

# Terra Flora Essential Oils List of Properties

Following is a list of the Terra Flora oils along with their major qualities. These brief descriptions convey the highlights of each oil; for fuller information please refer to any of the excellent books on aromatherapy. The information given here is for reference only, and is not intended to replace proper medical treatment. In the case of any serious illness, a qualified medical practitioner should be consulted.

## **Angelica**

*Angelica archangelica*

A most exquisite and precious aromatic oil, with a fragrance that imparts purity and sweetness as well as warmth and musky depth. Steeped in rich folklore, its very name suggests how esteemed it was, believed to be a safeguard against all forms of contagious disease and infection. Today Angelica is used in a wide variety of ways, from the curative to the culinary, yet its most important use is for spiritual opening.

The Angelica adds a unique spiritual note to other oils like Rose or Jasmine. It is very often used in birthing rooms, in hospitals or in sanctuaries. Wherever the human soul is crossing a threshold or boundary, the Angelica provides protection and direction. A truly sacred oil!

## **Basil (Tulsi)**

*Ocimum sanctum*

Considered a “king among plants,” the Basil was probably an ancient anointing oil for kings. It has a characteristically hot and spicy scent, and is generally used as a tonic and stimulant. The Basil has a definite “yang” quality and is said to be ruled by the planet Mars or the constellation Scorpio. The symptoms which Basil treats range from chest infections and respiratory problems to headaches and mental fatigue. However, the underlying attribute of Basil is that it helps ground and pull together. As its name implies, it is a “base” remedy which especially heals the lower chakras and unites them with the more spiritual centers.

## **Bergamot**

*Citrus bergamia*

This is a widely used essential oil which has a very pleasant, uplifting scent. Bergamot is ideal to experience by itself and also combines harmoniously with other essential oils.

Bergamot has a “lightening” quality that makes it excellent to use where there is anxiety, depression or tension. Many practitioners are finding remarkable results with Bergamot applied to pulse points or diffused throughout the room during therapy sessions. Bergamot is a warm and radiant remedy that soon becomes a staple in any aromatherapy repertoire. Bergamot does increase photosensitivity, so do not use it on your skin before exposure to sunlight or UV radiation.

## **Birch**

*Betula lenta*

White Birch trees grow up to 20 meters high with slender, flexible branches, light green oval leaves and a white luminescent bark. The Birch tree is called the Lady of the Woods and has long been revered in Celtic and Nordic plant mythology, strongly associated with the sensitivity of Venus. Birch essential oil is steam distilled from the bark of the Birch. The white bark of Birch is very notable, so thin and loose that it readily peels away from the tree. This responsiveness and receptivity of the Birch to its environment, gives us a sense for its healing properties as an essential oil. Birch essential oil is deeply penetrating, with an aroma that is simultaneously sweet and invigorating. Applications of the Birch essential oil help the skin remain open and flexible, healing and dissolving hardening tendencies in the musculature and connective tissue that would isolate the skin from beneficial environmental influences. Birch essential oil

is simultaneously cooling and warming, thus highly beneficial for many inflammatory conditions. Although Birch essential oil is chemically similar to Wintergreen (both contain methyl salicylate), it carries deeper therapeutic properties within its luminous and complex aroma, and is more able to work within the full spectrum of the body-mind matrix.

## **Black Pepper**

*Piper nigrum*

Black Pepper essential oil is steam distilled from the peppercorn, or fruit of the *Piper nigrum* vine. As its name suggests, Black Pepper imparts a fiery, grounding aroma. Its stimulating and preserving qualities make it an esteemed ingredient in culinary dishes, and because it increases hydrochloric acid secretion, boosts digestion and assimilation of food. The warming and antispasmodic attributes of Black Pepper essential oil make it an excellent addition to any massage oil, especially for sore muscles and joints. Black Pepper essential oil is abundant in antioxidants (due to its high level of monoterpenes and sesquiterpenes). It also has many anti-viral properties, making it an excellent immune stimulant, especially to promote circulation and stimulate mucus and bile flow. Due to its strong fiery qualities, Black Pepper essential oil should always be tested before applying to the skin, and generally used in minimal doses.

## **Black Spruce**

*Picea mariana*

Black Spruce is notable for its simultaneous uplifting, yet grounding qualities. Its vivifying forest-fresh aroma imparts soaring strength of spirit, while at the same time allowing the body to feel the stability and structure of the earth. It is an excellent steam vapor combined also with Eucalyptus for the bedroom, when suffering from any respiratory dysfunction. Black Spruce combines well with other coniferous essential oils, especially Silver Fir, Larch and Pine, to soothe and nourish during the winter months when needing more “evergreen” forces. Consider a steam vapor in the office or living areas, or in a warm bath if you feel irritation from dry forced air heat. Native Americans revered Black Spruce for its purifying and calming qualities; apply one or two drops to your pulse points or in the heart region when you feel depleted, toxic or stressed.

## **Cedarwood**

*Cedrus atlantica*

This oil is richly fragrant with a deep, woody, balsamic aroma. The Cedarwood has an extremely calming and grounding influence and can be used by itself, or in conjunction with other “cousins” like Juniper. Cedarwood has a beneficial effect on many respiratory conditions and is valued both as a tonic and an antiseptic. Cedarwood is also valued for hair and scalp regeneration, especially for hair loss and dandruff. One wonderfully fragrant way to use Cedarwood is to rub it into wooden drawers and closets for a “cedar chest” smell that cleanses and purifies as well as protects clothes from moths (can also be combined with a small amount of Lavender for this purpose).

## **Chamomile (German)**

*Matricaria recutita*

Chamomile has a calming and soothing presence. Use Chamomile diluted in a carrier oil for the face and other sensitive skin areas. Chamomile is an excellent child’s remedy indicated for colic and emotional upsets. The oil can also be used for internal inflammatory conditions, flatulence, and menstrual tension and pain. Use Chamomile in bath therapy for insomnia and to heal nervous tension. For chronic digestive complaints, one can combine Chamomile and Yarrow essential oils in a base oil and massage each night into the stomach area.

## **Cinnamon (Leaf)**

*Cinnamomum zeylanicum*

This oil has a warm, spicy, penetrating scent with a wide variety of uses. Cinnamon is one of the oldest spices known and was widely used and noted in all ancient herbals and pharmacopoeias. Cinnamon is especially valued for its antiseptic and stimulant qualities and can be included in many herbal formulas to ward off colds and flus. Cinnamon is also a fine oil for environmental formulas, purifying and rejuvenating, while creating a congenial, pleasing atmosphere. Consider adding a small amount of Cinnamon to many aromatherapy blends; it will instantly warm and invigorate, adding an exciting top note.

## **Clary Sage**

*Salvia sclarea*

Our favorite of the sage oils, Clary Sage has a nutty aroma with a pleasant floral undertone. It is an extremely relaxing, almost euphoric oil, which is best used at the end of the day. Many people report Clary Sage to have evocative, even aphrodisiac qualities. However, Clary Sage can dull or stupefy the consciousness when over-used. It has many warming properties which make it an ideal candidate for massage oil blends and stress-related formulas.

## **Clove**

*Eugenia caryophyllata*

Clove essential oil is steam-distilled from fresh flowering buds of *Eugenia caryophyllata*, an evergreen tree in the Myrtle family. Clove oil is indispensable for any household medicine cabinet. It possesses an amazing spectrum of healing qualities including antimicrobial, antifungal, antiseptic, and antiviral. It is a stellar essential oil for dental care, used for centuries around the world. Its germicidal properties bring almost immediate relief for toothache, sore gums, and mouth ulcers. Several drops can be added to moistened baking soda for an effective daily toothpaste or in a mouthwash and gargle to ease throat pain or mouth ulcers. Due to its antiseptic properties, Clove oil is useful for wounds, cuts, athlete's foot, fungal infections, bruises, and other types of injuries. It can also be used for treating insect bites and stings. The spicy, warming scent of clove oil makes it an excellent choice for room sprays and household cleaners. It can also be combined with Orange and Cinnamon essential oils for a delicious and pleasing holiday/winter aroma that wafts through the house via a vaporizer or aroma lamp. Clove oil is potent and fiery – always test before using on the skin, dilute for such purposes.

## **Cypress**

*Cupressus sempervirens*

Cypress has an evocative, woody aroma. It is deeper and more masculine in quality and can be used in formulas for men or where a “base” note is required. Use several drops of Cypress in a water-based facial tonic for men's skin.

Cypress is a very astringent oil and can be used for conditions where there is an excess of fluid. It is also an antispasmodic and can be vaporized in a room for excess coughing and congestion. Consider combining it with Eucalyptus for such purposes.

## **Eucalyptus**

*Eucalyptus globulus*

A much esteemed all-purpose oil which is an invaluable home remedy. Eucalyptus is both a decongestant and a powerful bactericide. When vaporized or used in hot steam baths, Eucalyptus has an almost immediate healing effect on congested lungs. Eucalyptus can also be put in a creme or salve base to make an excellent chest rub ointment. Eucalyptus is the oil of choice for saunas, and also can be added to misting formulas when a cleansing, antiseptic quality is desired.

## **Fennel**

*Foeniculum vulgare duce*

This oil imparts a very pleasant, licorice-like aroma, which can be very stimulating to the senses. Fennel oil has a long and salutary list of uses. It is an excellent carminative and digestive remedy which can quickly dispel nausea, flatulence, indigestion and colic. Fennel is also known as a cleansing diuretic and can help with many forms of fluid retention or urinary tract infection. Fennel oil should be strongly considered by massage therapists and other healers who are working with cellulite problems. Fennel has a powerful ability to remove toxic wastes from the skin and is widely used by many European health clinics in this way. In addition to therapy with Fennel essential oil, Fennel tea can be consumed several times per day.

## **Frankincense**

*Boswellia carteri*

This oil was a highly valued substance in the ancient world. It was reserved for use only by royalty and priests because it was capable of lifting the consciousness to higher, more refined perception. To this day, frankincense is still used in temple rituals.

Frankincense has many therapeutic benefits. It slows down and deepens the breath, and helps one to “center.” It should be considered in pulmonary and asthmatic conditions. Frankincense also provides an intriguing note in many aromatherapeutic blends for skin healing and for general fragrance purposes. A most sacred essence!

## **Geranium**

*Pelargonium graveolens*

A beautiful pale green oil with a sweet fresh scent, often used in combination with other oils to help highlight and enhance formulas. Geranium is a balancer, helping to regulate hormonal functions and various glandular secretions. Recently, many immune strengthening qualities have also been attributed to the Geranium. An indispensable oil with many “helpmate” qualities in the aromatherapy palette.

## **Ginger**

*Zingiber officinale*

A very fiery oil which acts as a preventative against many of the “cold” symptoms of winter. Ginger is beneficial for many stomach ailments such as cramping, nausea or indigestion. It is a most useful travel remedy for these purposes. Ginger is also an extremely valuable tonic for the nervous system, helping to “ignite” or quicken the consciousness.

## **Helichrysum**

*Helichrysum italicum*

The word Helichrysum is derived from the Greek helios meaning sun and chrysos meaning gold, and certainly is an apt name for this potent plant that is native to Mediterranean habitats, with reflective silvery leaves, woody stems, sparse foliage, and clusters of golden flowers that glory in the full summer sun. Helichrysum thrives on sunny slopes and well drained soil. The warm, and pungent scent of the leaves, flowers and essential oil, suggests a plant able to drink in the light of the sun, and retain its warmth. Helichrysum is a member of the Asteraceae (or Sunflower) botanical family, and this larger grouping of plants also has a strong affinity to light and warmth. There are over 600 species of Helichrysum but the essential oil is derived from *Helichrysum italicum* – also dubbed Curry plant due to the spicy scent of its leaves (though traditional curry also includes other spices such as cumin and turmeric). The botanical properties of Helichrysum give us a distinct picture of its essential healing quality: the ability to address fire imbalances whether there is too little warmth or an excess of fire.

Helichrysum oil is very regenerative for rheumatoid arthritis and related maladies of the joints when more warmth and internal fire is needed. For these situations use several drops of Helichrysum with *St. John's Shield Herbal Flower Oil* or plain jojoba oil.

Helichrysum oil also has many anti-inflammatory properties and is highly indicated whenever there is an excess of fire or related auto-immune response. For conditions such as rosacea, eczema, psoriasis, sunburn, chemical burns, or insect stings, mix several drops of Helichrysum, Lavender and Chamomile essential oils in a base of *Self-Heal Cream* or other skin cream and apply at least twice daily to the affected area. This is also a good preventative regimen if the skin is sensitive to seasonal changes during spring and summer months.

Helichrysum is an excellent essential oil for bruising or related injuries involving pain and scarring, and is included in *Arnica Allay Herbal Flower Oil* for this purpose. It can also be used directly in any other carrier oil or cream.

Helichrysum oil has many deeply regenerative properties that are simultaneously spiritual and physical. At its deepest level, the Helichrysum essential oil works into the fire center of the heart, to provide strength and renewal. This is why it is a core component of an important FES flower essence formulation called *Magenta Self Healer*. Helichrysum combines well with any flower essence therapeutic program designed for deep healing and recovery from surgery or other trauma. Our pure organic certified oil can be taken with other flower essences or used separately for topical application or subtle body pulse point healing. Flower essences that are particularly synergistic with Helichrysum include Self-Heal, Echinacea, Sierra Primrose, Fireweed, California Wild Rose, Arnica, Crab Apple, Love Lies Bleeding, Impatiens, Lavender and Gentian

## **Jasmine**

*Jasminum grandiflorum (Jasminum officinale)*

Jasmine is a very elegant, highly exotic essential oil. It has a warming, embracing quality, and can be helpful for certain kinds of depression and anxiety, especially when there is a need to become more relaxed and receptive.

Jasmine is known to heal both male and female reproductive problems. It is a costly ingredient in some of the finest perfumes. Jasmine can also be used in skin care and cosmetic preparations, providing a very sweet, softening note. Jasmine is an excellent oil to consider in subtle body healing, for it helps to open and relax the higher psychic centers. Jasmine combines easily with many other essential oils, helping to unify and harmonize the entire formula.

## **Juniper**

*Juniperus communis*

The invigorating scent of Juniper is a pleasure not to be missed. Juniper is an excellent detoxifier and has been used for centuries in sick rooms and in hospitals to ward off contagious diseases. Juniper is an outstanding bath remedy and combines beautifully with Lavender for a cleansing, refreshing experience. Juniper is a remedy *par excellence* for older people – several drops in an oil base along with other essential oils like Palmarosa is excellent for rejuvenating aging skin. A massage oil which includes Juniper helps to stimulate, vitalize, and warm the body. Consider including it along with Rosemary for many older people's massage oil formulas.

## **Lavender**

*Lavandula angustifolia (Lavandula officinalis)*

One of the most versatile, universally applicable essential oils. Lavender oil is especially revered as a nerve tonic and for help with nervous afflictions like migraine headaches, when it can be gently rubbed into the temples and forehead. Lavender baths are an ideal way to de-stress from a tense and busy day. Consider

Lavender in birthing rooms, in sick rooms and wherever an antiseptic as well as calming influence is needed. Lavender has many cleansing and purifying qualities, while at the same time relaxing and balancing the nervous system. Those who love “life in the fast lane” should always carry a bottle of Lavender in the purse or briefcase. The oil immediately dispels nervous stress and feelings of overwhelm. Lavender is one of the outstanding all-purpose oils in the aromatherapy repertoire.

## **Lemon**

*Citrus limon*

With its refreshing, clean scent, Lemon oil is a valuable tonic, especially helpful for the digestive system and for neutralizing excessive acidity. Lemon is a good astringent for the skin as well as a good haemostatic, helping to stop bleeding cuts. Lemon oil provides a very clean, pure note to many aromatherapy formulas. Lemon oil is also an excellent lymphatic stimulant, and can be used to treat cellulite, obesity and water retention.

## **Lemongrass**

*Cymbopogon citratus*

The fresh, cleansing aroma of the Lemongrass makes it an excellent household remedy. Keep a bottle handy in the laundry room and add it during the rinse cycle for a freshly scented batch of laundry. Add Lemongrass to dish soap, liquid handsoap, or any variety of household cleansers or furniture oils. Lemongrass is a natural sanitizer that will provide a clean, purifying aroma throughout your home. Lemongrass also works as an insect repellent and can be used when bathing pets or can be put in an aromatherapy lamp during the summer. Of course, Lemongrass adds a fine, lemony note to any number of aromatherapy blends. A truly versatile and indispensable oil!

## **Lime**

*Citrus aurantifolia*

Lime is virgin cold-pressed from the peels of organic Lime fruit. Its unique citrus scent brightens and lightens like a pure ray of sunshine. It is particularly purifying and revivifying for the mental field, promoting clarity, and ordered thinking. Consider adding it, along with Lemon and Peppermint essential oils, to a diffuser in your office when engaged in any project requiring focus and attention. The bactericidal, disinfectant properties of Lime essential oil make it an excellent choice to add to household cleaning products, and also to freshen your refrigerator (add several drops to a box of baking soda to absorb odors). Lime has antioxidant, astringent and antiseptic properties that promote radiant skin; add a few drops to any skin cream and use daily. Combine Lime with other members of the citrus family such as Lemon, Orange, Grapefruit, Tangerine and/or Bergamot, for a wonderful full spectrum citrus aroma. Lime has a versatile, alchemical quality that enhances and highlights many other essential oil blends, and of course it is also an excellent culinary ingredient for jams, marmalades, sauces, desserts and beverages

## **Marjoram**

*Origanum majorana*

A very refined, yet warm and deep aroma exudes from the Marjoram. It has sedative properties and combines well with remedies such as Lavender. Marjoram has the capacity for working quite deeply into the metabolic system and can be helpful as a womb remedy and for general female health and harmony. Please note, however, that Marjoram can cause adverse reactions during pregnancy and should be avoided at that time. It also has many analgesic properties and works well in massage oil formulas.

## **Melissa**

### *Melissa officinalis*

The potency and incredible diversity of genuine Melissa makes it one of the most precious oils in the aromatherapy treasure chest. Although it is relatively easy to grow, it takes approximately THREE tons of plant material to yield 1/2 kilo of the essential oil! The Terra Flora Melissa is the purest and highest potency available, and is Demeter certified Biodynamic and Organic.

Also known as Lemon Balm, Melissa is one of the earliest known medicinal herbs and is revered for its broad spectrum of healing applications. The name Melissa comes from the Greek language and means honey-bee – because the nectar of the flowers is so attractive to bees. It is a revered member of the Mint (*Lamiaceae*) botanical family, noted for their square stems, intense, fiery aromas, and earthy grounding qualities. The great alchemist, Paracelsus named Melissa the Elixir of Life and regarded it as one of the most basic components for a wide variety of healing formulas. The aroma of genuine Melissa is light, fresh and bright, with a lemon highlight that evokes the clarity and purity of sunshine.

Melissa Oil is nearly ubiquitous in its many qualities and applications, but its overall essence imparts cleansing and grounding. It is at once strengthening and revitalizing, while soothing, calming and protecting. It has a long tradition of use for nervous disorders, reviving the life energy during times of stress or emotional depletion. It is the main ingredient of the French Eau de Melissa de Carmes and the German Klosterfrau Melisengeist – both valued for centuries as nerve tonics. Because it is so versatile, it will be an ally when traveling, for first-aid, emotional balance or for generally healthful living. One of the most basic uses is to apply it directly to the wrist pulse points and to the heart center, for immediate balancing. It can be used in tandem with *YES (Yarrow Environmental Solution)* for these situations.

In recent medical research, Melissa essential oil has been confirmed to have powerful anti-viral properties. It is useful against various strains of flu virus, herpes, smallpox and mumps. Melissa blended with Rose Otto is effective against both shingles and cold sores. For these purposes, combine Melissa with Self-Heal, Pansy and Echinacea flower essences.

Melissa is also recommended for treatment of both nausea and indigestion, especially when caused by nervous tension, and can be blended with Chamomile essential oil for this purpose. Melissa relaxes the heart, encourages its gentle and rhythmic pulsation and thus relieves palpitations and helps lower blood pressure. Blended with Geranium, it may help ease painful menstrual periods.

Both calming and uplifting, Melissa essential oil is said to be extremely useful in cases of emotional shock, grief, fear and anger. Its vibration encourages insight, acceptance and understanding. Melissa is also used for healing emotional wounds and will assist in bringing closure to these issues. Melissa combines well for these purposes with Lavender essential oil and the flower essences of Bleeding Heart, Holly, Willow and Love Lies Bleeding.

Drops of Melissa oil are used by Feng Shui practitioners to cleanse any environmental space. Put several drops in a diffuser or place cotton balls infused with a drop of oil in the four corners of any room you wish to cleanse. This oil neutralizes the electromagnetic field of any depressing energies or unhealthy emotional or psychic attachments. It restores a clear, vibrant etheric light to the space. Inhalation of Melissa oil through a diffuser or cotton balls when in a challenging environmental space will also be very beneficial combined with oral doses of *Yarrow Environmental Solution (YES)*.

## **Myrrh**

### *Commiphora myrrha*

This essential oil has an intriguing musty, balsam-like fragrance. Highly valued since ancient times as an ointment for wounds because of its antiseptic and anti-inflammatory qualities, it is used in many gum and mouth preparations to bring rapid healing to sensitive skin tissue. One of the easiest ways to use Myrrh is to combine it with Tea-Tree oil. Dip a toothpick into the mixture, and use it to massage

and stimulate the gum tissues. The purifying, antiseptic qualities of Myrrh make it an excellent choice for cuts and abrasions. Myrrh oil also has a very cleansing effect in the subtle bodies and should be strongly considered for all sensitive therapeutic work.

### **Neroli (Orange Blossom)**

*Citrus aurantium*

Made exclusively from the white blossoms of the orange, Neroli oil is more refined and sweetly exquisite than regular Orange oil. It makes a wonderful fragrance, and is also used for its sedative, anti-depressant qualities in insomnia, hysteria and other states of anxiety. A wonderful way to use Neroli is to extend a small amount into a cream or oil base and rub on a pulse point, or use as a facial. Neroli is especially beneficial to very sensitive skin. A very rare and exalted substance!

### **Orange**

*Citrus sinensis*

Orange oil is made from the fruit of the orange. It exudes a warm, well-rounded aroma with a feeling of joy in it. Orange oil carries a quality of sunshine and exuberance, and is often used as an anti-depressant. Orange oil is inexpensive and can be used delightfully and liberally in aroma lamps, steam baths, and so forth. It blends beautifully with other citrus scents.

### **Oregano**

*Origanum vulgare*

The essential oil of Oregano is steam distilled from fresh leaves of *Origanum vulgare*, a bushy perennial in the Lamiaceae (Mint) botanical family. Like most members of this family, the Oregano essential oil has a striking aroma, in this instance, imparting fiery, pungent intensity. Oregano is an outstanding essential oil for immune health, with strong anti-bacterial and anti-fungal properties, yet without the side effects of pharmaceutical antibiotics. Apply several drops in a solution of baking soda (sodium bicarbonate) for a foot soak or hand soak, when toenails or fingernails show signs of fungal infection. Gargle with a solution of Myrrh, Peppermint and Oregano essential oils in baking soda to chase a sore throat, or make a diluted neti pot rinse for sinus infection. Oregano essential oil is excellent to add to a liquid hand soap dispenser to avoid the spread of germs during the cold and flu season, or as a spray solution to wipe bathroom and kitchen counters. Oregano oil is a great culinary addition to many foods, providing a unique spicy accent in appetizers, entrees, and sauces; it is a savory delight paired with Basil essential oil in Italian cooking. Because of Oregano oil's high phenol /antioxidant content, caution should be taken when diffusing or inhaling—only one to two drops are needed. Always test beforehand, and dilute Oregano essential oil in other mediums rather than taking it directly.

### **Palmarosa**

*Cymbopogon martini*

This oil exudes a fresh, rose-like scent that makes it a favorite in many aromatherapy blends. Palmarosa is receiving increasing attention by cosmetologists for its hydrating and moisturizing abilities. It re-establishes the physiological balance of the skin, while providing a calming, refreshing aroma. Consider extending several drops of Palmarosa into a creme base and using the formula as a nightly skin balm. Extend Palmarosa in an oil base along with other essential oils like Sandalwood for a skin rejuvenating formula to be used all over the body or in bath water.

## **Patchouli**

*Pogostemon cablin (Pogostemon patchouli)*

This oil has a richly evocative and psychically stimulating aroma. Patchouli oil is often included in many fine perfumery blends. Its strong, rather sweet and musty fragrance can be intriguing when used sparingly or can be sedative and even invasive when over-used. Although popularly regarded only for its fragrant qualities, Patchouli is an essential part of all Oriental pharmacopoeias where it is used for its antiseptic, decongestant, and fungicidal properties. Patchouli has also been proven effective for many skin care programs and is known for its cell regeneration capacities.

## **Peppermint**

*Mentha piperita*

This oil is a well-known remedy for digestive complaints and is recommended for use in massaging the stomach and abdomen. Peppermint oil is simultaneously “hot” and “cold” and it can stimulate warmth as well as balance feverish conditions and sweating.

Peppermint can freshen the breath and in fact is helpful for the voice. Many singing and speech coaches recommend Peppermint for bringing clarity and tone to the voice. Don't forget to have Peppermint handy on travels – just the smell itself can often bring instant relief from nausea.

## **Pine (Scots Pine)**

*Pinus sylvestris*

Pine essential oil is made through a steam distillation of the needles from Scots Pine (*Pinus sylvestris*), the same tree species that Dr. Bach used to make Pine flower essence. Both the flower essence and the essential oil provide uplifting, light-enhancing, cleansing and releasing qualities. The Pine essential oil works primarily on the physical-etheric constitution, and is especially effective for respiratory ailments such as colds, congestion, sinus infections, bronchitis, pneumonia, and related lung distress. The essential oil of Pine has remarkable warmth and light qualities in its silica-rich leaves, making it an excellent expectorant, with antiseptic and disinfectant properties. This beneficent oil nourishes the pineal and adrenal glands and boosts the metabolism, making it an excellent remedy for winter-time depression and lethargy.

Pine essential oil combines well with all other conifer oils (Silver Fir, Cedarwood, Juniper, etc.). Other good allies include Eucalyptus, Lavender, Niaouli, Rosemary and Sage for their warming and relaxing qualities.

## **Rose**

*Rosa damascena*

Also known as attar of Rose or Rose Otto. This is the undisputed “Queen” of the essential oils. Rose is the crown jewel in Nature's aromatherapy treasure chest. Immensely precious, rose oil is an indispensable healing agent to be used without hesitation from infancy to old age. The Rose helps us to remember our connection with the Earth and the forces of human love. One of its most rewarding uses is in a creme base, massaged lovingly into the heart and chest region. Rose is revered as a women's remedy and generally helps to stabilize and balance many reproductive ailments. The Rose heals and soothes many conditions resulting from the stress of modern living, or during prolonged bouts of illness. Rose oil is exceptionally rejuvenating and highly beneficial to the skin. A pleasant and easy form of use is to keep a misting bottle handy and lightly mist over the face and entire body. Rose oil is an excellent humectant, skin toner and anti-inflammatory agent. Rose is also a highly favored sacramental and ritual oil for ceremony and meditation. Please note: Pure attar of rose, which is steam-distilled, will congeal in colder temperatures. Simply run warm water over the bottle of oil for a minute to restore fluidity.

## **Rose Oil Blend**

### *Attar of Rose with organic Jojoba Oil*

Because Rose oil is so precious and costly, many may feel prohibited from buying even a small quantity of it. Pure Rose oil is extremely concentrated and is most sensibly diluted in an oil base. We have chosen jojoba oil, known for its longevity as well as neutrality. You will find this form of the Rose oil sweetly fragrant as well as affordable. Enjoy!

## **Rosemary**

### *Rosmarinus officinalis*

An absolutely basic essential oil, Rosemary has a warming, penetrating fragrance that is especially beneficial for strengthening the central nervous system. Rosemary is a good analgesic in massage oils, excellent applied in baths for sluggish circulation and as a skin and hair tonic. Rosemary is an awakening oil and is especially indicated for the early morning bath or shower, helping to “incarnate” and vitalize. A favorite, old-fashioned way to use Rosemary is to apply a few drops directly to the scalp before brushing the hair. (Alternatively, you can apply the oil to your comb or brush.) Also, don't forget to consider Rosemary in tandem with Eucalyptus as a cold and flu vaporizer, and as a generally indicated remedy for elderly complaints such as arthritis and rheumatism.

## **Sandalwood**

### *Santalum album*

A woody, sweet fragrance with a spicy oriental undertone, Sandalwood has been used since ancient times for religious ceremonies and was a key ingredient in many cosmetics. It is nourishing for the skin as a warm compress or in a vegetable oil base. Sandalwood is a benign and soothing oil which can be worn simply for its pleasing fragrance. Using Sandalwood in an aromatherapy lamp creates a wonderfully mellow atmosphere that many healers favor for their therapy rooms. Sandalwood combines favorably with other oils such as Rose, Juniper and Ylang Ylang.

## **Silver Fir**

### *Abies alba*

The Silver Fir has the honor of being the very first Christmas Tree. Its grand greenness glimmering with silver in the Boreal forests of Europe gave solace on long winter nights. No wonder that the impulse came to pay tribute to the Silver Fir, bestowing her with candles, ornaments and ceremonial distinction. The steam distillation of essential oil of the Silver Fir is extracted from its needles and twigs, resulting in a sweet resinous aroma that is simultaneously refreshing and calming. The ability of conifer trees to retain their green life forces during the winter indicates qualities that are warming, immune-stimulating and grounding. Indeed, the Silver Fir essential oil is especially helpful for respiratory and circulatory ailments, dispelling congestion and stagnation.

Silver Fir harmonizes beautifully with all other evergreen essential oils for grounding, warming and strengthening properties, including Pine, Juniper, and Cedarwood. For a synergistic blend that increases analgesic and anti-inflammatory qualities, consider adding Helichrysum, Chamomile, or Rosemary. To emphasize calming and cleansing qualities combine with Lavender, Chamomile and Lemon. For expectorant qualities combine with Pine and Eucalyptus essential oils.

## **Tea-Tree**

### *Melaleuca alternifolia*

Rapidly gaining attention as one of finest natural antiseptics, this oil has a decidedly “medicinal” aroma and is refreshing in vaporizers or saunas. It can be applied directly on the skin for athlete's foot, fungus,

infections under the nails, acne, cold sores or boils. It is also an excellent inhalant for chest congestion, coughs, and painful sinuses, as a gargle for sore throats, or a mouth wash for bad breath, plaque, sore gums or mouth ulcers. Tea-Tree oil is receiving acclaim for its extremely therapeutic role in periodontal conditions. This oil is reported to control and even reverse many gum infections. It is ideal to use a cotton swab dipped in pure Tea-Tree oil to massage the gums on a daily basis. A toothpick dipped in Tea-Tree and Myrrh oils can also be used to clean and stimulate the gums. Please note: Tea-Tree oil has no relationship to the tea plant used as a beverage.

### **Thyme Linalol**

*Thymus vulgaris a linalol*

One of the more gentle of the Thyme oils available. Thyme is named for its relation to the thymus gland and is an important remedy for strengthening the immune system. It is an excellent pulmonary disinfectant and also stimulates circulation very effectively. Many massage practitioners favor a small amount of Thyme oil in their body oil formulas, especially for those with environmental sensitivity and immune dysfunction.

### **Yarrow**

*Achillea millefolium*

A very exquisite and rare essential oil with a bright and clear, almost tart, aroma. The essential oil is a beautiful deep blue color due to its azulene content. Yarrow oil is an indispensable remedy for all healers who are doing subtle body work. It opens and clears psychic channels and generally brings more light and integrity into the aura. Yarrow oil is strongly indicated for many forms of environmental sensitivity and allergic or immune dysfunction. It is especially beneficial massaged into the solar plexus or lightly applied to the crown. One of the most effective and easy ways to use the Yarrow oil is in a mister (either alone or in combination with other indicated oils). A full-body misting of the Yarrow keeps the aura vital and protects it from disturbance. Yarrow is an excellent essential oil to consider when traveling or when spending a great deal of time in crowded places where psychic contamination can drain and de-vitalize the aura. Yarrow Environmental Solution, from the FES flower essence line, should also be taken internally for this same purpose.

### **Ylang Ylang**

*Canaga odorata*

The rich floral, supremely exotic aroma of Ylang Ylang is immensely appealing. In fact, the Ylang Ylang has an almost euphoric quality and is used for treating many states of nervous tension, insomnia and hyperactivity. Ylang Ylang has been clinically used to slow down over-rapid breathing and heartbeat, and is widely believed to have beneficial effects on high blood pressure. Ylang Ylang is also used widely in perfumery and cosmetics. It has a tonic effect for the hair and scalp and helps to rebalance oily skin. Ylang Ylang is also reputed to have aphrodisiac and sedative qualities, largely for its ability to calm and center those who are overly anxious and tension-ridden. Ylang Ylang can be extensively added to many aromatherapy formulas, imparting a fine floral note.