

Essential Oils

REFERENCE GUIDE LIBRARY

HEALING BODY, MIND, SPIRIT AND EMOTIONS

ESSENTIAL OILS

QUICK REFERENCE GUIDE
FOR OVER 100 COMMON AILMENTS



KG Stiles, Certified Clinical Aromatherapist

I can think of no one better to teach aromatherapy than KG Stiles.
Elden Taylor, Ph.D., New York Times Best-selling Author

"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

ESSENTIAL OIL CHEMISTRY

FORMULATING ESSENTIAL OIL BLENDS THAT HEAL
ALCOHOL - SESQUITERPENE - ESTER - ETHER



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CHEMISTRY ESSENTIAL OILS

QUICK REFERENCE GUIDE
Summary of Chemical Families, Properties,
Actions & Effects



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AROMATHERAPY HEALING POWER OF SCENT



Blending Secrets Guide
Plus+ 18 Classifications of Aroma

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ALDEHYDE - KETONE - LACTONE



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MONOTERPENE - OXIDE - PHENOL



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Reference Guide Library

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Certified Clinical Aromatherapist

Metaphysician & Coach

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ESSENTIAL OILS

**QUICK REFERENCE GUIDE
FOR OVER 100 COMMON AILMENTS**



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ESSENTIAL OILS

Healing Body, Mind, Spirit & Emotions

Quick Reference Guide

For Over 100 Common Ailments

What Are Essential Oils?

First before exploring the essential oils comprehensive symptoms guide it might be useful to review what essential oils are and why they are effective for relieving a wide variety of symptoms and health conditions.

Essential oils are the subtle, highly aromatic substances, and volatile liquids found in specialized cells or glands of plants, and extracted from a single botanical source through distillation.

Essential oils are distilled from flowers, seeds, leaves, stems, bark, and roots of herbs, bushes, shrubs and trees, and in the case of citrus oils, cold pressed from the fresh peel.

The part of the plant yielding the maximum amount of essential oil is what's used in the process of distillation.

Essential oils have evolved as protection for a plant from predators and to attract pollinators.

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.

Essential oils represent the soul essence of a plant as such they are highly concentrated, a drop or two can produce significant results. These precious plant distillates carry the active nutrient resources within a plant and act to protect it from bacterial and viral infections, cleansing breaks in its tissue and delivering oxygen and nutrients to its cells.

When the substance of scent is still in the plant, it is called an essence. After distillation from the plant part, the aromatic substance is referred to as an essential oil.

Aromatic essential oils enhance your life force energies, or prana, as they carry the pranic life force of the plant. It is by inhaling their aromatic essence or through their application on your body by various methods that your own life force energies are enhanced and restored.

Some plants have an aroma, while others do not. Why this is so remains a mystery.

If you'd like a detailed exploration about 'How Aromatherapy Works' please check out my Amazon Kindle book, "How Aromatherapy Works - Improve Your Memory, Emotions & Sexuality." You'll find out exactly how aromatherapy works through the process of olfaction, to stimulate the limbic, circulatory and electro-chemical (hormonal) systems to positively affect the body, mind, spirit and emotions.

ESSENTIAL OILS QUICK REFERENCE GUIDE

Use this quick reference guide to over 100 common ailments to explore using essential oils for their therapeutic benefits. You can use an oil alone, or in a synergy blend to relieve symptoms and to promote balance and healing.

What works for one, may not work for another. Your response to an essential oil and its effect upon you are entirely individual.

ACHES & PAINS - Helichrysum, Chamomile, Sweet Marjoram, Cypress, Juniper berry, Lavender, Rosemary verbenon, Birch, Eucalyptus, Clary Sage, Clove, Geranium, Ginger fresh root, Black Pepper, Black Spruce, Lemongrass, Peppermint.

ACNE - Bergamot, Chamomile, Tea Tree, Cedarwood, Clove, Eucalyptus, Juniper berry,

ADDICTIONS - Geranium, Rose, Bergamot, Grapefruit, Lemon, Sweet Orange, Petitgrain.

ALLERGIES - Blue Tansy, Spikenard, Lemongrass, Peppermint.

ANGER - Frankincense, Lavender, Ylang Ylang, Bergamot, Cedarwood, Chamomile, Lavender, Lemon, Sweet Marjoram, Myrrh, Sweet Orange, Neroli, Tangerine, Rose, Sandalwood (E. Indian is an endangered species consider using Somalian or Sri Lankan).

ALOPECIA (HAIR LOSS) - Ylang Ylang, Rosemary verbenon, Blue Yarrow, Cedarwood, Lavender, Clary Sage, Thyme.

ANOREXIA - Grapefruit.

ANTIDEPRESSANT - Geranium, Rose Geranium, Neroli, Sandalwood (Somalian or Sri Lankan), Bergamot, Frankincense, Tangerine, Sweet Orange, Rosewood (use sustainable source), Vetiver, Petitgrain.

ANTISEPTIC - Bergamot, Tea Tree, Cedarwood, Clove, Eucalyptus, Juniper berry, Lemon, Sweet Orange, Bergamot, Patchouli, Peppermint, Ravensara, Thyme, Oregano, Cinnamon, Clary Sage, Lavender, Rosemary, Frankincense, Myrrh, Sandalwood (Somalian or Sri Lankan).

ANXIETY - Bergamot, Clary Sage, Chamomile, Geranium, Rose Geranium, Lavender, Rose, Basil, Frankincense, Juniper berry, Neroli, Lemon, Red Mandarin, Tangerine, Ylang Ylang, Neroli.

APATHY - Rosemary verbenon, Frankincense, Geranium, Rose Geranium, Sweet Marjoram, Sweet Orange, Peppermint, Neroli, Rose, Rosewood, Sandalwood, Thyme, Ylang Ylang.

APPETITE SUPPRESSANT - Grapefruit, Juniper berry, Lemon, Sweet Orange, Fennel, Patchouli.

APPREHENSION - Frankincense, Neroli, Sandalwood Sandalwood (Somalian or Sri Lankan).

ARGUMENTATIVE - Chamomile, Eucalyptus, Frankincense, Sweet Orange, Neroli, Red Mandarin, Tangerine, Thyme, Black Pepper, Ylang Ylang.

ARTHRITIS - Black Pepper, Chamomile, Juniper berry, Lavender, Tea Tree, Cedarwood, Clove, Cypress, Ginger fresh root, Lavender, Lemon, Peppermint, Pine, Rosemary verbenon, Sweet Marjoram, Vetiver .

ASTHMA - Eucalyptus, Tea Tree, , Ammi Visnaga, Basil, Clove, Cypress, Fennel, Frankincense, Lavender, Lemon, Sweet Marjoram, Myrrh, Myrtle, Peppermint, Pine, Rose, Rosemary, Thyme, Ravensara, Lemongrass.

ATHLETES FOOT/FUNGI - Tea Tree, Lavender, Clove, Cinnamon, Thyme, Oregano, Myrrh, Patchouli.

BACK PAIN - Helichrysum, Chamomile, Sweet Marjoram, Birch, Cypress.

BACTERIA - Tea Tree, Thyme, Rosemary cineole, Clove, Cinnamon, Lemon, Lavender.

BED WETTING - Chamomile, Red Mandarin.

BIRTH - Clary Sage, Geranium, Rose Geranium, Neroli, Jasmine, Rose.

BLADDER - Lemongrass, Juniper berry.

BLOOD PRESSURE (Low) - Rosemary, Pine, Basil, Fennel, Peppermint, Thyme, Black Pepper, Ginger, Cinnamon, Rosemary.

BLOOD PRESSURE (High) - Ylang Ylang, Clove, Clary Sage, Lavender, Lemon, Sweet Marjoram.

BREAST - Rose Geranium, Cypress, Sweet Marjoram, Ylang Ylang, Lavender, Lemongrass, Lemon.

BRONCHITIS - Cedarwood, Eucalyptus, Tea Tree, Basil, Clary Sage, Clove, Cypress, Fennel, Frankincense, Lemon, Sweet Marjoram, Myrtle, Myrrh, Sweet Orange, Peppermint, Pine, Ravensara, Rose, Rosemary, Sandalwood Sandalwood (Somalian or Sri Lankan), Thyme.

BRUISES - Helichrysum, Black Pepper, Lavender, Rosemary, Chamomile, Clove, Geranium, Juniper, Lavender, Sweet Marjoram, Thyme.

BURNS - Lavender, Chamomile, Blue Tansy.

CANDIDA ALBICANS - Tea Tree, Bergamot, Clary Sage, Eucalyptus, Myrrh, Patchouli, Peppermint, Rosemary, Rosewood (endangered species), Spikenard.

CATARRH - Cedarwood, Eucalyptus, Tea Tree, Frankincense, Ginger fresh root, Myrrh, Black Pepper.

CELLULITE - Black Pepper, Cypress, Geranium, Juniper berry, Cedarwood, Grapefruit, Ginger fresh root, Lemon, Rosemary verbenon.

CHRONIC FATIGUE - Helichrysum, Lavender, Sweet Marjoram, Peppermint, Black Pepper, Rosemary verbenon, Lemon, Sweet Orange, Tangerine, Myrrh.

CIRCULATION - Geranium, Rosemary verbenon.

COLD & FLU - Eucalyptus, Rosemary, Thyme, Tea Tree, Basil, Bergamot, Cinnamon, Clove, Cypress, Eucalyptus, Frankincense, Ginger fresh root, Grapefruit, Lemon, Sweet Marjoram, Myrtle, Sweet Orange, Peppermint, Rosemary cineole, Rosewood (use sustainable source), Ravensara, Lavender.

COLD SORE - Cypress, Tea Tree, Ravensara, Bergamot, Lavender.

CONFIDENCE - Bergamot, Frankincense, Sandalwood (Somalian or Sri Lankan), Sweet Marjoram, Peppermint, Rose, Neroli, Cedarwood.

CONFUSION - Lemon, Grapefruit, Sweet Orange, Cedarwood, Geranium, Rosemary verbenon, Basil, Cypress, Frankincense, Geranium, Ginger fresh root, Juniper, Rosewood, Sandalwood (Somalian or Sri Lankan), Thyme, Ylang Ylang.

CONGESTION - Cedarwood, Geranium, Rosemary verbenon, Basil, Cypress, Frankincense, Ginger, fresh root, Juniper berry, Sweet Marjoram, Peppermint, Rose, Rosewood (use sustainable source), Sandalwood (Somalian or Sri Lankan), Thyme, Ylang Ylang.

CONSTIPATION - Black Pepper, Geranium, Juniper berry, Rosemary verbenon, Basil, Fennel, Sweet Marjoram, Sweet Orange, Black Pepper.

COUGHS - Cedarwood, Eucalyptus, Tea Tree, Cinnamon, Ginger fresh root, Juniper berry, Sweet Marjoram, Myrrh, Sandalwood (Somalian or Sri Lankan).

COURAGE - Cedarwood, Bergamot, Frankincense, Sandalwood (Somalian or Sri Lankan), Clove, Fennel, Ginger, fresh root, Black Pepper, Thyme.

CYSTITIS - Juniper berry, Lavender, Tea Tree, Bergamot, Cedarwood, Clove, Fennel, Sandalwood (Somalian or Sri Lankan), Thyme.

CYST - Juniper berry, Cypress, Lavender, Tea Tree, Rosemary, Thyme, Lemon.

DEPRESSION - Bergamot, Clary Sage, Sandalwood (E. Indian endangered species), Basil, Geranium, Grapefruit, Frankincense, Lavender, Tangerine, Sweet Orange, Neroli, Patchouli, Rose, Rosewood (use sustainable source), Cedarwood, Vetiver, Ylang Ylang.

DERMATITIS - Chamomile, Lavender, Tea Tree, Cedarwood, Geranium, Juniper berry, Lavender, Pine, Patchouli.

DESPAIR - Bergamot, Rose, Clary Sage, Frankincense, Neroli, Geranium, Ginger fresh root, Lavender, Lemon, Lemongrass, Sweet Orange, Neroli, Melissa, Peppermint, Rosemary, Sandalwood (Somalian or Sri Lankan), Thyme, Ylang Ylang.

DETOXIFICATION - Juniper berry, Rosemary verbenon, Lemon, Sweet Orange, Tea Tree, Fennel, Patchouli.

DIGESTION - Bergamot, Fennel, Frankincense, Ginger fresh root, Grapefruit, Lemon, Juniper berry, Lemongrass, Myrrh, Patchouli, Black Pepper, Peppermint, Rosemary verbenon.

DISAPPOINTMENT - Clary Sage, Rose, Eucalyptus, Frankincense, Geranium, Ginger fresh root, Juniper berry, Lavender, Sweet Orange, Neroli, Melissa, Tangerine, Thyme, Ylang Ylang.

EDEMA - Helichrysum, Chamomile, Geranium, Juniper berry, Rosemary verbenon.

FEAR - Bergamot, Chamomile, Clary Sage, Cypress, Geranium, Lavender, Sweet Marjoram, Myrrh, Sweet Orange, Red Mandarin, Neroli, Tangerine, Rose, Sandalwood, Ylang Ylang.

FIBROMYALGIA RELIEF - Helichrysum, Cypress, Thyme, Sweet Marjoram, Black Pepper, Ginger fresh root, Peppermint, Ylang Ylang, Lemon.

FOCUS - Cedarwood, Clary Sage, Rosemary verbenon, Lemon, Eucalyptus, Peppermint, Basil.

FRUSTRATION - Lavender, Ylang Ylang, Chamomile, Clary Sage, Frankincense, Ginger fresh root, Juniper berry, Lavender, Lemon, Neroli, Sweet Orange, Tangerine, Red Mandarin, Peppermint, Thyme.

GRIEF - Frankincense, Rose, Melissa, Neroli.

GUILT - Cedarwood, Frankincense, Neroli, Rose, Chamomile, Cypress, Geranium, Juniper berry, Lemon, Sweet Marjoram, Rose, Thyme, Black Pepper.

HAIR GROWTH - Ylang Ylang, Rosemary verbenon, Blue Yarrow, Cedarwood, Lavender, Clary Sage, Thyme, Blue Yarrow.

HAY FEVER - Eucalyptus, Blue Tansy, Lemongrass, Peppermint, Lemon, Peppermint, Ammi Visnaga.

HEADACHES - Helichrysum, Chamomile, Eucalyptus, Juniper berry, Lavender, Rose, Basil, Sweet Marjoram, Peppermint, Rosewood (use sustainable source).

HERPES - Rose Geranium, Cypress, Lavender, Bergamot, Ravensara, Tea Tree.

HORMONES - Geranium, Rose Geranium, Rose, Neroli, Bergamot, Clary Sage, Cypress, Fennel, Lavender, Myrtle, Petitgrain, Orange, Chamomile, Juniper.

IMMUNITY - Lavender, Sandalwood (Somalian or Sri Lankan), Bergamot, Cinnamon, Clary Sage, Clove, Eucalyptus, Frankincense, Lemon, Tea Tree, Myrrh, Myrtle, Sweet Orange, Ravensara, Rosemary cineole, Rosewood (use sustainable source), Thyme.

INDECISION - Bergamot, Geranium, Lavender, Rosemary verbenon, Black Pepper, Ginger fresh root, Lemon.

INFECTIONS - Bergamot, Tea Tree, Basil, Chamomile, Cinnamon, Clary Sage, Clove, Eucalyptus, Fennel, Frankincense, Geranium, Juniper berry, Lavender, Lemongrass, Myrrh, Patchouli, Black Pepper, Petitgrain, Ravensara, Rose, Rosemary cineole, Rosewood (endangered species), Sandalwood (E. Indian endangered species), Thyme.

INHIBITIONS - Rose, Patchouli, Ylang Ylang, Bergamot, Neroli, Sweet Orange, Lemon, Grapefruit, Tangerine, Sandalwood (Somalian or Sri Lankan), Petitgrain, Vetiver.

INSOMNIA - Clary Sage, Lavender, Rose, Chamomile, Lavender, Sweet Marjoram, Neroli, Sweet Orange, Red Mandarin, Tangerine, Sandalwood (Somalian or Sri Lankan), Spikenard, Ylang Ylang, Vetiver.

IRRITABILITY - Neroli, Melissa, Lavender, Ylang Ylang, Red Mandarin, Tangerine, Chamomile.

JEALOUSY - Neroli, Melissa, Lavender, Ylang Ylang, Bergamot, Eucalyptus, Frankincense, Lemon, Sweet Marjoram, Sweet Orange, Tangerine, Rose, Rosemary verbenon, Thyme.

JET LAG - Black Pepper, Lemon, Rosemary verbenon, Peppermint, Geranium, Bergamot.

KIDNEY - Fennel, Grapefruit, Juniper berry, Lemongrass, Rosemary verbenon, Sandalwood (E. Indian endangered species)

LEG CRAMP - Peppermint, Lavender, Sweet Marjoram, Cypress, Ginger fresh root.

LETHARGY - Black Pepper, Grapefruit, Peppermint, Geranium, Neroli, Ginger fresh root, Rosemary verbenon, Thyme.

LIVER - Fennel, Geranium, Grapefruit, Lemon, Juniper berry, Peppermint, Rosemary verbenon, Ravensara.

LONELINESS - Neroli, Rose, Melissa, Sandalwood (Somalian or Sri Lankan), Ylang Ylang, Patchouli.

MEDITATION - Frankincense, Cedarwood, Cypress, Myrrh, Spikenard, Rosemary verbenon, Bergamot, Ylang Ylang, Sandalwood (Somalian or Sri Lankan).

MEMORY - Rosemary verbenon, Basil, Geranium, Ginger fresh root, Peppermint, Lemon.

MENOPAUSE - Chamomile, Clary Sage, Geranium, Rose Geranium, Petitgrain, Juniper berry, Neroli, Rose, Cypress, Lavender, Sweet Orange, Fennel.

MENSTRUATION - Chamomile, Clary Sage, Geranium, Rose Geranium, Juniper berry, Neroli, Rose, Basil, Cypress, Frankincense, Lavender, Sweet Marjoram, Myrrh, Peppermint, Rosemary verbenon, Sandalwood (E. Indian endangered species), Spikenard.

MIGRAINE - Frankincense, Peppermint, Lemon, Cypress, Lavender.

MOOD SWINGS - Clary Sage, Geranium, Rose Geranium, Sandalwood (Somalian or Sri Lankan), Bergamot, Fennel, Juniper berry, Lavender, Lemon, Peppermint, Rose, Rosemary verbenon, Ylang Ylang.

NAUSEA - Peppermint, Ginger fresh root, Lemon, Lavender, Basil, Clove, Rosewood (use sustainable source), Sandalwood (Somalian or Sri Lankan), Spikenard.

NEGATIVITY - Clary Sage, Neroli, Rose, Black Pepper, Ylang Ylang, Bergamot, Lemon, Peppermint, Cinnamon, Tangerine.

NERVOUSNESS - Bergamot, Melissa, Chamomile, Lavender, Basil, Cedarwood, Cinnamon, Clary Sage, Clove, Cypress, Geranium, Ginger fresh root, Juniper berry, Sweet Marjoram, Myrrh, Neroli, Sweet Orange, Patchouli, Peppermint, Petitgrain, Rosemary verbenon, Sandalwood (Somalian or Sri Lankan), Thyme, Black Pepper, Ylang Ylang, Vetiver.

OBESITY - Grapefruit, Juniper berry, Lemon, Sweet Orange, Fennel.

OBSESSIVE/COMPULSIVE - Clary Sage, Cypress, Geranium, Lavender, Sweet Marjoram, Rose, Sandalwood (Somalian or Sri Lankan), Ylang Ylang.

PANIC - Neroli, Rose, Melissa, Clary Sage, Lavender, Bergamot, Chamomile, Frankincense, Lavender, Sweet Marjoram, Tangerine, Black Pepper, Myrrh, Rosemary verbenon, Sandalwood (Somalian or Sri Lankan) Thyme, Ylang Ylang, Vetiver.

PMS/PMT - Clary Sage, Cypress, Geranium, Juniper berry, Lavender, Rose, Chamomile.

PSORIASIS - Bergamot, Chamomile, Lavender, Tea Tree, Cedarwood, Juniper berry, Sandalwood (Somalian or Sri Lankan).

RASH - Chamomile, Lavender, Tea Tree, Spikenard, Patchouli (Hives & itching).

RADIATION BURNS - Lavender, Chamomile, Blue Tansy.

REGRET - Frankincense, Neroli, Melissa, Rose, Sandalwood (Somalian or Sri Lankan).

REGULATING - Geranium, Clary Sage, Rose Geranium, Rose, Frankincense, Bergamot, Lavender, Sandalwood (Somalian or Sri Lankan), Myrrh.

RELAXATION - Clary Sage, Frankincense, Lavender, Neroli, Rose, Ylang Ylang, Geranium, Sweet Marjoram, Red Mandarin, Chamomile,

Vetiver, Helichrysum.

RESPIRATORY - Eucalyptus, Tea Tree, Basil, Clove, Fennel, Ginger fresh root, Juniper berry, Sweet Marjoram, Myrtle, Peppermint, Ravensara.

RESTLESSNESS - Bergamot, Clary Sage, Lavender, Basil, Cedarwood, Frankincense, Geranium, Sweet Orange, Tangerine, Neroli, Chamomile, Rose, Rosewood (use sustainable source), Ylang Ylang, Vetiver.

SADNESS - Bergamot, Neroli, Rose, Melissa, Tangerine.

SCIATICA - Chamomile, Helichrysum, Lavender, Cypress, Sweet Marjoram, Sandalwood (Somalian or Sri Lankan), Thyme, Black Pepper, Birch, Sweet Marjoram, Ginger fresh root.

SENSITIVITY - Geranium, Rose, Neroli, Melissa, Sandalwood (Somalian or Sri Lankan), Ylang Ylang, Peppermint, Pine, Ravensara, Rosemary verbenon, Thyme, Black Pepper, Vetiver, Frankincense, Sandalwood (Somalian or Sri Lankan), Myrrh.

SEXUAL DISABILITIES - Clary Sage, Neroli, Rose, Sandalwood (Somalian or Sri Lankan), Ylang Ylang, Ginger fresh root, Patchouli.

SHINGLES - Bergamot, Lavender, Tea Tree, Eucalyptus.

SHOCK - Frankincense, Neroli, Melissa, Lavender, Basil, Eucalyptus, Chamomile, Tangerine, Myrrh, Peppermint, Lemon, Rosemary verbenon, Ylang Ylang, Spikenard, Vetiver, Sandalwood (Somalian or Sri Lankan).

SHYNESS - Sandalwood (Somalian or Sri Lankan), Tangerine.

SINUS - Eucalyptus, Tea Tree, Basil, Cedarwood, Clove, Ginger fresh root, Sweet Marjoram, Tea Tree, Myrtle, Blue Tansy, Lemongrass, Peppermint, Ammi Visage, Cinnamon.

SKIN DRY - Geranium, Lavender, Spikenard, Myrrh, Patchouli.

SKIN OILY - Cedarwood, Cypress.

SKIN MATURE - Frankincense, Lavender, Rose.

SKIN PROBLEM/SENSITIVE - Helichrysum, Chamomile, Ylang Ylang, Lavender, Sandalwood (Somalian or Sri Lankan) Tea Tree, Blue Yarrow.

SKIN GENERAL CARE - Cedarwood, Chamomile, Frankincense, Geranium, Rose Geranium, Lavender, Myrrh, Patchouli, Rose, Rosemary verbenon, Rosewood, Sandalwood (Somalian or Sri Lankan), Vetiver, Ylang Ylang, Spikenard, Blue Yarrow.

SPRAINS - Helichrysum, Chamomile, Lavender, Clove, Eucalyptus, Ginger fresh root, Sweet Marjoram, Rose, Rosemary verbenon, Thyme, Black Pepper.

STIFFNESS - Black Pepper, Helichrysum, Lavender, Rosemary verbenon, Ginger fresh root.

STRESS - Cedarwood, Clary Sage, Frankincense, Lavender, Neroli, Melissa, Rose, Ylang Ylang, Tangerine, Red Mandarin, Sweet Orange, Tangerine, Vetiver, Spikenard, Myrrh.

TEARFULNESS - Geranium, Frankincense, Neroli, Rose, Sandalwood (Somalian or Sri Lankan), Rose Geranium.

TEETHING - Chamomile, Helichrysum, Lavender.

TENSION - Clary Sage, Frankincense, Neroli, Melissa, Rose, Lavender, Rosemary verbenon, Ylang Ylang, Vetiver, Spikenard, Myrrh.

THYROID - Ledum, Clove, Myrrh.

TINNITUS (RINGING EAR) - Juniper berry, Cypress, Lemon, Lavender, Helichrysum, Birch, Ylang Ylang.

TIREDNESS - Basil, Myrrh, Ginger fresh root, Clove, Peppermint, Thyme, Lemon.

TONSILLITIS - Tea Tree, Bergamot, Geranium, Lavender, Thyme, Ginger fresh root.

TRAUMA - Helichrysum, Melissa, Neroli, Vetiver, Frankincense, Tangerine, Spikenard, Vetiver, Ylang Ylang.

VARICOSE VEINS - Cypress, Lavender, Lemon, Rosemary verbenon.

VIRUS - Tea Tree, Cinnamon, Clove, Ravensara, Rosemary cineole, Rosewood (use sustainable source), Thyme, Lavender, Oregano.

VULNERABILITY - Cedarwood, Frankincense, Myrrh, Rosemary, verbena, Sandalwood (Somalian or Sri Lankan).

WARTS - Tea Tree, Cinnamon, Lemon, Thyme, Oregano, Clove, Cinnamon

WEAKNESS PHYSICAL - Helichrysum, Sandalwood (Somalian or Sri Lankan), Myrrh.

WEAKNESS EMOTIONAL - Cedarwood, Frankincense, Neroli, Melissa, Rose, Sandalwood (Somalian or Sri Lankan).

WORRY - Bergamot, Clary Sage, Frankincense, Lavender, Chamomile, Juniper berry, Rosewood (use sustainable source), Neroli, Melissa, Rose, Tangerine, Red Mandarin.

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ESSENTIAL OIL CHEMISTRY

Formulating Essential Oil Blends that Heal

Alcohol - Sesquiterpene - Ester - Ether

Formulating Essential Oil Blends that Heal

ESSENTIAL OIL CHEMISTRY

Chemical Families: Alcohols, Sesquiterpenes, Esters, Ethers

Chemistry is the science of aromatherapy. This brief explanation of the organic building blocks of essential oils is meant to be a helpful reference guide for having a basic understanding about the chemical make up of essential oils.

Includes Aroma Qualities for Each Essential Oil.

All of life is made of three elements Carbon, hydrogen and oxygen. These three molecules are the components of every essential oil.

Based on their individual chemical makeup these three elements of essential oils can be divided into chemical families. These chemical families tell us about the therapeutic properties, actions and effects of essential oils.

You can select essential oils based on their specific therapeutic chemical properties, actions and effects to formulate aromatherapy blends for healing specific conditions.

In this quick reference guide to the five (5) chemical families (alcohols, sesquiterpenes, sesquiterpenols, esters, ethers), you'll learn several of the specific properties, actions and effects of each of the chemical families, their archetypal pattern (typical area of use in aromatherapy) and alchemical or elemental power (primary or basic nature), along with a list of some of the most common single pure essential oils in each family.

“Essential Oil Chemistry,” serves as a helpful guide for selecting essential oils as a healing tool by plant identification which includes their Latin name, preferred distillation method, part of plant used, and some of best locations for production.

You can also use, *“Essential Oil Chemistry,”* as a quick reference for blending ideas and information on the healing properties for each chemical family.

Any cautions for each chemical family are also noted.

The information in this book is not meant to take the place of diagnosis or treatment by a qualified medical professional. Though all statements are believed to be accurate actual results in practice when using essential oils is individual and beyond the author's control. No expressed or implied effects are guaranteed nor liability taken. Please consult your physician regarding serious health concerns and do not attempt to self-diagnose.

Healing Tools - Essential Oils

Plant Identification

The Latin name for each plant is listed for each of your essential oils. This is important as it identifies the exact type of essential oil.

A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities.

In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Alcohol - Archetype: The Lovers

ELEMENTAL POWER

Incite Passion & Enthusiasm

ALCOHOL PROPERTIES

Actions & Effects include:

Anti-depressant - used to alleviate depression

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

Anti-infective - prevents infection

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

Antiviral - preventing or inhibiting viral activity

Antiseptic - an agent that inhibits and destroys micro organisms

Bactericidal - prevents, kills bacteria

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

Immuno-stimulant - stimulates immune function

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

ROSE OTTO - (*Rosa damacena*), steam distilled flowers, Turkey or Bulgaria

Aromas: Sweet, rosy, floral, exotic & sensual

NEROLI - (*Citrus aurantium var amara*), steam distilled blossoms, Tunisia

Aromas: Fresh, citrus, floral, sweet, warm, radiant, exotic, sensual

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands, Madagascar or Albania

Aromas: Sweet, Fresh, Floral, Exotic, Sensual

CYPRESS - (*Cupressus sempervirens*), steam distilled leaf, Crete, Mediterranean region

Aromas: Fresh, sweet, spicy, piney, woody, balsamic

JUNIPERBERRY - (*Juniperus communis*), steam distilled berry, Bosnia

Aromas: Warm, fresh, radiant, spicy, balsamic, herbaceous, woody, piney

PEPPERMINT - (*Mentha piperita*), steam distilled flowering tops, USA

Aromas: Fresh, minty, sweet

SWEET MARJORAM - (*Origanum marjorana*), steam distilled flowers and leaf, Egypt

Aromas: Fresh, sweet, balsamic, herbaceous, warm, radiant, camphoraceous, woody

PALMAROSA - (*Cymbopogon martini*), steam or hydro distilled grass, Nepal

Aromas: Floral, rosy, herbaceous, warm, sweet

MYRTLE - (*Myrtus communis*), steam distilled leaf

Aromas: Fresh, camphoraceous, herbaceous, slightly floral

ROSEWOOD - (*Aniba rosaeodora*), steam distilled wood, Brazil (endangered)

Aromas: Rosy, floral, woody, warm, sweet, balsamic

BERGAMOT - (*Citrus bergamia*), cold pressed peel, Italy

Aromas: Fresh, sweet, citrus, spicy, floral

CORIANDER - (*Coriandrum sativum*), steam distilled seed

Aromas: Fresh, warm, spicy, exotic, sensual

PATCHOULI - (*Pogostemon cablin*), steam distilled leaf, India

Aromas: Earthy, sweet, resinous, woody, exotic, sensual, warm, radiant

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

Aromas: Sweet, floral, balsamic, exotic, sensual, earthy

CISTUS - (*Cistus ladaniferus*), steam distilled leaves/stalk, Spain

Aromas: Cool, fresh, herbaceous, warm, sweet

CAUTIONS: None, generally nontoxic and non-irritating to the skin.

Ester - Archetype: Protector & Nurturer

ELEMENTAL POWER

Mother, Family, Tribe and Community.

Essential oils with esters are usually very fragrant with fruity notes. Their therapeutic actions and effects are characteristically calming and antispasmodic. And, as with most essential oils, esters have a broad spectrum of anti-microbial action.

Esters are formed from alcohols and acids, and named after both their original molecules with the alcohols dropping the "ol" and gaining an "yl" and the acids dropping the "ic" and gaining an "ate".

An example of this transposition is linalyl acetate which is probably the most well known ester and found in lavender and clary sage. In most cases ester components are quite gentle and easy to use with little or no cautions.

ESTER PROPERTIES

Actions & Effects include:

Anti-fungal - destroys or inhibits growth of fungus

Anti-inflammatory - alleviates inflammation

Anti-spasmodic - prevents and eases spasms and relieves cramps

Antiseptic - destroys, inhibits bacterial growth

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

Nervine - calming, relieves tension, strengthens and tones nerves and nervous system

Regulator - promotes balance and harmony

Calmative - a sedative

Cicatrizant - skin, wound healing

Tonic - especially nervous system

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

CLARY SAGE - (*Salvia sclarea*), hydrodiffusion flowers, USA

Aromas: Sweet, warm, herbaceous, exotic, sensual

PETITGRAIN - (*Citrus aurantifolia*), steam distilled leaf, Italy

Aromas: Fresh, citrus, sweet, herbaceous, exotic & sensual

INULA - (*Inula graveolens*), steam distilled flowering herb, Corsica

Aromas: Fresh, camphoraceous, earthy, slightly sweet and floral

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

Aromas: Sweet, balsamic, warm, radiant, fresh, herbaceous

AMMI VISNAGA - (*Ammi Visnaga*), steam distilled herb, Morocco

Aromas: Fresh, sweet, camphoraceous

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Island Madagascar

Aromas: Sweet, Fresh, Floral, Exotic, Sensual

CISTUS - (*Cistus ladaniferus*), steam distilled leaves/stalk, Spain

Aromas: Cool, fresh, herbaceous, warm, sweet

LAVENDER (*Lavandula angustifolia*), steam distilled flowers, high altitude French or Bulgarian

Aromas: Fresh, sweet, floral, herbaceous

ROMAN CHAMOMILE (*Anthemis nobilis*), steam distilled flowers, England or Bulgaria

Aromas: Fresh, sweet, herbaceous, fruity

BERGAMOT - (*Citrus bergamia*), cold pressed peel, Italy

Aromas: Fresh, sweet, citrus, spicy, floral

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

Aromas: Sweet, floral, balsamic, exotic, sensual, earthy

BIRCH - (*Betula lenta*), steam distilled bark, Canada (believed to be the only birch oil produced in the world)

Aromas: Sweet, balsamic, warm, radiant, penetrating, woody

(Birch oil is considered extremely toxic because of its high methyl salicylate content which can be as high as 95%. As well it's difficult to find

pure, unadulterated distillations of Birch oil on the world market at this time.)

CAUTIONS: Avoid in pregnancy with babies and children. Generally gentle action and free from toxicity except as noted above for Birch oil.

Ether (Phenylpropanoids) - Archetype: Transformer

ELEMENTAL POWER

Clear & Restore

Phenolic ethers are the most commonly found ethers in essential oils.

ETHER PROPERTIES

Actions & Effects include:

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

Ethers rarely occur alone in essential oils. The relationship to phenolic ethers is close.

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

ANNISE SEED - Phenolic Ether - (*Pimpinella anisum*), steam distilled seed, Egypt

Aromas: Sweet, fresh, licorice-like

FENNEL SWEET - Phenolic Ether - (*Foeniculum vulgare*), steam distilled seed, Egypt

Aromas: Sweet, spicy, balsamic, licorice-like scent

BASIL - Phenolic Ether - (Basil oil, ct. methyl chavicol), steam distilled leaf, USA

Aromas: Sweet, herbaceous, spicy, warm & radiant

ROSEMARY CINEOLE - (Rosmarinus officinalis), steam distilled leaf, Morocco

Aromas: Fresh, balsamic, herbaceous, camphoraceous, warm, radiant

CAUTIONS: Use with care in low doses of 1% or less for short durations. Avoid in pregnancy and breast-feeding. Possible safety issues include liver toxicity, estrogen-like activity, neurotoxic effects, psychotropic, and genotoxicity (interferes with DNA).

Sesquiterpene - Archetype: Wise Elder & Compassionate One

ELEMENTAL POWER

Grandparents, Guardians, Teachers, Ground, Soothe & Comfort

Sesquiterpenes are another class of terpenic hydrocarbons ending with -ene.

SESQUITERPENE PROPERTIES

Actions & Effects include:

Anti-allergic - preventing and halting allergic reactions

Regulator - stabilizing, promotes balance and harmony

Anti-inflammatory - alleviates inflammation

Antispasmodic - prevents and eases spasm and relieves cramps

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

Sedative - calming

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

Analgesic - pain reliever

Antispasmodic - relieve involuntary muscle spasm

Antiseptic - prevent, halt growth micro organisms

Anti-bacterial - inhibits, halts growth of bacteria

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some best locations for production.

YARROW - (*Achillea millefolium*), steam distilled flowers, Bulgaria

Aromas: Sweet, herbaceous, balsamic, camphoraceous, warm, radiant

BLUE TANSY - (*Tanacetum anuum*), steam distilled flower tops, Morocco

Aromas: Sweet, fresh, herbaceous, fruity, camphoraceous

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands Madagascar

Aromas: Sweet, Fresh, Floral, Exotic, Sensual

GINGER FRESH ROOT - (*Zingiber officinale*), steam distilled root Madagascar or Sri Lanka

Aromas: Warm, radiant, spicy, sweet

CHAMOMILE GERMAN - (*Matricaria recutita*), steam distilled flowers, England or Bulgaria

Aromas: Sweet, herbaceous, fresh, fruity

CEDARWOOD ATLAS - (*Cedrus atlantica*), steam distilled wood, Morocco (endangered)

Aromas: Balsamic, rich, sweet, warm, woody, with fruity & honey undertones

CEDARWOOD HIMALAYAN - (*Cedrus deodora*), steam distilled wood, Nepal

Aromas: Balsamic, rich, sweet, warm, woody, with fruity & honey undertones

VETIVER - (*Vetiveria zizanoides*), hydrodiffused root, Haiti

Aromas: Sweet, Earthy, Balsamic, Exotic, Sensual

EUCALYPTUS - (*Eucalyptus globulus*), steam distilled leaf, Australia

Aromas: Fresh, sweet, camphoraceous

SPIKENARD - (*Nardostachys jatamansi*), steam distilled wild root, Nepal

Aromas: Sweet, earthy, resinous, woody, exotic, sensual, warm, radiant

PATCHOULI - (*Pogostemon cablin*), steam distilled leaf, India

Aromas: Earthy, sweet, resinous, woody, exotic, sensual, warm, radiant

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

Aromas: Earthy, sweet, resinous, woody, exotic, sensual, warm, radiant

VALERIAN - (*Valerian officinalis*), steam distilled root, India

Aromas: Balsamic, bitter, sweet, warm, earthy, astringent

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

Aromas: Sweet, balsamic, warm, radiant, fresh, herbaceous

MYRRH - (*Commiphora myrrha*), steam distilled gum resin, Ethiopia or Kenya

Aromas: Balsamic, resinous, warm, radiant, spicy

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

Aromas: Sweet, fresh, herbaceous

CAUTIONS: May be a skin irritant.

Sesquiterpenol - Archetype: Wise Elder & Compassionate One

ELEMENTAL POWER

Grand Mothers, Guardians, Teachers, Ground, Soothe & Comfort

Sesquiterpenols are a class of sesquiterpene alcohols. These alcohols are not commonly found in essential oils, but when present offer outstanding healing qualities.

SESQUITERPENOL PROPERTIES

Actions & Effects include:

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

CHAMOMILE GERMAN - (*Matricaria recutita*), steam distilled flowers, England or Bulgaria

Aromas: Sweet, herbaceous, fresh, fruity

VETIVER - (*Vetiveria zizanoides*), hydrodiffused root, Haiti

Aromas: Sweet, Earthy, Balsamic, Exotic, Sensual

SANDALWOOD - (*Santalum album*), steam distilled heartwood, India (endangered)

Aromas: Warm, resinous, balsamic, earthy, woody, sweet

CARROT SEED - (*Daucas carota*), hydrodiffusion seeds, France

Aromas: Sweet, herbaceous

MYRRH - (*Commiphora myrrha*), steam distilled gum resin, Ethiopia or Kenya

Aromas: Balsamic, resinous, warm, radiant, spicy

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

Aromas: Sweet, balsamic, warm, radiant, fresh, herbaceous

VALERIAN - (*Valerian officinalis*), steam distilled root, India

Aromas: Balsamic, bitter, sweet, warm, earthy, astringent

PATCHOULI - (*Pogostemon cablin*), steam distilled leaf, India

Aromas: Earthy, sweet, resinous, woody, exotic, sensual, warm, radiant

GINGER - (*Zingiber officinale*), steam distilled fresh root, Madagascar

Aromas: Warm, radiant, spicy, sweet

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands Madagascar

Aromas: Sweet, Fresh, Floral, Exotic, Sensual

SPIKENARD - (*Nardostachys jatamansi*), steam distilled wild root, Nepal

Aromas: Sweet, earthy, resinous, woody, exotic, sensual, warm, radiant

CEDARWOOD ATLAS - (*Cedrus atlantica*), steam distilled wood, Morocco (endangered)

Aromas: Balsamic, rich, sweet, warm, woody, with fruity & honey undertones

CEDARWOOD HIMALAYAN - (*Cedrus deodora*), steam distilled wood, Nepal

Aromas: Balsamic, rich, sweet, warm, woody, with fruity & honey undertones

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

Aromas: Sweet, floral, balsamic, exotic, sensual, earthy

CAUTIONS: None

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ESSENTIAL OIL CHEMISTRY

FORMULATING ESSENTIAL OIL BLENDS THAT HEAL
ALDEHYDE - KETONE - LACTONE



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ESSENTIAL OIL CHEMISTRY

Formulating Essential Oil Blends that Heal

Aldehyde - Ketone - Lactone

Formulating Essential Oil Blends that Heal

ESSENTIAL OIL CHEMISTRY

Chemical Families: Aldehydes, Ketones, Lactones

Chemistry is the science of aromatherapy. This brief explanation of the organic building blocks of essential oils is meant to be a helpful reference guide for having a basic understanding about the chemical make up of essential oils.

Includes Aroma Qualities for Each Essential Oil.

All of life is made of three elements Carbon, hydrogen and oxygen. These three molecules are the components of every essential oil.

Based on their individual chemical makeup these three elements of essential oils can be divided into chemical families. These chemical families tell us about the therapeutic properties, actions and effects of essential oils.

You can select essential oils based on their specific therapeutic chemical properties, actions and effects to formulate aromatherapy blends for healing specific conditions.

In this quick reference guide to three (3) chemical families (aldehydes, ketones & lactones), you'll learn several of the specific properties, actions and effects of each of the chemical families, their archetypal pattern (typical area of use in aromatherapy) and alchemical or elemental power (primary or basic nature), along with a list of some of the most common single pure essential oils in each family.

“Essential Oil Chemistry,” serves as a helpful guide for selecting essential oils as a healing tool by plant identification which includes their Latin name, preferred distillation method, part of plant used, and some of best locations for production.

You can also use, *“Essential Oil Chemistry,”* as a quick reference for blending ideas and information on the healing properties for each chemical family.

Any cautions for each chemical family are also noted.

The information in this book is not meant to take the place of diagnosis or treatment by a qualified medical professional. Though all statements are believed to be accurate actual results in practice when using essential oils is individual and beyond the author's control. No expressed or implied effects are guaranteed nor liability taken. Please consult your physician regarding serious health concerns and do not attempt to self-diagnose.

Healing Tools - Essential Oils

Plant Identification

The Latin name for each plant is listed for each of your essential oils. This is important as it identifies the exact type of essential oil.

A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities.

In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Aldehyde - Archetype: Cleaner

ELEMENTAL POWER

Renew & Freshen

Aldehydes are highly unstable, easily oxidize and become rancid in the presence of heat, light and air.

ALDEHYDE PROPERTIES

Actions & Effects include:

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

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

BASIL LEMON - (*Ocimum citriodorum*), steam distilled leaf, USA

Aromas: Sweet, herbaceous, spicy, warm/radiant/penetrating with a lemony note.

LEMONGRASS - (*Cymbopogon flexuosus*), steam distilled grass, India

Aromas: Fresh, lemony, sweet, herbaceous

LEMON VERBENA - (*Lippia citriodora*), steam distilled leaf, France

Aromas: Fresh, lemony

EUCALYPTUS - (*Eucalyptus citriodora*), hydrodiffused leaf, Australia

Aromas: Fresh, sweet, camphoraceous

MELISSA - (*Melissa officinalis*), steam distilled flower/leaf, France

Aromas: Lemony, sweet, fresh, earthy, cool

CITRONELLA - (*Cymbopogon winterianus*), steam distilled Grass, Indonesia

Aromas: Fresh, sweet, citrus, lemony

ORANGE SWEET - (*Citrus sinensis*), cold pressed fresh peel, USA & Portugal

Aromas: Fresh, sweet, citrus, fruity

CINNAMON BARK - (*Cinnamomum zeylanicum*), steam distilled bark, Ceylon or Madagascar

Aromas: Sweet, warm, spicy, radiant

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands, Madagascar or Albania

Aromas: Sweet, Fresh, Floral, Exotic, Sensual

CUMIN - (*Cuminum cyminum*), steam distilled seed, Egypt

Aromas: Spicy, warm/radiant/penetrating

CORIANDER - (*Coriandrum sativum*), steam distilled seed

Aromas: Fresh, warm, spicy, exotic, sensual

CAUTION: Strong skin irritant and skin sensitivity. Use in weak dilutions of 1% or less.

Ketone - Archetype: Service Worker

ELEMENTAL POWER

Can Do

KETONE PROPERTIES

Actions & Effects include:

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

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

ROSEMARY CAMPHOR (*Rosmarinus officinalis*), steam distilled leaf, Spain

Aromas: Fresh, balsamic, herbaceous, strongly camphoraceous, warm, radiant

ROSEMARY VERBENON (*Rosmarinus officinalis*), steam distilled leaf, Corsica & S. Africa

Aromas: Fresh, herbaceous, camphoraceous, penetrating, warm, radiant

CARRAWAY - (*Carum carvi*), steam distilled seed, Egypt

Aromas: Pungent, fresh, sweet, anise-like

DILL OIL - (*Anethum graveolens*), steam distilled seed, India

Aromas: Pungent, herbaceous

TANSY BLUE - (*Tanacetum annuum*), steam distilled flowering tops, Morocco

Aromas: Sweet, fresh, herbaceous, fruity, camphoraceous

SPEARMINT - (*Mentha spicata*), steam distilled flowering herb, USA

Aromas: Fresh, sweet, minty

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

Aromas: Sweet, balsamic, warm, radiant, fresh, herbaceous

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

Aromas: Sweet, fresh, herbaceous

YARROW - (*Achillea millefolium*), steam distilled flowers, Bulgaria

Aromas: Sweet, herbaceous, balsamic, camphoraceous, warm, radiant

SPIKENARD - (*Nardostachys jatamansi*), steam distilled wild root, Nepal

Aromas: Sweet, earthy, resinous, woody, exotic, sensual, warm, radiant

CEDARWOOD ATLAS - (*Cedrus atlantica*), steam distilled wood, Morocco (endangered)

Aromas: Balsamic, rich, sweet, warm, woody, with fruity & honey undertones

CEDARWOOD HIMALAYAN - (*Cedrus deodora*), steam distilled wood, Nepal

Aromas: Balsamic, rich, sweet, warm, woody, with fruity & honey undertones

CAUTION: Neurotoxic. Short-term use of low dilutions of 1% or less are considered safe. Essential oils high in ketones need to be used with care in pregnancy.

Lactone - Archetype: Spiritual Director

ELEMENTAL POWER

Motivate, Clarify, Inspire & Encourage

(Coumarins & furocoumarins)

Lactones are less frequently found in essential oils and typically only in cold pressed or expressed oils. Lactones have a reputation for their notable mucolytic, expectorant and fever-reducing actions, making them especially effective for treating respiratory congestion and bronchitis.

Coumarins are a type of lactone and act as anticoagulants (blood thinners) and hypotensors (lower blood pressure). Coumarins also stimulate and uplift the senses, yet calm and sedate.

LACTONE PROPERTIES

Actions & Effects include:

Mucolytic - breaks down mucous

Expectorant - promotes secretion of the air passageways, especially good for treating coughs

Anti-coagulant - used to prevent formation of blood clots

Anticoagulant - inhibits blood clotting, blood thinner

Anti-pyretic - fever reducer

Decongestant - relieves mucous congestion

Anti-depressant - alleviates or prevents depression, lifts mood, counters melancholia

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

Uplifting - morally or spiritually elevating, inspires happiness or hope

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

Hypotensor - lowers blood pressure

Anti-viral (some are) - inhibits, destroys virus

Anti-fungal (some are) - prevent, destroy fungal growth

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

BERGAMOT - (Citrus bergamia), cold pressed peel, Italy

Aromas: Fresh, sweet, citrus, spicy, floral

LEMON - (*Citrus limonum*), cold pressed fresh fruit peel, USA or Italy

Aromas: Fresh, sweet, lemony, citrus, fruity

SWEET ORANGE - (*Citrus sinensis*), cold pressed fresh fruit peel, USA or Portugal

Aromas: Fresh, sweet, citrus, fruity

CISTUS - (*Cistus ladaniferus*), steam distilled leaves/stalk, Spain

Aromas: Cool, fresh, herbaceous, warm, sweet

LIME - (*Citrus aurantifolia*), expressed, Mexico

Aromas: Sweet, fresh, citrus, fruity

GRAPEFRUIT - (*Citrus paradisi*), cold pressed fresh fruit peel, USA

Aromas: Fresh, citrus, fruity

CAUTION: Photosensitizing. Some coumarins, like furocoumarin found in bergamot oil, are severe sun skin sensitizers and application to the skin should be avoided before direct exposure to the sun or using a sun bed.

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FORMULATING ESSENTIAL OIL BLENDS THAT HEAL
MONOTERPENE - OXIDE - PHENOL



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ESSENTIAL OIL CHEMISTRY

Formulating Essential Oil Blends that Heal

Monoterpene - Oxide - Phenol

Formulating Essential Oil Blends that Heal

CHEMISTRY OF ESSENTIAL OILS

Chemical Families: Monoterpenes, Monoterpenols, Oxides & Phenols

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You can select essential oils based on their specific therapeutic chemical properties, actions and effects to formulate aromatherapy blends for healing specific conditions.

In this quick reference guide to four (4) chemical families (monoterpenes, monoterpenols, oxides and phenols) you'll learn several of the specific properties, actions and effects of each of these chemical families, their archetypal pattern (typical area of use in aromatherapy) and alchemical or elemental power (primary or basic nature), along with a list of some of the most common single pure essential oils in each family.

“Essential Oil Chemistry,” serves as a helpful guide for selecting essential oils as a healing tool by plant identification which includes their Latin name, preferred distillation method, part of plant used, and some of best locations for production.

You can also use, *“Essential Oil Chemistry,”* as a quick reference for blending ideas and information on the healing properties for each chemical family.

Any cautions for each chemical family are also noted.

The information in this book is not meant to take the place of diagnosis or treatment by a qualified medical professional. Though all statements are believed to be accurate actual results in practice when using essential oils is individual and beyond the author's control. No expressed or implied effects are guaranteed nor liability taken. Please consult your physician regarding serious health concerns and do not attempt to self-diagnose.

Healing Tools - Essential Oils

Plant Identification

The Latin name for each plant is listed for each of your essential oils. This is important as it identifies the exact type of essential oil.

A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities.

In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

Monoterpene - Archetype: Athlete

ELEMENTAL POWER

Masculine, Strength, Courage, Endurance, Stamina & Stability

Monoterpene compounds are a class of terpenic hydrocarbons. Terpenic compounds end with -ene. Monoterpene are generally found in most all essential oils and are known to react readily to heat, light and air sources. For this reason bottles containing pure essential oils need to tightly sealed and kept in a cool, dark place for storage.

Citrus oils are especially high in monoterpene hydrocarbons and readily oxidize when left open to the light and air.

MONOTERPENE PROPERTIES

Actions & Effects include:

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

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

BERGAMOT - (Citrus bergamia), cold pressed peel, Italy

Aromas: Fresh, sweet, citrus, spicy, floral

CYPRESS - (Cupressus sempervirens), steam distilled leaf, Crete, Mediterranean region

Aromas: Fresh, sweet, spicy, piney, woody, balsamic

SPRUCE BLACK - (Picea Mariana), steam distilled leaf, Canada

Aromas: Fresh, woody, balsamic, resinous, slightly sweet

FIR WHITE (Silver) - (abies alba), steam distilled needles

Aromas: Fresh, balsamic, resinous, woody, slightly sweet (like Christmas trees)

BLACK PEPPER - (Piper nigrum), steam distilled fruit, Madagascar

Aromas: Warm, spicy, radiant, pungent, herbaceous

GALBANUM - (*Ferula galbaniflua*), steam distilled resin, Iran

Aromas: Earthy, spicy, herbal, warm, woody, balsamic, piney

JUNIPER BERRY - (*Juniperus communis*), steam distilled berry, Bosnia

Aromas: Warm, fresh, radiant, spicy, balsamic, herbaceous, woody, piney

FRANKINCENSE - (*Boswellia fereana*), steam distilled resin tears, Oman
India (endangered) or Somalia

Aromas: Warm, sweet, balsamic, resinous, woody, exotic, sensual

CARROT SEED - (*Daucus carota*), hydrodiffusion seeds, France

Aromas: Sweet, herbaceous (similar to scent of fresh carrots)

BLUE TANSY - (*Tanacetum annuum*), steam distilled flower tops,
Morocco

Aromas: Sweet, fresh, herbaceous, fruity, camphoraceous

MYRRH - (*Commiphora myrrha*), steam distilled gum resin, Ethiopia or
Kenya

Aromas: Balsamic, resinous, warm, radiant, spicy

TEA TREE - (*Melaleuca alternifolia*), steam distilled leaf, Australia

Aromas: Fresh, camphoraceous, penetrating, warm, spicy, herbaceous

LEMON - (*Citrus limonum*), cold pressed fresh fruit peel, USA or Italy

Aromas: Fresh, sweet, lemony, citrus, fruity

SWEET ORANGE - (*Citrus sinensis*), cold pressed fresh fruit peel, USA
or Portugal

Aromas: Fresh, sweet, citrus, fruity

TANGERINE - (*Citrus reticulata*), cold pressed fresh fruit peel, USA

Aromas: Fresh, sweet, citrus, fruity

GRAPEFRUIT PINK - (*Citrus paradisi*), cold pressed fresh fruit peel,
USA

Aromas: Fresh, citrus, fruity

MANDARIN RED - (*Citrus deliciosa*), cold pressed fresh fruit peel, USA

Aromas: Sweet, citrus, fresh, fruity, floral, warm

LIME - (*Citrus aurantifolia*), cold pressed fresh fruit peel, USA or Italy

Aromas: Sweet, fresh, citrus, fruity

RAVENSARA - (*Ravinsara aromatica*), steam distilled leaf, Madagascar

Aromas: Sweet, spicy, balsamic, licorice-like

NUTMEG - (*Myristica fragrans*), steam distilled or CO2 extracted fruit, Indonesia

Aromas: Spicy, sweet (reminiscent of eggnog)

ANGELICA - (*Angelica archangelica*), steam distilled root or seed, France

Aromas: spicy, herbaceous, earthy, woody, slightly sweet

PINE - (*Pinus sylvestris*), steam distilled needles

Aromas: Fresh, sweet, woody, warm/radiant/penetrating

ELEMI - (*Canarium luzonicum*), steam distilled resin, Philippines

Aromas: Sweet, spicy, balsamic, slight lemon note

ROSEWOOD - (*Aniba rosaeodora*), steam distilled wood, Brazil (endangered)

Aromas: Warm, woody, rosy, floral, sweet, balsamic

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

Aromas: Sweet, floral, balsamic, exotic, sensual, earthy

CUMIN - (*Cuminum cyminum*), steam distilled seed, Egypt

Aromas: Spicy, warm/radiant/penetrating

EUCALYPTUS - (Eucalyptus globulus & radiata), steam distilled leaf, Australia

Aromas (globulus): Fresh, sweet, camphoraceous

Aromas (radiata): Fresh, sweet, pungent, camphoraceous, woody

HYSSOP - (Hyssopus decumbens), steam distilled whole plant, Spain

Aromas: Sweet, fresh, herbaceous

CAUTION: Kidney & skin irritant

Monoterpenol - Archetype: Athlete

ELEMENTAL POWER

Feminine, Strength, Courage, Endurance, Stamina & Stability

Monoterpenols are a class of monoterpene alcohols.

MONOTERPENOL PROPERTIES

Actions & Effects include:

Anti-infectious - controls infection

Anti-viral - prevents, inhibits virus

Anti-fungal - prevents, inhibits fungus

Immuno-stimulant - stimulates immune response, increases immune function

Cicatrizant - skin and wound healing

Regulator - stabilize and balances, especially mood and the emotions

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

BASIL SWEET - (Ocimum basilicum), steam distilled leaf, Egypt

Aromas: Sweet, herbaceous, spicy, warm & radiant

PETITGRAIN - (*Citrus aurantifolia*), steam distilled leaf, Italy

Aromas: Fresh, citrus, sweet, herbaceous, exotic & sensual

LAVENDER - (*lavandula angustifolia*), steam distilled flowers (high altitude)

Aromas: Fresh, sweet, floral, herbaceous

ROSE OTTO - (*Rosa damacena*), steam distilled flowers, Bulgaria

Aromas: Sweet, rosy, floral, exotic & sensual

PEPPERMINT - (*Mentha piperita*), steam distilled flowers and leaf, USA

Aromas: Fresh, minty, sweet

SPKIE LAVENDER - (*Lavandula latifolia*), steam distilled flower, France

Aromas: Sweet, fresh, foral, herbaceous, camphoraceous

TEA TREE - (*Melaleuca alternifolia*), steam distilled leaf, Australia

Aromas: Fresh, camphoraceous, penetrating, warm, spicy, herbaceous

LEMONGRASS - (*Cymbopogon citratus*), hydrodiffused gass, Haiti

Aromas: Fresh, lemony, herbaceous

SWEET MARJORAM - (*Origanum majorana*), steam distilled flower/leaf, Egypt

Aromas: Fresh, sweet, balsamic, herbaceous, warm, radiant camphoraceous, woody

PALMAROSA - (*Cymbopogon martinii*), steam distilled grass/herb, Nepal

Aromas: Floral, rosy, herbaceous, warm, sweet

ROSE GERANIUM - (*Geranium roseum*), steam distilled leaf, Madagascar, Albania

Aromas: Sweet, fresh, rosy, floral, herbaceous, exotic & sensual

INULA - (Inula graveolens), steam distilled flowering herb, Corsica

Aromas: Fresh, camphoraceous, earthy, slightly sweet and floral

GERANIUM - (Pelargonium graveolens), steam distilled leaf, Reunion Islands Madagascar

Aromas: Sweet, Fresh, Floral, Exotic, Sensual

CLARY SAGE - (Salvia sclarea), hydrodiffusion flowers, USA

Aromas: Sweet, warm, herbaceous, exotic, sensual

GINGER - (Zingiber officinale), steam distilled fresh root, Madagascar

Aromas: Warm, radiant, spicy, sweet

NEROLI - (Citrus aurantium var amara), steam distilled blossoms, Tunisia

Aromas: Fresh, citrus, floral, sweet, warm, radiant, exotic, sensual

CAUTIONS: Can irritate the skin. Menthol containing essential oils like Peppermint should be avoided with children under 5 years of age.

Oxide - Archetype: Liberator

ELEMENTAL POWER

Create Openness & Freedom

The most well known oxide in aromatherapy is 1,8 cineole, also known as eucalyptol.

OXIDE PROPERTIES

Actions & Effects include:

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

EUCALYPTUS - (*Eucalyptus globulus* & *radiata*), steam distilled leaf, Australia

Aromas (globulus): Fresh, sweet, camphoraceous

Aromas (radiata): Fresh, sweet, pungent, camphoraceous, woody

RAVENSARA - (*Ravensara aromatica*), steam distilled leaf, Madagascar

Aromas: Sweet, spicy, balsamic, licorice-like

NIAOULI - (*Melaleuca quinquenervia*), steam distilled leaf, Madagascar

Aromas: Fresh, camphoraceous, penetrating, warm, sweet

CHAMOMILE GERMAN - (*Matricaria recutita*), steam distilled flowers, England or Bulgaria

Aromas: Sweet, herbaceous, fresh, floral

ROSEMARY CINEOLE - (*Rosmarinus officinalis ct cineole*), steam distilled, Morocco

Aromas: Fresh, balsamic, herbaceous, camphoraceous, warm, radiant

RAVINTSARA - (*Cinnamomum camphora*), steam distilled leaf, Madagascar

Aromas: Camphoraceous, balsamic, spicy

SPIKE LAVENDER - (*Lavandula angustifolia*), steam distilled flower, France

Aromas: Sweet, fresh, foral, herbaceous, camphoraceous

MYRTLE - (*Myrtus communis*), steam distilled leaf/fruit, Morocco

Aromas: Fresh, camphoraceous, herbaceous, slightly floral

BAY LAUREL - (*Laurus nobilis*), steam distilled leaf, Crete or France

Aromas: Spicy, warm, herbaceous

CAJUPUT - (*Melaleuca leucadendron*), steam distilled leaf, Australia

Aromas: Fresh, sweet, camphoraceous, warm, penetrating, herbaceous

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

Aromas: Sweet, fresh, herbaceous

ROSEWOOD - (*Aniba rosaeodora*), steam distilled wood, Brazil
(endangered)

Aromas: Warm, woody, rosy, floral, sweet, balsamic

INULA - (*Inula graveolens*), steam distilled flowering herb, Corsica

Aromas: Fresh, camphoraceous, earthy, slightly sweet and floral

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

Phenol - Archetype: Warrior

ELEMENTAL POWER

Aggressive, Powerful Defender

Thymol, eugenol and carvacrol are characteristic components of these essential oils with notable antiseptic, anti-bacterial, disinfectant and stimulating properties.

PHENOL PROPERTIES

Actions & Effects include:

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

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

ANNISE SEED Phenolic Ether - (*Pimpinella anisum*), steam distilled seed, Egypt

Aromas: Sweet, fresh, licorice-like

CINNAMON - (*Cinnamomum zeylanicum*), steam distilled leaf, water distillation bark, Madagascar

Aromas: Sweet, warm, spicy, radiant

CLOVE BUD - (*Eugenia caryophyllata*), steam distilled bud, Madagascar

Aromas: Sweet, spicy, warm/radiant/penetrating

FENNEL SWEET Phenolic Ether - (*Foeniculum vulgare*), steam distilled seed, Egypt

Aromas: Sweet, spicy, balsamic, licorice-like scent

OREGANO - (*Origanum vulgare*), steam distilled herb, Turkey

Aromas: Fresh, herbaceous, spicy, warm/radiant/penetrating

THYME - (*Thymus vulgaris*), steam distilled herb, Germany

Aromas: Fresh, herbaceous, spicy, warm/radiant/penetrating

Essential oils high in phenols should always be used in very low concentrations (less than 1%) and for short durations of time as they can lead to toxicity. Phenols are skin and mucus membrane irritants and can cause severe skin reactions.

CAUTIONS: Skin irritant, Hepatotoxic, Nephrotoxic

I can think of no one better to teach aromatherapy than KG Stiles.
Eldon Taylor, Ph.D., New York Times Best-selling Author

AROMATHERAPY HEALING POWER OF SCENT



Blending Secrets Guide
Plus+ 18 Classifications of Aroma

KG STILES, CERTIFIED CLINICAL AROMATHERAPIST

AROMATHERAPY

HEALING POWER OF SCENT

Blending Secrets Guide

Plus+ 18 Classifications of Aroma

WHAT YOU WILL LEARN

In this guide you'll learn about the healing power of scent and explore the finer distinctions of aroma.

Aromatherapy Essential oils are known for promoting a broad spectrum of therapeutic results according to their particular chemical properties. However the healing benefits of essential oils are most especially enjoyed according to their unique aromatic character and quality.

The sense of smell is considered by many authorities to be the most powerful of your five senses. Your sense of smell touches and affects you at the deepest most profound levels of your being. Your sense of smell powerfully affects your memory and mood, and influences your other sense perceptions.

AROMATHERAPY - HEALING POWER OF SCENT is a quick and helpful reference guide for selecting pure essentials that heal by their scent and includes their Latin name (botanical species), so you will know exactly which variety of the essential oil to purchase that will give you the desired aromatic quality and therapeutic effects you desire.

You'll find out 18 classifications of aroma for formulating healing blends by scent. Each of the 18 classifications includes a complete list of pure essential oils for you to try by their aromatic character and quality.

Also noted are the species of essential oils currently endangered with suggestions for a replacement oil to consider.

You will also receive an ADDED BONUS of the 'Blending Secrets Guide' I use when formulating blends and that my mentees and students use when learning about formulating blends.

You'll have an opportunity to formulate your own blend of essential oil and use it in a one ounce base of your favorite carrier oil. This aromatic blend can be used as massage oil or applied as a skin nourishing oil. All the blending supplies you'll need are given in your book.

I've also included a few additional recipes for essential oils blends for you to try.

THE LANGUAGE OF AROMA

Let Your Nose Guide You!

Like the finest wines pure, unadulterated essential oils can be appreciated and enjoyed for their distinctive aromatic quality and character.

The discriminating aroma enthusiast will always look for the classic telltale signs of a premium quality pure essential oil.

The five minimal requirements to consider when selecting your essential oil include:

Generic name of the essential oil

Botanical species

Which part of the plant produced the oil

Method of distillation

Where the oil was produced

Example label: lavender, *lavandula angustifolia*, flowers, steam distilled, Italy, High Altitude

Along with these five minimal requirements the discriminating buyer should also require that a pure essential oil be either certified organic or organically grown and tested for purity by GC/MS analysis.

For more information about purity of an essential oil you might like to refer to my Amazon Kindle book, "How to Tell if an Essential is Pure..."

When purchasing essential oils for unsurpassed therapeutic results, as well as for sensual pleasure, it is worth taking time to learn the distinctive aroma classifications that give an essential oil its unique character and quality.

I've noted some of my own personal preferences when buying.

Fine Distinctions of Aroma - 18 Classifications

BALSAMIC - a peaceful and grounding aroma that's sweet, soft, and rich.

Essential oils with a Balsamic aroma include:

Black Spruce - *Picea Mariana*

Cedarwood, Atlas - *Cedrus atlantica* (some authorities consider Atlas endangered, consider using Himalayan instead)

Cedarwood, Himalayan - *Cedrus deodora*

Coriander - *Coriandrum sativum*

Cypress - *Cupressus sempervirens*

Fennel, Bitter - *Foeniculum vulgare*

Frankincense - *Boswellia fereana* (Oman endangered use Somalian)

Helichrysum - *Helichrysum italicum* ssp *serotinum*

Juniper Berry - *Juniperus communis*

Sweet Marjoram - *Origanum marjorana*

Myrrh - *Commiphora myrrha*

Ravensara - *Ravinsara aromatica*

Rosemary, Cineole - *Rosmarinus officinalis* ct cineole

Sandalwood - *Santalum album* (E. Indian endangered use Sri Lankan)

Ylang Ylang III - *Cananga odorata*

Vetiver - *vetiveria zizanoides*

CAMPHORACEOUS - cool, fresh, penetrating aromas that open and clear the respiratory system and stimulate healing. A natural alternative to vapor rubs for colds and flu.

Essential oils with a Camphoraceous aroma

Blue Tansy - *Tanacetum anuum*

Eucalyptus Globulus - *Eucalyptus globulus*

Sweet Marjoram - *Origanum marjorana*

Rosemary - *Rosmarinus officinalis*

Tea Tree (Australia) - *Melaleuca alternifolia*

Yarrow - *Achillea millefolium*

CITRUS - fresh, vibrant and tart aromas that are like a burst of bright sunshine, uplifting.

Essential oils with a Citrus aroma include:

Bergamot - *Citrus bergamia*

Grapefruit - *Citrus paradisi*

Lemon - *Citrus limonum*

Neroli - *Citrus aurantium*

Petitgrain - *Citrus aurantifolia*

Orange - *Citrus sinensis*

EARTHY - grounding, stabilizing, and enduring aromas that are sweet, rich and deep, excellent perfume oils.

Essential oils with an Earthy aroma include:

Patchouli - *Pogostemon patchouli*

Sandalwood - *Santalum album* (E. Indian endangered use Sri Lankan)

Spikenard - *Nardostachys jatamansi*

Valerian - *Valeriana officinalis*

Vetiver - *Vetiveria zizanoides*

EXOTIC & SENSUAL - warm, sweet, spicy, intoxicating aromas that hypnotize the senses.

Essential oils with an Exotic & Sensual aroma include:

Geranium - *Pelargonium graveolens*

Neroli - *Citrus aurantium*

Patchouli - *Pogostemon patchouli* & *Pogostemon cablin* (I prefer cablin)

Petitgrain - *Citrus aurantifolia*

Rose Geranium - *Pelargonium roseum*

Rose otto - *Rosa damacena*

Spikenard - *Nardostachys jatamansi*

Vetiver - *Vetiveria zizanoides* (stainless, not iron distilled)

Ylang Ylang - *Cananga odorata* (I prefer Ylang Ylang III)

FLORAL - sweet, fresh flowery scents, heady to delicate and subtle in aroma.

Essential oils with a Floral aroma include:

Geranium - *Pelargonium graveolens*

Lavender - *Lavandula angustifolia*

Neroli - *Citrus aurantium*

Rose Geranium - *Pelargonium roseum*

Rose otto - *Rosa damacena*

Ylang Ylang - *Cananga odorata* (I prefer Ylang Ylang III)

FRESH - vibrant, crisp, clean aromas that clear the mind and renew the senses.

Essential oils with a Fresh aroma include:

Celery Seed - *Apium graveolens*

Cypress - *Cupressus sempervirens*

Eucalyptus - *Eucalyptus globulus*

Geranium - *Pelargonium graveolens*

Grapefruit - *Citrus paradisi*

Helichrysum (Corsica) - *Helichrysum italicum*

Lavender - *Lavandula angustifolia*

Lemon - *Citrus limonum*

Lemongrass - *Cymbopogon citratus*

Sweet Marjoram - *Origanum marjorana*

Orange - *Citrus sinensis*

Peppermint - *Mentha x piperita*

Petitgrain - *Citrus aurantifolia*

Rose Geranium - *Pelargonium roseum*

Rose otto - *Rosa damascena*

Rosemary verbenon - *Rosmarinus officinalis*

Tea Tree (Australia) - *Melaleuca alternifolia*

Thyme - *Thymus vulgaris* L.

FRUITY - refreshing, tangy, sweet, vibrant & sharp aromas, uplift your senses.

Essential oils with a Fruity aroma include:

Blue Tansy - *Tanacetum anuum*

Chamomile, Roman - *Athemis nobilis*

Grapefruit - *Citrus paradisi*

Lemon - *Citrus limonum*

Orange - *Citrus sinensis*

HERBACEOUS - a garden of country fresh herbs to flavor your foods and scent your home.

Essential oils with an Herbaceous aroma include:

Blue Tansy - *Tanacetum anuum*

Carrot Seed - *Daucus carota*

Chamomile, German - *Matricaria recutita*

Fennel - *Foeniculum vulgare*

Helichrysum - *Helichrysum italicum*

Lavender - *Lavandula angustifolia*

Lemongrass - *Cymbopogon citratus*

Sweet Marjoram - *Origanum marjorana*

Petitgrain - *Citrus aurantifolia*

Rosemary - *Rosmarinus officinalis*

Tea Tree (Australia) - *Melaleuca alternifolia*

Thyme - *Thymus vulgaris* L.

Valerian - *Valerian officinalis*

Yarrow - *Achillea millefolium*

LEMONY - positive, fresh, uplifting aromas that feel like bright summer sunshine.

Essential oils with a Lemony aroma include:

Lemon - *Citrus limonum*

Lemongrass - *Cymbopogon citratus*

Lemon Tea Tree - *Leptospermum petersonii*

Lemon Verbena - *Lippia citriodora*

MINTY - energizing, fresh, cool, penetrating aromas that relieve belly, head or body aches.

Essential oils with a Minty aroma include:

Peppermint - *Mentha piperita*

Spearmint - *Mentha spicata*

PINEY - sharp, fresh, clean scents that open and clear, calm and restore breathing.

Essential oils with a Piney aroma include:

Black Spruce - *Picea mariana*

Cypress - *Cupressus sempervirens*

Juniper berry - *Juniperus communis*

Pine - *Pinus sylvestris*

RESINOUS - beautifully deep, earthy aromas that ground and support.

Essential oils with a Resinous aroma include:

Frankincense - *Boswellia fereana* (Oman endangered, purchase Somalian instead)

Myrrh - *Commiphora myrrha*

Patchouli - *Pogostemon cablin*

Sandalwood - *Santalum album* (E. Indian endangered use Sri Lankan)

Spikenard - *Nardostachys jatamansi*

ROSY - a fresh rose aroma that nourishes the feminine spirit, a heart essence.

Essential oils with a Rosy aroma include:

Rose Geranium *Pelargonium roseum*

Rose otto - *Rosa damascena*

SPICY - a passionate and fiery aroma that inspires dreams of distant and exotic lands, warming.

Essential oils with a Spicy aroma include:

Sweet Basil - *Ocimum basilicum* ct linalool

Black Pepper - *Piper nigrum*

Celery Seed - *Apium graveolens*

Clove Bud - *Eugenia Caryophyllata*

Fennel - *Foeniculum vulgare*

Ginger - *Zingiber officinale*

Myrrh - *Commiphora myrrha*

Thyme - *Thymus vulgaris* L.

SWEET - pleasing and familiar aromas that comfort and soothe.

Essential oils with a Sweet aroma include:

Sweet Basil - *Ocimum basilicum* ct linalool

Bergamot - *Citrus bergamia*

Blue Tansy - *Tanacetum anuum*

Carrot Seed - *Daucus carota*

Cedarwood, Atlas - *Cedrus atlantica* (endangered use Himalayan)

Cedarwood, Himalayan - *Cedrus deodora*

Celery Seed - *Apium graveolens*

Chamomile, German - *Matricaria recutita*

Chamomile, Roman - *Athemis nobilis*

Clove Bud - *Eugenia Caryophyllata*

Cypress - *Cupressus sempervirens*

Fennel - *Foeniculum vulgare*

Rose Geranium - *Pelargonium roseum*

Geranium - *Pelargonium graveolens*

Ginger - *Zingiber officinale*

Lavender - *Lavandula angustifolia*

Lemon - *Citrus limonum*

Sweet Marjoram - *Origanum marjorana*

Neroli - *Citrus aurantium* var. *amara*

Orange - Citrus sinensis

Patchouli - Pogostemom cablin

Petitgrain - Citrus aurantifolia

Rose otto - Rosa damacena

Sandalwood - Santalum album (E. Indian endangered use Sri Lankan instead)

Spikenard - Nardostachys jatamansi

Vetiver - Vetiveria zizanioides

Ylang Ylang - Cananga odorata (prefer Ylang Ylang III)

WARM - RADIANT - PENETRATING - soothing aromas that warm the senses.

Essential oils with a Warm, Radiant & Penetrating aroma include:

Black Pepper - Piper nigrum

Celery Seed - Apium graveolens

Clove Bud - Eugenia Caryophyllata

Fennel - Foeniculum vulgare

Ginger - Zingiber officinale

Helichrysum - Helichrysum italicum

Juniper berry - Juniperus communis

Sweet Marjoram - Origanum marjorana

Myrrh - Commiphora myrrha

Patchouli - Pogostemom cablin

Petitgrain - Citrus aurantifolia

Sandalwood - Santalum album (E. Indian endangered use Sri Lankan instead)

Spikenard - *Nardostachys jatamansi*

Thyme - *Thymus vulgaris* L.

Valerian - *Valeriana officinalis*

Yarrow - *Achillea millefolium*

WOODY - Reminiscent of fresh cut wood, like a walk in nature woody aromas calm, reassure and ground the senses.

Essential oils with a Woody aroma include:

Cedarwood, Atlas - *Cedrus atlantica* (some authorities consider endangered consider using Himalayan instead)

Cedarwood, Himalayan - *Cedrus deodora*

Black Spruce - *Picea Communis*

Cypress - *Cupressus sempervirens*

Juniper berry - *Juniperus communis*

Sweet Marjoram - *Origanum marjorana*

Patchouli - *Pogostemom cablin*

Sandalwood - *Santalum album* (E. Indian endangered use Sri Lankan instead)

Spikenard - *Nardostachys jatamansi*

Vetiver - *Vetiveria zizanoides*

BLENDING SECRETS GUIDE

It is beyond the scope of this book to go into the details of Top, Middle and Bottom Notes for essential oils and their qualities.

Though limited in application this blending secrets guide will be useful for basic blending of essential oils according to their aroma qualities and effects.

After a little practice, you will know the aroma qualities and effects of many different essential oils and enjoy creating aromatherapy blends just

from their scent alone!

You will be making a one ounce blend of essential oil in a base of carrier oil. This blend can be used as massage oil or applied as skin nourishing oil. This one ounce blend will be at a 2% dilution, using a total of 10-12 drops of essential oil.

Aromatherapy Blending Supplies:

Essential oils - you can blend up to three different essential oils.

One ounce of carrier oil - light coconut oil, jojoba oil, sweet almond oil, or any other vegetable carrier oil you love to put on your skin.

Step One

On a sheet of paper write down the names of each essential oil you will be using. You will record the number of drops you add to your blend for your recipe.

Step Two

Add one drop of your selected essential oil, along with its aroma quality and effect.

Step Three

Add one drop of your selected essential oil, along with its aroma quality and effect.

Step Four

Add one drop of your selected essential oil, along with its aroma quality and effect.

Step Four

Stir the mixture by using a sterile instrument.

SAMPLE YOUR BLEND'S AROMA:

Dispense a little of your aromatic blend on a perfume smell strip, a cotton ball or tissue and inhale slowly.

You will probably notice that the aroma of some essential oils is lighter than other oils in your blend, so you will notice its uplifting scent first.

As your blend synergizes the aroma qualities will change and take on a unique character.

Take your time and write down your aroma experiences for deepening your awareness of each essential oil and blend.

You will notice that the aroma of certain essential oils linger longer in your memory.

The aroma qualities and language of aromas sing to your senses like muses inspiring you to formulate a balanced blend for harmonizing body, mind, spirit and emotions.

As you experiment with your aromatic formulations you will naturally get a feel for when to emphasize a particular aromatic note or language to achieve your desired results.

Step Five

Now add one additional drop of any one of the oils that especially called to you.

Step Six

Record each drop you add to your blend on your recipe sheet, mix the blend again, dispense a drop on your smell strip, cotton ball or tissue and inhale.

Step Seven

Continue to add one drop at a time of any of the oils you selected until you arrive at an aromatic blend that pleases your senses within the 1-5% range; that's between 10-15 drops of essential oils.

Keeping track of the number of drops of each essential oil while blending ensures you won't forget the exact recipe of a blend should it be a memorable one for you!

Try these recipes for three types of aromatherapy blends. Blend into one ounce of your favorite carrier oil:

1% Dilution — Headache Blend (9-15 drops total)

Eucalyptus, *Eucalyptus globulus* - 3 drops

Peppermint, *Mentha piperita* - 3 drops

Lavender, *Lavendula angustifolia* - 3 drops

2% Dilution — Immune Stimulant Blend (15-18 drops total)

Lavender, *Lavendula angustifolia* - 6 drops

Tea Tree, *Melaleuca artifolia* - 4 drops

Eucalyptus, *Eucalyptus globules*- 5

5% Dilution - Sore Muscle Blend (30-45 Drops total)

Eucalyptus, *Eucalyptus globulus* - 10 drops

Peppermint, *Mentha piperita* - 10 drops

Lavender, *Lavendula angustifolia* - 10

Rub a little of your aromatherapy Headache or Immune Stimulant blend on your wrists, your temples, the sides of your neck or chest.

Try the sore muscle blend on a tense muscle or painful joint.

Notice how you respond to your blend over the next several days. Try out your blend on yourself, family and friends. Observe how others respond to them.

Notice how the aroma of your aromatherapy blend changes over time and after you apply it on your skin.

By trying out different blends with others you will be learning about how different aromas affect different people.

Through exploring the uses and benefits of essential oils they will become a valuable addition to your everyday life.

YOUR ASSIGNMENT

Please note the pure essential oil(s) used, the % dilution of carrier oil (if used), and the effects you notice from using the pure essential oil, blend, or

dilution.

"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

CHEMISTRY ESSENTIAL OILS

QUICK REFERENCE GUIDE

Summary of Chemical Families, Properties,
Actions & Effects



KG Stiles, Certified Clinical Aromatherapist

CHEMISTRY ESSENTIAL OILS

Quick Reference Guide

Summary of Chemical Families

Properties, Actions & Effects

How to Formulate Blends that Heal

Quick Reference Guide to:

CHEMISTRY OF ESSENTIAL OILS - 12 Chemical Families

Chemistry is the science of aromatherapy. This brief explanation of the organic building blocks of essential oils is meant to be a helpful reference guide for having a basic understanding about the chemical make up of essential oils.

All of life is made of three elements Carbon, hydrogen and oxygen. These three molecules are the components of every essential oil.

Based on their individual chemical makeup these three elements of essential oils can be divided into 12 Chemical families. These 12 chemical families tell us about the therapeutic properties, actions and effects of essential oils.

You can select essential oils based on their specific therapeutic chemical properties, actions and effects to formulate aromatherapy blends for healing specific conditions.

In this quick reference guide to the twelve (12) chemical families you'll learn several of the specific properties, actions and effects of each of the twelve (12) chemical families, their archetypal pattern (typical area of use in aromatherapy) and alchemical or elemental power (primary or basic nature), along with a list of some of the most common single pure essential oils in each family.

“*Chemistry Essential Oils,*” serves as a helpful guide for selecting essential oils as a healing tool by plant identification which includes their Latin name, preferred distillation method, part of plant used, and some of best locations for production.

You can also use, “*Essential Oil Chemistry,*” as a quick reference for blending ideas and information on the healing properties for each chemical family.

Any cautions for each chemical family are also noted.

The information in this book is not meant to take the place of diagnosis or treatment by a qualified medical professional. Though all statements are

believed to be accurate actual results in practice when using essential oils is individual and beyond the author's control. No expressed or implied effects are guaranteed nor liability taken. Please consult your physician regarding serious health concerns and do not attempt to self-diagnose.

Healing Tools - Essential Oils

Plant Identification

The Latin name for each plant is listed for each of your essential oils. This is important as it identifies the exact type of essential oil.

A Latin name, or botanical name, is the most precise way to identify a particular plant. Many plants will have several varieties. Each species of a plant has different aromas and therapeutic qualities.

In order to know the chemical make-up and properties of an essential oil, the label must include the species of the plant.

1. **Alcohol** - Archetype: The Lovers

ELEMENTAL POWER

Incite Passion & Enthusiasm

ALCOHOL PROPERTIES

Actions & Effects include:

Anti-depressant - used to alleviate depression

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

Anti-infective - prevents infection

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

Antiviral - preventing or inhibiting viral activity

Antiseptic - an agent that inhibits and destroys micro organisms

Bactericidal - prevents, kills bacteria

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

Immuno-stimulant - stimulates immune function

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

ROSE OTTO - (*Rosa damacena*), steam distilled flowers, Turkey or Bulgaria

NEROLI - (*Citrus aurantium var amara*), steam distilled blossoms, Tunisia

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands, Madagascar or Albania.

CYPRESS - (*Cupressus sempervirens*), steam distilled leaf, Crete, Mediterranean region

JUNIPERBERRY - (*Juniperus communis*), steam distilled berry, Bosnia

PEPPERMINT - (*Mentha piperita*), steam distilled flowering tops, USA

SWEET MARJORAM - (*Origanum marjorana*), steam distilled flowers and leaf, Egypt

PALMAROSA - (*Cymbopogon martini*), steam or hydro distilled grass, Nepal

MYRTLE - (*Myrtus communis*), steam distilled leaf

ROSEWOOD - (*Aniba rosaeodora*), steam distilled wood, Brazil (endangered)

BERGAMOT - (*Citrus bergamia*), cold pressed peel, Italy

CORIANDER - (*Coriandrum sativum*), steam distilled seed

PATCHOULI - (*Pogostemon cablin*), steam distilled leaf, India

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

CISTUS - (*Cistus ladaniferus*), steam distilled leaves/stalk, Spain

CAUTIONS: None, generally nontoxic and non-irritating to the skin.

2. **Aldehyde** - Archetype: Cleaner

ELEMENTAL POWER

Renew & Freshen

Aldehydes are highly unstable, easily oxidize and become rancid in the presence of heat, light and air.

ALDEHYDE PROPERTIES

Actions & Effects include:

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

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

BASIL LEMON - (*Ocimum citriodorum*), steam distilled leaf, USA

LEMONGRASS - (*Cymbopogon flexuosus*), steam distilled grass, India

LEMON VERBENA - (*Lippia citriodora*), steam distilled leaf, France

EUCALYPTUS - (*Eucalyptus citriodora*), hydrodiffused leaf, Australia

MELISSA - (*Melissa officinalis*), steam distilled flower/leaf, France

CITRONELLA - (*Cymbopogon winterianus*), steam distilled Grass, Indonesia

ORANGE SWEET - (*Citrus sinensis*), cold pressed fresh peel, USA & Portugal

CINNAMON BARK - (*Cinnamomum zeylanicum*), steam distilled bark, Ceylon

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands, Madagascar or Albania.

CUMIN - (*Cuminum cyminum*), steam distilled seed, Egypt

CORIANDER - (*Coriandrum sativum*), steam distilled seed

CAUTION: Strong skin irritant and skin sensitivity. Use in weak dilutions of 1% or less.

3. Ester - Archetype: Protector & Nurturer

ELEMENTAL POWER

Mother, Family, Tribe and Community.

Essential oils with esters are usually very fragrant with fruity notes. Their therapeutic actions and effects are characteristically sedating and antispasmodic. And, as with most essential oils, esters have a broad spectrum of anti-microbial action.

Esters are formed from alcohols and acids, and named after both their original molecules with the alcohols dropping the "ol" and gaining an "yl" and the acids dropping the "ic" and gaining an "ate".

An example of this transposition is linalyl acetate which is probably the most well known ester and found in lavender and clary sage. In most cases ester components are quite gentle and easy to use with little or no cautions.

ESTER PROPERTIES

Actions & Effects include:

Anti-fungal - destroys or inhibits growth of fungus

Anti-inflammatory - alleviates inflammation

Anti-spasmodic - prevents and eases spasms and relieves cramps

Antiseptic - destroys, inhibits bacterial growth

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

Nervine - calming, relieves tension, strengthens and tones nerves and nervous system

Regulator - promotes balance and harmony

Calmative - a sedative

Cicatrizant - skin, wound healing

Tonic - especially nervous system

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

CLARY SAGE - (Salvia sclarea), hydrodiffusion flowers, USA

PETITGRAIN - (Citrus aurantifolia), steam distilled leaf, Italy

INULA - (Inula graveolens), steam distilled flowering herb, Corsica

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

AMMI VISNAGA - (*Ammi Visnaga*), steam distilled herb, Morocco

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Island Madagascar

CISTUS - (*Cistus ladaniferus*), steam distilled leaves/stalk, Spain

LAVENDER (*Lavendula angustifolia*), steam distilled flowers, high altitude French or Bulgarian

ROMAN CHAMOMILE (*Anthemis nobilis*), steam distilled flowers, England or Bulgaria

BERGAMOT - (*Citrus bergamia*), cold pressed peel, Italy

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

BIRCH - (*Betula lenta*), steam distilled bark, Canada (believed to be the only authentic birch oil produced in the world)

(Birch oil is considered extremely toxic because of its high methyl salicylate content which can be as high as 95%. As well it's difficult to find pure, unadulterated distillations of Birch oil on the world market at this time.)

CAUTIONS: Avoid in pregnancy with babies and children. Generally gentle action and free from toxicity except as noted above for Birch oil.

4. Ketone - Archetype: Service Worker

ELEMENTAL POWER

Can Do

KETONE PROPERTIES

Actions & Effects include:

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

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

ROSEMARY CAMPHOR (*Rosmarinus officinalis*), steam distilled leaf, Spain

ROSEMARY VERBENON (*Rosmarinus officinalis*), steam distilled leaf, Corsica & S. Africa

CARRAWAY - (*Carum carvi*), steam distilled seed, Egypt

DILL OIL - (*Anethum graveolens*), steam distilled seed, India

TANSY BLUE - (*Tanacetum annum*), steam distilled flowering tops, Morocco

SPEARMINT - (*Mentha spicata*), steam distilled flowering herb, USA

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

YARROW - (*Achillea millefolium*), steam distilled flowers, Bulgaria

SPIKENARD - (*Nardostachys jatamansi*), steam distilled wild root, Nepal

CEDARWOOD ATLAS - (*Cedrus atlantica*), steam distilled wood, Morocco (endangered)

CEDARWOOD HIMALAYAN - (*Cedrus deodora*), steam distilled wood, Nepal

CAUTION: Neurotoxic. Short-term use of low dilutions of 1% or less are considered safe. Essential oils high in ketones need to be used with care in pregnancy.

5. Lactone - Archetype: Spiritual Director

ELEMENTAL POWER

Motivate, Clarify, Inspire & Encourage

(Coumarins & furocoumarins)

Lactones are less frequently found in essential oils and typically only in cold pressed or expressed oils. Lactones have a reputation for their notable mucolytic, expectorant and fever-reducing actions, making them especially effective for treating respiratory congestion and bronchitis.

Coumarins are a type of lactone and act as anticoagulants (blood thinners) and hypotensors (lower blood pressure). Coumarins also stimulate and uplift the senses, yet calm and sedate.

LACTONE PROPERTIES

Actions & Effects include:

Mucolytic - breaks down mucous

Expectorant - promotes secretion of the air passageways, especially good for treating coughs

Anti-coagulant - used to prevent formation of blood clots

Anticoagulant - inhibits blood clotting, blood thinner

Anti-pyretic - fever reducer

Decongestant - relieves mucous congestion

Anti-depressant - alleviates or prevents depression, lifts mood, counters melancholia

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

Uplifting - morally or spiritually elevating, inspires happiness or hope

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

Hypotensor - lowers blood pressure

Anti-viral (some are) - inhibits, destroys virus

Anti-fungal (some are) - prevent, destroy fungal growth

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some of best locations for production.

BERGAMOT - (Citrus bergamia), cold pressed peel, Italy

LEMON - (Citrus limonum), cold pressed fresh fruit peel, USA or Italy

SWEET ORANGE - (Citrus sinensis), cold pressed fresh fruit peel, USA or Portugal

CISTUS - (Cistus ladaniferus), steam distilled leaves/stalk, Spain

LIME - (Citrus aurantifolia), expressed, Mexico

GRAPEFRUIT - (Citrus paradisi), cold pressed fresh fruit peel, USA

CAUTION: Photosensitizing. Some coumarins, like furocoumarin found in bergamot oil, are severe sun skin sensitizers and application to the skin should be avoided before direct exposure to the sun or using a sun bed.

6. Monoterpene - Archetype: Athlete

ELEMENTAL POWER

Masculine, Strength, Courage, Endurance, Stamina & Stability

Monoterpene compounds are a class of terpenic hydrocarbons. Terpenic compounds end with -ene. Monoterpene are generally found in most all essential oils and are known to react readily to heat, light and air sources. For this reason bottles containing pure essential oils need to tightly sealed and kept in a cool, dark place for storage.

Citrus oils are especially high in monoterpene hydrocarbons and readily oxidize when left open to the light and air.

MONOTERPENE PROPERTIES

Actions & Effects include:

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

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

BERGAMOT - (Citrus bergamia), cold pressed peel, Italy

CYPRESS - (Cupressus sempervirens), steam distilled leaf, Crete, Mediterranean region

SPRUCE - (Picea Mariana), steam distilled leaf, Canada

FIR, White (Silver) - (abies alba), steam distilled needles

BLACK PEPPER - (Piper nigrum), steam distilled fruit, Madagascar

GALBANUM - (Ferula galbaniflua), steam distilled resin, Iran

JUNIPER BERRY - (Juniperus communis), steam distilled berry, Bosnia

FRANKINCENSE - (Boswelia fereana), steam distilled resin tears, Oman India (endangered) or Somalia

CARROT SEED - (Daucas carota), hydrodiffusion seeds, France

BLUE TANSY - (Tanacetum annum), steam distilled flower tops, Morocco

MYRRH - (Commiphora myrrha), steam distilled gum resin, Ethiopia or Kenya

TEA TREE - (Melaleuca alternifolia), steam distilled leaf, Australia

LEMON - (Citrus limonum), cold pressed fresh fruit peel, USA or Italy

SWEET ORANGE - (Citrus sinensis), cold pressed fresh fruit peel, USA or Portugal

TANGERINE - (Citrus reticulata), cold pressed fresh fruit peel, USA

GRAPEFRUIT - (Citrus paradisi), cold pressed fresh fruit peel, USA

MANDARIN - (Citrus deliciosa), cold pressed fresh fruit peel, USA

LIME - (Citrus aurantifolia), cold pressed fresh fruit peel, USA or Italy

RAVENSARA - (Ravinsara aromatica), steam distilled leaf, Madagascar

NUTMEG - (*Myristica fragrans*), steam distilled or CO2 extracted fruit, Indonesia

ANGELICA - (*Angelica archangelica*), steam distilled root or seed, France

PINE - (*Pinus sylvestris*), steam distilled needles

ELEMI - (*Canarium luzonicum*), steam distilled resin, Philippines

ROSEWOOD - (*Aniba rosaeodora*), steam distilled wood, Brazil (endangered)

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

ANGELICA ROOT - (*Angelica archangelica*), steam distilled root or seed, France

CUMIN - (*Cuminum cyminum*), steam distilled seed, Egypt

EUCALYPTUS - (*Eucalyptus globulus* & *radiata*), steam distilled leaf, Australia

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

CAUTION: Kidney & skin irritant

7. Monoterpenol - Archetype: Athlete

ELEMENTAL POWER

Feminine, Strength, Courage, Endurance, Stamina & Stability

Monoterpenols are a class of monoterpene alcohols.

MONOTERPENOL PROPERTIES

Actions & Effects include:

Anti-infectious - controls infection

Anti-viral - prevents, inhibits virus

Anti-fungal - prevents, inhibits fungus

Immuno-stimulant - stimulates immune response, increases immune function

Cicatrizant - skin and wound healing

Regulator - stabilize and balances, especially mood and the emotions

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

BASIL SWEET - (*Ocimum basilicum*), steam distilled leaf, Egypt

PETITGRAIN - (*Citrus aurantifolia*), steam distilled leaf, Italy

LAVENDER - (*lavandula angustifolia*), steam distilled flowers (high altitude)

ROSE OTTO - (*Rosa damacena*), steam distilled flowers, Bulgaria

PEPPERMINT - (*Mentha piperita*), steam distilled flowers and leaf, USA

SPKIE LAVENDER - (*Lavandula latifolia*), steam distilled flower, France

TEA TREE - (*Melaleuca alternifolia*), steam distilled leaf, Australia

LEMONGRASS - (*Cymbopogon citratus*), hydrodiffused gass, Haiti

SWEET MARJORAM - (*Origanum majorana*), steam distilled flower/leaf, Egypt

PALMAROSA - (*Cymbopogon martinii*), steam distilled grass/herb, Nepal

ROSE GERANIUM - (*Geranium roseum*), steam distilled leaf, Madagascar, Albania

INULA - (*Inula graveolens*), steam distilled flowering herb, Corsica

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands Madagascar

CLARY SAGE - (*Salvia sclarea*), hydrodiffusion flowers, USA

GINGER - (*Zingiber officinale*), steam distilled fresh root, Madagascar

NEROLI - (*Citrus aurantium* var *amara*), steam distilled blossoms, Tunisia

CAUTIONS: Can irritate the skin. Menthol containing essential oils like Peppermint should be avoided with children under 5 years of age.

8. Ether (Phenylpropanoids) - Archetype: Transformer

ELEMENTAL POWER

Clear & Restore

Phenolic ethers are the most commonly found ethers in essential oils.

ETHER PROPERTIES

Actions & Effects include:

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

Ethers rarely occur alone in essential oils. The relationship to phenolic ethers is close.

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

ANNISE SEED - Phenolic Ether - (*Pimpinella anisum*), steam distilled seed, Egypt

FENNEL SWEET - Phenolic Ether - (*Foeniculum vulgare*), steam distilled seed, Egypt

BASIL - Phenolic Ether - (Basil oil, ct. methyl chavicol), steam distilled leaf, USA

ROSEMARY CINEOLE - (Rosmarinus officinalis), steam distilled leaf, Morocco

CAUTIONS: Use with care in low doses of 1% or less for short durations. Avoid in pregnancy and breast-feeding. Possible safety issues include liver toxicity, estrogen-like activity, neurotoxic effects, psychotropic, and genotoxicity (interferes with DNA).

9. Oxide - Archetype: Liberator

ELEMENTAL POWER

Create Openness & Freedom

The most well known oxide in aromatherapy is 1,8 cineole, also known as eucalyptol.

OXIDE PROPERTIES

Actions & Effects include:

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

EUCALYPTUS - (*Eucalyptus globulus & radiata*), steam distilled leaf, Australia

RAVENSARA - (*Ravensara aromatica*), steam distilled leaf, Madagascar

NIAOULI - (*Melaleuca quinquenervia*), steam distilled leaf, Madagascar

CHAMOMILE GERMAN - (*Matricaria recutita*), steam distilled flowers, England or Bulgaria

ROSEMARY CINEOLE - (*Rosmarinus officinalis ct cineole*), steam distilled, Morocco

RAVINTSARA - (*Cinnamomum camphora*), steam distilled leaf, Madagascar

SPIKE LAVENDER - (*Lavandula angustifolia*), steam distilled flower, France

MYRTLE - (*Myrtys communis*), steam distilled leaf/fruit, Morocco

BAY LAUREL - (*Laurus nobilis*), steam distilled leaf, Crete or France

CAJUPUT - (*Melaleuca leucadendron*), steam distilled leaf, Australia

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

ROSEWOOD - (*Aniba rosaeodora*), steam distilled wood, Brazil (endangered)

INULA - (*Inula graveolens*), steam distilled flowering herb, Corsica

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

10. Phenol - Archetype: Warrior

ELEMENTAL POWER

Aggressive, Powerful Defender

Thymol, eugenol and carvacrol are characteristic components of these essential oils with notable antiseptic, anti-bacterial, disinfectant and stimulating properties.

PHENOL PROPERTIES

Actions & Effects include:

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

Essential Oils in this Class

Preferred distillation method, part of plant used, and some best locations for production.

ANNISE SEED Phenolic Ether - (*Pimpinella anisum*), steam distilled seed, Egypt

CINNAMON - (*Cinnamomum zeylanicum*), steam distilled leaf, water distillation bark, Madagascar

CLOVE BUD - (*Eugenia caryophyllata*), steam distilled bud, Madagascar

FENNEL SWEET Phenolic Ether - (*Foeniculum vulgare*), steam distilled seed, Egypt

OREGANO - (*Origanum vulgare*), steam distilled herb, Turkey

THYME - (*Thymus vulgaris*), steam distilled herb, Germany

Essential oils high in phenols should always be used in very low concentrations (less than 1%) and for short durations of time as they can lead to toxicity. Phenols are skin and mucus membrane irritants and can cause severe skin reactions.

CAUTIONS: Skin irritant, Hepatotoxic, Nephrotoxic

11. Sesquiterpene - Archetype: Wise Elder & Compassionate One

ELEMENTAL POWER

Grandparents, Guardians, Teachers, Ground, Soothe & Comfort

Sesquiterpenes are another class of terpenic hydrocarbons ending with -ene.

SESQUITERPENE PROPERTIES

Actions & Effects include:

Anti-allergic - preventing and halting allergic reactions

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

Antispasmodic - relieve involuntary muscle spasm

Antiseptic - prevent, halt growth micro organisms

Anti-bacterial - inhibits, halts growth of bacteria

Essential Oils in this class include:

Preferred distillation method, part of plant used, and some best locations for production.

YARROW - (*Achillea millefolium*), steam distilled flowers, Bulgaria

BLUE TANSY - (*Tanacetum anuum*), steam distilled flower tops, Morocco

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands Madagascar

GINGER FRESH ROOT - (*Zingiber officinale*), steam distilled root Madagascar or Sri Lanka

CHAMOMILE GERMAN - (*Matricaria recutita*), steam distilled flowers, England or Bulgaria

CEDARWOOD ATLAS - (*Cedrus atlantica*), steam distilled wood, Morocco (endangered)

CEDARWOOD HIMALAYAN - (*Cedrus deodora*), steam distilled wood, Nepal

VETIVER - (*Vetiveria zizanoides*), hydrodiffused root, Haiti

EUCALYPTUS - (*Eucalyptus globulus*), steam distilled leaf, Australia

SPIKENARD - (*Nardostachys jatamansi*), steam distilled wild root, Nepal

PATCHOULI - (*Pogostemom cablin*), steam distilled leaf, India

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

VALERIAN - (*Valerian officinalis*), steam distilled root, India

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

MYRRH - (*Commiphora myrrha*), steam distilled gum resin, Ethiopia or Kenya

HYSSOP - (*Hyssopus decumbens*), steam distilled whole plant, Spain

CAUTIONS: May be a skin irritant.

12. Sesquiterpenol - Archetype: Wise Elder & Compassionate One

ELEMENTAL POWER

Grand Mothers, Guardians, Teachers, Ground, Soothe & Comfort

Sesquiterpenols are a class of sesquiterpene alcohols. These alcohols are not commonly found in essential oils, but when present offer outstanding healing qualities.

SESQUITERPENOL PROPERTIES

Actions & Effects include:

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

CHAMOMILE GERMAN - (*Matricaria recutita*), steam distilled flowers, England or Bulgaria

VETIVER - (*Vetiveria zizanoides*), hydrodiffused root, Haiti

SANDALWOOD - (*Santalum album*), steam distilled heartwood, India (endangered)

CARROT SEED - (*Daucus carota*), hydrodiffusion seeds, France

MYRRH - (*Commiphora myrrha*), steam distilled gum resin, Ethiopia or Kenya

HELICHRYSUM - (*Helichrysum italicum*), steam distilled flowers, Corsica

VALERIAN - (*Valerian officinalis*), steam distilled root, India

PATCHOULI - (*Pogostemon cablin*), steam distilled leaf, India

GINGER - (*Zingiber officinale*), steam distilled fresh root, Madagascar

GERANIUM - (*Pelargonium graveolens*), steam distilled leaf, Reunion Islands Madagascar

SPIKENARD - (*Nardostachys jatamansi*), steam distilled wild root, Nepal

CEDARWOOD ATLAS - (*Cedrus atlantica*), steam distilled wood, Morocco (endangered)

CEDARWOOD HIMALAYAN - (*Cedrus deodora*), steam distilled wood, Nepal

YLANG YLANG - (*Cananga odorata*), steam distilled flowers, Madagascar

CAUTIONS: None

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Check out my other books in the 'Healing with Essential Oils' series listed at the end of this book, along with my other titles.

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.

KG Stiles is a Certified Clinical Aromatherapist and founding director of PurePlant Essentials aromatherapy company. She began her professional healing arts practice in 1980 and has formulated aromatherapy products for a variety of health and beauty related treatments for the global marketplace, as well as blends custom aromatherapy formulas for 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.

“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

“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

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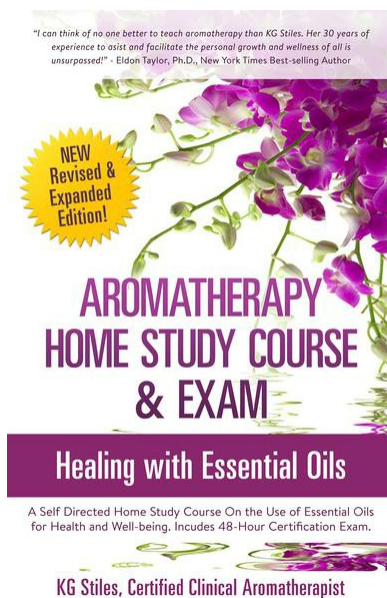
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I've known KG Stiles for many years and she's always shown especial care for the safe and best practices when using essential oils. Highly recommended for the novice, as well as long time aromatherapist. -**Sylla Sheppard-Hanger RA, LMT - Registered Aromatherapist, Founder Atlantic Institute of Aromatherapy**

KG's books and courses are written from years of experience and investigation. Highly recommended! -**Jonathan Goldman, award winning best-selling author and Grammy nominee**

It has been a pleasure working with KG Stiles, Certified Aromatherapist. She has been a key resource in creating a hospital based Aromatherapy program. -**Linda McGwire, RN, BSN, HNC-B**

I highly recommend anyone interested in aromatherapy and holistic healing to check out a course with KG Stiles. -**Steven Farmer, Ph.D., Best-selling author Animal Spirit Guides**

ABOUT YOUR INSTRUCTOR KG STILES, BA, CBT, CBP, LMT is a holistic health educator, licensed massage therapist (Hawaii #6351 and Oregon #2313), certified clinical aromatherapist, providing expert essential oil services since 1980 and founder of the PurePlant Essentials aromatherapy company. Her advice and services have included internationally famous celebrities, athletes, entrepreneurs, top executives, individuals, entrepreneurs, spa therapists and hospitals. She has published hundreds of articles, appearing in *Massage Therapy Journal*, *Massage Today*, *Breast Cancer Wellness*, *Aromatherapy Today* (Australia) and *NAHA Aromatherapy Journal*. Her newest awarding winning book, "The Essential Oils Complete Reference Guide," won a 'Living Now' Gold Medal Award and was winner of 'Nautilus' and 'Indie Next Generation' book awards. KG lives in Ashland, Oregon and the NAHA Oregon (South) Director.

Read more at [KG STILES's site](#).

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About the Author

ABOUT KG STILES KG Stiles is a Certified Clinical Aromatherapist and founding director of PurePlant Essentials aromatherapy company. KG began her professional healing arts practice in 1980. She has formulated aromatherapy products for a variety of wellness and beauty related treatments for the global marketplace, as well custom formulas for 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 and hospitals. She is the best-selling author of, "*The Essential Oils Complete Reference Guide*," which won a Living Now Gold Medal and Nautilus and Indie Next Generation book awards. Her newest book is, "*The Best Natural Cures Using Essential Oils*." She is the National Association of Holistic Aromatherapy (NAHA) Oregon (South) Director and a NAHA approved continuing education provider.

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