Vanilla <i>Vanilla planifolia</i></p>	<p>Bean (absolute, oleoresin)</p>	<p>calming, comforting skin care: mature, irritated</p>	<p>calming, antioxidant http://www.sirc.org/publik/smell.pdf http://www.ncbi.nlm.nih.gov/pubmed/17715988</p>
<p>Wintergreen <i>Gaultheria procumbens</i> <i>Gaultheria yunnanensis</i></p>	<p>Leaves</p>	<p>anti-inflammatory, cooling, penetrating relief for muscle and joint aches and pains (Caution: While this oil is safe and effective when properly diluted, it is toxic if overdosed. Dilute highly prior to use. Pure EO blends containing over 5% wintergreen must sealed with a childproof cap and contain a warning such as the following: "Not for use during pregnancy, breast feeding or on young children. Use other than as directed can be harmful. NOT FOR INTERNAL USE. KEEP OUT OF REACH OF CHILDREN TO AVOID ACCIDENTAL POISONING.")</p>	<p>anti-inflammatory http://www.ncbi.nlm.nih.gov/pubmed/25637446</p>
<p>Ylang Ylang <i>Cananga odorata</i></p>	<p>Flowers</p>	<p>aphrodisiac, hormone balancing, hypotensive, anti-anxiety, antimicrobial skin care: normalizes sebum secretion</p>	<p>hypotensive, stress reduction, improves self-esteem, antibacterial vs. staphylococcus aureus http://www.ncbi.nlm.nih.gov/pubmed/24278868 http://www.ncbi.nlm.nih.gov/pubmed/23259002 http://www.ncbi.nlm.nih.gov/pubmed/25076278 http://www.ncbi.nlm.nih.gov/pubmed/25027570</p>

Note: Essential oils should be properly diluted in a carrier prior to use. The statements made in this informational guide have not been evaluated by the FDA (U.S. Food & Drug Administration). The essential oils listed are not intended to diagnose, cure or prevent any disease, and should not be used as a substitute for medical care. Individuals using essential oils should be educated about their use, properties, safety precautions, and dosage or be under the care of a qualified health professional.

By: Annette Davis, CN • EIMC © 2015 • 208-478-8400 • www.restorehealth.us