

Single Oils

There are many wonderful single oils that promote healing. However, in my opinion, essential oils can be utilized more effectively as part of a well-done blend where each essential oil is only a percentage of the entire blend. This allows you to take advantage of all the wonderful properties of the single oil with less chance of problems and contra indications. Combining different essential oils together also allows the blend to contain essential oils which both moderate and support each other. The use of good blends raises the effectiveness of essential oils to entirely new levels. It also makes it most unlikely that you will ever create any kind of a problem from the over-use of a particular oil. (See comments on synergy page 201.)

The claims made in this document are based on traditional uses, current literature, anecdotal experiences, and many years of personal experience with essential oils. These claims have not been evaluated by the FDA, nor are they meant to diagnose or treat any ailment or condition. They are provided here as a public service and for your information only.

Ajowan

(Tracyspermum copticum)

INGREDIENT IN: ^{Le}Eternity, ^{Le}Turmoil

THERAPEUTIC PROPERTIES: digestive, antiemetic/antidiarrheal, anti-infective, antibacterial, antiviral, antifungal, antiparasitic, antiseptic, tonic, stimulant, antispasmodic

AFFINITY FOR: digestive system, circulatory system

RESONANCE: physical, mental

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds, organic

EXTRACTION METHOD: steam distilled

APPLICATION: Ajowan should always be diluted well when applied to the body; application can be on the feet or any area of the body needing assistance.

AROMATIC CONSIDERATIONS: Ajowan is reminiscent of thyme in both aroma and action.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Ajowan is predominantly an oil for physical complaints. Ajowan also assists with mental and physical exhaustion. It can be calming and moderately sedating under certain circumstances.

PHYSICAL ASPECTS: Ajowan essential oil contains over 50% thymol, making it very effective against bacteria, viruses, fungi, and parasites. The high thymol content also makes it extremely potent and quite caustic. Ajowan is an excellent aid to digestion. It often helps relieve nausea, flatulence, and the cramping pains that accompany these conditions.

Although antispasmodic and sedating under certain conditions, ajowan makes an excellent circulatory stimulant. Ajowan is helpful for fatigue, weakness, and to assist recovery after illness or accident. It also assists with mental or physical exhaustion, especially when the exhaustion is accompanied by great listlessness. Ajowan has been used in India (for a very long time) in the treatment of toothaches; clove oil also works great for a toothache but tastes better.

GENERAL INFORMATION: Ajowan is considered a fair substitute for cumin therapeutically, although the aromas are vastly different.

CAUTIONS: Ajowan has a very high thymol content and is best used as a small percent of an essential oil blend, especially for application to the skin. Pregnant women should certainly avoid its use as a single.

Allspice

(*Pimenta dioica*)

INGREDIENT IN: ^{Le}Eternity, ^{Le}Kadence, ^{Le}Vitality

THERAPEUTIC PROPERTIES: anesthetic, analgesic, antioxidant, antiseptic, carminative, muscle relaxant, rubefacient, stimulant, tonic

AFFINITY FOR: digestive system, respiratory system, circulatory system, muscles

RESONANCE: physical, mental, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves, fruit

EXTRACTION METHOD: steam distilled

APPLICATION: Always dilute allspice with a carrier oil. Allspice should be applied to the chest for respiratory ailments, the abdomen for digestive disorders, and on any area of the body where increased circulation is needed.

AROMATIC CONSIDERATIONS: Allspice has a warm and spicy aroma with a bit of sharpness. The aroma of allspice is warming and stimulating. When added to blends, it provides a distinctive aromatic layer.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Allspice is used to treat depression, nervous exhaustion, tension, stress, and neuralgia where the symptoms are worsened by emotional stresses.

PHYSICAL ASPECTS: Allspice offers a wide range of therapeutic properties. It is of benefit to the digestive system, as are most oils made from plants traditionally used as spices. Allspice supports respiratory function. It has outstanding analgesic, anesthetic, and muscle relaxant properties. These properties make it beneficial for injuries, arthritis, and muscle cramps.

GENERAL INFORMATION: Familiar to cooks, allspice tastes like a combination of cloves, cinnamon, and black pepper, but it is actually a single distinctive plant. Allspice produces a small berry-like pepper. The essential oil is made from the leaves and the fruit.

CAUTIONS: Allspice, used as a single essential oil, should be diluted well. It can be irritating to delicate membranes and cause skin irritation if used undiluted. Allspice is wonderful in a blend. It blends particularly well with ginger, geranium, lavender, orange, patchouli, and ylang ylang.

Anethi

(*Anethum sowa*)

INGREDIENT IN: ^{Le}Julia, ^{Le}Safeguard

THERAPEUTIC PROPERTIES: antispasmodic, antibacterial, carminative, digestive, expectorant, hypotensive, stomachic

AFFINITY FOR: digestive system, nervous system

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: Steam distilled

APPLICATION: Like dill and caraway, anethi is usually more effective when used as part of a blend of essential oils.

AROMATIC CONSIDERATIONS: Anethi is reminiscent of dill with some caraway-like notes.

PHYSICAL ASPECTS: Anethi, in hydrosol or well-diluted, has been used to relieve flatulence in infants. Anethi is also known as a mild and soothing expectorant and has been used to dilate blood vessels and lower blood pressure.

CAUTIONS: There are no cautions for anethi, but all essential oils should be used cautiously by pregnant women and those suffering from seizure disorders.

Angelica

(Angelica archangelica)

INGREDIENT IN: ^{Le}Benediction, ^{Le}Connection, ^{Le}Everlasting, ^{Le}Inner Peace, ^{Le}Magi, ^{Le}Moonlight, ^{Le}Trust, ^{Le}Unity, ^{Le}Vision

THERAPEUTIC PROPERTIES: anticoagulant, antiviral, calming, expectorant, sedative, stomachic, tonic

AFFINITY FOR: liver, respiration, central vessel meridian, digestion, hormone balance, brow chakra

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: root

EXTRACTION METHOD: steam distilled

APPLICATION: Angelica can be applied to the feet or on any area of the body.

AROMATIC CONSIDERATIONS: The aroma of angelica is not pleasant by itself, so it is rarely diffused except as part of a blend.

PHYSICAL / EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Angelica is often called the “oil of angels”. The physical and emotional aspects of this oil cannot be easily separated, even in a description.

Angelica, either by itself or as part of a blend formula, seems to weaken the power of traumatic memories and events. The event still happened and the memory is still there, but the devastating effects on the body and mind are greatly minimized.

Angelica has this effect on the mind because it releases toxins and congestion from the liver. The liver, according to Eastern tradition, is the seat of anger and rage. The letting go of these emotions allows the liver to let go of physical toxicity as well. Physically, a toxic liver produces headaches, muscle aches, fatigue, dry hair and skin, poor circulation, and respiratory problems. A liver clogged by toxic emotions creates feelings of displacement, annoyance, resentment, anger, and discontentment.

ADDITIONAL PHYSICAL ASPECTS: The use of angelica is also appropriate for anorexia, bruises, colds, colic, coughs, flatulence, indigestion, menopause, pre-menstrual tension, and arthritis.

CAUTIONS: Angelica should be avoided if diabetic or pregnant. Areas of the skin to which angelica has been applied should not be exposed to direct sunlight for a few hours.

Anise

(*Pimpinella anisum*)

INGREDIENT IN: ^{Le}Eternity, ^{Le} InsideOut, ^{Le}Kadence, ^{Le}Turmoil, ^{Le}Vitality

THERAPEUTIC PROPERTIES: antispasmodic, estrogenic, bronchial dilator, diuretic, expectorant, invigorating, carminative, galactagogue, stomachic, heart tonic, stimulant

AFFINITY FOR: digestion, lungs, triple warmer and pericardium meridian, circulation, hormones, cardiovascular system

RESONANCE: physical, mental, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seed (fruit)

EXTRACTION METHOD: steam distilled

APPLICATION: Anise can be diffused, diluted and applied anywhere on the body, or used as a massage oil.

AROMATIC CONSIDERATIONS: Anise has a very sweet, licorice-like aroma. Nice diffused, if you like the smell of black licorice.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The triple warmer meridian is responsible for the protection of the body. The triple warmer meridian also communicates information about our physical bodies to our mind and to our emotions. Anise brings light, life, and perspective to this meridian. The result is love and acceptance of our naturally imperfect physical bodies. This more balanced perspective has a dramatic impact on eating disorders, weight loss, and sexual dysfunction.

PHYSICAL ASPECTS: Like fennel, anise has estrogenic properties, but its effects are somewhat stronger. Anise is antispasmodic, making it effective for menstrual pain and stomach cramps. Because it is both a bronchial dilator and expectorant, anise is used for asthma and respiratory conditions that include phlegm and mucous. Herbal forms of anise have been used traditionally in many countries to speed labor along and encourage milk production.

GENERAL INFORMATION: Anise contains a natural substance that forms crystals if the oil is chilled. If this occurs, just warm the bottle slightly.

CAUTIONS: Because anise is estrogenic, it should be avoided during pregnancy. Anise is also phototoxic; avoid direct sunlight on skin to which this oil has been recently applied.

Anthopogon

(*Rhododendron anthopogon*)

INGREDIENT IN: ^{Le}Grateful Heart, ^{Le}Reconciliation

THERAPEUTIC PROPERTIES: anti-inflammatory, antibacterial, antifungal, antiviral, balsamic, depurative, hepatic, immunostimulant, nervine, restorative, sedative, tonic, antineuralgia, decongestant, nervous system tonic

AFFINITY FOR: immune system, ligaments, bones, skin, digestive system, hair, liver, spleen meridian, all four fire meridians, heart and crown chakras

RESONANCE: physical, emotional

PLANT FAMILY: Ericaceae

PART UTILIZED: flowers & leaves, wild

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Anthopogon has a unique and very appealing fragrance which hangs in the air, becoming softer and more lovely as time passes. It is described as being fresh, green, and balsamic with undertones of vanilla and conifers. I would simply describe it as delightful. It creates a feeling of openness, love, and connection, especially to family members and old friends.

APPLICATION: Anthopogon should be diffused, worn as a perfume, or diluted and applied anywhere on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Anthopogon essential oil is very warming emotionally. It pulls one immediately into a mood of remembering, but with the blessing of a focus on the good times and the good in people. This oil is especially good for people whose lives have carried them far away from home and heritage. Anthopogon, and blends to which it has been added, are important and amazing oils for loss or bereavement of any kind.

PHYSICAL ASPECTS: Perhaps anthopogon's most important characteristic in the physical realm is on the immune system. It has been used in Nepal for various types of blood disorders and systemic infections for a very long time. The Department of Pharmaceutical Sciences at the University of Padova in Italy has done extensive research as well as gas chromatography and mass spectrometry on this essential oil. Their results, published in a renowned scholarly scientific journal which targets important new discoveries, claim that anthopogon essential oil reduced cancer cell growth in all types of cells tested, using varying treatment protocols and varying concentrations of essential oil. The cancers anthopogon was tested against were ovarian, cervical, and colon—certainly three of the deadliest and fastest moving cancers known. The research team speculated that the high pinene content was responsible, at least in part, for this action. This is truly important new research!

Anthopogon was also shown effective against candida, e-coli, and several other strains of bacteria. Anthopogon is a stimulant essential oil, with a particular affinity for the liver and digestive system. It can stimulate appetite during illness or convalescence. This oil is useful for gouty arthritic conditions. It is strongly anti-inflammatory when applied to fibrous tissues, ligaments, and joints.

In Nepal, where anthopogon has been used for many years, it is considered a symbol of balance in the fire meridian. Anthopogon's therapeutic properties certainly indicate that it affects this meridian in all of its aspects; physically, mentally, and emotionally. It relieves headaches, backaches, and joint and muscle pains that were brought about by excesses of some kind (over-the-top activity or consumption of food and drink). This oil is of great benefit to people whose illnesses are aggravated by windy or stormy conditions.

GENERAL INFORMATION: Anthopogon is the national symbol of Nepal, where it is used in meditation and healing.

Basil

(*Ocimum basilicum*)

INGREDIENT IN: ^{Le}Breezey ^{Le}Crystal Clear, ^{Le}Delicate, ^{Le}Journey, ^{Le}WarmDown, ^{Le}Weightless

THERAPEUTIC PROPERTIES: antispasmodic, restorative (stimulant for nerves and adrenal cortex), general stimulant, emmenagogue, digestive tonic, intestinal antiseptic, carminative, antibiotic

AFFINITY FOR: cardiovascular system, respiratory system, hormone balance, muscles, bones, pericardium meridian, large intestine meridian, deficient yang energy, throat chakra

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: stems, leaves, flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Basil should be diluted well. It may be applied to any area of concern or on the feet.

AROMATIC CONSIDERATIONS: Basil is strongly antiseptic when diffused. Basil helps open the mind to ideas, possibilities, and opportunities. Basil helps us to act with integrity, from our hearts, in a straightforward manner.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Emotionally, basil is both stimulating and soothing. It energizes the mind while, at the same time, relieves doubts and fears and lightens our burdens. Basil moderates a tendency to be too blunt, outspoken, or independent. Basil is used in treatments for depression, hysteria, nervous tension, and mental fatigue.

PHYSICAL ASPECTS: Basil stimulates the adrenal cortex and strengthens the nerves, making it beneficial for mental fatigue, headaches, insomnia, fainting, loss of the sense of smell, memory loss, and poor concentration. Basil strengthens the digestive function, being of particular use with hiccups, flatulence, indigestion, and vomiting. Basil has strong antispasmodic and expectorant properties. It calms muscle spasms from injury or fatigue and alleviates coughs. The antispasmodic properties quiet dry coughs. The expectorant properties keep mucus from building up in the lungs.

Basil is also analgesic, providing pain relief when applied to the body. Basil is excellent applied undiluted to insect bites and stings, and in Indian (Eastern) medical lore, is listed as a remedy for snake bite. Many people like basil, either diluted and applied to the chest, or inhaled, in the treatment of chronic colds, earaches, and mucus. The hormonal properties of basil, being yang moving toward yin, have a specific affinity for prostate problems in men.

GENERAL INFORMATION: The action of basil on the system resembles both peppermint and thyme in many ways. In a bath, even a drop or two produces an interesting sensation of tiny pin pricks as it increases circulation to the capillaries just under the skin.

CAUTIONS: Basil should be avoided if pregnant or epileptic. Undiluted, basil may irritate sensitive skin.

Bay

(*Pimenta racemosa*)

(occasionally referred to as *Pimenta acris* or *Myrcia acris*)

INGREDIENT IN: ^{Lc}Benediction, ^{Lc}Energy, ^{Lc}Focus, ^{Lc}Mariah

THERAPEUTIC PROPERTIES: stimulant, expectorant, antiseptic, antibiotic, antispasmodic, emmenagogue, febrifuge, insecticide, sedative, neuralgic

AFFINITY FOR: digestion, lymph drainage, circulation, respiration, yang energy

RESONANCE: physical, emotional, mental

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves, wild crafted

EXTRACTION METHOD: steam distilled

APPLICATION: Bay, diluted well, may be applied to the feet or any area of the body.

AROMATIC CONSIDERATIONS: Bay has a sweet, spicy, balsamic aroma. It diffuses well, but care should be taken when inhaling. Bay is pungent and may burn the delicate lining of the nostrils.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Bay essential oil is for those times when you are feeling lost, alone, or not strong enough to face every day events. Bay produces layers of emotions, most of them centering around feelings of safety and protection. The aroma of bay makes you feel as though you have just been wrapped in the arms of a loving and protective father. The anchor of this complex oil is trust in yourself, and in your own emotional and spiritual strength and resilience.

PHYSICAL ASPECTS: Bay, *Pimenta racemosa*, is a close cousin to allspice. As bay increases circulation, it creates a sensation of heat—much like commercial sports rubs. This increase in circulation brings relief to muscle spasms, sprains, arthritis, and neuralgia. Bay is commonly used as an ingredient in massage oils to stimulate lymph drainage and blood circulation. Bay oil has also been used traditionally to bring relief from digestive complaints. It is an expectorant and mucolytic for the lungs and sinuses. Bay leaf is also said to improve memory and relieve headaches that are related to poor circulation in the neck and shoulders. Bay is a very strong antiseptic, antibiotic, and antiviral essential oil.

GENERAL INFORMATION: Bay is not the same plant or essential oil as laurel (*Laurus nobilis*), although they are often confused. See “Laurel” for further information on these two species of essential oils.

CAUTIONS: Bay should be used in small amounts and always be well diluted. It is one of the stronger essential oils and may cause skin and mucus membrane irritation if use undiluted.

Benzoin

(*Styrax tonkinensis*)

INGREDIENT IN: ^{Le}Dreams, ^{Le}Holiday Spirit, ^{Le}Everlasting

THERAPEUTIC PROPERTIES: antispasmodic, antidepressant, calmative, aphrodisiac

AFFINITY FOR: cytophylactic (promotes cell regeneration), circulation, yang energy, spleen meridian, earth energy

RESONANCE: physical, emotional

PLANT FAMILY: Ericaceae

PART UTILIZED: resin

EXTRACTION METHOD: steam and solvent

APPLICATION: Benzoin is particularly suited for diffusing or inhaling. It can be applied anywhere on the body including the feet.

AROMATIC CONSIDERATIONS: The aroma of benzoin is slightly woody with a strong vanilla scent. Diffused, benzoin can aid recovery from extreme stress or deep depression.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Benzoin is useful for persons who feel unloved (or undeserving of love), even when surrounded by family and friends who love them deeply. Benzoin creates soft, warm, fuzzy feelings in the heart. It is like coming home at last from far away. This oil, even as a small percentage of a blend, helps one feel reassured and deeply supported.

Insufficient energy in the spleen meridian results in over-thinking and excessive worry. Benzoin raises this energy and soothes anxiety that is aggravated by exhaustion.

PHYSICAL ASPECTS: Benzoin is a powerful antimicrobial. It has a pronounced effect on congestion, literally “melting away” blockages in the lungs, lymphatic vessels, and intestines. Benzoin is used by far eastern physicians to treat respiratory and urinary disorders that are cold and damp in nature. Benzoin is a circulatory stimulant. It has a particular affinity for the tiny capillaries that feed the skin. Benzoin is thick and viscous, and is often used as a fixative to stabilize the aroma of oils and perfumes made from more volatile ingredients.

GENERAL INFORMATION: Benzoin is sometimes known as onycha oil. According to David Stewart, Ph.D, in *The Chemistry of Essential Oils Made Simple*, alcohol tincture of benzoin was used for more than 200 years in hospitals as the primary antiseptic. The medical profession then began using antiseptics derived from petroleum products because they were less expensive. It has become obvious during the last several years that bacteria are becoming resistant to these antiseptics. Bacteria does not become resistant to benzoin, therefore, many hospitals are returning to the use of this natural antiseptic. The use of benzoin, since it does not create resistant strains of bacteria, does not contribute to the worldwide problem of “super-bugs”.

Bergamot

(*Citrus bergamia*)

INGREDIENT IN: ^{Le}Acknowledge, ^{Le}Baby Me, ^{Le}Beloved, ^{Le}Dreams, ^{Le}Everlasting, ^{Le}Faith, ^{Le}HeartSong, ^{Le}Revitalize

THERAPEUTIC PROPERTIES: anti-inflammatory, analgesic, antiseptic, antispasmodic, disinfectant

AFFINITY FOR: digestive system, endocrine system, hormone balance, metal element, wood element, water element, yang energy, heart chakra

RESONANCE: emotional, physical

PLANT FAMILY: Rutaceae

PART UTILIZED: fruit

EXTRACTION METHOD: cold pressed

APPLICATION: It is always recommended to dilute bergamot well. Well diluted bergamot becomes soothing and emollient; not diluted sufficiently, it can be irritating to skin.

AROMATIC CONSIDERATIONS: Bergamot is a sweet smelling citrus oil, with a warm floral scent that is unusual among the citrus oils. Bergamot, diffused, is said to repair the aura and make one feel young at heart.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Because bergamot has a special affinity for the liver meridian, it encourages the release of anger and pain that is being held back or held deeply in the body. A person needing bergamot is usually a good listener. They are described by friends and family as cheerful and supportive. Often this cheerfulness is a mask, hiding anger, despair, or depression. It is as though they are carrying the burden of every sad story they have listened to on their own shoulders. They are very angry, but since the stories are not their own they feel they cannot tell them to anyone. The anger they feel becomes repressed and turns inward. The ability of bergamot to relieve anger, nervous depression, anxiety, and hysteria has been well documented in Europe. Bergamot can help us find peace when our heart hurts for other's distress.

Bergamot is excellent in any emotional crisis and in convalescing from an illness. Bergamot raises the spirits and brings light into our lives and lightness to dark and weary days. It is often used in treatments for eating disorders.

PHYSICAL ASPECTS: Bergamot has a great many applications for physical healing. Bergamot is used for urinary tract infections, sore throat, cold sores, bronchitis, and varicose veins.

In Italy, bergamot is commonly used in the treatment of intestinal parasites. Also used in treatments for candida overgrowth and thrush. Bergamot has been shown effective against tuberculosis bacilli. Like all essential oils, bergamot is antimicrobial. It is particularly destructive of bacteria that live in the mouth.

CAUTIONS: Bergamot should be diluted well and used sparingly. Repeated use of bergamot can result in extreme contact sensitization.

Bergamot contains bergaptene, which is phototoxic. You should avoid direct sunlight on skin to which bergamot has been applied. This caution applies to more than just an uncomfortable sunburn. Damage to the nuclei of cells has been documented when skin to which bergamot was applied was exposed to ultra-violet light. This phototoxicity lasts up to 12 hours after the oil has been applied. Using bergamot in a blend does not eliminate its phototoxicity. There is no problem using this oil as long as you apply it to areas of the body that will not be exposed to ultra-violet light (sunlight or a tanning bed).

There are bergamot essential oils available that have had the constituents that create phototoxicity removed. However, these oils lack both aroma and certain therapeutic qualities.

Birch

(*Betula lenta*)

INGREDIENT IN: ^{Lc}Breezey, ^{Lc}Deeper, ^{Lc}EZ Traveler, ^{Lc}Magi, ^{Lc}Paine

THERAPEUTIC PROPERTIES: anti-inflammatory, analgesic, antiseptic, antispasmodic, disinfectant

AFFINITY FOR: muscles and joints, nerves, urinary system, lymphatic system, lung meridian

RESONANCE: physical, emotional

PLANT FAMILY: Betulaceae

PART UTILIZED: bark

EXTRACTION METHOD: steam distilled

APPLICATION: Birch should be applied, well diluted, to areas of pain or inflammation.

AROMATIC CONSIDERATIONS: Birch awakens the senses, increasing awareness and alertness.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Sometimes we get into a frame of mind where we are very much afraid of the truth. We are sure that we will not be able to handle the truth if it is forced upon us. We spend a lot of mental and emotional energy hiding from the truth. Birch is eye opening. It shatters our illusions and brings us up against reality. This sounds harsh, but honesty in looking at oneself is a liberating force. The most important truth we can learn in this life is the truth about our own motivations. This truth will truly set us free and birch essential oil can help us grasp it and keep hold of it.

PHYSICAL ASPECTS: Birch essential oil has analgesic and anti-inflammatory properties. It is useful for arthritis, muscle and bone pain, tendonitis, osteoporosis, and any inflammatory condition. Birch is also a treatment for bladder infections, recurring cystitis, gout, edema, and kidney stones. Birch helps with eczema and other skin disorders. One of its outstanding uses is reducing fevers.

GENERAL INFORMATION: One of the key compounds in birch (and wintergreen) essential oil is methyl salicylate. In birch oil, this compound makes up 85-90% of the oil. Methyl salicylate is an aspirin-like compound which has much the same effect on muscles and nerves as cortisone, but as a constituent of an essential oil it does not have the side-effects of cortisone.

Methyl salicylate is easily and cheaply produced in laboratories, but the man-made substitute has very toxic side effects. This is not true of birch essential oil—in spite of what you may have heard or read. There are two basic reasons for the natural one being harmless and the chemical version being deadly.

The first has to do with molecular structure. Methyl salicylate is comprised of 19 atoms—8 of carbon, 8 of hydrogen, and 3 of oxygen. Imagine how many different combinations could be made using these “building blocks”. Nature makes only one—methyl salicylate. Forced together in a laboratory, this set of atoms combine into 25 known structures. These various structures are called isomers. The components of each isomer are the same but the structure is different. Two of these isomers are quite similar to natural methyl salicylate but are not quite right! Different isomers of the same compound can have entirely different, often opposite, properties—some helpful, most harmful. This is the case with man-made methyl salicylate. It has nasty side effects.

Secondly, the 10-15% of other compounds that occur naturally in birch oil balances the methyl salicylate and keep it from being toxic. This “balancing act” of naturally occurring compounds is common in the natural world. (The lack of balancing components is why drugs have side effects and herbs do not!!) Research done by aromatherapists of the British school of thought was conducted using perfume grade essential oils (in other words, synthetic laboratory produced oils diluted in carrier oil). This research has been given extensive coverage in print. These synthetic oils proved toxic—even when diluted. *The research has no relevance to the safety or efficacy of pure therapeutic grade essential oils.*

Therapeutic grade birch essential oil is safe to use; synthetic reproductions are not!

I visited a web site where it was explained that birch oil had aggravated a toxic condition established by medications which contained large amounts of “fake” methyl salicylate. This was sited as a reason to not use birch essential oil at all. The fact that the reaction was set up by the synthetic compound was brushed aside as irrelevant. It was assumed that the reaction would have been the same with pure birch oil. Although the natural and the man-made compounds have the same name, they are not the same! A study of simple chemistry shows this clearly. (See Dr. David Stewart’s book *The Chemistry of Essential Oils Made Simple*, page 221). The methyl salicylate in the birch oil continued to aggravate the condition because the natural compounds meant to balance it were insufficient for a battle against the synthetic compound in the medications and the natural compound in the birch oil at the same time. More simply put, the “balancing” substances in the birch were sufficient for the birch; they were wholly inadequate to deal with a deliberate drug over-dose.

Essential oils heal because they are naturally occurring substances, balanced by nature and nature’s Creator. They heal quickly, without the side effects of drugs. Never forget, drugs have side effects!!

Black Pepper

(Piper nigrum)

INGREDIENT IN: ^{Le}Energy

THERAPEUTIC PROPERTIES: analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic, laxative

AFFINITY FOR: nerves, circulation, digestion, endocrine system, pericardium meridian, root and solar plexus chakras, yang energy

RESONANCE: physical, emotional, mental

PLANT FAMILY: Piperaceae

PART UTILIZED: fruit

EXTRACTION METHOD: steam distilled

APPLICATION: Black pepper should always be carefully diluted. It is beneficial when applied to the feet and to areas of pain or poor circulation.

AROMATIC CONSIDERATIONS: Black pepper essential oil should be diffused carefully because it is quite pungent. Black pepper contains a significant amount of sesquiterpenes. There are more sesquiterpenes in black pepper than there are in frankincense. (See page 7-Blood/Brain Barrier.)

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The responsibility of the pericardium meridian is to protect the heart and emotions. Black pepper has an energizing effect on this meridian, stimulating our inner defenses. This inner strength gives us protection from negative energy, and keeps our energy intact and strong. Black pepper helps us keep our perspective clear, even when those around us are mired in negativity and predicting “the worst” possible scenarios. Black pepper can help us be more realistic in our expectations of others, and more empathetic to their struggles and pain.

PHYSICAL ASPECTS: Black pepper gives a boost to the immune system. It helps maintain stamina and energy because it increases cellular oxygen levels. Black pepper is analgesic, anti-inflammatory, and antispasmodic. It is a good oil to use for improving muscle tone and recovering from sprains or sports injuries. Black pepper strengthens the nervous system and stimulates the endocrine glands.

CAUTIONS: Black pepper can cause mild irritation to sensitive skin. This is definitely a “warming” oil.

Blue Tansy

(*Tanacetum annuum*)

INGREDIENT IN: ^{Lc}Angel, ^{Lc}Dreams, ^{Lc}Everlasting, ^{Lc}Letting Go, ^{Lc}LifeForce, ^{Lc}LivN, ^{Lc}Millenia, ^{Lc}Revitalize, ^{Lc}Tranquility

THERAPEUTIC PROPERTIES: analgesic, anti-inflammatory, nervine, antibacterial, antihistamine, hypotensive

AFFINITY FOR: nerves, muscles, solar plexus chakra, yin energy

RESONANCE: emotional, physical

PLANT FAMILY: Compositae

PART UTILIZED: leaves, flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Dilute and apply to the feet or body. This oil should be used sparingly alone, or used as part of a blend.

AROMATIC CONSIDERATIONS: Blue tansy is a sweet smelling and very relaxing oil.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Blue tansy, like other oils containing chamazulene, regulates the flow of vital energy throughout the body. As the flow of energy in the body travels more freely, a feeling of peaceful solitude is created in our minds and heart. We are better able to handle stress, and feel less threatened and overwhelmed. We feel more gratitude for our health and our families. Blue tansy increases our creativity, productivity, and desire for achievement on many levels.

PHYSICAL ASPECTS: Blue tansy adds pain relieving and anti-inflammatory properties to blends in which it is placed. Blue tansy relieves nervous tension and is used, in very diluted form, for itchy skin conditions. Oils containing chamazulene are stimulating to the thymus gland and raise blood pressure that is abnormally low.

GENERAL INFORMATION: A high chamazulene content gives blue tansy its vivid, deep blue color. This is the same constituent that gives chamomile German its distinctive color. Essential oils containing chamazulene should be a deep and vivid blue. Yellow, brown, or muddy aspects indicate that the oil is of inferior quality. The oil has been over processed or it has been exposed to excessive amounts of light and air.

Chamazulene is a compound created naturally during the distillation process. Since absolutes are not distilled, they will not have the deep blue color. Chamomile Egyptian is an absolute of an oil which is blue and contains chamazulene when distilled.

CAUTIONS: Blue tansy is better used as part of a blend.

Cabreuva

(*Myocarpus fastigiatus*)

INGREDIENT IN: ^{Lc}Faith, ^{Lc}IQ, ^{Lc}Revitalize, ^{Lc}Solitude

THERAPEUTIC PROPERTIES: antiseptic, cicatrizant (heals wounds), aphrodisiac, corticosteriod

AFFINITY FOR: muscles, tissue repair

RESONANCE: physical

PLANT FAMILY: Fabaceae

PART UTILIZED: wood

EXTRACTION METHOD: steam distilled

APPLICATION: Cabreuva should be diluted and applied on the feet or directly on the body.

AROMATIC CONSIDERATIONS: Cabreuva has a delicate woody/floral scent.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Cabreuva quiets the mind and helps us move from useless worry to productive planning. It can help us find the vision to see solutions to our problems and the inner strength to carry out our plans.

PHYSICAL ASPECTS: Cabreuva has been used since ancient times to heal wounds and ulcerative sores, and to treat cuts and scars. It is considered strongly antiseptic. Cabreuva is sometimes used for arthritis because of an action similar to corticosteroids.

GENERAL INFORMATION: Cabreuva essential oil was, in the past, included in European pharmacopoeias as a medicine.

CAUTIONS: Cabreuva oil is very mild. There are no known contraindications.

Cajeput

(Melaleuca cajuputi)

INGREDIENT IN: ^{Le}MelaPlus

THERAPEUTIC PROPERTIES: mild analgesic, anti-inflammatory, antispasmodic, expectorant, antiseptic, antiviral

AFFINITY FOR: respiratory system, cellular integrity, lung meridian, digestive system

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

APPLICATION: Dilute and apply to the feet or the body.

AROMATIC CONSIDERATIONS: Cajeput is a form of tea tree. If you like the aroma, cajeput can be diffused to kill odors and air borne bacteria.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The emotional aspects of cajeput are helpful for people who are stuck in a situation they are afraid to leave but also find impossible to stay in. Cajeput encourages swift and decisive action and minimizes tendencies to look back and second guess ourselves.

PHYSICAL ASPECTS: Cajeput is one of the best of the cytophylactic essential oils. This means that it has amazing tissue regenerating properties. This action of cajeput makes it useful for skin problems such as excessive oil or acne. As a melaleuca, cajeput is very antimicrobial. It is extremely effective against all types of infections in the body, whether in the kidney, colon, lungs, throat, or any other body system. Cajeput is listed as effective when used for arthritis, stiff joints and muscles, bronchitis and pneumonia, sinusitis and hay fever.

CAUTIONS: Cajeput and tea tree are two oils that are often adulterated with synthetic oils. The synthetic oils can cause blistering and skin eruptions. Pure melaleuca (tea tree) family essential oils are extremely strong. Always dilute them well. NEVER take them internally! These oils can cause vomiting and internal bleeding. They are excellent oils, but use with reasonable caution!

Calamus

(*Acorus calamus*)

INGREDIENT IN: ^{Le}Journey, ^{Le}NoMore

THERAPEUTIC PROPERTIES: nervine, anti-inflammatory, antispasmodic, general tonic

AFFINITY FOR: digestive system, mental acuity

RESONANCE: physical, mental

PLANT FAMILY: Acoraceae

PART UTILIZED: root

EXTRACTION METHOD: steam distilled

APPLICATION: Always dilute well when applying to the body.

AROMATIC CONSIDERATIONS: Calamus has a warm, spicy scent with a hint of cinnamon. Diffused it may stimulate the mind and memory.

PHYSICAL ASPECTS: Calamus is used for a wide range of symptoms pertaining to the head such as vertigo, headache, shock, memory loss, and epilepsy because it increases cerebral circulation. Calamus is also soothing and is an anti-inflammatory to the intestinal tract. It increases appetite and absorption of nutrients. Calamus, applied to the stomach and abdomen, arrests the growth of unfriendly bacteria in the digestive system.

GENERAL INFORMATION: A fluid extract of calamus is an official medicinal preparation still listed in the United States Pharmacopoeia and is used in herbal medicine as an aromatic bitter.

CAUTIONS: Calamus has been used for many years in herbal preparations, but it is fairly new to the essential oil world. The constituents it contains make calamus very effective as a disinfectant, but it is too strong for use on children except in the most dire circumstances. Calamus should also be avoided by pregnant women. Always use straight calamus with caution and common sense.

Camphor, White

(*Cinnamomum camphorum*)

INGREDIENT IN: Camphor is not an ingredient in any Butterfly Express, llc, blend because camphor has a negative impact on too many low potency homeopathics. Camphor has many medicinal properties but these properties can be adequately covered using other essential oils that are not universal homeopathic anti-dotes.

THERAPEUTIC PROPERTIES: anesthetic, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, carminative, convulsant, diaphoretic, insecticide, neurotoxin, nervine, sedative, stimulant, vulnerary

RESONANCE: physical, mental

PLANT FAMILY: Lauraceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

APPLICATION: MUST be diluted very well and should be used sparingly.

AROMATIC CONSIDERATIONS: Camphor is extremely pungent. Diffused with care, camphor can be useful as a cardiac stimulant and to open blocked respiratory passages.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of camphor seems to be very effective for a particular type of nervous depression where great agitation precedes a loss of energy and stamina and a feeling of deep despair.

PHYSICAL ASPECTS: Camphor has been used, in dilution, to stimulate circulation, metabolism, and digestion. Camphor is also a strong disinfectant and decongestant. It has a reputation as anti-inflammatory and as a pain reliever. I find the aroma and the list of cautions of camphor oil daunting, and personally, almost always use something else instead.

CAUTIONS: Camphor is considered by many aromatherapists to be too strong to be used effectively, especially as a single oil. A small amount of camphor taken internally could easily prove fatal. Overdose, even topically, has been known to cause convulsions and vomiting. Pregnant women and people with epilepsy or other seizure disorders should certainly avoid its use altogether.

Caraway

(Carum carvi)

INGREDIENT IN: ^{Le}Julia, ^{Le}LifeForce

THERAPEUTIC PROPERTIES: nervine, digestive, carminative, diuretic, expectorant, cytophylactic, emmenagogue, galactagogue, vermifuge, antihistaminic, antispasmodic, antiseptic, tonic

AFFINITY FOR: digestive system, respiratory system, spleen, pancreas stomach/spleen meridians, yang energy

RESONANCE: physical

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

APPLICATION: Caraway should be diluted well and applied to the feet or the body.

AROMATIC CONSIDERATIONS: The aroma of caraway is stimulating to the mind, but calming to the nerves.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Emotionally, caraway is of benefit to those who were raised in uncaring or emotionally unstable environments. Often abused or neglected children grow into adults that avoid commitment in relationships. They fear any form of stability, doubting that such a thing could be real or doubting their ability to be constant and consistent themselves. Often, they doubt their own worthiness for such a relationship. Caraway reinforces the earth meridian's steadfast constancy and need to nurture others.

PHYSICAL ASPECTS: Caraway is particularly useful for digestive complaints. Caraway alleviates intestinal spasms and encourages peristalsis. It is used to clean wounds. Caraway rebuilds damaged tissues and relieves the pain of bruising. Caraway is often included in formulas for skin and scalp conditions. As a respiratory oil, it is excellent for clearing infections and mucous from the lungs and the bronchials. Caraway is said to increase milk production and quality in nursing mothers.

CAUTIONS: Like most essential oils, caraway should be diluted when applied to the skin.

Cardamom

(*Elettaria cardamomum*)

INGREDIENT IN: ^{Le}InsideOut

THERAPEUTIC PROPERTIES: antispasmodic, antibacterial, aphrodisiac, carminative, cephalic, digestive, diuretic, laxative, nerve tonic, expectorant, immune stimulant, supportive, sustaining, tonic

AFFINITY FOR: brain and nervous system, reproductive system, yang energy, digestion, spleen, pancreas, central vessel, spleen meridian, lung meridian

RESONANCE: physical

PLANT FAMILY: Zingiberaceae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

APPLICATION: Cardamom, diluted well, can be applied over the stomach, abdomen, chest, or solar plexus areas. Cardamom is excellent, used sparingly, in a bath.

AROMATIC CONSIDERATIONS: A cardamom oil of good quality is warm, sweet, and spicy, with no harsh overtones and no hint of eucalyptus aroma. Diffused, cardamom alleviates mental fatigue and nervous exhaustion.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Because cardamom is strongly associated with the Earth element, it can remind us of the abundance and blessings of our lives. Cardamom strengthens our ability to see the opportunities before us and gives us the energy to pursue them. It allows us to give generously and live openly and with enthusiasm.

PHYSICAL ASPECTS: Cardamom essential oil has been in use for a long time. It was recommended by Hippocrates as a remedy for flatulent dyspepsia. It is still listed in the British Pharmacopoeia for stomach cramps and gas pains. Cardamom is useful for nausea, even in pregnancy. It is a well-known remedy for sexual dysfunction. Cardamom draws energy upward to the head, increasing concentration and helping us to relax and unwind when we are worried or tense.

GENERAL INFORMATION: Cardamom is in the ginger family. It has many of the same properties, but is less of an irritant. It is excellent as a massage oil. Cardamom increases circulation, relaxes muscles, and soothes the skin.

CAUTIONS: Cardamom has no contraindications, it should be diluted for application to the skin.

Carrot Seed

(*Daucus carota*)

INGREDIENT IN: ^{Le}Vallee, ^{Le}Revitalize, ^{Le}Synopsis

THERAPEUTIC PROPERTIES: hepatic, nervous system and cardiovascular tonic, diuretic, vermifuge

AFFINITY FOR: skin, cardiovascular system, liver, digestive system, gall bladder meridian, intestinal tract, nervous system, liver meridian

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: solvent

APPLICATION: Carrot seed should be used, diluted, directly on the areas of concern.

AROMATIC CONSIDERATIONS: When diffused, carrot seed can strengthen our sense of inner fortitude and will power.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Carrot seed oil helps fortify those who are feeling weak, inefficient, or disorganized. This oil is well suited to impractical dreamers. Carrot seed can give focus and energy to those who procrastinate projects because we don't want to put forth the necessary hard work or mental effort.

PHYSICAL ASPECTS: Carrot seed is a powerful liver detoxifier and blood cleanser. It is particularly useful in bowel inflammations. Carrot seed is of benefit for digestive problems such as constipation, diarrhea, and gas.

Carrot seed contains carotene and vitamin A. These nutrients strengthen eyesight and help with anemia. They also make carrot seed a very good oil for skin health and healing. Carrot seed should be considered for burns, psoriasis and eczema, open sores, ulcers, and boils. Carrot seed applied to the hands regularly may lighten or prevent age spots.

Cassia

(Cinnamomum cassia)

INGREDIENT IN: ^{Le}Bountiful, ^{Le}CinnamonBear, ^{Le}Housewarming, ^{Le}Journey, ^{Le}LiteN

THERAPEUTIC PROPERTIES: stimulant, antiseptic, antibiotic, antiviral, antiputrescent, analgesic, antidiarrheal, antimicrobial, antiemetic, carminative

AFFINITY FOR: circulatory system, immune system

RESONANCE: physical, emotional

PLANT FAMILY: Lauraceae

PART UTILIZED: leaves, bark

EXTRACTION METHOD: steam distilled

APPLICATION: Cassia should be diluted with particular care.

AROMATIC CONSIDERATIONS: Cassia has a warm, spicy aroma, like cinnamon. Cassia, diffused or inhaled, reduces drowsiness and lessens irritability.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Cassia is a good oil for those who display few emotions. It can be stimulating and relaxing to those who are rigid and inflexible in their thinking, and consequently, rigid and inflexible in their bodies. Cassia can help us see new solutions to old problems, or look at old relationships in new ways.

PHYSICAL ASPECT: Cassia, like other Cinnamomum family members, is a powerful oxygenator. Cassia has a stimulating effect on the whole body, but its action is gently insistent. As a cardiovascular tonic, this oil is excellent. Cassia oil is strongly antimicrobial; virus spores, bacteria, and fungi cannot live in its presence. The anti-inflammatory properties of this oil are helpful with arthritis and other aches and pains. Studies have shown that cassia stimulates T-lymphocyte activity and immuno-globulin production by the B-cells of the immune system. Increased activity of these key elements of the immune system strengthens resistance to disease.

CAUTIONS: Cassia should be avoided, except in blends, when pregnant or nursing. It is too strong to be used in the bath. Care should be taken to dilute especially well when using with children or those with sensitive skin.

Catnip

(*Nepeta cataria*)

INGREDIENT IN: ^{Le}Away

THERAPEUTIC PROPERTIES: bug repellent, antispasmodic, astringent, anti-inflammatory, cholagogue, nervine, sedative, anesthetic, carminative, diaphoretic

AFFINITY FOR: digestive system, urinary tract, circulatory system

RESONANCE: physical

PLANT FAMILY: Labiatae

PART UTILIZED: flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Catnip, or an insect repellent containing catnip, should be diluted and applied as a spray. Mix 1/4 to 1/2 teaspoon essential oil with 1 cup isopropyl alcohol and 1 cup water in a spray bottle. Spray clothes and extremities, being sure to avoid getting any in your eyes. Essential oils do not disperse well in water or alcohol so you will need to shake your mixture before each use. Miracle II Neutralizer is a good medium to use in place of alcohol and water. Do not apply insect repellent oils with a carrier oil. The carrier oil attracts the bugs you are trying to repel.

AROMATIC CONSIDERATIONS: Catnip has a strong, harsh, earthy aroma with a subdued mint undertone.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: All essential oils affect the emotions but there is nothing studied and recorded about the emotional aspects of catnip essential oil.

PHYSICAL ASPECTS: Catnip is primarily known for its insect repellent properties. It has also been shown to be effective in deterring underground insects such as termites. Catnip oil is antispasmodic. It is effective in treatments for all forms of cramps. It is useful in relaxing tight or strained muscles.

Catnip balances the flow of bile throughout the digestive system, making it a very good remedy for anyone suffering with abdominal pain caused by gas in the stomach or intestines. Catnip oil also promotes urination and helps the body to maintain proper water balance in the cells and tissues. Catnip is stimulating and toning to the entire system, but like many herbal remedies and essential oils, it also acts as a sedative. Natural remedies return the system to a state of balance, whether it is stimulation or sedation that is needed. Catnip has astringent properties which aid in tightening loose muscles and skin. Swished in the mouth, catnip can stimulate the gums to keep the teeth tightly in place.

GENERAL INFORMATION: One of the constituents of catnip, nepetalactone, has been shown in laboratory studies to be 10 times more effective at repelling insects than DEET.

CAUTIONS: Catnip may cause irritation to sensitive skin. Be sure to follow dilution directions and use reasonable caution and common sense. Use very diluted with infants and small children.

Cedarwood

(*Cedrus deodora*)

INGREDIENT IN: ^{Lc}Angel, ^{Lc}Away, ^{Lc}Connection, ^{Lc}Exhilaration, ^{Lc}GoodNite, ^{Lc}IQ, ^{Lc}Kadence, ^{Lc}Moonlight, ^{Lc}RefreshMint, ^{Lc}Sanctuary

THERAPEUTIC PROPERTIES: antiseptic, tonic, antifungal, antiseborrheic, regenerative, astringent, diuretic, expectorant, fungicidal, stimulant to circulatory system but sedative to nervous system—this is a rare and powerful combination

AFFINITY FOR: urinary tract, spleen, pancreas, skin and scalp, lymphatic system, central vessel meridian, kidney meridian, heart meridian, spleen meridian, chakras & subtle bodies

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae

PART UTILIZED: bark, wild crafted

EXTRACTION METHOD: steam distilled

APPLICATION: Dilute and apply to the feet or to the body.

AROMATIC CONSIDERATIONS: Cedarwood is an excellent oil for meditation and clarity of mind. It reduces tension and promotes restful sleep. The aroma of cedarwood can help us realize when we are being self-righteous, rigid, or dogmatic in our opinions.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Cedarwood was used traditionally by the Indian tribes of America to enhance spiritual communication. Like all conifer oils, cedarwood enhances feelings of security and protection. It helps us to feel, and return, the love of heaven. The aroma of cedarwood calms anger and relieves nervous tension. It quiets the mind that is going over and over the same details, analyzing and then analyzing again. Steadiness, integrity, and emotional stability are some of the great gifts of cedarwood oil.

Cedarwood strengthens the energy of the kidney meridian. Strength in this meridian gives us the will to stand firm when we have made a decision, even against persistent opposition. Cedarwood can give us strength in times of crisis as we stand strong, refusing to lose confidence or faith. This is an excellent oil to bolster us when we are going into strange or unfamiliar situations. Cedarwood oil has been shown effective in the treatment of ADHD because it stabilizes beta/theta waves.

PHYSICAL ASPECTS: Because it is mucolytic (dissolves mucous), cedarwood is useful for chest infections, asthma, and coughs. It is also soothing and healing to the skin, and especially, to the scalp. Cedarwood is often used for dandruff, hair loss, and psoriasis.

Cedarwood encourages lymphatic drainage and stimulates the breakdown of fat in the tissues. Mildly diuretic, cedarwood is used for cellulite and water retention. Decongestant, astringent, and anti-infective, cedarwood is useful for respiratory and urinary tract infections. Cedarwood is of benefit in any physical complaint where the underlying condition is coldness and dampness, physically or energetically. Valued as an insect repellent to be used around spices and other food items.

GENERAL INFORMATION: Cedarwood oil is very powerful at breaking up catarrh. This action of cedarwood oil is a fine example of the connections between the physical body and the more subtle (or energy) aspects of our systems. Just as surely as cedarwood will break up catarrh and phlegm in the physical body, it will remove the congestion and clutter that is clogging our minds and spirits.

CAUTIONS: Cedarwood should be avoided by pregnant women.

Celery Seed

(Apium graveolens)

THERAPEUTIC PROPERTIES: antioxidant, antiseptic (urinary), antispasmodic, aperitif, digestive, diuretic, carminative, emmenagogue, galactagogue, hepatic, nervine, sedative, stomachic, hepatic, uterine stimulant, tonic

AFFINITY FOR: digestive system, endocrine system, central nervous system, lymphatic drainage, central vessel meridian

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seed

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Celery seed essential oil smells like celery but it has a surprisingly warm, earthy, and spicy aroma. Diffused, celery seed can help with headaches, insomnia, and mental fatigue. This essential oil can be helpful when stress and fear are holding us back from acting decisively. Celery seed is very nice diffused with frankincense or sandalwood.

APPLICATION: Celery seed should always be diluted well before applying to the skin.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of celery seed, by bringing balance to our central vessel meridian, can bring us back to a sense of our own strength. Celery seed brings us home to our own center, where our reality and our peace can be found.

Celery seed acts on the central nervous system, whose core processing units are the brain and the spinal cord. Celery seed, acting on this system, can stabilize mood swings and protect us from the negative energies of other people. Celery seed can aid in analyzing facts and making appropriate decisions.

PHYSICAL ASPECTS: Celery seed increases the elimination of uric acid and is useful in bringing relief from arthritis, gout, neuralgia, water retention, and edema. Celery seed helps to release toxins from the blood and aids in liver decongestion and jaundice.

Massaging celery seed oil onto the lower back and along the sciatic nerve (or using it in the tub) can reduce painful swelling.

Celery seed's calming effect on the digestive system makes it useful for bloating and indigestion. Celery seed is used in weight loss programs because it suppresses hunger cravings and calms anxiety.

CAUTIONS: Celery seed essential oil should probably be avoided during pregnancy or if you have high blood pressure.

Chamomile, Egyptian (absolute)

(Matricaria recutita, also called Chamomilla matricaria)

INGREDIENT IN: ^LBalance

THERAPEUTIC PROPERTIES: The therapeutic uses of the absolute and the distilled oil (explained below under General Information) are similar in many respects. The absolute seems to have a more pronounced effect on hormone balance, but lacks the chamazulene that is a product of distillation. Chamomile Egyptian is calming, analgesic, antispasmodic, antibiotic, emmenagogue, hepatic, and a vulnerary.

AFFINITY FOR: hormones, root chakra, yin energy, emotions, throat chakra, bladder meridian, nerves

RESONANCE: physical, emotional

PLANT FAMILY: Compositae

PART UTILIZED: flowers

APPLICATION: Chamomile Egyptian can be applied to the base of the neck, on the temples, and over the liver. Absolutes are very concentrated and should be diluted particularly well.

AROMATIC CONSIDERATIONS: Chamomile Egyptian absolute has a somewhat different aroma—more “grassy” and herbaceous and less floral—than the distilled essential oil made from the same species that is known as chamomile German. Chamomile Egyptian absolute is a dark sage green, rather than deep blue. Sage green (and viscous) is appropriate for the chamomile absolute, but in the distilled essential oil, the depth of the blue color is an indication of the quality and therapeutic value.

EMOTIONAL / SPIRITUAL / MENTAL / PHYSICAL ASPECTS: The properties and uses of this oil are very similar to chamomile German which is discussed in more detail in the next section. Absolutes need to be evaluated in small quantities to be appreciated. You cannot just open the bottle and take a whiff with an absolute.

GENERAL INFORMATION: Chamomile Egyptian is an absolute made from the same species as the distilled oil marketed as chamomile German. Absolutes are extracted by a complex process using solvents such as alcohol or hexane. The solvent is then effectively removed. Solvent extraction usually results in a more concentrated and complex fragrance than would be obtained by steam distillation. In fact, many plants processed this way cannot be steam distilled due to the small quantity of essential oil in the part of the plant used. This is not true of this chamomile. The steam distilled oil (chamomile German) is a very concentrated and complex essential oil.

Chamomile, German

(*Matricaria recutita*)

INGREDIENT IN: ^{Lc}Dreams, ^{Lc}Everlasting, ^{Lc}MyGraine, ^{Lc}Millenia, ^{Lc}Solitude, ^{Lc}Tranquility, ^{Lc}Vision, ^{Lc}Victory

THERAPEUTIC PROPERTIES: calmative, analgesic, antispasmodic, antibiotic, anti-inflammatory, emmenagogue, hepatic, vulnerary

AFFINITY FOR: reproductive system, digestive system, nervous system, gallbladder meridian, spleen meridian, bladder meridian, yin energy, chakras: throat, heart, solar plexus

RESONANCE: physical, emotional

PLANT FAMILY: Compositae

PART UTILIZED: flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Chamomile German can be applied to the base of the neck, on the temples, and over the liver.

AROMATIC CONSIDERATIONS: The aroma of the German (blue) variety is deeper, headier, and more floral than the light colored chamomile Roman. The aroma of this chamomile calms and soothes feelings of anger and frustration.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: One of the most important actions of chamomile German is on the solar plexus. The solar plexus is the major nerve center that lies midway between the gut instinct area of the abdomen and the empathetic region of the heart. The solar plexus also lies at the cross roads between the left and right sides of our energetic bodies. This location puts the solar plexus in charge of balancing our need to be in control with our need to gently nurture. A buildup of energy and tension in the solar plexus intensifies our emotional needs. If we feel that our needs are not being met, we can become frustrated and irritable. We may react by trying harder to control the people around us, manipulating them into meeting our perceived needs. The aroma of chamomile German can release the tension that is building up in the solar plexus area.

Chamomile German increases honest, and compassionate communication. It is of benefit to people who have periods of indifference to family and friends, followed by irritable outbursts directed at those dearest to them. Chamomile German seems to unclutter the mind, allowing us to get organized and then unclutter our lives. This species of chamomile helps us learn to trust the unfolding of events in our lives. It helps us remember that when life isn't working as we planned, it may be working towards a better plan.

PHYSICAL ASPECTS: The latin name for the chamomile family, *Matricaria*, means "caring for the womb" and emphasizes the centuries-old use of this herb for female complaints. Chamomile German is excellent for digestive problems, especially if there is an emotional component to them.

Chamomile German is a necessary ingredient in blends used to treat ADHD in children, and anxiety attacks in adolescents and adults. This oil has an outstanding history in the treatment of headaches, insomnia, and nervous tension. This oil should be tried for severe skin ulcerations or infections, dermatitis, and excema. For those with sensitive skin, application of this oil over a period of time can strengthen the skin's protective barrier.

GENERAL INFORMATION: Azulene, the component in chamomile German and a few other essential oils, is created by the steam distillation process. Heating plant material sometimes creates compounds that are not found in the fresh plant. These compounds, of which azulene is the best known, have unique therapeutic properties. Azulene is strongly anti-inflammatory and analgesic. The azulene created when blue tansy is heated is largely responsible for the realigning properties of ^{Lc}Millenia.

Chamomile, Roman

(*Chamaemelum nobile*)

INGREDIENT IN: ^{Lc}Assurance, ^{Lc}Baby Me, ^{Lc}EZ Traveler, ^{Lc}Julia, ^{Lc}RefreshMint, ^{Lc}Revitalize, ^{Lc}Vision, ^{Lc}Whispering Hope

THERAPEUTIC PROPERTIES: calmative, analgesic, antibiotic, febrifuge, anti-inflammatory, immune stimulant

AFFINITY FOR: reproductive system, nervous system, digestive system, spleen meridian, bladder meridian, yin energy, throat chakra

RESONANCE: physical, emotional

PLANT FAMILY: Compositae

PART UTILIZED: flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Chamomile Roman can be applied to the base of the neck, on the temples, and over the liver. It can be added to shampoo or conditioner to cover gray in lighter hair colors.

AROMATIC CONSIDERATIONS: The aroma of chamomile Roman, in my opinion, is the most relaxing scent in the entire essential oil world. Chamomile Roman is powerfully soothing. The soothing action of this oil applies to both physical and emotional conditions alike. Diffused, this oil creates an atmosphere of peace and patience.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Chamomile Roman smooths the flow of the chi energy throughout the body. It is this regulation of vital energy that makes chamomile Roman so powerfully soothing to both physical and emotional conditions. In fact, so powerfully does this oil unravel the negative emotions behind physical ailments, that it is sometimes hard to tell if it is working at an emotional or a physical level. Chamomile Roman is of great benefit in the treatment of chronic headaches, insomnia, nervous indigestion and nausea, and irritable bowel syndrome—to name just a few.

The smoothing out of the vital energy prevents the build-up of energetic heat, which manifests in the body as inflammation. This chamomile is particularly beneficial for alleviating neuritis, cystitis, rheumatoid arthritis, and earache.

One of the outstanding uses of chamomile Roman essential oil is for babies with colic, babies who startle awake and then cry for a long time, and infants that are just plain fussy and want to be held and comforted most of the day and night.

PHYSICAL ASPECTS: This variety of chamomile, though containing less deep blue azulene, has anti-inflammatory properties. It is of benefit when applied to aching muscles and joints. Because it is so mild and soothing, chamomile Roman is wonderful in the tub or used in a compress. This oil is very soothing for menstrual cramps, nausea, PMS, tension, and nerves.

Chamomile Roman cleanses the blood and reduces allergic reactions. Allergy sufferers can find a great deal of relief by carrying an inhaler or just a few drops of this oil on a tissue or cotton ball. Chamomile Roman is an antihistamine and soothing to inflamed tissues.

GENERAL INFORMATION: The plant from which chamomile Roman is distilled is very tender and delicate. It must be harvested at precisely the right moment in its growth cycle. To accomplish this, growers concerned with quality do a test distillation every few days as the plant matures. They have the distillation analyzed using gas chromatography. This insures the therapeutic quality of the essential oil.

Chaste Tree

(*Vitex agnus castus*)

INGREDIENT IN: ^{Le}Balance

AFFINITY FOR: female reproductive system, nervous system

RESONANCE: physical, emotional

PLANT FAMILY: Verbenaceae

PART UTILIZED: fruit, wildcrafted

EXTRACTION METHOD: steam distilled

APPLICATION: Chaste tree should be diluted and applied to the abdomen or feet.

AROMATIC CONSIDERATIONS: Chaste tree is not recommended for diffusion.

EMOTIONAL / SPIRITUAL / MENTAL / PHYSICAL ASPECTS: There is a lot of literature about the herbal uses for chaste tree, but very little documented usage of the essential oil. Claims have been made that chaste tree essential oil enhances the production of progesterone, bringing balance to female hormones. It may ease menstrual discomforts such as cramps, irritability, headaches, depression, and breast swelling. Chaste tree also works well for reducing the symptoms of menopause. Preliminary trials suggest effectiveness in treatment of infertility and irregular menstrual cycles.

Chaste tree, in herbal form, is used for polycystic ovarian syndrome, uterine fibroids, infertility, and miscarriages due to luteal phase defects. (This type of miscarriage is described briefly on page 98.) Essential oils have the same therapeutic properties as the plants from which they are made. The therapeutic properties are more concentrated in the essential oil, often making them even more effective than in the herbal form.

GENERAL INFORMATION: The *Vitex agnus castus* variety of chaste tree is native to the Mediterranean area (Turkey), while *Vitex negundo* is found in Asia and Africa. Studies are being conducted at Ege University in Izmir, Turkey, on the use of *Vitex* oil for reversing the symptoms of Parkinson's disease. In the book by Connie and Alan Higley, *Reference Guide for Essential Oils*, the Higleys seem to be indicating that the *Vitex* studied for Parkinson's is *Vitex negundo*.

Vitex (both *negundo* and *agnus*) appears to be a natural source of L-dopa. L-dopa stimulates production of the neuro-transmitter L-dopamine in the brain. The lack of L-dopamine production is a factor in Parkinson's disease. Several *Vitex* varieties are now being looked at around the world as natural sources of L-dopa. The essential oils of both plants contain sesquiterpenes. Sesquiterpenes cross the blood/brain barrier, carrying the L-dopa and other therapeutic properties of the essential oil along with them.

The synthetic pharmaceutical products currently in use cannot do this, which makes them very ineffective. Not being able to get medications to cross the blood/brain barrier has been frustrating the medical community for years. Perhaps, natural substances will prove their superiority in medical applications once again.

CAUTIONS: Chaste tree is strongly contra-indicated for pregnancy, except possibly to prevent early miscarriage in women with problems in the luteal phase of the pregnancy (mentioned above). There is just not enough information or studies done on this topic, yet—that I can find. It is well known, however, that chaste tree has a dramatic effect on hormones. That is enough of a reason to leave this essential oil completely alone during a pregnancy.

Chaulmoogra

(Hydnocarpus laurifolia)

THERAPEUTIC PROPERTIES: analgesic, antibacterial, anti-parasitic, cicatrisant

AFFINITY FOR: skin, respiratory tract, nerves

RESONANCE: physical

PLANT FAMILY: Achariaceae (formerly Flacourtiaceae)

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

APPLICATION: Dilute with carrier oil or water and apply to areas of concern.

AROMATIC CONSIDERATIONS: Chaulmoogra has a pleasantly mild, woody aroma.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: There are no emotional aspects mentioned that I can find for this essential oil although, of course, it has some.

PHYSICAL ASPECTS: Chaulmoogra is used in the treatment of skin diseases such as eczema. It is also used for bruises, sprains, sores, wounds, and scrofula. In England it is recommended in treatments for tuberculosis. Chaulmoogra is sometimes used in the cosmetics industry to even the pigmentation of the skin.

GENERAL INFORMATION: The fresh, ripe seeds of this plant are reputed to contain an essential oil that has been used specifically in the treatment of the early stages of leprosy. The use of chaulmoogra for leprosy is documented in several countries over a period of several hundred years.

CAUTIONS: Non-toxic, non-irritating, and non-sensitizing. There is not enough information available to declare it safe for pregnancy, however. Caution is advised with pregnancy and small children.

Cilantro

(Coriandrum sativum)

INGREDIENT IN: ^{Le}InsideOut

THERAPEUTIC PROPERTIES: analgesic, antioxidant, antispasmodic, digestive, carminative, revitalizing, stimulant, stomachic

AFFINITY FOR: nerves, circulation, digestive system, endocrine system, earth meridian, fire meridian, air meridian, water meridian

RESONANCE: physical, mental

PLANT FAMILY: Umbelliferae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

APPLICATION: Cilantro should be diluted and applied as needed. It may also be diffused.

AROMATIC CONSIDERATIONS: Although they are made from very different parts of the plant, cilantro and coriander have similar aromas.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Cilantro is distilled from the leaves of the *Coriandrum sativum* plant; the seeds of this plant are distilled to obtain coriander essential oil. There are many similarities

in these two oils, but the plant part used changes the focus of the therapeutic properties. This is particularly true in the emotional aspects. Essential oils derived from the leaf tend to be needed by people who focus outside themselves on the needs of others, often in such excess that it is to their own detriment. These oils can aid us in developing compassion and sympathy for others. Essential oils derived from seeds focus more on potential for personal growth. They can bring feelings of joy and satisfaction with ourselves and the circumstances of our lives.

PHYSICAL ASPECTS: Like coriander, which is distilled from the same plant, cilantro is both a gentle stimulant and a mild sedative. It can be used to raise energy levels and calm nerves, when stress or over-work has brought on a state of nervousness with fatigue. Cilantro's therapeutic properties make it a good addition to blends for the digestive system.

GENERAL INFORMATION: Recent research indicates that cilantro essential oil is highly effective at inhibiting the growth of some bacteria that are responsible for food borne illnesses. I find this study interesting, especially when I consider that cilantro has been used in cooking in warm climates for a very long time.

CAUTIONS: Cilantro is generally considered to be non-toxic and non-irritating, although it can be very potent in large doses. Like most essential oils, it is best used with judgement and moderation.

Cinnamon Bark

(Cinnamomum verum var. zeylanicum)

INGREDIENT IN: ^{Le}Bountiful, ^{Le}Deliverance, ^{Le}Energy, ^{Le}Focus, ^{Le}Holiday Spirit, ^{Le}Inner Peace, ^{Le}Journey, ^{Le}LiteN, ^{Le}Moonlight, ^{Le}SpiceC

THERAPEUTIC PROPERTIES: stimulant, antiseptic, antibiotic, antiviral, antiputrescent, analgesic, antispasmodic, emmenagogue

AFFINITY FOR: enhances the properties of other essential oils, circulatory system, root chakra, sacral chakra, astral body

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Lauraceae

PART UTILIZED: bark, organic

EXTRACTION METHOD: steam distilled

APPLICATION: Cinnamon bark is a very strong oil. It must be diluted well before being applied to the body or feet.

AROMATIC CONSIDERATIONS: Cinnamon is very strong, perhaps too strong to be diffused by itself. As part of a blend such as ^{Le}Deliverance, it diffuses very well, and would certainly be effective against a wide range of microbes.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of cinnamon seems to reach deeply into our souls, asking hard questions and bringing deep issues to the surface. Situations and questions we have left unresolved are brought back to our attention. If we choose to deal with them we will be able to move forward toward healing and peace. Cinnamon can provide courage to look into the darker places in ourselves, as well as sufficient courage to look squarely at each situation in our lives. If you feel that your heart and emotions have gone cold and are buried deep inside, cinnamon will warm them up and help you bring them into the light.

PHYSICAL ASPECTS: Cinnamon bark essential oil has very specific purposes and applications. 1) It is a very powerful antimicrobial. Virus spores, bacteria, and fungus cannot live in the presence of this oil. Cinnamon is effective for all types of infections. 2) Cinnamon oil enhances the action and activity of other oils

with which it is combined, creating synergistically amazing combinations. 3) Cinnamon carries oxygen into the cells. It is stimulating and toning to the entire body. Cinnamon is of particular benefit to the circulatory system. Cinnamon, preferably in a blend, should be used for arthritis, muscular aches and pains, coughs, and colds. 4) Cinnamon aids the body in the regulation and utilization of insulin.

GENERAL INFORMATION: Cinnamon is part of the formula the Lord gave Moses (recorded in Exodus 30:22-27).

CAUTIONS: Cinnamon oil is best used in low doses or as part of a blend of essential oils. Cinnamon is too strong for use in the tub or shower. It should be used cautiously with children and people with sensitive skin.

Cinnamon Berry

(Cinnamomum polyandrum)

INGREDIENT IN: ^{Le}Focus, ^{Le}Safeguard, ^{Le}Stefanie, ^{Le}Away

GENERAL INFORMATION: Cinnamon berry is sometimes referred to as sugandha kokila.

THERAPEUTIC PROPERTIES: analgesic, antibiotic, antiseptic, astringent, carminative, digestive, emmenagogue, relaxant, stomachic, nerve tonic, stimulant

AFFINITY FOR: circulation, digestion, muscles, nerves, joints, sacral chakra

RESONANCE: physical, emotional

PLANT FAMILY: Lauraceae

PART UTILIZED: Fruit, wild crafted

EXTRACTION METHOD: steam distilled

APPLICATION: Cinnamon berry should be diluted well when applied to the body. Application can be on the feet or directly on areas of pain or poor circulation.

AROMATIC CONSIDERATIONS: The essential oil made from the berries of this cinnamomum species is a little bit milder than oil made from the bark of cinnamomum verum. Care should still be taken with inhalation and diffusion. Cinnamon can be irritating to tender mucous membranes.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Cinnamon berry is useful in treating stress related conditions such as headache, insomnia, indigestion, and nervous tension.

PHYSICAL ASPECTS: Cinnamon berry acts as a stimulant to circulation. Increased circulation can be beneficial for arthritis, muscle and joint stiffness, inflamed or painful joints and muscles, and sprains. Cinnamon berry is said to improve appetite. Cinnamon berry, like cinnamon bark, is antimicrobial, but is less caustic and irritating.

CAUTIONS: Use cautiously if pregnant, when working with infants and children, or if your skin is particularly sensitive.

Cistus - Rockrose

(Cistus ladaniferus)

INGREDIENT IN: ^{Lc}Angel, ^{Lc}Cherish, ^{Lc}Discernment, melissa blend

THERAPEUTIC PROPERTIES: antimicrobial, antiseptic, astringent, diuretic, expectorant, emmenagogue, anti-inflammatory, tonic, hemostatic

AFFINITY FOR: lymphatic system, nerves, skin, urinary tract, immune system, kidney meridian, solar plexus chakra

RESONANCE: physical, emotional, mental

PLANT FAMILY: Cistaceae

PART UTILIZED: leaves and stalk

EXTRACTION METHOD: steam distilled

APPLICATION: Cistus is particularly nice applied, diluted, on the chest.

AROMATIC CONSIDERATIONS: Cistus has a beautiful aroma. The aroma is floral with a hint of honey, but it is not heady, cloying, or overwhelming. Cistus would make a unique and beautiful perfume, in my opinion. The aroma of cistus is something you will either just love or really dislike. Cistus is stimulating to the upper quadrant of the brain and to the senses, amplifying our sense of touch, hearing, and sight. Cistus is useful diffused during meditation or when pondering deeply.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aftermath of traumatic events, quarrels, or painful losses can leave us feeling empty inside with nothing left to give and a diminished capacity to feel and show emotion. Emotionally warming, cistus can start the process of thaw throughout the wastelands of such frozen emotions.

PHYSICAL ASPECTS: Cistus is used in skin care regimens, for the prevention and minimization of wrinkles, and in the treatment of skin disorders such as psoriasis and eczema. Because of its regenerative properties, cistus has also been used for many years in the treatment of wounds, abrasions, and boils.

The phenols in cistus make it stimulating to the immune system and to the lungs. Cistus can be useful in the treatment of coughs and bronchitis. Cistus is an excellent oil for lymph drainage.

GENERAL INFORMATION: Cistus is one of the earliest aromatic substances. References are made to it in some ancient texts. The rose of Sharon referred to in the Bible is believed to be cistus.

CAUTIONS: Considered a safe, mild, and effective essential oil.

Citronella Java and Citronella Ceylon

(*Cymbopogon winterianus*)

(*Cymbopogon nardus*)

INGREDIENT IN: ^{Le}Away, ^{Le}Purify, ^{Le}Sunburst

THERAPEUTIC PROPERTIES: antibacterial, antifungal, anti-inflammatory, antiseptic, antispasmodic, deodorant, insecticidal, antiparasitic, stimulant

AFFINITY FOR: cardiovascular system, bones, digestion, muscles, circulation, skin

RESONANCE: physical, spiritual, emotional

PLANT FAMILY: Graminae

PART UTILIZED: leaf (grass)

EXTRACTION METHOD: steam distilled

APPLICATION: Citronella should always be diluted well before applying to skin.

AROMATIC CONSIDERATIONS: Citronella's bright, fresh aroma is nourishing to the spirit. It is also stimulating to the cardiovascular system. Citronella increases the heart rate when it is abnormally low. The aroma of citronella is recognized around the world as an insect repellent.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Citronella clears the soul of the negative influences others may be having on us. It helps us look at our relationships, being able to evaluate whether they are a positive or a negative influence in our lives.

PHYSICAL ASPECTS: Citronella can be used safely as an antiseptic to sanitize and deodorize surfaces being used in food preparation. Citronella, diluted with a carrier oil, makes a refreshing massage therapy oil. The citronella oils are used for colds, flu, fatigue, headaches, migraines, and neuralgia. They are also good for balancing excessive perspiration and excessive oiliness of skin and hair.

GENERAL INFORMATION: These two oils belong to the same family as lemongrass and palmarosa, and are similar in their therapeutic uses. Most literature does not distinguish between the citronella ceylon and citronella java. MS (mass spectrograph) readouts reveal some interesting differences, however. Java has a much higher percentage of citronella. This is the component most responsible for the lemony aroma and is also responsible for the insect repellent properties of citronella oils. Java has a lower percentage of geraniol than the ceylon variety. Geraniol is an ingredient which is suspected of attracting certain kinds of bees—not a good attribute for an insect repellent! Obviously, java makes the best insect repellent, but both varieties are often combined with cedarwood to make insecticides and insect repellents. Ceylon is probably used because it is less expensive than java.

CAUTIONS: Too frequent use of citronella on the skin can cause contact sensitization and irritation. Citronella should be used with caution during pregnancy.

Clary Sage

(*Salvia sclarea*)

INGREDIENT IN: ^{Le}Balance, ^{Le}Exhilaration, ^{Le}Moonlight, ^{Le}Tomorrow, ^{Le}Victory, ^{Le}Woman Wise

THERAPEUTIC PROPERTIES: regulates cells and balances hormones, antiseptic, calming, emmenagogue, anti-infective, antispasmodic, antisudorific, aphrodisiac, nerve tonic, estrogen-like properties

AFFINITY FOR: digestive system, respiratory system, hormone balance, spleen meridian, governing vessel meridian, supports yang energy and moderates yin energy

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: whole plant when flowering

EXTRACTION METHOD: steam distilled

APPLICATION: Dilute well and apply to the feet or on the body.

AROMATIC CONSIDERATIONS: The aroma of clary sage promotes confidence and clarity about what you want your life to be.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The emotional actions of clary sage are explained by the balance it establishes between stimulation and relaxation (yang and yin). Clary sage calms tension, nervousness, and hypersensitivity, yet revives and revitalizes us when we are fatigued.

Clary sage is a good oil for those who, when overtired, become hypersensitive and either weep or find fault with everyone around them. It is also a good choice for people whose lives show a pattern of continually choosing the wrong kind of friends. The aroma of clary sage calms the nerves and enhances the dream state of sleep. It brings about feelings of contentment.

PHYSICAL ASPECTS: Clary sage moderates excessive estrogen and yin energy. It is very effective for PMS, menstrual problems and cramping, infertility, frigidity and impotence, and some of the difficulties experienced during menopause. An excess of estrogen is linked to several women's cancers.

Clary sage is useful in kidney infections, sore throat, and bronchial infections. It strengthens cellular structure and regulates cellular activity. It is an excellent oil, especially as part of a blend, for muscular fatigue and excessive perspiration.

CAUTIONS: Clary sage has a lower percentage of thujone than does common sage (*Salvia officinalis*). Clary sage is completely safe for most people in most applications when used in normal dosages. However, clary sage has a strong action on hormones and should be used with extreme caution during pregnancy. Clary sage is not to be used with children because of these hormonal properties.

Clary Sage should be avoided if alcohol is going to be consumed and is not to be used in the bath. Use small amounts when diffusing.

Clementine

(*Citrus nobilis*)

INGREDIENT IN: ^{Le}Insight

THERAPEUTIC PROPERTIES: tonic, stomachic, digestive, calming, antispasmodic, antiseptic

AFFINITY FOR: nerves, emotions

RESONANCE: emotional, spiritual

PLANT FAMILY: Rutaceae

PART UTILIZED: peel of fruit

EXTRACTION METHOD: cold pressed

APPLICATION: Clementine may be applied on the feet or on the body. It is excellent in a bath or diffused. Clementine is a citrus oil that is not considered phototoxic!!

AROMATIC CONSIDERATIONS: The aroma of clementine is delightful. It can only be described as absolutely “yummy”.

PHYSICAL / EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Clementine is gentler, softer, and sweeter than its parent plant, red mandarin. It is uplifting and gently revitalizing. Clementine is often used for insomnia.

Clove

(*Syzygium aromaticum*)

INGREDIENT IN: ^{Le}Away, ^{Le}Bountiful, ^{Le}CinnamonBear, ^{Le}Deliverance, ^{Le}Energy, ^{Le}Eternity, ^{Le}LifeForce, ^{Le}MelaPlus, ^{Le}Paine, ^{Le}RefreshMint, ^{Le}SpiceC

THERAPEUTIC PROPERTIES: antiseptic, antibiotic, antiviral, antifungal, analgesic, antineuralgia, antispasmodic, stimulant, carminative, aphrodisiac, stomachic, tonic, antiparasitic, anti-tumoral

AFFINITY FOR: muscles, digestive system, circulatory system, lymphatic system, urinary tract, solar plexus chakra, brain, immune system, root chakra, all of the meridians

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: fruit bud

EXTRACTION METHOD: steam distilled

APPLICATION: Pay careful attention to the dilution of clove essential oil before putting it on the skin. Clove essential oil can be applied to the feet or to any area of the body where its properties are needed.

AROMATIC CONSIDERATIONS: The aroma of clove improves memory, alleviates mental and physical exhaustion, protects from negative energy, and creates feelings of cooperation and courage. Clove helps us to move forward, exploring new possibilities and experiences, with enthusiasm.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of clove is, literally, heart-warming. It helps us to look away from ourselves and our own needs, so we can see the needs of family members and friends. Clove helps us translate this “seeing” into practical, every day living and giving. Clove bud oil lifts depression, leaving behind a feeling of optimism and lightness. Clove bud oil can create and sustain a positive outlook and attitude.

PHYSICAL ASPECTS: Spices are among the most nutritional herbal remedies, and clove is one of the best. When clove bud essential oil is absorbed into the body, it provides missing nutrients. Because clove oil improves the overall nutrition in the body, it can be of benefit in many physical conditions. Clove bud is excellent in the early stages of illness to kill viruses and bacteria. Clove's stimulative and nutritive properties are helpful later on, during the recovery phase, to rebuild energy and stamina.

Clove bud is a strong topical anesthetic and pain reliever. It is often used to lessen the pain of a toothache until the problem can be remedied by a dentist. Clove acts on the digestive system for flatulence, nausea, and diarrhea. Clove bud essential oil is strong enough to dissolve warts. It should be used undiluted several times a day directly on the wart. Putting a drop or two on a little round band aid keeps the clove oil directly against the wart. This method is very effective.

Clove can be used for skin afflictions such as ringworm, scabies, and skin parasites. Clove is effective against bacteria, viruses, and fungi, so a diagnosis of exactly what is causing the problem is unnecessary.

GENERAL INFORMATION: Has been used in the treatment of Hodgkin's Disease.

CAUTIONS: Clove, except as part of a blended oil, should be avoided by pregnant women. It should be used with caution and diluted well for use with children and anyone with sensitive skin. Too strong to be used in the bath. Repeated use as a single can cause contact sensitization and allergic reactions.

Copaiba Balsam

(Copaifera langsdorfii)

INGREDIENT IN: ^{Le}Angel, ^{Le}Believe, ^{Le}Inner Peace, ^{Le}IQ, ^{Le}Key to My Heart, ^{Le}MyGraine, ^{Le}Paine, ^{Le}Sego Lily, ^{Le}Synopsis, ^{Le}Vitality

THERAPEUTIC PROPERTIES: antiseptic, astringent, diuretic, expectorant, sedative to the nerves

AFFINITY FOR: skin, circulation, respiratory system, vascular system, liver meridian

RESONANCE: physical, emotional

PLANT FAMILY: Fabaceae

PART UTILIZED: resin

EXTRACTION METHOD: steam distilled

APPLICATION: Copaiba balsam can be applied anywhere on the body. The aroma of balsam, applied lightly, makes a wonderful perfume.

AROMATIC CONSIDERATIONS: Copaiba balsam is referred to as nature's air freshener. This is because of balsam's remarkable ability to absorb odors.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Copaiba balsam helps one to be more resilient and stronger emotionally, especially when experiencing strain and disharmony in one's family or in other close relationships. The aroma of balsam seems to fill the room with feelings of friendship and neighborliness. This oil is very supportive of relationships.

PHYSICAL ASPECTS: Traditionally used for skin problems such as chapped skin, rashes, sensitive skin, poor circulation, and eczema. Balsam adds a woody, vanilla-like scent to blends. These blends make pleasant hand lotions and skin care products. Has been used for years as an expectorant for bronchitis, coughs, and colds. Increases circulation without being a general stimulant. Effective for venous congestion, hemorrhoids, and varicose veins.

CAUTIONS: Copaiba balsam makes the skin mildly phototoxic where it has been applied. It is best to avoid sunlight on the treated areas of skin if you are applying this oil regularly.

Coriander

(*Coriandrum sativum*)

INGREDIENT IN: ^{Lc}EndoRelief, ^{Lc}Grateful Heart, ^{Lc}ThermaCare, ^{Lc}WithIn, ^{Lc}IQ

THERAPEUTIC PROPERTIES: sedative, antibacterial, antispasmodic, carminative, antiseptic, deodorant, diuretic, lymphatic decongestant, prostate decongestant, vasoconstrictor, stimulant, tonic, regenerative

AFFINITY FOR: circulation, digestive system, endocrine system, nerves, earth meridian, fire meridian, air meridian, water meridian

RESONANCE: physical, mental

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

APPLICATION: Coriander should be diluted well and applied as needed.

AROMATIC CONSIDERATIONS: The aroma of coriander is like taking a deep breath—breathing out the old ideas, breathing in a new perspective.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Coriander combines a warm, woody serenity with the peppery stimulation of a fire meridian remedy. This essential oil is especially appropriate for creative individuals who struggle when locked into situations of predictability and routine. While they need stability and emotional security, they seek these things through passionate involvement with people and causes and not through fear or self-protection. Coriander refreshes and revives our spirits. It can be helpful in overcoming fear of failure or fear of making decisions.

PHYSICAL ASPECTS: Coriander is both a gentle stimulant when energy levels are at a low ebb and a sedative in times of stress. Coriander is particularly valuable during convalescence from illness, when energy levels are low and stress is often high. This oil is of benefit for physical, mental, and nervous exhaustion. In an odd combination of sensations, coriander raises our energy levels and makes us feel less irritable and nervous. Coriander relieves muscle aches due to fatigue.

Coriander has a marked effect on various aspects of the endocrine system. One of the most important uses for this oil is in balancing glucose levels and supporting pancreatic function. Coriander is estrogenic. It is often beneficial in regulating menstrual cycles and relieving cramping.

Coriander is used for digestive problems such as flatulence, nausea, and stomach cramps. It has been used in treatment programs for anorexia.

GENERAL INFORMATION: Coriander seeds have been used for centuries. Some coriander seeds were found in King Tutankhamen's tomb. Coriander comes from the seeds of the plant we know as cilantro.

CAUTIONS: Coriander should be used in small quantities and for short periods of time. Over use of this oil can result in a cloudy or stupefied feeling.

Cumin

(*Cuminum cyminum*)

INGREDIENT IN: ^{Lc}EndoRelief, ^{Lc}Stefanie

THERAPEUTIC PROPERTIES: antibacterial, antiseptic, antiviral, antioxidant, antiparasitic, aphrodisiac, digestive, diuretic, emmenagogue, antispasmodic, anti-inflammatory

AFFINITY FOR: digestive system, lymphatic system, respiratory system, endocrine system, muscles, nervous system

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

APPLICATION: Cumin oil should be diluted well or used as part of a blend.

AROMATIC CONSIDERATIONS: Cumin essential oil has a very strong aroma. It can be quite appealing if it is diffused for a short period of time. The aroma lingers in the air for a long time after the diffuser has been turned off.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: People who would benefit from cumin oil are usually very determined individuals. They are proud of their strength and determination. They do not tolerate people they consider to be fools or lazy. Unfortunately, they put most everyone but themselves into these categories. It is possible for these people to become wise and beloved as they mature.

PHYSICAL ASPECTS: Cumin is anti-inflammatory and warming to strained or damaged muscles. It relieves muscular pains and the pains of arthritis. Cumin is a stimulant to the digestive system. It should be considered for colic, flatulence, bloating, and indigestion. Cumin is an excellent nervous system tonic. It is often employed to relieve headaches, migraines, and to boost energy fatigued from nervous exhaustion. Diluted and applied to the chest, cumin can be useful for asthma, bronchial spasms, and spasmodic coughs. One of the outstanding characteristics of cumin oil is its action in clearing the lymphatic system and ridding the body of excess fluids and toxins. Cumin also increases circulation. Recent studies show strong indications that cumin oil acts as a thyroid stimulant.

GENERAL INFORMATION: Cumin has an over-powering aroma. This is a very strong, almost caustic essential oil.

CAUTIONS: Cumin is an oil that I appreciate in a blend, but use very rarely by itself. You should avoid cumin if you have sensitive skin or if you are pregnant. This essential oil is best as part of a blend of essential oils.

Cypress

(*Cupressus sempervirens*)

INGREDIENT IN: ^{Lc}Aspire, ^{Lc}Balance, ^{Lc}Candila, ^{Lc}Cypernium, ^{Lc}Delicate, ^{Lc}EndoRelief, ^{Lc}IQ, ^{Lc}Key to My Heart, ^{Lc}Reflections, ^{Lc}RefreshMint, ^{Lc}Tomorrow, ^{Lc}Visibility, ^{Lc}Vitality, ^{Lc}WarmDown

THERAPEUTIC PROPERTIES: mucolytic, hepatic, astringent, antispasmodic, antisudorific, diuretic, restorative, vasoconstrictor, respiratory tonic, calmative, astringent

AFFINITY FOR: circulation, muscles, pancreas, joints, liver, lymphatic drainage, respiratory system, reproductive system, solar plexus chakra, throat chakra, large intestine meridian, central vessel meridian, spleen meridian, yin energy.

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Coniferae/Cupressacea (sub)

PART UTILIZED: twigs, leaves

EXTRACTION METHOD: steam distilled

APPLICATION: Diluted and applied anywhere. Excellent applied to the bottoms of the feet.

AROMATIC CONSIDERATIONS: Cypress is a wonderful healer for the spirit. It brings the feeling that each new day is a fresh start on our road to glowing life and health. Change is a part of life. Times of transition can be positive if we allow them to be. If we struggle against the changes, trying to hang on to what was, our life can feel like an unending struggle. Interestingly, cypress—while not a sedative—is useful for insomnia. Perhaps the optimism it brings quiets the usual worry that is keeping one awake.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Cypress is considered in many cultures to be symbolic of life after death. It may be useful when facing death or other separations. The aroma of cypress opens us to direction from heaven. Cypress can help soften unbending and inflexible attitudes. Cypress seems to bring balance to our attitudes about money. It has the effect of loosening purse strings that are being held too tightly. Cypress can help us learn to enjoy the bounty that we have. Perhaps those who need to can even learn to spend a little on something that is not an absolute necessity.

PHYSICAL ASPECTS: Cypress strengthens capillary walls, reducing varicose veins and hemorrhoids. Cypress is a respiratory, lymphatic, liver, pancreas, and prostate decongestant, making cypress useful for a wide variety of ailments. Cypress is a mild, but effective, diuretic. It should be tried for water retention, cellulite, menstrual bloating, and menopausal problems. Cypress is one of the best oils for muscle cramps and healing wounds. In fact, cypress is one of the best single oils to reach for in many circumstances. I love and use mostly blends, but cypress is so complex and far reaching that it is almost like a blend itself.

CAUTIONS: Cypress is mildly estrogenic and should be avoided by most pregnant women. It is, however, used for toxemia when at least part of the cause is an estrogen imbalance.

Davana

(Artemisia pallens)

INGREDIENT IN: ^{Le}Revitalize, ^{Le}Safeguard, ^{Le}Turmoil

THERAPEUTIC PROPERTIES: anti-infective, aphrodisiac, stimulant, endocrine system stimulant, expectorant, antidepressant

AFFINITY FOR: endocrine system, respiratory system, hormones

RESONANCE: physical, emotional

PLANT FAMILY: Compositae

PART UTILIZED: stems & leaves, organic

EXTRACTION METHOD: steam distilled

APPLICATION: Davana is best worn somewhere on the body.

AROMATIC CONSIDERATIONS: Davana is popular in the perfume industry where it has the reputation of making a scent unique to the individual wearing it. This property is obvious in the pure essential oil as well. The aroma of davana is difficult to describe because it usually smells quite different from person to person. The aroma of davana is very different on the skin than whiffed from a container or when it is diffused.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Davana eases anxious feelings and nervousness. It is

helpful in recovering from shock, trauma, disappointment, and perceived failure. (Notice the properties and uses of the blends in which it is found.) Davana is considered a potent aphrodisiac.

PHYSICAL ASPECTS: Davana is used to relieve spasmodic coughing and loosen thick mucous in the lungs. Davana fights infections, particularly tetanus. It should be applied without delay to cuts and wounds, especially if the cut was made by iron objects and tetanus is a real possibility. Davana has been shown to rupture the protective outer layer of viruses, thus killing them quickly. Davana is regarded as a stimulant to the endocrine system, and has some hormonal balancing properties.

Dill

(*Anethum graveolens*)

INGREDIENT IN: ^{Le}EndoRelief, ^{Le}LifeForce

THERAPEUTIC PROPERTIES: antispasmodic, antibacterial, antiseptic, expectorant, stimulant, digestive, sedative, stomachic, sudorific, galactagogue

AFFINITY FOR: digestive system, autonomic nervous system, respiratory system, endocrine system (particularly the pancreas), bloodstream, stomach meridian

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

APPLICATION: Dill can be applied anywhere on the body—if you don't mind smelling like a dill pickle!

AROMATIC CONSIDERATIONS: The autonomic nervous system controls such things as heartbeat, the function of our kidneys, the flow of hormones, and blood pressure. We have been taught that we have no conscious control of these functions. Studies and common sense both indicate that this is not entirely true. For example, army snipers are taught to mentally slow their pulse and heartbeat and sharpen the acuity of their vision as they prepare to make their shots. In the nerves and impulses of this area of the nervous system, dill brings sustenance, strength, and calmness.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: A sluggish colon often manifests itself in the emotions as depression or repression of emotions. Dill's action on the digestive system can help lift depression and bring buried emotions to the surface where they can be processed.

PHYSICAL ASPECTS: Dill supports pancreatic functions, helping to normalize glucose and insulin levels. As glucose and insulin stabilize, energy levels remain steady—there are no glucose spikes followed by periods of abnormally low glucose levels. This effect of the aroma of dill is almost instantaneous. A more complex blend containing dill, such as ^{Le}EndoRelief, should be used for long-term treatment. Dill is used to stimulate digestion. In pioneer times and in much of Europe even today, meals began with something sour such as dill pickles. It might be a good thing to emulate this practice in our own eating habits.

Dill is also a mild way to cleanse the liver and blood. It promotes milk flow in nursing mothers. Perhaps there is a connection to the cravings for pickles that are associated with pregnancy, and either the mild cleansing or milk producing properties of dill.

CAUTIONS: Occasionally safety literature will mention that dill should be used cautiously by people with seizure disorders.

Elemi

(*Canarium luzonicum*)

INGREDIENT IN: ^{Le}Millenia, ^{Le}NoMore

THERAPEUTIC PROPERTIES: anti-catarrhal, antidepressant, antiseptic, expectorant, calming

AFFINITY FOR: respiratory system, skin and wound care, yang energy, large intestine meridian

RESONANCE: physical, emotional, mental, spiritual

PLANT FAMILY: Burseraceae

PART UTILIZED: resin, wildrafted

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Elemi has more of a citrus aroma than does frankincense, but elemi has the distinctive spicy/peppery tone of frankincense. Elemi is often diffused during meditation or energy work sessions to aid in visualizations. Elemi should be diffused in times of stress or mental exhaustion.

APPLICATION: Elemi can be applied to the feet or any part of the body. It makes an excellent addition to massage oils and compresses. Elemi is a good oil to add to the bath.

GENERAL INFORMATION: Elemi is known throughout the world as “poor man’s frankincense”. It has somewhat similar properties and uses as frankincense. See the section on frankincense for additional uses.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Elemi lifts the spirits and provides the energy and desire to seek out better things and more uplifting experiences. The aroma of elemi encourages compassion and a desire for going beyond the ordinary in serving others.

PHYSICAL ASPECTS: Elemi makes a wonderful addition to blends intended for skin care and rejuvenation. Elemi can be used to treat allergic rashes, chapped skin, skin ulcers, and wounds. It is particularly recommended for cuts that have become infected. Elemi has a reputation for being effective in the treatment of gangrene and breast and uterine infections. Elemi has a rebuilding and strengthening effect on respiratory weakness. Elemi may be of use to people who suffer from chronic bronchitis. This essential oil, like frankincense, is recommended for bronchial or sinus infections.

Eucalyptus

(*Eucalyptus globulus*)

INGREDIENT IN: ^{Le}Breezey, ^{Le}Deeper, ^{Le}Deliverance, ^{Le}Paine, ^{Le}RefreshMint, ^{Le}TendaCare

THERAPEUTIC PROPERTIES: anti-inflammatory, antiseptic, balsamic, expectorant, antibiotic, antifungal, febrifuge, anti-infective, antiparasitic, antineuralgia, pectoral

GENERAL INFORMATION: I do not recommend taking essential oils internally, but I want to issue a particular warning about all varieties of eucalyptus. They should not be taken internally. The literature around the world and in most schools of thought about essential oils agree that eucalyptus is toxic when taken internally. Nevertheless, the FDA (what do they know about this kind of thing?) have approved it for use as a dietary supplement. You can do most anything with the topical application of an essential oil that you would hope to do with internal consumption. Please be sensible and cautious about the internal use of any essential oil, especially with children, and do not take or administer eucalyptus oils internally at all.

AFFINITY FOR: endocrine system, muscles, yin energy, respiratory system, bones, brow chakra

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Eucalyptus is energizing and promotes feelings of steadfastness and confidence in oneself. The aroma of eucalyptus can help us release resentment calmly, without the usual explosions of temper and hostility. Eucalyptus, diffused, purifies the air.

APPLICATION: Eucalyptus should be applied to the feet, and on areas where anti-inflammatory properties are needed. Eucalyptus, or a blend containing it, can be diluted and applied to the chest for respiratory congestion and infections. If used in small amounts, eucalyptus makes a good addition to massage oils. Eucalyptus applied under and on each side of the nose brings quick relief for clogged sinus cavities.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Eucalyptus helps us find our survivor spirit. Eucalyptus taps into the inner strength in each of us. It can help us develop unfaltering faith in ourselves and in divine assistance. Eucalyptus strips away doubt about our abilities, removes negativity and hesitation, and pushes us forward. Eucalyptus calms our spirits and opens our minds to see the way ahead clearly.

PHYSICAL ASPECTS: Eucalyptus is a very versatile and useful essential oil. It can be used to cool the body in summer and protect us from bacteria and viruses in the winter. Eucalyptus is useful for bronchitis, colds, flu, asthma, and any problem in the respiratory system. Eucalyptus is one of the best oils for bringing down a fever. It is a strong analgesic. It can be applied alone or as part of a blend for muscle aches and headaches. Eucalyptus alleviates mental exhaustion and stabilizes blood sugar levels in both hypoglycemia and diabetes. Well diluted, eucalyptus is good for skin rashes and makes a very good energizing massage oil. Eucalyptus becomes more antiseptic with age, if it has been stored and handled properly.

CAUTIONS: Eucalyptus can be caustic to the skin if used undiluted. Not to be taken internally.

Eucalyptus (Blue Mallee)

(Eucalyptus polybractea)

INGREDIENT IN: ^{Le}Aspire

THERAPEUTIC PROPERTIES: Eucalyptus blue mallee is similar in properties and uses to eucalyptus globulus discussed above.

AFFINITY FOR: especially suited to the respiratory system, anywhere eucalyptus globulus would be used, triple warmer meridian, spleen meridian, lung meridian, yin energy

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves, organic

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Blue mallee eucalyptus has a milder aroma than the more commonly used eucalyptus globulus. The milder aroma makes it more pleasant for children. This eucalyptus is very good when used in emotional release and energy work.

APPLICATION: Use eucalyptus blue mallee exactly as you would use any other variety of eucalyptus.

EMOTIONAL / SPIRITUAL / MENTAL / ASPECTS: See eucalyptus globulus above.

PHYSICAL ASPECTS: This variety of eucalyptus, though milder in aroma than globulus, seems to penetrate more deeply into the lungs and bronchial tubes. The aroma makes one feel like trying to take a deep cleansing breath.

GENERAL INFORMATION: Like other eucalyptus varieties, blue mallee gets more antiseptic and effective as it ages.

CAUTIONS: All eucalyptus varieties can be caustic to the skin if used undiluted.

INTERNAL USE: see General Information in eucalyptus notes on the previous page.

Eucalyptus, peppermint (*Eucalyptus dives*)

INGREDIENT IN: ^{Le}Away

THERAPEUTIC PROPERTIES: anti-catarrhal, antiseptic, antiviral, astringent, expectorant, mucolytic, analgesic, anti-inflammatory, antineuralgia, decongestant, diuretic, febrifuge, calming

AFFINITY FOR: respiratory system, muscular system, spleen meridian, triple warmer meridian, lung meridian, circulation, yin energy

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: This essential oil combines the aromas of eucalyptus and peppermint, just as the name implies. As it dries or hangs in the air, it develops a balsamic, woody undertone that is centering and calming. If I am going to diffuse a eucalyptus, this is my first choice.

APPLICATION: Use this oil exactly as you would other varieties of eucalyptus.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The emotional qualities of all eucalyptus varieties are similar. This variety, with its slight peppermint aroma, seems to be more calming than the others.

PHYSICAL ASPECTS: Eucalyptus peppermint encourages deep, slow breaths that aid bronchial dilation when inflammation or fluids are present. This essential oil encourages circulation and eases muscular pain and tightness. This is an appropriate eucalyptus to use in athletic massage oils. Eucalyptus peppermint has a very strong and specific antiseptic action. It really targets and eliminates bacteria, viruses, and fungi. Many people find it useful and quite pleasant as an insect repellent.

GENERAL INFORMATION: Eucalyptus peppermint is lower in eucalyptol content but higher in menthols. These differences in constituents make this eucalyptus slightly less caustic for skin applications but still excellent for the treatment of respiratory ailments. This eucalyptus is sometimes referred to as peppermint eucalyptus or broad-leafed peppermint.

CAUTIONS: All eucalyptus varieties can be caustic to the skin if used undiluted.

INTERNAL USE: See General Information in eucalyptus notes on the previous page.

Eucalyptus, radiata

(Eucalyptus radiata)

INGREDIENT IN: ^{Lc}SpiceC, ^{Lc}CinnamonBear

THERAPEUTIC PROPERTIES: anti-catarrhal, antidepressant, antiseptic, expectorant, calming

AFFINITY FOR: respiratory system, muscular system, circulation, spleen meridian, triple warmer meridian, lung meridian, yin energy

RESONANCE: physical and emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

CONSIDERATIONS: Like the blue mallee variety, radiata is gentler and softer than globulus.

APPLICATION: Use exactly as you would other varieties of eucalyptus.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The emotional qualities of all eucalyptus varieties are similar, but this one is preferred by many for use in meditation and energy work.

PHYSICAL ASPECTS: This eucalyptus is used much the same as the globulus variety but it is reputed to be less likely to irritate the skin when used repeatedly for sore muscles. Radiata has a high percentage of cineole, also known as eucalyptol. This is the component believed to relieve colds and congestion.

GENERAL INFORMATION: Eucalyptus radiata was actually the first eucalyptus distilled commercially as an essential oil. It is commonly known as “narrow-leaved peppermint”, although it is a member of the eucalyptus family.

CAUTIONS: The cautions for this variety are the same as for other varieties of eucalyptus.

INTERNAL USE: See General Information in eucalyptus notes on the previous pages.

Fennel

(Foeniculum vulgare)

INGREDIENT IN: ^{Lc}InsideOut, ^{Lc}Revitalize, ^{Lc}Synopsis

THERAPEUTIC PROPERTIES: hepatic, carminative, emmenagogue, hormonal, galactagogue, depurative, diuretic, stimulant, regenerative, antispasmodic, antiseptic, antibiotic, vermifuge, expectorant

AFFINITY FOR: digestive system, urinary tract, liver, hormones, sacral chakra, stomach meridian, gallbladder meridian, large intestine/lung meridian

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of fennel can help us establish a balance between appropriate service and total burnout. It can help us stand by decisions and stabilize our mood swings.

APPLICATION: Dilute and apply to appropriate areas of the feet, on the abdomen, and lower back.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Fennel, because of its affinity for the liver, can have a positive impact on a whole range of emotions. Fennel can help when we are feeling overwhelmed by our responsibilities and workload. It can also stimulate our minds with creative ideas when we are bored or out of sorts. Fear of failure is often the root cause of procrastination. Fennel, with its impact on creativity and confidence, can help us get started on a project we have been putting off.

Fennel essential oil is well suited to individuals who are out of balance in the metal (meridian #3) aspect of their energy. They tend to over think and over analyze until indecision freezes them in place.

PHYSICAL ASPECTS: Fennel supports the liver in producing the enzymes necessary for good digestion. It is often used for indigestion and to relieve gas pains. Fennel also helps balance hormones. It is often found in blends for PMS. Because fennel is mildly diuretic, it is helpful with the fluid retention of PMS.

CAUTIONS: Fennel should be avoided if you are pregnant or epileptic. Fennel should not be used on babies or very small children. Fennel should be avoided by women with high estrogen levels and/or breast cancer. Experts disagree about the use of fennel with kidney problems and kidney stones. Some texts list fennel as strongly contra-indicated for these conditions, while others say that fennel is specific for these ailments. I prefer to use something else for these ailments.

Fenugreek

(Trigonella foenum)

THERAPEUTIC PROPERTIES: emollient, expectorant, anti-inflammatory, antiseptic, sudorific

AFFINITY FOR: digestion, respiratory system, endocrine system

RESONANCE: physical

PLANT FAMILY: Fabaceae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of fenugreek is reminiscent of Indian curry, of which it is a key ingredient. There is just a hint of balsam and the earthy aroma of angelica.

APPLICATION: Fenugreek should be diluted well for topical application.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: There is not enough known yet about fenugreek essential oil to comment on its emotional aspects.

PHYSICAL ASPECTS: Fenugreek is used as an aid to digestion and as an expectorant for the lungs and bronchials. The herb is often used as a poultice for boils, cysts, and inflamed tissues. The oil should be even more powerful in those applications. Fenugreek stimulates perspiration, lowering fever while helping the body to rid itself of bacteria and toxins. Fenugreek is an excellent source of natural iron, silicon, sodium, and thiamine. You do not need to ingest the oil to reap the nutritional benefits. Fenugreek seeds have an excellent reputation for use with diabetes. In the studies conducted, fenugreek was used in conjunction with insulin administered either by mouth or by injection.

GENERAL INFORMATION: Fenugreek seeds have been used for many years as an herbal remedy, but it is fairly new in the essential oil market.

CAUTIONS: There are no known cautions for fenugreek oil, but I have seen overdoses of the herb with infants. Please use reasonable caution, as always, with babies and small children.

Fir, Balsam

(Abies balsamea)

INGREDIENT IN: ^{Le}Connection, ^{Le}Deeper, ^{Le}LivN, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}WarmDown

THERAPEUTIC PROPERTIES: antiseptic, antibacterial, deodorant, antitussive, expectorant, astringent, laxative, antispasmodic, analgesic, diuretic, immune stimulant, nerve

AFFINITY FOR: central nervous system, respiratory system, endocrine system, lymphatic system, immune system, urinary tract, muscles, tendons, joints, heart chakra, solar plexus chakra

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae

PART UTILIZED: needles (leaves)

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The various varieties of fir oil are quite similar to one another in therapeutic properties, but the balsamea is more mellow, with an increased ability to center and ground the emotions. This fir has a wonderful aroma when diffused.

APPLICATION: Fir, balsam should be diluted and applied to areas of concern or to the feet.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Fir essential oil is excellent during the recovery stage of serious illness, whether the illness is of the body, the mind, or the spirit.

PHYSICAL ASPECTS: The essential oil of fir, balsam, like all conifer oils, is an immune and endocrine stimulant. It is often used to treat urinary infections and remove deposits from the lymphatic system. Fir, in any form, has been well regarded for many years and in many cultures for treatment of respiratory complaints and fevers. Fir essential oil is excellent for muscle pain relief and to loosen muscles before strenuous exercise. It is also soothing for overworked or tired muscles, tendons, ligaments, and joints. Fir oils are useful for back pain.

Fir, Siberica

(Abies siberica)

INGREDIENT IN: ^{Le}Holiday Spirit

THERAPEUTIC PROPERTIES: antiseptic, antibacterial, deodorant, antitussive, expectorant, astringent, laxative, antispasmodic, analgesic, diuretic, immune stimulant, nerve

AFFINITY FOR: central nervous system, all of the chakras

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae

PART UTILIZED: needles (leaves)

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Fir, siberica is slightly more pungent than the balsamea variety that is described above, but still wonderfully resinous and woody. The aroma of fir, siberica is pleasing to both men and women. Men like the conifer oils because they lack any hint of feminine flower aromas. All conifer oils, while very nice applied to the body, are absolutely wonderful when diffused.

APPLICATION: Fir, siberica should be diluted and applied to areas of concern or to the feet.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Conifer trees stand straight and tall with their heads in the clouds of heaven and their feet firmly planted in the earth. They have a tremendous resilience, maintaining their foliage in both summer and winter. In an evergreen tree, the foliage is centered around a central strong and solid center. Conifer trees provide protection for the other residents of the forest. These features tell us much about the use of the essential oils that are distilled from them. They are protecting and grounding and they help us structure our lives around a firm and solid center.

PHYSICAL ASPECTS: Fir, siberica has a very pleasing aroma. Nevertheless, it is an intense antiseptic and antibacterial. It is a pleasant alternative to tea tree oil in many instances and certainly has a more pleasant aroma.

GENERAL INFORMATION: Fir, siberica can be used almost interchangeably with fir, balsamea.

CAUTIONS: Fir, siberica oil could be a possible skin irritant if used for long periods of time, or when used undiluted.

Frankincense

(Boswellia carterii)

INGREDIENT IN: ^{Le}AboutFace, ^{Le}Acknowledge, ^{Le}AgeLess, ^{Le}Assurance, ^{Le}Believe, ^{Le}Bountiful, ^{Le}Eternity, ^{Le}Everlasting, ^{Le}Expressions, ^{Le}EZ Traveler, ^{Le}Faith, ^{Le}Grateful Heart, ^{Le}Inner Peace, ^{Le}IQ, ^{Le}Journey, ^{Le}Kindred Spirit, ^{Le}LifeForce, ^{Le}Magi, ^{Le}Meditation, ^{Le}Millenia, ^{Le}Patches, ^{Le}Tomorrow, ^{Le}RefreshMint, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Victory

THERAPEUTIC PROPERTIES: tonic, stimulant, expectorant, antidepressant, antiseptic, revitalizer, anti-catarhal, anti-tumoral

AFFINITY FOR: respiratory system, digestive system, circulation, urinary tract, skin, cellular structure and strength, earth meridian, crown chakra

RESONANCE: mental, emotional, spiritual, physical

PLANT FAMILY: Burseraceae

PART UTILIZED: resin

EXTRACTION METHOD: distilled

AROMATIC CONSIDERATIONS: Frankincense can be used to reduce anxiety and nervous tension, and in times of stress or fear.

APPLICATION: Frankincense can be applied to any area of the body. It is of great benefit diffused.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Frankincense is an excellent choice for those who are afraid of death, fear coming changes in their lives, or have suffered the loss of a loved one. Helps us link the past with the future, allowing us to connect cause and effect, actions and consequences, to one another. As we make these connections, we can choose our course more wisely in the future.

PHYSICAL ASPECTS: Frankincense has a reputation worldwide for crossing the blood/brain barrier, carrying oxygen and nutrients to the pineal and pituitary glands within the brain. It is the sesquiterpenes contained in frankincense that give it this ability. (There are many essential oils besides frankincense which contain sesquiterpenes. Some of them even contain more sesquiterpenes than frankincense.)

Frankincense is useful for skin disorders and circulation problems. It has a very beneficial effect on respiratory conditions such as cough, bronchitis, and pneumonia. Frankincense is of benefit in any condition that is caused or worsened by nervous tension and emotional trauma.

GENERAL INFORMATION: Frankincense is considered a holy oil in the Middle East. It has been used since ancient times in meditations. It is said that frankincense improves communication between us and our Creator.

In ancient Israel, frankincense was used to anoint the newborn sons of kings and priests. Perhaps, the magi brought frankincense to the infant Jesus as a symbolic representation of who he really was.

Frankincense was also used during the time of approaching death. It was thought to assist a person in making the transition from life to death. Certainly, Christ's eventual death for all of us was the purpose of his life. I find the reverse symbolism of life from death—resurrection—to be equally powerful.

Frankincense was also used in the embalming of the dead. Perhaps its inclusion in the rare and precious gifts was an acknowledgement of the life and mission of the Savior of the World.

Frankincense, frereana

(Boswellia frereana)

GENERAL INFORMATION: The frereana variety of frankincense grows in the high mountain regions of Somalia. In Somalia and Arabia, frereana is considered the “King” of all the Boswellia species.

INGREDIENT IN: ^{Le}AboutFace

RESONANCE: mental, emotional, physical, spiritual

PLANT FAMILY: Burseraceae

PART UTILIZED: resin

EXTRACTION METHOD: steam distilled

THERAPEUTIC PROPERTIES: There is very little information in the literature to distinguish frereana from its cousin, carterii. The general opinion is that the two species are very similar in therapeutic properties, although their aromas differ quite a bit. It is recognized that the gentler frereana is very good for skin care.

AROMATIC CONSIDERATIONS: Frankincense frereana's aroma is similar to frankincense carterii, but it has a delightful balsam undertone with just a hint of lemon. Frankincense frereana is lower in thujene. The missing thujene leaves frereana with a softer, sweeter aroma that is quite appealing.

APPLICATION: Frankincense frereana can be applied to any area of the body. This variety is particularly nice diffused.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The keynote of frankincense frereana is the calming and centering effect it has on the energy grid of the body. Frankincense frereana is said to enhance and balance the spiritual aspects of an individual more so than the carterii or serrata varieties. It is the frankincense of choice for religious ceremonies in many Arabic countries. Frankincense frereana is useful in treating stress, tension, depression, and other nervous disorders.

PHYSICAL ASPECTS: Frankincense frereana improves immune system function, partially because of its antibiotic properties and partially because it raises the overall frequency of the body. Frereana's other therapeutic properties seem to be similar to carterii.

A science journal published by the U.S. National Library of Medicine, National Institute of Health reports, “We have demonstrated that Boswellia frereana prevents collagen degradation, and inhibits the production of pro-inflammatory mediators. Due to its efficacy, we propose that Boswellia frereana should be examined further as a potential therapeutic agent for treating inflammatory symptoms of arthritis.”

Frankincense, Serrata

(*Boswellia serrata*)

INGREDIENT IN: ^{Le}AboutFace, ^{Le}Faith, ^{Le}Journey

THERAPEUTIC PROPERTIES: tonic, expectorant, antiseptic, analgesic, antiarthritic, revitalizer, anti-tumoral

AFFINITY FOR: digestive system, respiratory system, immune system, skin, urinary tract, circulation, cellular structure and strength, all chakras, all meridians

RESONANCE: mental, emotional, physical, spiritual

PLANT FAMILY: Burseraceae

PART UTILIZED: resin

EXTRACTION METHOD: distilled

AROMATIC CONSIDERATIONS: Frankincense serrata is slightly less mellow and balsamic than frankincense carterii. Many people prefer serrata because, they say, it has a freshness about it that is lacking in carterii. Frankincense, diffused, can help us develop a better attitude. When we have a better attitude, we have a stronger immune system.

APPLICATION: Frankincense has been applied to the body for centuries. It has stood the test of time as a healing oil.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: This frankincense relieves feelings of bitterness, skepticism, and cynicism. It promotes forcefulness of spirit, gives energy, and strengthens the will to live. This oil can help us to be more warm-hearted and generous.

PHYSICAL ASPECTS: There is a lot of scientific data around the world indicating that the anti-inflammatory properties of resin oils (frankincense is a resin oil) are useful to inflammatory diseases such as Crohn's disease.

Preliminary studies conducted by medical research teams are also promising for shrinking tumors, particularly those in the brain. The studies are being conducted using the isolated single components of the frankincense oils. These studies apply equally to the carterii and serrata varieties. Experience and understanding would indicate that frankincense, whole and undamaged by laboratory procedures, would be even more effective. This is certainly the reputation that frankincense has enjoyed for generations.

GENERAL INFORMATION: *Boswellia serrata* is quite similar to *Boswellia carterii*. This is a fairly new oil in the essential oil market and few comparison studies have been conducted.

Galbanum

(*Ferula galbaniflua* syn *Ferula fummosa*)

INGREDIENT IN: ^{Le}LifeForce

THERAPEUTIC PROPERTIES: anti-infective, analgesic, lightly antispasmodic, anti-inflammatory, stimulant, diuretic and kidney support, expectorant in chronic bronchitis and asthma

AFFINITY FOR: nerves, circulation, cellular strength and structure

RESONANCE: emotional, physical

PLANT FAMILY: Umbelliferae

PART UTILIZED: wood, leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Galbanum is especially nice when combined with frankincense or sandalwood. It is so calming that it is useful for any type of anxiety or hysteria.

APPLICATION: Galbanum is often combined with myrrh for use in the tub and as a massage oil to tone skin and remove wrinkles.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Galbanum essential oil was used by most ancient civilizations as an incense and is recognized as an oil for nervous tension. Galbanum soothes the soul, bringing calmness and a sense of peace with the way things are.

PHYSICAL ASPECTS: Galbanum is an oil that strengthens and supports the entire system. It is useful for treating skin disorders, muscle aches, and inflamed wounds. It is also useful for circulation problems and arthritis.

GENERAL INFORMATION: Galbanum adapts itself to the body chemistry of the user more than most essential oils do, even as part of a blend. Galbanum is a low frequency essential oil, but when combined with frankincense or sandalwood, the frequency of the blend is much higher than the components lead one to expect. In spite of having a low frequency, it acts as a top note (one of the last added) in most blend recipes.

Garlic

(*Allium sativum*)

GENERAL INFORMATION: This oil is mentioned here mainly so that I can list the cautions that should be used. Essential oil of garlic is not the same as the extracted and very diluted garlic oil that is found in capsules for sale in health food stores. Essential oil of garlic is strong and potent—actually very caustic!!! Two drops of garlic essential oil, undiluted, in the ear would burn sufficiently to possibly require medical assistance.

THERAPEUTIC PROPERTIES: antibiotic, antibacterial, antifungal

RESONANCE: physical

PLANT FAMILY: Lilliceae

PART UTILIZED: bulb

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Garlic oil is not recommended for diffusion. You will have more “aroma” than you need on your fingers any time that you touch a bottle of garlic essential oil.

APPLICATION: Garlic oil must be diluted extremely well each time it is used.

PHYSICAL ASPECTS: Garlic, in the world of herbal medicine, is considered to be nature's most perfect antibiotic. It is used for particularly nasty viruses or bacteria because its antimicrobial action is so strong. 2 drops of garlic essential oils in 1 ounce of carrier oil (shake very well!) is an excellent treatment for earaches or bacterial skin rashes. Garlic essential oil has been added, sparingly, to animal feed with good results and has been used for centuries to combat every known virus or bacteria. Never forget how concentrated the essential oil is, but don't be so afraid that you miss the amazing benefits of garlic essential oil.

CAUTIONS: Garlic oil should be used with extreme caution and always diluted well!

Geranium

(Pelargonium graveolens)

INGREDIENT IN: ^{Le}Acknowledge, ^{Le}Angel, ^{Le}Beloved, ^{Le}Benediction, ^{Le}Cypernium, ^{Le}Discernment, ^{Le}EndoRelief, ^{Le}Everlasting, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Key to My Heart, ^{Le}Letting Go, ^{Le}LifeForce, ^{Le}Millenia, ^{Le}Moonlight, ^{Le}Revitalize, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}UnDone, ^{Le}Unity, ^{Le}Vitality, ^{Le}Visibility

THERAPEUTIC PROPERTIES: astringent, diuretic, antiseptic, antidepressant, regenerative, tonic, antibiotic, antispasmodic, anti-infective, hemostatic

AFFINITY FOR: cellular structure, skin, nerves, urinary tract, gallbladder, liver, solar plexus and heart chakras, spleen meridian, yin energy

RESONANCE: physical, emotional

PLANT FAMILY: Geraniaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Geranium fosters positive thought patterns. It helps us to feel hope for the future and peace with today.

APPLICATION: Dilute and apply anywhere on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Geranium is a very potent and aromatic oil. It is a good oil for people whose negative patterns need to be swept away in spite of their desire to hang on to them. Geranium helps one to release negative memories. It is a good oil for nervous fatigue where the body is exhausted but the mind just won't let the body sit and rest. Geranium is a potent oil for those whose moods are up one minute and down the next. Geranium is a good choice for people whose drive and ambition interferes with sensitivity and spontaneous joy.

PHYSICAL ASPECTS: Geranium regenerates tissues and nerves. It is excellent for skin disorders and skin care, and is especially nice for the skin of expectant mothers. Along with the essential oil blend ^{Le}Deeper, geranium heals the sores of shingles. Geranium discharges toxins from the liver and dilates the biliary ducts, aiding liver, gallbladder, and kidney function. This oil can bring relief from gastric ulcers, diarrhea, jaundice, and kidney stones. Geranium is one of the best oils for circulation problems such as hemorrhoids, and is helpful in slowing down bleeding.

GENERAL INFORMATION: Geranium is a very versatile and important essential oil. It is among a handful of essential oils considered to be cool and moist energetically.

Ginger

(*Zingiber officinale*)

INGREDIENT IN: ^{Lc}Exhilaration, ^{Lc}Focus, ^{Lc}LiteN, ^{Lc}Within

THERAPEUTIC PROPERTIES: antiseptic, stimulant, stomachic, aphrodisiac, febrifuge, expectorant

AFFINITY FOR: circulation, memory, digestive system, small intestine, stomach meridian, base chakra

RESONANCE: physical, emotional, mental

PLANT FAMILY: Zingiberaceae

PART UTILIZED: root

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Ginger essential oil increases physical energy and stamina. It influences how we relate to money and how we feel about our material possessions. Ginger essential oil has long been considered to be an aphrodisiac.

APPLICATION: Ginger is extremely strong. It must always be diluted very well.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Ginger is for the usually dynamic individual who has lost their drive and ambition and has become apathetic and confused. The emotional impact of ginger is absolutely uncompromising. It insists on burning away illusions and mis-perceptions and replacing them with clarity and vision.

Ginger insists that we take the initiative and be willing to tackle and complete the hard tasks facing us in our life. The aroma of ginger strengthens our will power, activates initiative, and restores our determination. It can boost our confidence in ourselves and give us additional vitality and ambition.

PHYSICAL ASPECTS: Ginger warms the body and the soul, helping one to tap into hidden reserves of energy. Ginger has been widely recognized since ancient times as being toning and stimulating to the digestive tract and for circulation. Because it increases capillary strength and circulation, it is of benefit to a long list of physical and mental complaints. A few unusual ones are: alcoholism, loss of appetite, impotence, memory loss, and motion sickness.

GENERAL INFORMATION: Ginger mixed with lime is one of my favorite combinations in aromatherapy. I enjoy it for the emotional and physical lift it provides. This combination disinfects and purifies while leaving a uniquely pleasant aroma behind.

CAUTIONS: Ginger is extremely potent, almost caustic. Undiluted or used too often, it may irritate sensitive skin. Ginger is phototoxic; you must avoid direct sunlight on skin to which it has been applied for at least 12 hours. Never use more than 1 drop in the bath. Ginger opens the capillaries so quickly that a severe headache can result if more than a single drop is used.

Gingergrass

(Cymbopogon martini variation sofia)

INGREDIENT IN: ^{Le}Patches, ^{Le}TendaCare

THERAPEUTIC PROPERTIES: antiseptic, stimulant, stomachic, aphrodisiac, febrifuge, expectorant

AFFINITY FOR: circulation, muscles and joints, congestion

RESONANCE: physical, emotional

PLANT FAMILY: Gramineae

PART UTILIZED: leaves, grass

AROMATIC CONSIDERATIONS: Gingergrass is a close relative of lemongrass and a distant cousin of palmarosa. These family connections give a glimpse of its aroma. Gingergrass has a gentle, spicy aroma with marvelous earthtones. Just when you think you have experienced all the layers of the aroma, a hint of rose surfaces, calming the nerves and raising the spirits.

APPLICATION: Dilute gingergrass and apply to appropriate areas of the feet and anywhere on the body where it is needed. Gingergrass is wonderful added to the tub. You should use only one or two drops at a time.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of gingergrass makes me want to smile and forget about petty annoyances. Gingergrass is said to be an aphrodisiac.

PHYSICAL ASPECTS: The main action of gingergrass is on the circulation. It encourages blood flow to any area of the body to which it is applied. This action, and the anti-inflammatory properties of this essential oil, make it an excellent choice for massaging sore muscles and relieving stiffness in joints. Gingergrass is useful for headaches that originate in tense muscles in the neck or upper back.

CAUTIONS: Gingergrass may cause irritation to sensitive skin if used undiluted.

Goldenrod

(Solidago canadensis)

INGREDIENT IN: ^{Le}Intention, ^{Le}LivN, ^{Le}Reflections, ^{Le}Safeguard, ^{Le}ThermaCare, ^{Le}Weightless, ^{Le}Woman Wise

THERAPEUTIC PROPERTIES: antihistaminic, anti-inflammatory, cardiovascular tonic, cicatrisant, diuretic, mildly expectorant, hepatic, lymphatic decongestant, nervine, pectoral, sedative

AFFINITY FOR: urinary system, nerves, circulation, liver, water meridian, yang energy

RESONANCE: physical, mental, emotional

PLANT FAMILY: Asteraceae

PART UTILIZED: flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Goldenrod should be diluted and applied as needed. It may also be diffused and used in the bath.

AROMATIC CONSIDERATIONS: Goldenrod is relaxing and calming when diffused. It has a pleasant balsamic/citrus aroma with just a touch of spice.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: As goldenrod strengthens the cardiovascular and urinary systems, it brings to us an ability to take charge of our own emotional and physical health. Goldenrod is emotionally and psychologically strengthening.

PHYSICAL ASPECTS: The Swiss Pharmacopia lists goldenrod as a support for the cardiovascular system for tachycardia and arrhythmia and credits it with strengthening the urinary tract and improving liver function. Goldenrod, like ledum, affects and diminishes the unwanted fatty cells in the liver. Goldenrod is also reputed to aid lymphatic drainage and to be effective for sinus and bronchial mucous and in the relief of hay fever symptoms. The combination of nervine, cardiovascular, and urinary tract properties make goldenrod a natural choice for the control of high blood pressure.

GENERAL INFORMATION: It is interesting to note that the medicinal properties of this oil were so well recognized that its name, Solidago, was derived from the Latin word *solide* which literally means “to make whole.” In America, goldenrod tea is still referred to as “Liberty Tea.” This reflects its use by the colonists as a substitute for the English tea that was being taxed by the king.

CAUTIONS: Dilution is recommended, especially for use on more sensitive areas.

Grapefruit

(Citrus paradisi)

INGREDIENT IN: ^{Le}Everlasting, ^{Le}HeartSong, ^{Le}Intention, ^{Le}LiteN, ^{Le}MyGraine, ^{Le}Sego Lily, ^{Le}Sunburst, ^{Le}WakeUp, ^{Le}Weightless, ^{Le}Purify

THERAPEUTIC PROPERTIES: tonic, digestive, antiseptic, anti-infective, restorative

AFFINITY FOR: urinary tract, lymphatic system, triple warmer meridian, spleen meridian, heart chakra

RESONANCE: physical, emotional, mental

PLANT FAMILY: Rutaceae

PART UTILIZED: fruit

EXTRACTION METHOD: cold pressed

AROMATIC CONSIDERATIONS: Grapefruit is uplifting to the mind and spirit. It is hard to be negative or anxious in the presence of this oil, because it promotes feelings of joy, confidence, and spontaneity. Grapefruit should be diffused or inhaled for performance stress or to cope with jet lag.

APPLICATION: Grapefruit should be diluted and applied to the feet or to areas of the body needing to release emotions, cellulite, or both.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Grapefruit is a very joyous and positive essential oil. It can be a ray of bright light guiding us out of darkness and depression. Grapefruit is equally good for mental exhaustion and mental tension. Grapefruit seems to address the emotional issues of self-worth and discontent with one's body that are so often a part of anorexia and other eating disorders.

The aroma of grapefruit is particularly suited to people who, when tense or under pressure, eat as a means of relieving stress or finding comfort. Often, the driving emotion is frustration because their too high expectations have not been met in some way. If they reacted to their frustration with anger or blame of themselves or others, a layer of guilt is added to the frustration. Grapefruit is used in treatment programs for drug withdrawal and to cope with the after-effects of drinking too many alcoholic beverages.

PHYSICAL ASPECTS: Grapefruit detoxifies the lymphatic system. This makes it a useful tonic for many body systems. It is specific for water retention and the dissolving of cellulite. Grapefruit aids with gallstones,

water retention, and kidney and liver disorders. Grapefruit, diluted in water, can be used as an astringent face wash for acne. Grapefruit can relieve a migraine headache and return the energy system to normal after long jet flights. Grapefruit is one of the best oils for premenstrual water retention and headache.

CAUTIONS: Grapefruit is photo-toxic. It is recommended by some experts that you avoid exposing areas of skin to which grapefruit has been applied to sunlight or UV rays for at least 12 hours.

Green Pepper

(Piper nigrum)

INGREDIENT IN: ^{1e}Weightless

THERAPEUTIC PROPERTIES: anti-inflammatory, muscle relaxant, carminative, circulatory stimulant, detoxifying, diuretic, expectorant, laxative, aphrodisiac

AFFINITY FOR: respiratory system, muscles

RESONANCE: physical, mental

PLANT FAMILY: Piperaceae

PART UTILIZED: fruit

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Green pepper is slightly milder when diffused than black pepper. It is uplifting to the mind and soothing to the senses.

APPLICATION: Should be diluted well. It can then be applied to the feet or to any area of the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: When the mind becomes tired or dull before an important project is completed, green pepper essential oil can revive the mind and the spirits, helping one to stay awake and focused for a bit longer. Green pepper is considered an aphrodisiac.

PHYSICAL ASPECTS: Like black pepper, green pepper can be used as an expectorant. It can also be used to improve muscle tone.

GENERAL INFORMATION: Green pepper essential oil is derived from the green berries of the Piper nigrum plant, while black pepper essential oil is derived from the ripened and dried berries.

CAUTIONS: Should be used well-diluted, but is less likely to cause skin irritation than black pepper.

Helichrysum

(Helichrysum italicum and Helichrysum angustifolia)
(also known as Immortelle)

INGREDIENT IN: ^{Lc}AgeLess, ^{Lc}Deeper, ^{Lc}Everlasting, ^{Lc}Exhilaration, ^{Lc}IQ, ^{Lc}Key to My Heart, ^{Lc}LivN ^{Lc}Mariah, ^{Lc}MyGraine, ^{Lc}Paine, ^{Lc}Revitalize, ^{Lc}Stefanie, ^{Lc}Trust, ^{Lc}Turmoil, ^{Lc}UnDone, ^{Lc}Vallee, ^{Lc}Vitality

THERAPEUTIC PROPERTIES: antispasmodic, analgesic, expectorant, anticoagulant, hepatic, anti-inflammatory, stimulant, antibacterial, antiviral, antifungal, hemostatic

AFFINITY FOR: cardiovascular system, respiratory system, endocrine system, muscles, liver, skin, joints, bones, right side of the brain, throat chakra, gallbladder meridian

RESONANCE: physical, emotional

PLANT FAMILY: Compositae

PART UTILIZED: flowers, wild crafted

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: When there are emotional blockages or repetitive behavior patterns as the result of abuse or trauma, helichrysum can help us discover and remove them. Once these blockages have been removed, we can move on with our lives.

APPLICATION: Dilute and apply to appropriate areas such as the feet, the chest, or behind the ears.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Helichrysum has an affinity for the creative right side of the brain, which our culture and schooling often pushes into the background. Because helichrysum stimulates this side of the brain, we are able to view our world and make our choices from a more balanced perspective.

Helichrysum is often used in emotional healing. It helps us get in touch with unresolved emotions and gently restores memories that have been deeply buried in the subconscious mind. Helichrysum helps release defense mechanisms and offers comfort while we are processing difficult emotions. Helichrysum promotes a calm acceptance of the changes within ourselves that may result from the processing of emotions and memories. It also helps supply the needed self-confidence to make hard decisions.

PHYSICAL ASPECTS: Helichrysum is renowned for its use in rejuvenation of skin and muscle. It drains congestion and reestablishes blood flow to traumatized areas, helping bruises and hematomas to disperse more quickly. Helichrysum regenerates damaged tissue and can help prevent scarring at the site of an injury. Helichrysum is recommended for lowering cholesterol. Helichrysum is anti-inflammatory and analgesic, making it excellent for sciatica and arthritis.

Helichrysum is an excellent oil for respiratory conditions and for lymph drainage. It is stimulating to the liver, pancreas, gallbladder, and vascular system. Helichrysum, diluted with a carrier oil, has been used in many cultures as a sunscreen.

GENERAL INFORMATION: Helichrysum (immortelle) is a very delicate, yet hardy in its own way, plant. There is often a great deal of difference in aroma and therapeutic properties from one year to the next. Difference can occur from one distillation to the next even in the same season. Growing conditions, such as the amount of rain, can have a tremendous impact. The higher the quality of a helichrysum oil, the more mellow and pleasant the aroma will be. The price will certainly reflect this quality. The lower priced (more pungent) helichrysum essential oils are often very therapeutic and more practical for use in some applications. For this reason, many essential oil companies provide more than one helichrysum oil at widely divergent prices.

There is a lot of confusion about the helichrysum species. Many distributors claim that helichrysum angustifolia and helichrysum italicum are the same plant. They are certainly quite similar. As stated previously, the difference in quality of these two species of helichrysum seems to be in the growing conditions of each year's crop. There are many other species of helichrysum besides italicum and angustifolia. Each one has unique advantages, however, none of them are as therapeutic as these two.

CAUTIONS: Helichrysum should be used with caution if pregnant. It should also be used cautiously with small children.

Hinoki Wood

(Chamaecyparis obtusa)

INGREDIENT IN: ^{Le}Discernment, ^{Le}Everlasting, ^{Le}Letting Go, ^{Le}Wisdom

THERAPEUTIC PROPERTIES: antiviral, antifungal, antibacterial, decongestant, relaxant

AFFINITY FOR: nerves, sinus cavities, skin, respiratory system, lymphatic system

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae/Cupressaceae (sub of conifer)

PART UTILIZED: needles, twigs

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of hinoki wood is reminiscent of cedar, but is milder and much less woody, with a delightful hint of lemon. Hinoki is excellent in lighter, more floral blends because it does not add an overpowering cedar tone. Hinoki is a wonderful way to relax and unwind at the end of the day. Taking a relaxing bath in hinoki wood essential oil provides a quiet, serene form of energy that carries through the rest of the evening. Hinoki oil can be used to carve out a soothing and relaxing moment anywhere in your busy life.

APPLICATION: In Japan, where this tree grows, there is nothing more important than a relaxing bath upon returning home in the evening. It is considered a time of emotional growth and purification. Hinoki is the prized wood used for building temples, shrines, and structures that will be used in bathing rituals.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The hinoki tree, while resistant to rot and bacteria, has never adapted very well to polluted urban environments. Hinoki is a "pure" wood. It absorbs, isolates, and then removes poisons from its system. Hinoki is a product of fresh mountain water and air. These growing conditions are reflected in the aroma and energy of the essential oil. Hinoki oil effectively creates a wonderful sensation of peace and relaxation.

PHYSICAL ASPECTS: Hinoki essential oil contains an abundance of phytoncides. This constituent enables plants to eliminate harmful living things, such as bacteria, toxins, and pollutants, from within themselves and from their surroundings. Hinoki has grown in Asia for centuries and is naturally resistant to insect infestation and decay. The essence distilled from this wood is well known for its ability to kill bacteria, viruses, and fungus. Hinoki essential oil is used to increase immune function, and automatically, to improve the quality of the environment around us.

Hinoki essential oil has a decongestant effect on the respiratory and lymphatic systems. It is particularly effective for relieving congestion in sinus cavities.

Oils from evergreen trees have a tendency to cause skin irritation. Hinoki essential oil is an exception. It is gentle on the skin, making it very useful in the healing of rashes, cuts, abrasions, and minor injuries.

GENERAL INFORMATION: Hinoki wood is so valued in Japan that, by law, the essential oil can only be extracted from trees that have fallen or already died.

Howood

(*Cinnamomum camphora*)

INGREDIENT IN: ^{Le}Grateful Heart, ^{Le}Meditation, ^{Le}Vision

THERAPEUTIC PROPERTIES: antibacterial, antifungal, anti-infective, emollient, analgesic, antispasmodic, immune tonic, sedative, tonic, antidepressant, aphrodisiac

AFFINITY FOR: immune system, bones, skin, muscles, joints

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Lauraceae

PART UTILIZED: twigs, bark

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Howood is similar in composition and nature to rosewood. It can be used for most applications in which you would use rosewood, yet howood is a beautiful oil in its own right. Howood is emotionally uplifting to the mind. It promotes alertness and clarity, but is relaxing and refreshing at the same time.

APPLICATION: Howood is especially nice when added to a bath. It can be diluted and applied to the appropriate areas of the feet and body. It makes an excellent addition to massage oil. Some people like to add a few drops to their shampoo.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Howood can prepare our minds and spirits for emotional, spiritual, and energy healing work. Howood calms the nerves and is an antidepressant.

PHYSICAL ASPECTS: Howood is a cellular stimulant and regenerator (cytophylactic), much like helichrysum. This makes it a very valuable oil, especially for the price. Because howood has an exceptionally high linalol content, it is thought to be very nourishing and supportive to the immune system. It should be used routinely as part of a preventative health care regimen.

Howood is an excellent oil for reducing inflammation, spasms, and pain in muscles and joints. It can be used effectively for injuries or arthritis.

GENERAL INFORMATION: The aroma of howood contains NO camphor-like notes, in spite of its latin name. This is a very mild and pleasant essential oil.

Howood is being promoted around the world as a viable substitute for rosewood, which is becoming an endangered species. It seems to be quite a good substitute, actually, but I hope we can always purchase and use both.

Hyssop

(*Hyssopus officinalis*)

INGREDIENT IN: ^{Le}Benediction, ^{Le}Visibility, ^{Le}Everlasting, ^{Le}Journey, ^{Le}LifeForce, ^{Le}Unity, ^{Le}Vision

THERAPEUTIC PROPERTIES: anti-inflammatory, antiviral, digestive, diuretic, expectorant, febrifuge, hypertensive, nervine, sudorific

AFFINITY FOR: digestive system, respiratory system, nervous system, circulatory system, heart meridian, stomach meridian, yang energy

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: stems, leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Hyssop is often diffused at the beginning of energy work or emotional healing sessions to clear and protect the environment. Hyssop is said to protect the auric field and strengthen personal boundaries. In an energy work situation, hyssop puts the customer in charge and in control of the direction and the depth to which the work will go. In many traumas and nearly all cases of abuse, the situation was out of the person's control. A sense of being in charge, being able to control the pace, and being able to choose the direction of the work is absolutely essential to healing.

APPLICATION: Hyssop should be diluted and applied to the feet, the chest, or the back of the neck.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The herbaceous aroma of hyssop is about freedom—freedom of movement in the body, freedom of expression, and freedom from sin. Hyssop is a symbol of spiritual cleansing and is used in purification rituals in many cultures and religions. The feeling it creates of freedom to express one's opinions makes hyssop oil beneficial for family or group planning sessions.

It is a good oil to diffuse or wear when you sit down to journal and set goals. From a strong sense of our personal space and boundaries, we are better able to be tolerant, understanding, and accepting of others as they learn and grow. With the help of hyssop, we can better live the commandment to love one another.

PHYSICAL ASPECTS: Hyssop is used to strengthen the lungs and prevent the recurrence of colds and flu. It is particularly helpful in drying up the secretions and mucous of pneumonia, bronchitis, and asthma.

In the digestive system, hyssop is used to improve appetite, digestion, abdominal bloating, and the absorption of nutrients. It is considered helpful in expelling parasites.

Hyssop's effect on circulation and lymph drainage make it useful for discharging toxins and mucous, treating dermatitis and gout, raising low blood pressure, preventing or minimizing scar tissue, and the healing of infections and wounds.

Hyssop increases perspiration. Sweating is one of the body's ways of removing toxins and impurities. It also lowers body temperature. When the circulation is poor and the lymph glands are clogged, perspiration is unable to occur. This is a serious and health threatening situation.

GENERAL INFORMATION: Hyssop is mentioned several times in the Bible (Exodus, Leviticus, Numbers, 1 Kings, and Psalms).

CAUTIONS: Hyssop is not recommended for use as a single oil; it is better used in a blend. Hyssop, as a single oil, should be avoided if pregnant, epileptic, or if you have high blood pressure. Always use caution and be sure to dilute well.

Idaho Tansy

(Tanacetum vulgare)

GENERAL INFORMATION: Because Idaho tansy has a high percentage of thujone, it is considered by conservative aromatherapists to be an oral toxin. Some of them severely caution against its use in aromatherapy at all. As is so often the case, the test data being quoted to support this position was done by isolating individual components and then testing each component on rats or mice. Thujone, tested without the presence of the “balancing” components found in the natural oil (see page 111 for a comparable testing situation) and in extremely high concentrations, produced convulsions in mice. Does this mean that Idaho tansy (or any other oil containing thujone) is contra-indicated for human use? It is doubtful, but the data gives us a reason to be extra cautious and dilute extra well with this oil until further information has been gathered.

INGREDIENT IN: ^{Le}Mariah

THERAPEUTIC PROPERTIES: anti-inflammatory, antiviral, antibacterial, antifungal, antihistaminic, vermifuge, sedative and/or stimulant, antispasmodic, nervine, insecticide

AFFINITY FOR: Idaho tansy seems to have an effect across the various systems of the body. It appears to awaken our inner strengths and resources on both the physical/immune system levels and on the Emotional/Spiritual/Mental planes as well. When using this oil it is difficult to think thoughts of failure and disease.

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Compositae

PART UTILIZED: leaves, flowers

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Idaho tansy encourages a positive attitude and general feeling of well-being.

APPLICATION: Idaho tansy should be diluted and applied to the feet or specific areas of the body at reasonable intervals. Continuous use is not recommended.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Idaho tansy acts as a sedative for nerve disorders and emotional impulses. It is useful for the emotional aspects of anxiety, depression, anger, irritability, convulsions, and hysteria. This oil is specific for people who need deep emotional healing in order to heal physically. Often, physical healing is impossible if our hearts are heavy, weary, or broken.

PHYSICAL ASPECTS: Idaho tansy, because of the high concentration of certain components not usually found in essential oils, is very antiviral and antibacterial. It could be used, with caution, to expel parasites. Beneficial effects from using this oil have been recorded for heart, lungs, liver, bowels, kidneys, circulation and vascular health, respiratory infections, inflamed joints and muscle sprains, to name just a few. This oil is also considered to be a potent antihistamine and hormone stimulant.

CAUTIONS: This essential oil is best used as part of a blend, rather than by itself. It should be avoided completely by pregnant women.

Idaho tansy is generally considered strongly contra-indicated for any one with epilepsy or a tendency to seizures or convulsions. Mild doses, under the supervision of an experienced aromatherapist however, have proven helpful for epileptic-type attacks.

Idaho tansy is very high in thujone and camphor. Used as a single oil (rather than as a small percentage of a blend), it may contain enough camphor to negate a homeopathic remedy.

Jasmine, grandiflorum and Jasmine, sambac

(Jasminum grandiflorum)

(Jasminum sambac)

GENERAL INFORMATION: Jasmine grandiflorum and jasmine sambac are very similar in aroma and therapeutic use. Grandiflorum blooms in the early morning and the sambac variety blossoms late in the evening. This strength at the end of the day subtly affects the properties of the sambac oil. It is particularly appealing to those who tend to work late into the evening—or would do so if they only had the energy left to match their desire.

INGREDIENT IN: ^{Lc}Cherish, ^{Lc}Exhilaration, ^{Lc}Expressions, ^{Lc}Insight, ^{Lc}Moonlight, ^{Lc}Woman Wise

THERAPEUTIC PROPERTIES: antidepressant, stimulant, aphrodisiac, antispasmodic, sedative

AFFINITY FOR: respiratory system, skin, hormones, heart chakra, triple warmer meridian, crown chakra, yang energy

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Oleaceae

PART UTILIZED: flowers

EXTRACTION METHOD: solvent

AROMATIC CONSIDERATIONS: Both jasmines have beautiful fragrances. They are heavy, exotic, sensual, and soothing essential oils. The aroma of either jasmine is multi-faceted; much more so than most essential oils. They speak to the soul of both femininity and core strength.

Jasmine, both grandiflorum and sambac, are absolutes rather than distilled essential oils. All absolutes, because of their concentration and intensity, should be evaluated in extremely small quantities. Large amounts of these oils can overcome the receptor sites in the nose. The complexity of the fragrance, especially the rare and exotic notes, become entirely lost to our sense of smell.

APPLICATION: Jasmine should be diluted (a drop or two is sufficient for any application) and massaged onto any area of the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Jasmine is good for women who want to find and utilize their strength of character and purpose without losing their feminine side. It is appropriate for men who want to find and utilize their strength of character and purpose while developing their sensitivity and caring. Historically and in many religious traditions, jasmine flowers symbolize hope, happiness, and love.

PHYSICAL ASPECTS: Because of its powerful effect on the emotions and hormones, jasmine is often effective for a very long list of physical, mental, and emotional disorders.

Jasmine, either as a single or as an ingredient in a blend, is often used for hormone balancing, menstrual cramps, and PMS. Jasmine is used during childbirth to strengthen the contractions, and at the same time, ease the intensity of the pain.

Jasmine is excellent in skin care products because it increases elasticity. It is often used to prevent or minimize stretch marks. Consistent use of jasmine essential oil can reduce scarring.

Jasmine soothes irritating coughs and relieves hoarseness and laryngitis. It is also beneficial for muscle strains, sprains, and stiffness.

Juniper Berry

(*Juniperus communis*)

INGREDIENT IN: ^{Lc}Dreams, ^{Lc}Energy, ^{Lc}Everlasting, ^{Lc}InsideOut, ^{Lc}Magi, ^{Lc}Reflections, ^{Lc}RefreshMint, ^{Lc}Synopsis, ^{Lc}TendaCare, ^{Lc}Whispering Hope

THERAPEUTIC PROPERTIES: antiseptic, diuretic, expectorant, emmenagogue, antiparasitic, tonic, depurative

AFFINITY FOR: digestive system, endocrine system, reproductive system, hormones, urinary tract, brow chakra, kidney meridian, yang energy

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae

PART UTILIZED: fruit

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Juniper berry is said to improve mental clarity and memory without undue stimulation to the nervous system. In fact, juniper berry essential oil is quite relaxing.

APPLICATION: Juniper berry oil should be diluted and applied to the feet, on the abdomen, or on the small of the back (over the kidneys).

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Juniper berry essential oil is suited for people who fear growing up or growing older. The use of juniper berry essential oil is about maturing into wisdom; not just ordinary wisdom but wisdom with compassion. It is about cultivating an understanding of the continuity of life, coupled with a sense of humor. Juniper gives us a feeling of gratitude for the privilege to have learned from the experiences and lessons of life. Juniper berry helps to elevate spiritual awareness and reverence for sacred things. It can open the soul to direction by inspiration and religious principle.

PHYSICAL ASPECTS: Juniper berry improves circulation, particularly to the kidneys. It helps the body move fluids and toxins out of the cells and tissues. It is a useful remedy for fluid retention, cellulite, premenstrual bloating, gout, and arthritis.

It is said that juniper berry oil helps with nerve function and regeneration. Juniper berry can be a useful oil for the digestive system. It has a beneficial effect on the emotional and physical aspects of over-indulgence in food. Juniper essential oil is effective for acne, eczema, oily skin, psoriasis, and dandruff.

CAUTIONS: Use of juniper berry essential oil should be avoided during pregnancy. It should be used with caution on children. This oil is contra-indicated for people with kidney disease. This is a great oil to balance and strengthen kidney function and deal with kidney infections, but it is not to be used by people with kidney diseases.

Kanuka

(*Kunzea ericoides*)

INGREDIENT IN: ^{Lc}InsideOut, ^{Lc}Vallee

THERAPEUTIC PROPERTIES: analgesic, anti-inflammatory, anti-infective, fungicidal, nervine

AFFINITY FOR: digestive system, nervous system, ear, nose, throat, skin, hair, yang energy

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

APPLICATION: Dilute and apply to areas of concern.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Kanuka is useful in the reduction of anxiety and stress-related behaviors.

PHYSICAL ASPECTS: Kanuka contains a cluster of five sesquiterpine compounds, all of which have powerful anti-inflammatory properties. Kanuka is effective for joint and muscle pain, including that of rheumatoid arthritis. Kanuka's anti-inflammatory properties seem to be particularly effective for ear, nose, and throat inflammations and infections and for the treatment of certain types of migraine headaches. Kanuka is also used in the treatment of skin conditions such as eczema, rashes, and insect bites. Kanuka is said to be an insect repellent.

GENERAL INFORMATION: Kanuka is a fairly new essential oil from Tasmania. A Tasmanian farmer, John Hood, noticed that the steel wire fence that had this strange plant growing near it was not rusting out like other fences on his property. This observation led to years of investigation and trials of the essential oil that is distilled from this plant. Kunzea (*Kunzea ambigua*) and kanuka (*Kunzea ericoides*) seem to be very similar in both aroma and therapeutic properties.

Dr. Daniel Penoel, MD, of France has used *Kunzea abigua* in the treatment of advanced Chrohn's disease. He, as is common in France, was using it internally.

CAUTIONS: There are no known cautions with Kanuka essential oil.

Laurel

(*Laurus nobilis*)

INGREDIENT IN: ^{Le}IQ, ^{Le}Safeguard

THERAPEUTIC PROPERTIES: analgesic, antiseptic, antiviral, carminative, decongestant, diuretic, emmenagogue, nervous system tonic

AFFINITY FOR: lymphatic system, hair, scalp, skin

RESONANCE: physical, emotional

PLANT FAMILY: Lauraceae

PART UTILIZED: leaves, wild crafted

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Laurel clears the mind while relaxing the emotions; perfect for test taking and other challenges.

APPLICATION: Laurel should be diluted and applied to appropriate areas of the feet. It is very nice diffused.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Historically, the leaves of *Lauris nobilis* were used to crown the victorious. Laurel can help us realize that we are victorious in our own way with the challenges of our own lives.

PHYSICAL ASPECTS: Laurel's antibacterial properties are specifically recommended as a steam inhalation for tonsillitis. Laurel essential oil is considered a valuable remedy for stimulating hair growth and eliminating dandruff. It is recommended in the treatment of acne and other skin disorders. Laurel is said to bring awareness of our strengths, moral courage, and confidence. Laurel aids in lymphatic drainage and promotes healthy sweating and the discharge of toxins.

GENERAL INFORMATION: Laurel essential oil can be used sparingly (less than 1 drop in most instances) as a substitute for bay leaf in recipes. The flavor is more vital than when using dried bay leaf and you don't have to fish them back out of the pot!!

CAUTIONS: Laurel should be avoided (except in a blend) during pregnancy. It should never be applied undiluted to the skin. If over-used, laurel can be almost narcotic in its sedative effects. The use of laurel should be avoided if you are taking prescription blood thinners.

There is much confusion around the world surrounding the usage of common names for plants. A plant called pigweed on one continent is rarely the same plant that is called pigweed on another. This confusion of names can be true from one community to another, even in the same country. Laurel is a prime example of this confusion!

Laurel (*Laurus nobilis*) is often referred to as sweet bay laurel, but it is not the same as bay (*Pimenta racemosa*) which is sometimes referred to as bay laurel. Nor is *Laurus nobilis* the same as bayberry (which are two different plants depending on whether you are European or American).

Bay (*Pimenta racemosa*) is a member of the myrtle (*Myrtaceae*) family and laurel (*Laurus nobilis*) is a member of the laurel (*Lauraceae*) family. Because they are from different families, their properties are very different. There is so much confusion about the names that it is difficult to tell which one is being referred to, especially when "surfing the web". Many essential oil companies seem to be confused and are adding to this confusion. When working with plants, always pay attention to the Latin names and, in the case of "laurel" hope that the buyer you are trusting paid attention, too!

Lavender

(*Lavandula officinalis*)

GENERAL INFORMATION: Lavender is a universal oil that has been shown to balance the body and to work wherever there is a need. It is called "the grandmother" of essential oils because it cares for and nurtures us through such a variety of physical and emotional stresses. If you don't know what essential oil to reach for, try lavender.

INGREDIENT IN: ^{Le}AgeLess, ^{Le}Angel, ^{Le}Assurance, ^{Le}Balance, ^{Le}Candila, ^{Le}Delicate, ^{Le}Discernment, ^{Le}Everlasting, ^{Le}EZ Traveler, ^{Le}Inner Peace, ^{Le}IQ, ^{Le}Julia, ^{Le}Letting Go, ^{Le}MyGraine, ^{Le}Millenia, ^{Le}Purify, ^{Le}QuietEssence, ^{Le}Simplicity, ^{Le}Solitude, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Victory, ^{Le}Vision, ^{Le}WarmDown, ^{Le}WithIn, ^{Le}Woman Wise

THERAPEUTIC PROPERTIES: antiseptic, diuretic, expectorant, emmenagogue, antiparasitic

AFFINITY FOR: digestive system, lymphatic system, cardiovascular system, reproductive system, genito-urinary system, immune system, nerves, brain, solar plexus, all heart meridians, base chakra

RESONANCE: physical, mental, emotional, spiritual

PLANT FAMILY: Labiatae

PART UTILIZED: flowering tops

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Lavender can help us move from judgement to kindness and generosity.

APPLICATION: There is probably no wrong way to apply or diffuse lavender.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: One of the great emotional gifts of lavender is the feeling of total and unchanging support around us. It leaves us with no room for doubt that we are loved and will be supported in life's challenges and in the process of healing. Lavender promotes faith, even in the hard times. Lavender brings balance between masculine and feminine energy and traits.

Lavender is a gentle, but effective, sedative and nervine. It can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches and migraines, and insomnia.

PHYSICAL ASPECTS: Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring. Lavender, usually as part of a blend, is often used to prevent or remedy conditions of dandruff and hair loss. Lavender is antiseptic, anti-inflammatory, cytophylactic, and antispasmodic, making it effective for muscle strains and sprains, cramps, and wound healing.

Lavender clears excess waste products from the lymphatic system and is an aid to digestion. Lavender is sometimes all that is needed to prevent or alleviate nausea. Mildly diuretic, lavender can be useful in alleviating edema and premenstrual water retention. Whether the root of the problem is emotional or physical, lavender is often effective in stabilizing both high or low blood pressure and regulating the pulse. Lavender, or blends containing it, is used to lessen pain and promote restful sleep. Lavender is useful for babies with thrush.

CAUTIONS: Lavender is wonderfully calming in small amounts, but can be stimulating if used in too large a quantity or too often. This is especially true with babies and small children.

Ledum - Labrador Tea

(Ledum groenlandicum)

GENERAL INFORMATION: Fat Storage and the Liver

The liver has a very long list of functions. One of these functions is the manufacture of carnitine which is essential if cells in the body are going to break down fat—rather than just store it away. If the liver becomes compromised, carnitine is not created and fat begins to accumulate in the cells. Fat accumulates first in the cells of the liver itself. The result is a fatty liver because the liver can store more fat cells than all of the other organs combined. A fatty liver used to be seen only in alcoholics. That is no longer true. Today's lifestyle is a recipe for disaster to the liver.

WHAT IS THE PROBLEM WITH A FATTY LIVER? There are many; let me summarize just two of them here. 1) Fat cells soak up and hold onto toxins. Since detoxification of the blood is one important function of the liver, the liver gets the first shot at soaking up toxins. The more fat cells your liver has, the more toxins the liver can hold. Fat cells in the liver uptaking toxins almost sounds like a good thing, until you consider that a large percentage of new red blood cells are “born” in the liver. These new blood cells become contaminated and damaged by the toxins. They then travel throughout the body, trying to carry oxygen and nutrients to cells and organs but carrying contaminants instead. 2) The liver, magnified under a microscope looks like a pinkish/red colored filter. If the liver is filled with toxic fat, it cannot do a good job as a filter for the bloodstream.

HOW COMMON IS FATTY LIVER? In the United States, 15-20% of the general population has too much fat in their liver. Your odds are much higher if you are overweight. Fatty liver can, and does, occur in children.

WHAT ARE THE SYMPTOMS OF A FATTY LIVER?

- You are probably overweight, especially in the abdominal area and you find it very hard to lose weight.
- You may have elevated cholesterol and triglycerides in your blood.
- You may have diabetes type 2.
- You may have been diagnosed as insulin resistant.
- You will be very tired, and tired all the time.
- You will probably have a lowered immune response.

WHY THIS DISCUSSION OF LIVER FUNCTION? There is clinical evidence that ledum essential oil digests the fat cells in the liver and their toxic load.

INGREDIENT IN: ^{Le}LivN, ^{Le}Safeguard

THERAPEUTIC PROPERTIES: hepatic (acts on the liver), cholagogue (encourage the flow of bile and the digestion of fats), diuretic, anti-inflammatory, anti-tumoral, antibacterial, decongestant, cytophylactic, depurative, immunostimulant

AFFINITY FOR: liver/kidney/bladder function, respiratory system, liver, mucous membranes, skin

RESONANCE: physical

PLANT FAMILY: Ericaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Ledum has a strong medicinal aroma, with an herbaceous twist.

APPLICATION: Ledum essential oil should always be diluted well before applying it to the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Ledum has a high sesquiterpene count. Essential oils containing sesquiterpenes cross the blood/brain barrier carrying nutrients and oxygen to the brain. These oils are very calming. This effect is felt, not just by the nervous system, but throughout the body.

PHYSICAL ASPECTS: Ledum acts as an enzyme to remedy liver dysfunction and aid in liver detoxification. Ledum's action on the liver sets off a chain reaction of improvement throughout the organs of the body. A stronger liver creates a balanced thyroid, a stronger immune system, better functioning kidneys, and clearer skin. Ledum has been used in programs for weight management, obesity, edema, and water retention. A review of recent literature indicates that ledum may be even more anti-carcinogenic and anti-tumoral than frankincense.

CAUTIONS: Should not be used if you are pregnant. Its use should be avoided with very young children.

Lemon

(Citrus limonum)

INGREDIENT IN: ^{Le}Beloved, ^{Le}Benediction, ^{Le}Breezey, ^{Le}CinnamonBear, ^{Le}Deliverance, ^{Le}Everlasting, ^{Le}HeartSong, ^{Le}InsideOut, ^{Le}IQ, ^{Le}Letting Go, ^{Le}LifeForce, ^{Le}Revitalize, ^{Le}Simplicity, ^{Le}Sunburst, ^{Le}Synopsis, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Vision, ^{Le}Weightless, ^{Le}Whispering Hope, ^{Le}Wisdom

THERAPEUTIC PROPERTIES: antibiotic, sedative, carminative, diuretic, hemostatic, astringent, digestive, immunostimulant, antidepressant, stimulant, antiseptic, febrifuge, calmative, antispasmodic, anti-sclerotic, depurative, vermifuge, cicatrizing

AFFINITY FOR: respiratory system, lymphatic system, cardiovascular system, nervous system, digestive system, skin, muscles, solar plexus chakra, bladder meridian, wood element

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: peel of fruit

EXTRACTION METHOD: cold pressed

AROMATIC CONSIDERATIONS: Lemon essential oil fills the air with a light, refreshing scent of lemons while it nourishes the nervous systems of everyone close by.

APPLICATION: Lemon oil should be diluted and applied to any area of the body. Since it helps dissolve cellulite, applying lemon to areas where cellulite has accumulated would be a good idea. Be sure to dilute to avoid irritation.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Lemon brings clarity of thought, aids in logical thinking, and helps us connect cause and effect in our lives. Lemon is a good oil for study sessions, improving attention span, and problem solving. Lemon can help us analyze our resentments, decide if they are based on reality or not, and then help us let go of them—real or not! Lemon makes it easier to handle the stresses of life with a sense of humor.

PHYSICAL ASPECTS: Lemon essential oil supports the respiratory system and is useful for asthma, bronchitis, sore throat, sinusitis, and most other respiratory complaints. Lemon oil tightens smooth muscles and strengthens connective tissue throughout the body. Lemon oil can be used for a liver or lymphatic cleanse. After cleansing is complete, lemon oil can stimulate the pancreas and the entire endocrine system. Lemon is very helpful in passing gallstones and is said to induce labor when the baby is over due. Lemon oil can be used to purify water and leaves no unpleasant taste behind.

CAUTIONS: Lemon essential oil is said by some to be photo-toxic.

Lemongrass

(Cymbopogon flexuosus)

INGREDIENT IN: ^{Le}Deeper, ^{Le}Energy, ^{Le}InsideOut, ^{Le}Purify, ^{Le}Reflections, ^{Le}RefreshMint, ^{Le}Sunburst, ^{Le}TendaCare, ^{Le}Tomorrow, ^{Le}WakeUp

THERAPEUTIC PROPERTIES: astringent, tonic, calmative, antiseptic, anti-infective, diuretic, digestive, antiparasitic, depurative, nervine

AFFINITY FOR: kidney, bladder, vascular system, parasympathetic nervous system, lymphatic system, circulation, solar plexus chakra, spleen meridian

RESONANCE: physical, emotional

PLANT FAMILY: Graminae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Lemongrass has a woody but light fragrance which has an uplifting effect on mind, mood, and attitude.

APPLICATION: Dilute and apply to the feet or to any area of the body that is causing concern.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of lemongrass awakens curiosity. It encourages us to go outside our usual boundaries and comfort zones. Lemongrass should be used to cleanse your energy system when you have been in negative situations or around negative people. Lemongrass can give us energy and reawakens compassion following emotional overload or collapse.

PHYSICAL ASPECTS: Lemongrass improves circulation, regenerates connective tissue, and repairs ligaments. Lemongrass is used for acne and for dissolving cellulite during weight loss programs. Lemongrass repairs the parasympathetic nervous system and improves eyesight. It is useful in bladder and kidney disorders and for healing varicose veins.

Two of the greatest benefits of lemongrass is that it improves lymphatic drainage and gets oxygen flowing throughout the body. Lemongrass is one of the best oils for disinfecting and purifying around the house.

CAUTIONS: Overuse of lemongrass can cause extreme skin irritation.

Lime

(Citrus aurantifolia)

INGREDIENT IN: ^{Le}Intention, ^{Le}LiteN, ^{Le}Tomorrow, ^{Le}Turmoil, ^{Le}Weightless

THERAPEUTIC PROPERTIES: antibacterial, antiseptic, antiviral, restorative, tonic

AFFINITY FOR: digestive problems, respiratory problems, immune function, lymphatic system, liver & gallbladder meridians, solar plexus chakra

RESONANCE: physical, mental, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: fruit

EXTRACTION METHOD: cold pressed

AROMATIC CONSIDERATIONS: Beautiful, fresh, and refreshing fragrance. A favorite for diffusing.

APPLICATION: Lime is a delightful addition to baths, body lotions, and deodorants. ^{Le}Intention, with a large percentage of lime, is a very nice massage oil.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Lime essential oil is a perfect choice for the very weary—those who are so weary of trials and troubles that they feel far older than their years on earth would indicate. The lively fragrance of lime is stimulating and refreshing. It can help one overcome exhaustion, depression, apathy, and listlessness. Good oil for improving memory and concentration.

PHYSICAL ASPECTS: Lime essential oil is said to soothe broken capillaries, stimulate the muscles around the eyes, brighten a pale, dull complexion by removing dead skin cells, and is capable of tightening skin and connective tissue. Lime is a good oil for digestive difficulties, particularly gallstones and gallbladder inflammation. This oil is recommended for liver deficiencies and liver cleansing in infants and children. Lime stimulates the immune system to increase production of leukocytes that aid in fighting infections. Lime oil is also used to stabilize blood pressure fluctuations.

GENERAL INFORMATION: Lime oil works extremely well in removing gum, wood stain, oil, and grease spots from clothing.

CAUTIONS: Photo-toxic. Avoid sunlight or UV radiation on skin where lime has been applied.

Litsea Cubeba

(Litsea cubeba)

(Commonly known as May Chang)

INGREDIENT IN: ^{Le}AgeLess, ^{Le}ThermaCare

THERAPEUTIC PROPERTIES: hypotensive, astringent, digestive, stomachic, disinfectant, sedative or stimulant—as needed and according to quantity used, much like lavender

AFFINITY FOR: digestive system, nervous system, heart, skin, brow chakra

RESONANCE: physical, emotional

PLANT FAMILY: Graminae

PART UTILIZED: fruit

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Litsea cubeba has a lovely crisp, lemony scent. It is valued for its calming and antidepressant properties.

APPLICATION: Litsea cubeba can be diffused or diluted and worn on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Litsea cubeba brings joy and lightness of spirit. It makes one feel young at heart and enthusiastic about life. This essential oil is often used in Inner Child work, where it is calming and soothing. Litsea cubeba is an oil that often appeals to children.

PHYSICAL ASPECTS: Litsea cubeba is considered useful for high blood pressure and other disorders that have been brought on by nervousness, fear, or stress. Litsea cubeba is useful for indigestion and to dispel gas pains. It is a good oil for treatment of skin disorders such as acne, dermatitis, and oily or discolored skin. Litsea cubeba is useful for controlling excess perspiration.

GENERAL INFORMATION: Litsea cubeba is often used in soaps and lotions where it tends to stabilize the higher notes of the other essential oils in the product.

CAUTIONS: Litsea cubeba should be avoided if pregnant. It can be an irritant to very sensitive skin.

Mandarin

(Citrus reticulata)

INGREDIENT IN: ^{Le}Beloved, ^{Le}CinnamonBear, ^{Le}Everlasting, ^{Le}Grace, ^{Le}HeartSong, ^{Le}Moonlight, ^{Le}Synopsis, ^{Le}Unity, ^{Le}Vitality

THERAPEUTIC PROPERTIES: tonic, stomachic, digestive, calming, antispasmodic, antiseptic

AFFINITY FOR: emotions, digestion, nervous system, gallbladder meridian, governing vessel meridian

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: fruit

EXTRACTION METHOD: cold pressed

AROMATIC CONSIDERATIONS: Mandarin essential oil has sedative and slightly hypnotic properties, making mandarin one of the best essential oils for stress and irritability.

APPLICATION: Mandarin may be diffused or diluted and applied to the feet or the body. Mandarin is a very gentle oil and could be massaged safely, with any carrier oil, on the abdomen.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Mandarin promotes feelings of deep happiness. This personal happiness often manifests in our lives as kindness and gentleness with all living things. Mandarin also provides a firmness and a sense of self that allows personal growth and spiritual development. This oil is an especially good choice for those who tend to dwell in the past. It is also good for those who tend to dwell on past emotional traumas. They have survived the trauma, but they have not thrived. Mandarin can help us achieve a state of mind where we are able to build or repair our relationships, especially with the children and the elderly in our lives.

PHYSICAL ASPECTS: Mandarin essential oil is a gentle and supportive healer. It is especially good for the convalescence stage of an illness. It is a good choice for very young children and for the old and frail. This oil should be considered whenever the illness is accompanied by great sadness. Mandarin essential oil is also good for digestion where it aids with such conditions as constipation and diarrhea.

GENERAL INFORMATION: Mandarin (*Citrus reticulata*) is the variety of mandarin that is often referred to as red mandarin.

CAUTIONS: No known contradictions. This is a rare citrus essential oil that is not photo-toxic.

Manuka

(*Leptospermum scoparium*)

INGREDIENT IN: ^{Le}Candila, ^{Le}Purify, ^{Le}Simplicity, ^{Le}Stefanie

THERAPEUTIC PROPERTIES: antibacterial, antifungal, antiseptic, antiviral, immunostimulant, antibiotic, antiparasitic

AFFINITY FOR: immune system, killing bacteria

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves and seeds, wild crafted

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Manuka has a woody scent that is warmer and less caustic than the aroma of tea tree. It is much more pleasant when diffused than tea tree and very antiseptic.

APPLICATION: Dilute and apply to the feet or the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Manuka is gently cleansing to the energy body. It makes us feel as though we are “ready and waiting” for something in our lives. The aroma of manuka can start us on the first step toward a goal or project.

PHYSICAL ASPECTS: Manuka is reported to be many times more effective against both gram negative and gram positive bacteria than its close cousins, the many varieties of tea tree (*Melaleuca*). Manuka is milder and more pleasant in aroma and less caustic to the skin than are the tea tree oils. Manuka is strongly antifungal and effective against a wide variety of yeasts and molds. Suggested uses for manuka include eliminating athlete’s foot and toenail fungus, relieving dry, cracked, and irritated skin conditions, neutralizing pathogens in the air, and healing cold sores. Manuka can be used effectively on insect bites and stings to avoid infection and dull pain. Used undiluted and consistently, manuka oil is strong enough to eradicate warts. Well diluted, manuka oil relieves the itch and burn of chicken pox sores.

CAUTIONS: Manuka is fairly new to the essential oil market. While there are no safety cautions or contraindications in any literature that I can find, it is always wise to use a little caution with an unfamiliar essential oil.

Marjoram

(*Marjorana hortensis* or *Origanum marjorana*)

INGREDIENT IN: ^{Le}Aspire, ^{Le}Balance, ^{Le}MyGraine, ^{Le}Solitude, ^{Le}TendaCare, ^{Le}Vitality, ^{Le}WarmDown, ^{Le}Woman Wise

THERAPEUTIC PROPERTIES: antispasmodic, arterial vasodilator, expectorant, digestive, analgesic, calming, sedative, antitussive, antiseptic, antibiotic, anti-infective, diuretic, emmenagogue

AFFINITY FOR: respiratory system, digestive system, cardiovascular system, reproductive areas, solar plexus chakra, governing vessel meridian, stomach & spleen meridians, yang energy

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of marjoram oil can warm the soul in times of grief, sorrow, or loneliness.

APPLICATION: Dilute and apply to the feet or any area of the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Marjoram is quieting to obsessive worry where negative thoughts circle repetitively in the brain hour after hour. This type of obsessive worry is an indication of depleted or stressed earth energy. Marjoram essential oil is also helpful for those who seem to love being in the center of some sort of drama all the time. This need for attention is a manifestation of an energetically depleted earth meridian with its “lack of something” perception. In this instance, the feeling of deprivation focuses on family or friends. We are sure that “no one cares” about us as they should. The aroma of marjoram oil can eliminate feelings of loneliness or persecution, replacing them with feelings of security and even some compassion for others.

PHYSICAL ASPECTS: Marjoram eases respiratory distress and infections such as bronchitis. It is often beneficial for spasmodic dry coughs. The analgesic properties of marjoram make it an appropriate choice for muscle aches, sprains, strains, and arthritis. Marjoram essential oil helps bruising to clear and fade more quickly. Marjoram increases the dilation of blood vessels, lowers blood pressure, and eases heart palpitations. It can ease headaches that are caused by muscle tension or lack of circulation.

Marjoram oil increases the tone and effectiveness of parasympathetic nerves. One benefit of healthy parasympathetic nerves is an increase in the peristalsis in the colon. Marjoram regulates the menstrual cycle, relieves pain and cramping.

GENERAL INFORMATION: Marjoram was known as the “herb of happiness” to the early Romans and “joy of the mountain” to the Greeks.

CAUTIONS: Marjoram should be used sparingly during pregnancy.

Melissa

(Melissa officinalis)

INGREDIENT IN: ^{Lc}Simplicity, ^{Lc}Stefanie, ^{Lc}Synopsis

THERAPEUTIC PROPERTIES: antiseptic, antibiotic, antiviral, sedative, calmative, antidepressant, stimulant

AFFINITY FOR: immune system, respiratory system, reproductive system, cardiovascular system, yang energy, brow chakra, wood element, fire element

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: leaves, flowers

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Melissa essential oil has a delicate lemony scent. It is both calming and uplifting to the spirit.

APPLICATION: Melissa can be applied, diluted, to the feet or any area of the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Melissa essential oil has a youthful, revitalizing effect on the body and spirit. It opens our ability to see and understand truth. The aroma of melissa oil helps us receive insights for living our daily lives. It promotes feelings of compassion and love for life.

Melissa is beneficial to emotionally sensitive individuals who do not respond well to pressure or who are easily upset, almost traumatized, by the slightest confrontation. They spend their strength trying to hold in their feelings to prevent or end an argument rather than risk expressing feelings of anger or hurt. This continual repression of fear or anger eventually leads to depression. Melissa essential oil can be helpful anywhere along this soul destroying path.

PHYSICAL ASPECTS: Melissa essential oil has been proven to have powerful antiviral properties. It is considered to be one of the most powerful antiseptic and medicinal essential oils. Studies conducted in Germany indicate that it is useful against various strains of flu virus, smallpox, and mumps. The University of Munich reports a complete remission of herpes simplex lesions (cold sores and impetigo) from the use of melissa oil.

Melissa oil is used for hypertension, palpitations, shock, and conditions where the heart is overstimulated. Melissa is excellent in the treatment of allergies, asthma, bronchitis, chronic coughs, colds, and cold-sore blisters. Melissa is recommended for sterility in women.

Melissa Blend

INGREDIENT IN: ^{Le}Acknowledge, ^{Le}Benediction, ^{Le}Everlasting, ^{Le}Exhilaration, ^{Le}Faith, ^{Le}Grateful Heart, ^{Le}IQ, ^{Le}Trust, ^{Le}Whispering Hope

GENERAL INFORMATION: Melissa is extremely expensive. Butterfly Express, llc sells a well-done blend of other essential oils put together to simulate the healing properties of melissa oil. This is a blend of pure essential oils, not a chemically produced substitute. I have been very impressed with this blend, but it is not pure Melissa oil. If you can possibly afford it, try to purchase at least a little of the real thing!

The ingredients of melissa blend are: lemon, lemongrass, melissa, pine, tangerine, ylang ylang

Melissa—rectified

(Melissa officinalis)

GENERAL INFORMATION: Another solution to the prohibitive expense of melissa is to purchase a *rectified* melissa essential oil. This term indicates that a material was reprocessed or distilled a second time. Sometimes a rectified (or redistilled) oil will be added to an oil from a first distillation. This is not done to commit fraud, but to enable an oil such as melissa to be produced less expensively so that people will be able to afford to use it. These oils often have amazing healing properties, although the first distillation is always better.

There are also less scrupulous producers who break a variety of essential oils into chemical components and then reassemble them to closely resemble an oil that is either expensive or difficult to produce. The finished product is 100% biological and can be labeled “natural” (there is nothing natural about it). Sometimes these “fakes” are labeled *rectified*, although they shouldn’t be. In this case, using melissa as an example, there may not have been any melissa oil used in the production of the finished product at all. This type of fraud is difficult—almost impossible—to detect by current testing equipment and standards. The difference will lie in how well they work. Being 100% biological originally does give these products some medicinal value but the fact remains that “only God can make a tree”. Your own nose, the response of your own energy system, and buying from knowledgeable people whom you trust is your only protection from this type of criminal skullduggery.

Mountain Savory

(*Saturega montana*)

INGREDIENT IN: ^{Lc}Candila, ^{Lc}LifeForce, ^{Lc}MelaPlus, ^{Lc}NoMore, ^{Lc}Simplicity, ^{Lc}Vision

THERAPEUTIC PROPERTIES: antibacterial, antifungal, anti-inflammatory, anti-infectious, antiviral, carminative, immune stimulant, tonic

AFFINITY FOR: digestive system, immune system, circulatory system, sacral chakra, solar plexus chakra, heart chakra

RESONANCE: physical, emotional, mental, spiritual

PLANT FAMILY: Labiatae (mint)

PART UTILIZED: stems, leaves, flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Always dilute mountain savory with a carrier oil before applying to the body.

AROMATIC CONSIDERATIONS: Mountain Savory has a sharp, medicinal, herbaceous aroma and is not usually recommended for diffusing or aromatherapy use as a single oil. Mountain savory, added to a blend, revitalizes and stimulates the nervous system, increasing energy and motivation.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Mountain savory is said to have a harmonizing effect on the ego, allowing us to relinquish the need for control and helping us cope with hurt and disappointment. Spiritually, mountain savory may give us a little bit of help in “letting go and letting God” manage the flow of our lives and our relationships. The effects of Mountain Savory move from the root chakra up through the solar plexus and into the heart chakra, connecting us emotionally with the earth and with our spouse and family. This oil is also recommended for use in blends designed to help people overcome fears of intimacy and difficulty with male/female relationships.

PHYSICAL ASPECTS: Mountain savory rates very highly as an antioxidant. Antioxidants are said to reduce the risk of age related conditions, inhibit the growth of microbes, and—possibly—reduce cancer risks. Mountain savory also rates very highly when tested against a wide variety of microbes, including fungal, bacterial, and viral strains. This oils should be considered for use with abscesses, athlete’s foot, colds, coughs, gingivitis, and any type of infection. Mountain savory is also considered to be an immune stimulant.

Mountain savory is a good choices when a circulatory stimulant or warming oil is needed. Though not often used alone for this purpose mountain savory, added to an essential oil blend, is useful for arthritis, muscle soreness, bruising, and scarring of body tissues. Mountain savory is sometimes used for insect bites and bee stings. Mountain savory, as an herbal preparation, has been used as a digestive remedy for diarrhea and colic since ancient times.

GENERAL INFORMATION: Mountain savory is sometimes called winter savory.

CAUTIONS: This oil is considered by the very cautious to be unusually irritating to skin and mucous membranes. Mountain savory, like other essential oils, should be used well diluted with a carrier oil.

Myrrh

(*Commiphora myrrha*)

INGREDIENT IN: ^{Le}Benediction, ^{Le}Bountiful, ^{Le}Deeper, ^{Le}EZ Traveler, ^{Le}Grateful Heart, ^{Le}Journey, ^{Le}LivN, ^{Le}Magi, ^{Le}Meditation, ^{Le}RefreshMint, ^{Le}Whispering Hope

THERAPEUTIC PROPERTIES: anti-inflammatory, pectoral, antiseptic, antispasmodic, cholagogue, cicatrissive, balsamic, expectorant, antifungal, astringent, vulnerary, soporific, hemostatic

AFFINITY FOR: digestive system, respiratory system, vascular system, base chakra, earth and metal elements, yang energy, throat chakra

RESONANCE: physical, emotional

PLANT FAMILY: Burseraceae

PART UTILIZED: gum, resin

AROMATIC CONSIDERATIONS: Myrrh has been used in meditation for centuries. It is a wonderful oil, although it doesn't have the most pleasant aroma.

APPLICATION: Myrrh essential oil can be diluted and applied to the feet or anywhere on the body. Myrrh is a resin; even diluted it remains tacky on the skin for a few minutes.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Myrrh essential oil helps us see ways and means for the achievement of our dreams. It opens our minds to inspiration and the direction of the spirit while keeping us firmly grounded in reality and common sense. Myrrh has an affinity for the base chakra, which connects this essential oil to issues of abundance and bounty. When we open ourselves to receive the gifts of the spirit and of the material world, these gifts will be given to us.

PHYSICAL ASPECTS: One of the outstanding properties of myrrh is astringency, which means causing tissues and blood vessels to contract naturally. Myrrh can tighten the gums, tone the skin, aid muscle contraction in the intestines and other internal organs, and stop bleeding. Myrrh relieves congestion in the lungs and sinuses.

As a stimulant, myrrh has an effect on thoughts, blood circulation, the secretion of needed bile in the digestive process, the pumping action of the heart, and makes you more alert by stimulating the brain and nervous system. Myrrh's stimulant properties have a particular affinity for the immune system and the circulation.

Myrrh essential oil increases perspiration during times of illness, ridding the body of toxins and cleansing the pores of the skin. Myrrh is an excellent choice for skin complaints such as eczema, ringworm, athlete's foot, chapped and cracked skin, stretch marks, rashes, and wrinkles.

CAUTIONS: Myrrh should be limited by pregnant women because myrrh is a mild uterine stimulant.

Myrtle

(*Myrtus communis*)

INGREDIENT IN: ^{Lc}Aspire, ^{Lc}Balance, ^{Lc}EndoRelief, ^{Lc}Meditation

THERAPEUTIC PROPERTIES: antiseptic, antibacterial, decongestant, deodorizer, immune stimulant, digestive, antitussive, balsamic, carminative, pectoral

AFFINITY FOR: digestion, skin, thyroid, lung, prostate, bladder and kidneys, thyroid, heart chakra, heart meridian

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of myrtle essential oil is musky and almost euphoric. It is said to soothe anger and make the spirit quieter.

APPLICATION: Myrtle should be diluted and applied to any area of the body or to the feet.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Myrtle oil is strong and grounding. It seems to open all of the senses. Myrtle can help us develop the organizational skills needed for success and stress-free living. Myrtle is about learning to prioritize in our lives, taking care of the necessities first. This helps us establish a sound base for further spiritual growth. Myrtle, since it removes some of the stresses in our lives through grounding and organization, is often useful for insomnia.

PHYSICAL ASPECTS: Myrtle is a very anti-inflammatory and decongestant oil. These properties make it useful for diarrhea, bladder infections, sinus infections, and lung complaints such as asthma, bronchitis, chronic coughs, and tuberculosis. Myrtle regulates the functions of glands in the endocrine system. This effect is seen most clearly in the stimulation of thyroid activity and in the decongestion of the prostate. Myrtle has a stabilizing effect on hormones and supports immune function. Myrtle is a powerful deodorizer. It is a good skin care oil and aids the digestive system.

GENERAL INFORMATION: The recorded use of myrtle essential oil goes back 4,000 years.

CAUTIONS: Myrtle has some hormonal properties. It should be used with caution if pregnant.

Neroli

(*Citrus aurantium*)

INGREDIENT IN: ^{Le}Acknowledge, ^{Le}Everlasting, ^{Le}Exhilaration, ^{Le}Grace, ^{Le}Moonlight, ^{Le}Unity, ^{Le}UnDone, ^{Le}Wisdom

THERAPEUTIC PROPERTIES: antibacterial, antidepressant, anti-infective, antiparasitic, antispasmodic, antiviral, aphrodisiac, deodorant, sedative, tonic

AFFINITY FOR: nerves and nervous system, skin/tissues, 2nd, 4th, and 5th meridians, crown chakra

RESONANCE: physical, mental, emotional, spiritual

PLANT FAMILY: Rutaceae

PART UTILIZED: flowers

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of neroli has powerful effects on our minds and emotions. It is calming, relaxing, uplifting, and encourages confidence. It promotes feelings of joy, peace, and hope.

APPLICATION: Wonderful diffused! Neroli can also be diluted and applied anywhere on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Neroli essential oil reawakens passion and sensitivity. It can change negative outlooks and bring us renewed hope. Neroli can help us trust our own intuition and good sense in the making of choices. Neroli is renowned around the world for relieving nervous tension, promoting restful sleep, and elevating the mood. Neroli has been used successfully to treat depression, anxiety, and shock. It is calming and relaxing because it stabilizes the emotions and encourages confidence and courage.

Neroli is particularly appropriate for any one who has become timid or withdrawn. It can help with cynicism and despair. Neroli helps to alleviate feelings of “nothing changes, nothing ever will”. Neroli fosters independence and trust in our possibilities for a good future.

Neroli is a natural sedative. It is useful for depression and anxiety. Neroli relaxes the body, mind, and spirit. It quiets the heart and soul.

PHYSICAL ASPECTS: Neroli is much more than just an “emotional” oil. Like all essential oils, it is very antiseptic. What a pleasant oil to reach for when you get a cut or wound and need a disinfectant. Neroli rebuilds tissue and heals the skin, making it excellent for scars and skin damage of any kind. Neroli is one of the most emollient of the essential oils. It is prized in skin care products. Neroli is considered a weight loss oil.

Neroli has a profound influence on the action of the heart. It diminishes the amplitude of heart muscle contractions, but only if this is what is needed. Neroli is never dangerous. It is often used for palpitations, erratic heartbeat, and other types of cardiac spasm. It is a wonderful oil for panicky, hysterical, fearful people who become agitated over trifles. Neroli is a valuable remedy for shock or any situation that is putting a strain on the heart.

GENERAL INFORMATION: For centuries, the Egyptian people have regarded neroli highly for its ability to heal the mind, body, and spirit. Neroli’s deep, sensuous aroma is often the “heart” of floral blends. Neroli is a very heady oil. Sniffed directly from the bottle, it is almost unpleasantly overwhelming. A tiny bit, diffused into the air or placed on the skin is amazingly potent and lovely.

CAUTIONS: There are no known cautions for the use of neroli essential oil. Even the more conservative British school of thought in aromatherapy consider neroli oil to be totally nonirritating. Neroli oil may be used on the skin even where irritation or redness are present.

Niaouli

(*Melaleuca viridiflora*—also known as *quinquenervia*)

INGREDIENT IN: ^{Le}MelaPlus

THERAPEUTIC PROPERTIES: very strong and powerful antifungal, antibacterial, antiviral, digestive tonic, cytophylactic (tissue regenerating), analgesic, insecticide, decongestant

AFFINITY FOR: immune system, skin/muscles, respiratory/pulmonary system, central and governing meridians

RESONANCE: physical, emotional, spiritual

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves, twigs

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Niaouli is a member of the melaleuca (tea tree) species, but has a sweeter, more delicate scent than the *alternifolia* variety that we are most familiar with. The aroma of this oil can clear the mind and help us stay alert. Niaouli is a great aid to concentration.

APPLICATION: Niaouli can be diluted and applied to any area of the body. It makes a very good disinfectant.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Niaouli is said to open the inner vision of the soul and direct our thoughts toward heaven. Niaouli can help us focus on higher values and more worthy goals. Niaouli can help us see the bigger picture of our lives and find those things that we were born to do.

PHYSICAL ASPECTS: Niaouli has been shown in studies to be a general immune system booster and effective as a response to allergic reactions. This oil is an excellent antiseptic for treating pulmonary infections, bronchitis, coughs, sinus congestion, and sore throats. The anti-inflammatory properties of this oil make it useful for muscle aches. Niaouli, being a member of the tea tree family, is very antiseptic. It is useful for skin conditions such as cuts, boils, burns, insect bites, and acne.

GENERAL INFORMATION: Niaouli is often found in pharmaceutical preparations such as gargles, cough drops, toothpastes, and mouth sprays.

CAUTIONS: Niaouli is photo-toxic. Avoid direct sunlight on skin to which niaouli oil has been applied in the last 24 hours.

Nutmeg

(*Myristica fragrans*)

INGREDIENT IN: ^{Lc}EndoRelief, ^{Lc}Energy, ^{Lc}Focus

THERAPEUTIC PROPERTIES: antiseptic, antiparasitic, general cerebral and circulatory stimulant

AFFINITY FOR: digestion, adrenal glands, sacral chakra, joints, muscles, circulation, nervous system, immune system, hormones, liver meridian

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Nutmeg essential oil is not appropriate for use by itself in a diffuser and care should be taken when inhaling the aroma into the nostrils.

APPLICATION: Nutmeg should always be diluted well before applying to the feet or to the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Emotional stability is one of the characteristics of nutmeg essential oil. Nutmeg rekindles the fire within our souls and helps us to regain our lost passion for life. It seems to lift the weight of the world off our shoulders, letting us rise above situations and challenges. Nutmeg oil, added to a blend, can be an essential ingredient for relieving nervous fatigue. Nutmeg oil seems to accentuate our ability to comfort, heal, and understand other people's emotional traumas and struggles.

PHYSICAL ASPECTS: Nutmeg supports the adrenal glands, giving one increased vitality and ability to cope with stress. Nutmeg's affinity for the digestive system makes it useful for bacterial infections, chronic diarrhea, gallstones, sluggish digestion, poor assimilation of nutrients, nausea, vomiting, loss of appetite, and bad breath. Nutmeg is also effective for gout.

Nutmeg supports and strengthens the immune function. The improvement in circulation that nutmeg can bring about is often helpful for vertigo and fainting spells. This increased circulation can improve the function of joints and muscles and improve concentration and mental alertness. Nutmeg supports the nervous system. Blends which contain nutmeg are excellent choices for people with chronic illnesses.

CAUTIONS: Nutmeg must be used with extreme caution. If overused or diffused for too long a period of time, nutmeg has been known to cause confusion, delirium, or even convulsions. It can overstimulate the heart and cardiovascular system if used too frequently or too long. It should be used with extreme caution, or not at all, during pregnancy and never if epileptic. ALWAYS dilute well! In other words, nutmeg is a really great oil when used in a blend!

Opoponax Myrrh - Sweet Myrrh

(*Commiphora guidottii*)

INGREDIENT IN: ^{Lc}AboutFace, ^{Lc}AgeLess, ^{Lc}Mariah

THERAPEUTIC PROPERTIES: antiseptic, antiparasitic, general cerebral and circulatory stimulant

AFFINITY FOR: mucous membranes, muscles

RESONANCE: physical, mental

PLANT FAMILY: Bruseraceae

PART UTILIZED: gum resin

EXTRACTION METHOD: oleoresin

AROMATIC CONSIDERATIONS: Opoponax is sweet, spicy, and warming with herbaceous undertones. It has a more pleasing aroma than regular myrrh.

APPLICATION: Can be applied anywhere on the body. As with most essential oils, it is best diluted.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Opoponax is an oil for precision and logic. Opoponax clears fuzzy thinking and helps daydreamers come down from the clouds. It is a good addition to blends which will be used to stimulate clarity of thought and attention to detail. Opoponax can help us make desired changes in our lives and in ourselves because it helps us see situations with more clarity. Opoponax can give us direction and purpose. Emotionally, this oils supports our ability to sort truth from error. It can help us see the way to justice and responsibility in our daily lives.

PHYSICAL ASPECTS: Opoponax has a drying action on mucous build-up in the lungs. It can be used for bronchitis, colds, sore throats, and coughs.

Opoponax is effective as a muscle relaxant and anti-inflammatory, making it useful for arthritis. It may help purge stagnant blood from the uterus. Opoponax is an excellent insect repellent.

GENERAL INFORMATION: Opoponax is sometimes used as a base note in blends where it stabilizes and sweetens the aroma.

Orange, Bitter

(*Citrus aurantium*)

INGREDIENT IN: ^{Lc}Bountiful, ^{Lc}Everlasting, ^{Lc}Unity

THERAPEUTIC PROPERTIES: antiseptic, antiparasitic, general cerebral and circulatory stimulant, antidepressant, antispasmodic, tonic

AFFINITY FOR: digestion, nervous system, wood element

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: peel of fruit

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Orange bitter essential oil has the sweet, citrus smell that is characteristic of orange sweet (*Citrus sinensis*), but orange bitter has an underlying touch of tart bitterness which is reminiscent of grapefruit oil. It is very nice diffused, and makes a pleasant change from the heady sweetness of orange sweet or neroli essential oils.

APPLICATION: Orange bitter should be diluted and applied to the feet or to the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Orange bitter, like all citrus oils, is wonderful diffused during the winter months. Citrus oils seem to release a few rays of sunshine into the air. They are subtly energizing. They brighten the outlook and lift the spirits. Orange bitter is an effective treatment for depression, especially when it is made worse by cloudy or winter weather and lack of sunlight. Orange bitter, though considered a stimulant, can also help one relax at the end of a long day.

PHYSICAL ASPECTS: Orange bitter is used in blends to promote weight loss, helping to curb the appetite and dissolve cellulite. The keynote features of this oil, however, are on digestion. Orange bitter is used in the treatment of heartburn, flatulence, and diarrhea. It also seems to aid in the absorption of vitamin C.

GENERAL INFORMATION: Many parts of this plant, *Citrus aurantium*, are extracted for use as essential oils. Orange bitter essential oil is made from the fruit, bergamot is extracted from the peel, petitgrain is extracted from the foliage and twigs, and neroli is distilled from the blossoms. Even though all of these oils are made from the same plant, they are very different in aroma and therapeutic properties.

CAUTIONS: Orange bitter is photo-toxic. You should avoid direct sunlight on skin to which this oil has been applied for at least 12 hours.

Orange, Sweet

(Citrus sinensis)

INGREDIENT IN: ^{Le}Angel, ^{Le}Beloved, ^{Le}Bountiful, ^{Le}CinnamonBear, ^{Le}Discernment, ^{Le}Eternity, ^{Le}Everlasting, ^{Le}Exhilaration, ^{Le}EZ Traveler, ^{Le}GoodNite, ^{Le}HeartSong, ^{Le}Holiday Spirit, ^{Le}Housewarming, ^{Le}Insight, ^{Le}Intention, ^{Le}Julia, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Kindred Spirit, ^{Le}Moonlight, ^{Le}QuietEssence, ^{Le}Reflections, ^{Le}Solitude, ^{Le}SpiceC, ^{Le}Sunburst, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Visibility, ^{Le}WakeUp, ^{Le}Wisdom

THERAPEUTIC PROPERTIES: disinfectant, diuretic, calmative, anticoagulant, sedative, stomachic, cholagogue (encourages the production of bile and the digestion of fats), diuretic, tonic, antispasmodic, antiseptic, antibiotic, depurative, anti-inflammatory

AFFINITY FOR: digestive system, respiratory system, skin, wood element, spleen meridian, sacral chakra

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: peel of fruit

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Orange sweet has a delightful fragrance. It promotes feelings of well-being and happiness. By itself, or as an ingredient in a essential oil blend, orange sweet promotes restful sleep.

APPLICATION: The aroma of orange sweet is an excellent remedy to alleviate nausea or morning sickness. It is sometimes helpful with these conditions to apply a drop or two of the oil behind the ears. Orange sweet oil can be diluted and applied anywhere on the body. It is also a lovely oil to diffuse in your home or workplace.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The emotions of frustration and discouragement block the flow of energy to and from the liver. Any block in energy creates tension. The tension created by blocked energy in the liver results in moodiness, irritability, nausea, headaches, insomnia, and expecting more of ourselves and others than is reasonable. Orange sweet is an excellent oil for all of these conditions and emotions.

Orange sweet essential oil brings peace and happiness to the mind and body and joy to the heart. It provides emotional support to overcome sadness and courage to escape emotional and physical abuse. This oil reestablishes optimism and a sense of humor when they have become lost through abuse or sadness. Orange sweet can make even the most mundane practical task flow along easily and enjoyably.

PHYSICAL ASPECTS: Orange sweet can relieve cardiac spasms and false angina that are the result of stress or depression. The nicer, lighter attitude produced by orange sweet oil improves overall immune function, aids respiration, increases lymphatic drainage, improves digestive function, and raises low blood sugar levels.

Orange sweet is particularly effective when a complaint has anxiety, depression, or nerve weakness at its core. Orange sweet is one of the essential oils used in programs to treat eating disorders. The astringent properties of orange sweet oil improves a dull, oily complexion. It is of benefit in the treatment of wrinkles as it hydrates and strengthens the cells of the epidermis.

GENERAL INFORMATION: This is a very versatile and inexpensive essential oil. It works very well as a cleaner, removing sticky adhesive residue from most surfaces.

Oregano

(Origanum vulgare)

INGREDIENT IN: ^{Le}EndoRelief, ^{Le}Deliverance, ^{Le}LifeForce, ^{Le}NoMore, ^{Le}Simplicity, ^{Le}Stefanie

THERAPEUTIC PROPERTIES: anti-infective, antibiotic, antiviral, antiseptic, stimulant, anti-aphrodisiac, emmenagogue, antiparasitic, expectorant, rubefacient, antifungal, immunostimulant

AFFINITY FOR: immune system, digestive system, sacral chakra, respiratory system

RESONANCE: physical

PLANT FAMILY: Labiatae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Oregano is not pleasant diffused by itself. However, the antimicrobial properties can be pleasantly diffused into the air as part of a blended oil formula.

APPLICATION: Be sure to dilute very well before applying to the feet or to the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Oregano essential oil promotes a feeling of strength and stability.

PHYSICAL ASPECTS: Oregano, in either herbal or essential oil form, has strong antiseptic and antimicrobial properties. Oregano essential oil balances metabolism, strengthens the vital centers of the body, and is an immune stimulant. In the respiratory tract, oregano is useful for treating chronic bronchitis, respiratory infections, pneumonia, pulmonary tuberculosis, colds, and flu.

GENERAL INFORMATION: Oregano is an extremely beneficial and effective oil which has received some attention from the media lately. Unfortunately, too many reporters and announcers do not know the difference between therapeutic grade essential oils and oils which have been diluted with carrier type oils. DO NOT follow their suggestions and use large quantities at once. 2 or 3 drops of a pure essential oil is always sufficient.

CAUTIONS: Should be avoided or used very cautiously during pregnancy. Can cause extreme skin irritation if applied repeatedly without dilution. Should be used with a little bit of caution when diffused. Probably too strong for use in baths. Be sure to dilute well when applying to the body.

Oregano, Wild

(Origanum vulgare)

GENERAL INFORMATION: This is the same plant and species as the oregano listed on the previous page, but it is harvested in the wild rather than cultivated for use. There are those who believe that wild-crafted oils (and herbals) are stronger and more medicinal than cultivated ones. I have found that growing conditions vary from place to place in both cultivated beds and in the wild. The differences in quality may have more to do with the conditions under which the harvested plants grew rather than whether or not the plant grew wild or was cultivated.

In a Biblical sense, when man left Eden he was given dominion over the earth and expected to till, cultivate, and improve it somewhat. Good essential oil growers are careful to grow the most vital and therapeutic plants possible. Their livelihood and reputation depend on their ability to optimize the medicinal value of their products.

Often, wildcrafted oils are not up to the standards of loved and cared for (cultivated) plants. This particular wild oregano is an exception. It is a very nice oil.

Osmanthus

(Osmanthus fragrans)

INGREDIENT IN: ^{Le}Expressions, ^{Le}Cherish

THERAPEUTIC PROPERTIES: hormonal balance—entire family is said to be aphrodisiac in nature, antidepressant, stimulant/sedative—depending on the needs of the mind and body

AFFINITY FOR: hormone balance, solar plexus chakra, heart chakra

RESONANCE: physical, mental, emotional

PLANT FAMILY: Oleaceae

PART UTILIZED: flowers

EXTRACTION METHOD: solvent

APPLICATION: Diffused or worn on the body. Highly valued in the perfume industry, osmanthus is used in only the most exotic of fragrances due both to its exotic fragrance and its cost.

AROMATIC CONSIDERATIONS: Absolutely delightful—fruity and floral, yet delicate. Very few people can resist smiling when the aroma of osmanthus is in the air. Osmanthus is a member of the same exotic family as jasmine and its aroma is a bit like jasmine but with a dollop of plum syrup added.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of osmanthus is said to bring new things into your life—new opportunities, surprising synchronicities, and the tender mercies of heaven. Exotic and rare, I find the aroma makes me yearn for personal development and I find myself making plans for the accomplishment of goals that have been sitting on the back burner for awhile. The effect of osmanthus on my own soul is to make me want to be better tomorrow than I was today.

PHYSICAL ASPECTS: Osmanthus flowers have been used as an herbal tea for many years in the far east. Some of the health benefits claimed for the tea include promoting beautiful skin, improving digestive processes, improving appetite after illness, and aiding the body in proper detoxification and elimination. Osmanthus tea is also said to relieve fatigue and improve appetite.

GENERAL INFORMATION: Though used extensively as an addition to teas and other beverages and sparingly in the perfume industry, osmanthus is a relative newcomer to therapeutic aromatherapy. One whiff of its amazing fragrance, however, and you may find yourself wanting to write volumes in praise of this intoxicating, but expensive, essential oil. It is estimated that approximately 3,000 kilos of flowers is required to yield one kilo of absolute essential oil. This explains both the rarity of the oil and the expense.

CAUTIONS: There is simply not enough information published yet about osmanthus as an essential oil. The tea has long been considered safe, but absolute essential oils are much more concentrated; dilution with a carrier oil or using only a drop or two at a time is advised. A drop or two is all that is ever required with absolutes, and this one is no exception. Considering the price, this is a very good thing.

Palmarosa

(Cymbopogon martinii)

INGREDIENT IN: ^{Le}Acknowledge, ^{Le}AgeLess, ^{Le}Baby Me, ^{Le}Believe, ^{Le}Everlasting, ^{Le}Inner Peace, ^{Le}Key to My Heart, ^{Le}Kindred Spirit, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Vitality

THERAPEUTIC PROPERTIES: antibiotic, antifungal, antiviral, antiseptic, emollient, digestive and circulatory stimulant, hydrating

AFFINITY FOR: cardiovascular system, thyroid gland, skin care, yin energy, heart chakra, bladder meridian, solar plexus chakra

RESONANCE: physical

PLANT FAMILY: Graminae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Rose (not palmarosa) is an expensive and fragrant essential oil, but in a blend of oils, the aroma of rose can be overpowered by the other ingredients. The medicinal value is still there, but much of the aroma of the rose is lost. Palmarosa, when added to a blend which has rose as one of the ingredients, emphasizes the scent of roses. This vastly improves the bouquet of the blend. Palmarosa reduces stress and tension while relaxing tight muscles and lessening pain.

APPLICATION: Palmarosa, though a very mild essential oil, should still be diluted before applying to the body. A drop or two, however, may be worn, undiluted, as a perfume.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Sometimes, in an attempt to cover insecurities within ourselves or to cover past hurts, we hold onto to situations or people so tightly that they feel they must struggle to be free. Palmarosa helps us to embrace change and let go. Since we live in an ever changing world, there are many times when we must let go of the old way of doing and being in order to move forward and grow. If we are constantly “letting go and letting God” direct our lives for our good, we will not just be changing, we will be growing toward the best we can be. Our success and happiness will be inevitable and assured.

Palmarosa can help us enjoy being versatile and adaptable as we move through the changes that life always brings. This strength within oneself reduces stress and tension and eliminates the sort of nervous exhaustion that resisting life creates. If you have already exhausted yourself in the struggle against change, try palmarosa—or blends containing it—to balance and strengthen yourself. The lovely aroma of this essential oil promotes recovery and strengthens resolve.

Those who believe that a plant's shape and environment denote its medicinal value would say that the long stem of this aromatic grass waving with the breeze indicates flexibility and freedom of movement. This adaptability (going with the flow) is yin in nature. But palmarosa is firmly rooted in the earth, giving it both adaptability and a feeling of security.

Palmarosa is suited for people who cannot abide change, the frequent absence of loved ones, or who frequently suffer from homesickness. This would be a good oil to try for children who get very upset when their mother must leave them for a few minutes.

PHYSICAL ASPECTS: Palmarosa is used in skin care regimens for all types of skin. This essential oil balances the production of sebum, making it effective for both oily and dry skin types. Palmarosa stimulates new cell growth, making it an effective oil in the treatment of scarring from acne or injury. Palmarosa seems to have a beneficial effect on thyroid hormones and acts as a uterine and vaginal tonic. This essential oil acts against fungal infections, bacterial infections, and candida.

CAUTIONS: Palmarosa is a very mild essential oil. There are no known contraindications for its use.

Palo Santo

(Holy Wood)
(Bursera graveolens)

INGREDIENT IN: ^{Le}AboutFace, ^{Le}Reflections

THERAPEUTIC PROPERTIES: tonic, expectorant, stimulant, antidepressant, antiseptic, antiviral, anti-catarhal, anti-tumoral, analgesic, immune stimulant, anti-oxidant, revitaliser, nerve

AFFINITY FOR: digestive system, respiratory system, circulation, skin, cellular structure and strength, urinary tract, particular affinity for the earth, wood, and air meridians, crown and third eye chakras

RESONANCE: physical, mental, emotional, spiritual

PLANT FAMILY: Labiatae

PART UTILIZED: heartwood

EXTRACTION METHOD: distilled

APPLICATION: Palo Santo may be applied, diluted with carrier oil, to any area of the body. Particularly recommended areas, however, include the chest over the heart, on the temples, on the back of the neck, and on the soles of the feet. It may also be diffused.

GENERAL INFORMATION: Palo Santo is a member of the same botanical family as Frankincense but the essential oil is made from the heartwood of the tree and not from a resin. This, of course, affects the healing properties of the oil. A tree must be at least 2 years old for the oil to be in sufficient concentration in the trunk to be harvested. By mandate of various South American governments, only branches that have fallen naturally to the ground may be used to extract the essential oil. Even the harvesting of dead branches can be done only with a government issued permit.

The name of this essential oil means holy or sacred wood in Spanish. Palo Santa was used by the Incas during ceremonies and rituals to cleanse and purify. It is believed that the essential oil produced from the dead limbs is actually of better quality. The belief—handed down by legend—is that the medicinal properties are linked to death and only to naturally occurring death. By tradition, harvesting would not be done until the tree or branch had been dead for several years.

AROMATIC CONSIDERATIONS: Palo Santo expresses itself slightly differently from one wearer to another. The more subtle notes of its complex aroma are discernible when diffused into the air.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The essential oil—linked as it is to death, resurrection, and metamorphosis—lends itself well to meditation and study, and contemplation of spiritual matters. As with all essential oils distilled from the wood—in this case, the heartwood—Palo Santo lends us strength and firmness in our core beliefs. Essential oils derived from woods also create for us a safe shelter in which to

heal and from which we may venture forth to achieve. Palo Santo is used to relieve stress, panic, anxiety, and to generally lift and change mood. The aroma can help us calm down and let go of negative emotions such as anger or fear.

PHYSICAL ASPECTS: Being a member of the same family as frankincense, palo santo has caught the attention of western scientific researchers because of its chemical composition and structure. It is being studied for possible efficacy in the fight against cancer and in the recovery from chemotherapy treatments.

Palo Santo is used to treat arthritis, neck pain, and muscle aches and spasms. This essential oil is also an effective insect repellent, but is a bit expensive for that application.

Parsley

(Petroselinum sativum)

INGREDIENT IN: ^{Le}Vallee (this blend was created for rebuilding skin after a serious 3rd degree burn)

THERAPEUTIC PROPERTIES: antimicrobial, antiseptic, astringent, diuretic, emmenagogue, laxative, stomachic, uterine tonic

AFFINITY FOR: cellular structure, urinary tract

RESONANCE: physical, emotional

PLANT FAMILY: Umbelliferae

PART UTILIZED: seeds

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Parsley oil is not recommended for diffusing as a single oil.

APPLICATION: Parsley should be diluted extra carefully before being applied to skin. It is far better used in a blend of essential oils than used by itself.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Parsley essential oil helps us move from wishing things were different, to actually thriving in challenging conditions and after demanding events. It has a marked effect on people who, regardless of the circumstances of their lives, are perpetually dissatisfied with how things are. They may live out their entire lives wishing things could be different so they could, at least, be happy.

PHYSICAL ASPECTS: Parsley's ability to strengthen the integrity of cell membranes makes it a useful and versatile oil. It is widely used to promote hair follicle health to stimulate hair growth. Parsley, as part of a blended oil, can be a good tonic for the scalp. Parsley essential oil helps clear bruises and repair broken blood vessels and capillaries. It can be useful in repairing damaged skin and reducing cellulite. Parsley has a toning effect on the urinary tract and a diuretic effect on cells and tissues. This essential oil is often used in treatments for cystitis and urinary infections.

CAUTIONS: Parsley is a concentrated, almost caustic, essential oil. It should be used with extreme caution as a single oil. Pregnant women should avoid the use of parsley oil altogether. Parsley is best used as part of an essential oil blend such as ^{Le}Vallee.

While useful for mild urinary tract infections, parsley is contra-indicated for more severe forms of kidney disease and degeneration.

Some recent studies indicate the continual overuse of parsley may stress the liver.

Patchouli

(*Pogostemon cablin*)

INGREDIENT IN: ^{Le}Bountiful, ^{Le}Exhilaration, ^{Le}Focus, ^{Le}InsideOut, ^{Le}Moonlight, ^{Le}NoMore, ^{Le}RefreshMint, ^{Le}Synopsis, ^{Le}Tranquility, ^{Le}Woman Wise

THERAPEUTIC PROPERTIES: anti-inflammatory, tissue regenerative, tonic, cytophylactic, antiseptic, decongestant, antibiotic, antifungal, antidepressant, aphrodisiac, astringent, calmative, nervine

AFFINITY FOR: reproductive system, hormones, urinary tract, liver, yang energy, sacral chakra, stomach meridian

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: leaves, flowers

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of patchouli oil is very calming and centering. It helps bring about a cooperative effort between your heart and your head. Self-imposed barriers and limitations seem to melt away. Patchouli can relieve anxiety, fear, and indecision.

APPLICATION: Patchouli is a great skin oil. Dilute and apply it everywhere!

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Patchouli encourages us to dream of new horizons and work toward new goals. Patchouli is a vital ingredient in any essential oil blend that targets our perspective on money, material possessions, or lack of abundance issues of any kind.

Patchouli is especially suited to people with strong constitutions who rarely pay any attention to their health as they pursue their material goals. Almost without warning, they eventually collapse, both mentally and physically. Patchouli is a valuable aid to their recovery and helps them achieve a balance in their lives that prevents a reoccurrence of this pattern.

PHYSICAL ASPECTS: Patchouli is an oil I have come to love for its effect on physical exhaustion and chronic fatigue. Patchouli is a tissue regenerating oil. It aids with scarring, rashes, eczema, and bacterial and fungal infections. Patchouli is especially good for vaginal infections such as candida and others.

Patchouli essential oil improves hormone balance and aids the liver and kidneys by discharging toxins. Patchouli can help with constipation when the emotional roots are holding on to every material thing and element of safety that we can.

This essential oil has been used in programs for substance addiction. It is a very good oil for chapped skin, athlete's feet, ringworm, and weeping wounds. Patchouli's affinity for liver function makes it a valuable oil for allergies and mild autoimmune disorders.

Peppermint

(Wild Mint or Field Mint)
(*Mentha arvensis*)

INGREDIENT IN: ^{Le}Crystal Clear, ^{Le}LiteN, ^{Le}Synopsis, ^{Le}Paine, ^{Le}TendaCare

AROMATIC CONSIDERATIONS: Peppermint arvensis is similar to peppermint piperita, but is more reminiscent of candy canes.

RESONANCE: physical, mental

PLANT FAMILY: Labiatae

PART UTILIZED: stems, leaves, flower buds

EXTRACTION METHOD: steam distilled

THERAPEUTIC ASPECTS: The properties and actions for peppermint arvensis are very similar to mentha piperita.

CAUTIONS: Arvensis has a higher menthol content than piperita, making it slightly more potent therapeutically, and a little more caustic.

Peppermint

(*Mentha piperita*)

INGREDIENT IN: ^{Le}Aspire, ^{Le}Balance, ^{Le}Breezey, ^{Le}Crystal Clear, ^{Le}Cypernium, ^{Le}Deeper, ^{Le}InsideOut, ^{Le}EZ Traveler, ^{Le}Julia, ^{Le}MyGraine, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}ThermaCare, ^{Le}WakeUp

THERAPEUTIC PROPERTIES: tonic, cytophylactic, anti-infective, antiseptic, decongestant, antibiotic, antifungal, antidepressant, anti-toxic, aphrodisiac, astringent, calmative, nervine, anti-inflammatory to the nerves and the prostate

AFFINITY FOR: digestive system, tissues, nerves, mind, earth element, wood element, yang energy, throat chakra, lung meridian, small intestine meridian

RESONANCE: physical, mental

PLANT FAMILY: Labiatae

PART UTILIZED: stems, leaves, flower buds

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Peppermint oil stimulates the mind, increasing the ability to focus and concentrate. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Oddly, inhaling peppermint oil can also curb the appetite.

APPLICATION: Peppermint oil should be diluted well before applying to the skin. Placing one drop of peppermint under the tongue and breathing past it (the peppermint oil) has been known to stop an asthma attack or clear the nasal passages and sinus cavities. Vocal performers often use this trick to dispel mucous from their throats and stimulate their vocal cords.

Peppermint is a good massage oil for stimulating circulation. Peppermint is too strong to be added to a bath.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Peppermint is like a rush of fresh energy into the system. It allows us to relax instead of letting anxiety build up in our body or mind. Peppermint oil is specific for people who move between highs and lows, sadness and happiness, until the ever-widening mood swings settle into lethargy, intolerance, and frustration. Just as peppermint strengthens the digestion and aids the absorption of nutrients on a physical level, it enhances our ability to “digest” new ideas and impressions.

PHYSICAL / MENTAL ASPECTS: Dr. Dembar of the University of Cincinnati discovered in a research study that inhaling peppermint oil increased the mental accuracy of the students tested by up to 28%. Peppermint oil can also be used for headaches and nerve regeneration.

Peppermint is renowned for action on the digestive system and for use in bowel disorders. It is one of the best essential oils for nausea, vomiting, morning sickness (small amounts only), mouth or gum infections, fainting, and motion sickness.

Peppermint oil is strongly anti-inflammatory and analgesic. Peppermint oil increases circulation. All varieties of peppermint essential oil are useful for muscle pain, inflamed joints, and arthritis. The anti-inflammatory properties make peppermint essential oil supportive of prostate function.

GENERAL INFORMATION: Peppermint, like lavender, is soothing in small amounts and strongly stimulating in larger amounts.

CAUTIONS: Peppermint oil is stimulating to the uterus. Extreme caution, mostly as to the amount used, should be taken with peppermint oils if pregnant.

Petitgrain

(Citrus aurantium)

INGREDIENT IN: ^{Le}EndoRelief

THERAPEUTIC PROPERTIES: anti-inflammatory, antispasmodic, antidepressant, stimulant, tonic, calmative, anti-infective, antiseptic, nervine, reestablishes nerve equilibrium

AFFINITY FOR: hormones, cardiovascular system, skin, throat chakra, liver meridian

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: leaves, twigs

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Petitgrain has a fresh and revitalizing orange aroma that almost sparkles through the air. Because petitgrain is made from the bark and twigs of the tree, the aroma of petitgrain is stronger and stays in the air longer than other citrus oils.

APPLICATION: Petitgrain is an excellent choice for diffusing. It can be diluted and applied anywhere on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Emotionally, petitgrain presents us with new ideas and new beginnings. Petitgrain brings us to a state of mind where calm, natural growth, without feelings of being pressured, can occur. It is powerfully stabilizing to high-strung temperaments and volatile dispositions. Petitgrain seems to help lower the defenses and harsh qualities that are often seen in people who are insecure about their worth or place. Petitgrain helps overcome pessimism and insomnia due to anger from feelings of betrayal. It reestablishes equilibrium in the nerves. Petitgrain stimulates the mind, supports memory, and gladdens the heart.

PHYSICAL ASPECTS: Petitgrain promotes hormone balance in both men and women, especially when combined with clary sage. It is excellent for relieving rapid or erratic heart palpitations. Petitgrain is often used in substance abuse programs to aid in detoxification. Petitgrain is useful in the convalescent stage of illness. It is an excellent oil for stabilizing oil production of the skin and coping with excessive perspiration.

GENERAL INFORMATION: Petitgrain essential oil is made from the bark and twigs of citrus aurantium. This is the same plant that neroli and orange bitter are made from.

CAUTIONS: Petitgrain is listed by some authorities as photo-toxic.

Pine

(Pinus pinaster)

INGREDIENT IN: ^{Le}Aspire, ^{Le}Energy, ^{Le}Grateful Heart, ^{Le}Sanctuary

THERAPEUTIC PROPERTIES: anti-infective, antifungal, tonic, pectoral, expectorant, diuretic, balsamic, stimulant, depurative, restorative

AFFINITY FOR: respiratory system, circulation, metabolism, skin care, brow chakra, crown chakra, governing vessel meridian, stomach meridian, lung meridian

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae

PART UTILIZED: needles, leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of pine essential oil can bring us true wisdom through acceptance of what was and acknowledgement of what is and what can be.

APPLICATION: Pine is especially nice in a bath or sauna. Dilute to apply to the feet or the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Pine essential oil is useful for moving on from regrets and self-judgement. It can bring relief from feeling the necessity to “carry the whole world” on our own shoulders. Pine helps us to establish a healthy respect for our own needs, including the need to rest and rejuvenate from time to time. Pine is also for those who confuse the acquisition of more and more “facts” as wisdom.

PHYSICAL ASPECTS: When pine essential oil is massaged into the skin, it promotes healthy circulation and brings comfort to sore joints and muscles. Pine is an excellent massage oil for arthritis.

Pine oil increases metabolism and nutrient absorption. Pine has a beneficial action on both the kidneys and the intestines, aiding them in their function of removing cellular waste and toxins from the body. This essential oil is a pleasant way to disinfect the air or any surface.

GENERAL INFORMATION: Pine needles were used by the ancient Romans and Greeks and by the American Indians to treat respiratory problems, relieve muscle aches, and prevent scurvy.

Ravensara

(*Agathophyllum aromatica* i.e. *Ravensara aromatica*)

INGREDIENT IN: ^{Le}Breezey, ^{Le}LifeForce, ^{Le}Mariah, ^{Le}Vallee

THERAPEUTIC PROPERTIES: antiseptic, antiviral, antibiotic, antifungal, expectorant, febrifuge

AFFINITY FOR: immune system, respiratory system, endocrine system—particularly adrenal glands, muscles, brow chakra

RESONANCE: physical, emotional

PLANT FAMILY: Lauraceae

PART UTILIZED: twigs & leaves, organic

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of ravensara can help us unlock and unblock negative emotions, and then banish their effects from our lives. It is similar to eucalyptus, but milder and more pleasant.

APPLICATION: Ravensara can be diffused as a single oil, but it is most therapeutic and delightful as part of a blend. Ravensara can be diluted and applied to the feet or the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Emotionally, ravensara is like a spiritual disinfectant. It goes through our minds and memories and blasts away negative emotions and responses. Ravensara does this gently, letting us know every step of the way that we are doing all right and will soon be doing even better.

PHYSICAL ASPECTS: Ravensara is strongly antiviral. It really gets in and kills “critters”. It then supports the kidneys and lymphatic system in getting rid of the “dead bodies” of the invaders. Ravensara has an affinity for the lungs and is useful in chronic respiratory conditions.

Ravensara is often used to bring relief from shingles. Ravensara kills the attacking viruses and brings relief from the pain.

Ravensara is listed throughout the literature for use with chicken pox, measles, and all viral infections. Ravensara has brought relief from mononucleosis and chronic fatigue syndrome. Ravensara acts as an expectorant and helps to promote a healthy fever. A blend containing ravensara would be a good thing to dilute and rub on yourself if you are showing any signs of coming down with the flu.

CAUTIONS: This oil is considered completely safe and non-toxic, but care should always be taken during pregnancy.

Rose, absolute

(*Rosa damascena*)

INGREDIENT IN: ^{Le}AgeLess, ^{Le}Angel, ^{Le}Baby Me, ^{Le}Believe, ^{Le}Benediction, ^{Le}Discernment, ^{Le}Expressions, ^{Le}Everlasting, ^{Le}Faith, ^{Le}HeartSong, ^{Le}Kindred Spirit, ^{Le}Reconciliation, ^{Le}Tomorrow, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity

THERAPEUTIC PROPERTIES: anti-infective, antiseptic, astringent, tonic, stimulant, aphrodisiac, emollient, nervine, cytophylactic, hemostatic

AFFINITY FOR: cardiovascular system, nervous system, digestive system, genito-urinary system, central vessel meridian, spleen meridian, yin energy, heart chakra

RESONANCE: physical, emotional

PLANT FAMILY: Rosaceae

PART UTILIZED: flowers

EXTRACTION METHOD: solvent

Rose is the highest frequency essential oil. As the frequency of the body rises to meet this amazing oil, wonderful things happen in the body.

AROMATIC CONSIDERATIONS: Rose is an almost annoyingly intoxicating fragrance, but when you need it, the aroma is absolutely divine.

APPLICATION: There is no wrong way to use rose. Simply enjoy it as often as you can.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Rose is an outstanding remedy for those times when we feel trapped by our responsibilities or by the past. Sometimes we need help to let go and move forward into the future easily and with delight. The best way that I know to describe rose oil is to tell you a story that was told to me.

A very wise man was walking along the edge of the river one day. He heard faint calls for help coming from just over the edge of the rushing river. As he looked over the edge he saw a person, so very afraid, clinging to an old dead branch with all of his might. "Help me," the poor person calls out to him. "Please, give me your hand. I can't hold on another moment." The wise man looks around him and spots a beautiful rose growing on the side of the riverbed. Picking it, he holds it out to the distraught person, saying, "Take hold of this rose. It is the most magic of flowers. You will be saved and all will be well with you." The person immediately reaches for the magic flower, losing his grip on the old dead branch—and the rushing river instantly carries him away. The wise man smiles and walks down the riverbank for a short way. There he finds the person, wet and shaken, but washed ashore quite safely. The wise man hands the person the flower and says gently, with compassion and understanding in his voice, "You only needed to trust and let go." We choose our attitudes and beliefs based on our perceptions of the experiences in our past. Rose oil can help us understand that nothing from the past needs to hamper our futures.

PHYSICAL ASPECTS: Rose is one of the very best oils for use in any emotional crisis. It is useful in extreme debility and fatigue. Rose has a four-fold action on nerves, digestion, vascular, and urinary systems. This action is one of cleansing, rather than stimulation. Rose oil, surprisingly, is one of the most antiseptic essential oils. This antiseptic action, combined with its action on capillaries and its soothing and emollient qualities, make it a wonderful oil for nearly all types of skin.

GENERAL INFORMATION: All absolutes, because of their concentration and intensity, should be evaluated in extremely small quantities. Large amounts of these oils can overcome the receptor sites in the nose. The complexity of the fragrance, especially the rare and exotic notes, become entirely lost to our sense of smell.

Rose Geranium

(*Pelargonium roseum*)

INGREDIENT IN: ^{Le}Angel, ^{Le}Baby Me, ^{Le}Balance, ^{Le}Benediction, ^{Le}Everlasting, ^{Le}HeartSong, ^{Le}Unity

THERAPEUTIC PROPERTIES: antidepressant, antiseptic, astringent, cicatrisant, cytophylactic, diuretic, deodorant, hemostatic, styptic, tonic, vermifuge, vulnerary

AFFINITY FOR: nervous system, lymphatic system, hormones, adrenal cortex, skin, solar plexus chakra, brow chakra, heart chakra, yin energy

RESONANCE: physical, emotional

PLANT FAMILY: Geraniaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Rose geranium has quite a lovely aroma. It is sweeter and lighter than geranium. It has an herbal undertone and a rosy overtone that geranium lacks. When diffused, rose geranium can help us feel joy in our journey.

APPLICATION: Can be worn as perfume, used in a bath, or diluted and massaged on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: One aspect of rose geranium is for emotional work with those who feel burdened by, or resentful of, the necessity to work so very hard. This situation may be perception or reality. Rose geranium can benefit those who have found themselves in a real position of never ending work, with no rest, no pause, and maybe even with very little reward.

Rose geranium is a call to attention. It requires us to analyze our lives, streamline them, and then enables us to do with joy those things that are required of us. Rose geranium soothes the nervous system. It relieves depression and anxiety, making the world look like a much friendlier and supportive place.

PHYSICAL ASPECTS: Rose geranium stimulates the lymphatic system, relieving congestion and pain throughout the body. As the body detoxifies, symptoms of PMS such as water retention, bloating, and headache disappear. Rose geranium is useful for treating jaundice and gallstones. On the skin, rose geranium balances the secretion of sebum. It is antiseptic and healing to the skin for acne, burns, and wounds.

GENERAL INFORMATION: The uses of rose geranium are very similar to those of geranium.

CAUTIONS: Rose geranium has mild hormonal properties; care should be used during pregnancy.

Rosemary

(*Rosmarinus officinalis*)

INGREDIENT IN: ^{Lc}Aspire, ^{Lc}Candila, ^{Lc}Crystal Clear, ^{Lc}CinnamonBear, ^{Lc}Delicate, ^{Lc}Deliverance, ^{Lc}Energy, ^{Lc}LifeForce, ^{Lc}MelaPlus, ^{Lc}Revitalize, ^{Lc}Turmoil, ^{Lc}Simplicity, ^{Lc}SpiceC, ^{Lc}WakeUp, ^{Lc}WithIn

THERAPEUTIC PROPERTIES: antibacterial, anti-catarrhal, anti-infective, antispasmodic, analgesic, balances the endocrine system, mucolytic, tonic, astringent, aphrodisiac, cicatrizing, cytophylactic, pectoral, antidepressant, sedative, calmative, emollient, antiseptic

AFFINITY FOR: central nervous system, cardiovascular system, respiratory system, urinary system, skin, liver, solar plexus chakra, liver meridian, small intestine meridian, heart meridian, yang energy

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: flowering plant

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Rosemary, diffused, stimulates memory function and helps to organize the thought process.

APPLICATION: Rosemary can be diluted and applied anywhere on the body. It can be added to shampoo or conditioner to cover gray in darker hair colors.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: In emotional work using essential oils, often the influence of the oil is to create a haven of safety from which the person can relearn how to relate to their world. This is not the case with rosemary. Rosemary fosters an inquisitive spirit. Rosemary sends us out in all directions, looking for light and understanding. Understanding truth is energy in its essential form. Understanding ourselves and what is expected of us by heaven is the most important truth. This understanding is light, and light is knowledge.

Rosemary balances heart function and energizes the solar plexus. Rosemary is specific for people who are usually vibrant, organized, industrious, and sensitive. They have become apathetic due to dwelling on perceived hurts or injustices. People needing rosemary rarely become imbalanced from stress or too much work; they thrive on work. Rosemary essential oil can send them on a quest to understand what happened and why. With understanding, or even just beginning to ask the questions that will lead to understanding, comes peace.

PHYSICAL ASPECTS: A glance at the list of physical and energy systems in the affinity for section above gives you some idea of the wide range of action of this amazingly versatile essential oil. Every body system listed above impacts other body systems until rosemary's influence resonates throughout the entire system. We will detail just a few of rosemary's many therapeutic qualities here.

Rosemary's action on the brain and nervous system makes it useful for memory loss, learning difficulties, indecisiveness, and mental fatigue. It has a strong antiseptic action against intestinal infections, colitis, flatulence, liver disorders, and respiratory complaints. Being antispasmodic and analgesic, rosemary is useful for arthritis, muscle pain and weakness, and headaches. In the cardiovascular area, rosemary assists with arteriosclerosis, palpitations, poor circulation, migraine headaches, and low blood pressure.

Rosemary has an affinity for skin care, hair care, and the dissolving of cellulite. Rosemary is used to minimize gray in the hair of brunettes. The astringent properties of rosemary make it effective for dandruff, hair loss, and tightening saggy areas of skin.

Rosemary is an excellent oil for exhaustion and general debility, overindulgence in food or drink, and hangovers. Rosemary is mentioned in the literature as helpful for viral hepatitis.

Rosewood

(*Aniba rosaeodora*)

INGREDIENT IN: ^{Le}Acknowledge, ^{Le}Baby Me, ^{Le}Believe, ^{Le}Benediction, ^{Le}Discernment, ^{Le}Everlasting, ^{Le}Exhilaration, ^{Le}Faith, ^{Le}Focus, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Inner Peace, ^{Le}Kindred Spirit, ^{Le}Meditation, ^{Le}Millenia, ^{Le}Patches, ^{Le}QuietEssence, ^{Le}Sego Lily, ^{Le}Solitude, ^{Le}Trust, ^{Le}Turmoil, ^{Le}UnDone

THERAPEUTIC PROPERTIES: antibacterial, antifungal, anti-infective, astringent, antispasmodic, emollient, tonic, cephalic, deodorant, insecticide, mild immune stimulant

AFFINITY FOR: muscles, central nervous system, skin, central vessel meridian, bladder meridian, throat chakra

RESONANCE: emotional, physical

PLANT FAMILY: Lauraceae

PART UTILIZED: wood

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The gentle aroma of rosewood creates a peaceful atmosphere.

APPLICATION: Rosewood can be worn as perfume, diffused, or applied to the feet or anywhere on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Rosewood's action on the central nervous system can help us balance our emotions, maintaining evenness of mood instead of wide fluctuations from moment to moment. Rosewood is an excellent choice for grief of all kinds. It helps us notice and respond to the loving strength of those around us until we are able to respond again with love of our own. Rosewood helps us move past the grief, and sometimes the anger, of our losses and find the good memories and the love that we once felt.

Because rosewood's action lies in the realm of the throat chakra, it can have an effect on our ability to speak up and speak about things close to our hearts. Sometimes communication is about the things that we don't say. Rosewood can help us find a balance between speaking up and holding our tongue.

PHYSICAL ASPECTS: The actions of rosewood are predominantly on the skin and the nerves, but like all essential oils, rosewood is antiseptic. Rosewood is useful for skin rashes, irritations, dermatitis, scars, and skin that has become dry and inflamed. It brings balance to the secretions of the sebaceous glands, improves elasticity, and enhances the skin's ability to act as a barrier to infectious invasion. Rosewood, or essential oil blends containing it, are often used as massage oils for the prevention of stretch marks.

Rosewood is a very good oil for headaches that cause nausea, especially when the headaches are linked to nervousness and tension in the muscles of the neck and back.

GENERAL INFORMATION: Rosewood will probably become increasingly more difficult to find and more expensive as over-harvesting has caused changes in the laws of some countries. Howood is being tried throughout the world as a substitute for rosewood.

CAUTIONS: I do not recommend the internal consumption of essential oils, but a special warning needs to be issued about rosewood. Even among authorities that do recommend internal consumption, rosewood is contra-indicated. In fact, it is considered extremely dangerous. DO NOT take rosewood essential oil internally.

There are no other known cautions for rosewood essential oil.

Rue—Ruta

(*Ruta graveolens*)

INGREDIENT IN: ^{Le}QuietEssence, ^{Le}Woman Wise

GENERAL INFORMATION: Rue is considered by many in the essential oil world to be on the “do not use ever” list. Others, like Dr. Gary Young, advocate its use topically as part of an essential oil formula (not as a single essential oil) and claim that the properties of the essential oil are much different—and safer—than the properties of the herb. Extra special caution is advised with pregnant or lactating women and with children. Some texts refer to rue, however, as effective with epilepsy and seizure disorders. Again, extreme caution is advised for use of rue as a single essential oil.

The name of this herb—rue—comes from a Greek word meaning “to regret bitterly”. Both ancient and modern texts concerning this plant all include references to sorrow, regret, and grief. The Nazis, during WWII developed a truth serum from rue.

THERAPEUTIC PROPERTIES: anti-microbial, antifungal, antiviral, analgesic (numbing is a better description), poison antidote, insect repellent, sedative (some describe it as so powerful that it qualifies as a neurotoxin when not used sparingly), antispasmodic, antiparasitic

AFFINITY FOR: nervous system, intestinal tract

RESONANCE: physical, spiritual

PLANT FAMILY: Rutaceae

PART UTILIZED: above ground plant

EXTRACTION METHOD: steam distilled

APPLICATION: Always use as a small part of a blend. A very beneficial essential oil used in this way.

AROMATIC CONSIDERATIONS: Not recommended for diffusing.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Regret and grief may exert such an influence that pain seems to be a part of our cellular structure. In fact, recent scientific evidence points to our cells as having the capacity to think and to feel. Such deeply felt pain can obscure our vision and alter our perspective. Truth becomes relative to our experience of pain. We either indulge in denial, suppressing memory, or rewrite the truth in order to survive or to seek vengeance. Rue, combined synergistically with the right combination of other essential oils, can help us root out the energy blockage that our grief and pain have created.

PHYSICAL ASPECTS: As part of an essential oil blend, rue relaxes the nerves and induces restful sleep. Formulas containing rue are used for hysteria, anxiety, anger management, insomnia, and pain relief. It is, of course, the toxicity and strength of rue that make it effective as an insect repellent, anti-microbial (including fungus and viruses), and an antidote to poison.

CAUTIONS: Care should be taken in the handling of rue essential oil. Direct contact with the skin, undiluted, is strongly advised against. Extreme care should be taken to avoid getting rue in the eyes. Ingestion and the taking of very direct whiffs of rue essential oil is not advised.

Sage

(*Salvia officinalis*)

INGREDIENT IN: ^{Lc}Balance, ^{Lc}Connection, ^{Lc}Discernment, ^{Lc}EndoRelief, ^{Lc}Everlasting, ^{Lc}Focus, ^{Lc}Unity, ^{Lc}Weightless

THERAPEUTIC PROPERTIES: antiseptic, antibacterial, antiviral, anticancerous, immune stimulant, antiseptic, antispasmodic, analgesic, diuretic, has estrogen-like properties

AFFINITY FOR: nervous system, lymphatic system, mind, skin, tissue, pelvic chakras & all organs, throat chakra, stomach meridian

RESONANCE: physical, spiritual

PLANT FAMILY: Labiatae

PART UTILIZED: leaves, flowers

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of sage clears and sharpens the mind.

APPLICATION: Sage essential oil should be diluted well before applying to the body or the feet.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Sage is a good oil for alleviating the effects of prolonged stress on the body and the mind. Sage cleanses the energy grid and strengthens its ability to protect us from negative influences. Sage has a positive influence on intuition, bringing clarity and vision to our souls if we will take the time to ponder and listen.

PHYSICAL ASPECTS: The impact on physical health from a strong nervous system and an active lymph system cannot be over emphasized. Sage's ability to strengthen the pelvic chakras, and organs within it, gives vigor and strength to the vital centers of the body. With nerves, lymph, and pelvic organs being strengthened, it is easy to see why sage has long been considered the "master healer".

Sage is believed to contain constituents that stimulate the secretion of progesterone-testosterone and keep their activities balanced. Sage is useful for most glandular disorders, any complaint related to lymph congestion, and any disorders related to nerve deterioration or prolonged nervous stress. Sage also clears away cellular debris and strengthens cell wall integrity, making sage useful for arthritis, dandruff, hair loss, skin conditions, gingivitis, sprains, and firming tissues.

GENERAL INFORMATION: The Lakota Indians considered sage as the "master healer", as did the Romans. It has been a popular ingredient in nerve tonics throughout the ages.

CAUTIONS: Large doses or overuse of sage should be avoided by any one who suffers from any type of seizure disorder. Sage should be avoided during the early stages of pregnancy.

Sandalwood

(*Santalum album*)

INGREDIENTIN: ^{Le}Acknowledge, ^{Le}AgeLess, ^{Le}Beloved, ^{Le}Benediction, ^{Le}Dreams, ^{Le}Everlasting, ^{Le}Exhilaration, ^{Le}Expressions, ^{Le}Focus, ^{Le}Grace, ^{Le}Inner Peace, ^{Le}Insight, ^{Le}IQ, ^{Le}Kindred Spirit, ^{Le}Letting Go, ^{Le}Magi, ^{Le}Meditation, ^{Le}Moonlight, ^{Le}Tomorrow, ^{Le}Trust, ^{Le}Turmoil, ^{Le}UnDone, ^{Le}Unity

THERAPEUTIC PROPERTIES: supports cardiovascular system, antiseptic, antidepressant, diuretic, tonic, aphrodisiac, astringent, emollient, calming, anti-infective, decongestant

AFFINITY FOR: pineal, pituitary, skin, lymph, bladder meridian, gallbladder meridian, vibration between crown and base chakras which affects all of the chakras in between

RESONANCE: physical, emotional, energetic, spiritual

PLANT FAMILY: Santalaceae

PART UTILIZED: wood

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Among sandalwood's many actions is its ability to give us a sense of inner peace, even when we know that we are heading into difficult challenges.

APPLICATION: Sandalwood is the favorite essential oil of many people, including me. It should be worn on the body anywhere, at any time, and diffused everywhere.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Sandalwood has a very high sesquiterpene percentage. As it crosses the blood/brain barrier it increases oxygen around the pineal and pituitary glands and stimulates the amygdala. This has a profound effect on attitude and emotion. Sandalwood can help us focus outward, loving and accepting others with a full heart. Sandalwood increases our desire to ponder and then act on the perceptions and impressions we have received. (Problem solving is an action of the amygdala.)

The energy of sandalwood vibrates between the crown chakra and the base chakra. This makes it both grounding and energizing to the physical body and to the mind. Sandalwood is often used in yoga disciplines and in meditation because it enhances our ability to look inside ourselves and be honest about what we see there. The aroma of sandalwood strengthens the astral body, which is the Chinese way of saying that it improves communication between the physical body and the energetic languages of the mind and spirit.

Sandalwood has the ability to go into the DNA of the cells and unlock emotional trauma. It can help us curb manipulative or controlling tendencies in our personalities. Sandalwood essential oil alleviates depression, anxiety, and nervous exhaustion.

PHYSICAL ASPECTS: Some of the many uses of sandalwood include bladder and throat infections, bronchitis, tuberculosis, cystitis, and fluid retention. Sandalwood is an excellent skin and tissue regenerating oil. Sandalwood should probably be part of any program for a chronic type illness.

GENERAL INFORMATION: Sandalwood is another resource which is being seriously depleted worldwide. It takes a minimum of 30 years to mature a sandalwood tree to its optimum value therapeutically and it is the heartwood of the tree that makes the very best essential oil. These conditions contribute to the fact that sandalwood is often adulterated with something else to extend the quantity. The price of the essential oil is beginning to reflect the difficulties in obtaining this most precious essential oil.

Saro

(*Cinnamosma fragrans*)

INGREDIENT IN: ^{Le}Aspire, ^{Le}Crystal Clear

THERAPEUTIC PROPERTIES: anti-microbial, anti-infectious, antiviral, revitlizing, expectorant, mucolytic, anti-inflammatory, antiparasitic, analgesic, immune stimulant, antispasmodic

AFFINITY FOR: digestive system, immune system, circulatory system, respiratory system, urinary tract, yang energy, raises defensive Qi

RESONANCE: physical, mental

PLANT FAMILY: lauraceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

APPLICATION: Can be applied topically on areas of concern, diluted with either carrier oil or water (use water where the larger protein molecules of the carrier might “feed” the bacteria). Saro is excellent as a steam inhalation or as a chest rub.

AROMATIC CONSIDERATIONS: Saro has a fresh, warm, slightly camphoraceous aroma. Saro is less medicinal smelling than tea tree and, like manuka, may prove to be an even more effective anti-microbial essential oil. This newcomer to the essential oil world shows great promise.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Saro is uplifting and energizing but creates less olfactory fatigue than other cinnamonum family oils. This is a gentle, yet powerfully effective essential oil. Saro is an excellent aid to studying as it clears the mind, improves mental alertness, concentration, and memory.

PHYSICAL ASPECTS: Recent research indicates that saro may be effective against a wide range of bacterial strains including: ecoli which is responsible for urinary tract infections and meningitis, as well as several bacteria strains that are responsible for dysentery and food poisoning and certain types of gastrointestinal toxicity. It also performed well against some strains of bacteria related to vaginal infections. Klebsiella pneumoniae (which is the bacteria strain which occurs in chronic pulmonary disease and rhinoscleroma), and streptococcus pneumoniae which is responsible for certain pneumonias, endocarditis, pericarditis, and some skin infections were also significantly reduced in laboratory tests when saro was introduced. Research is also showing that saro is effective in the control of candida albicans and helps to regulate the bacterial flora and fauna of the digestive tract. Saro may also prove to be effective against herpes simplex, according to some scientists.

One of the outstanding characteristics of saro is that it is both an effective agent against minor infections and also acts to prevent reoccurrence because of its immune building properties. Saro is an excellent choice for clearing nasal, bronchial, and sinus passages. Saro has excellent anti-inflammatory properties, relieving muscle pain and stiffness when applied topically, and may also balance and control the production of sebum in oily skin conditions.

GENERAL INFORMATION: Research is ongoing with this fascinating newcomer to the world of therapeutic aroma and topical therapy.

CAUTIONS: As with all newcomers to the world of essential oils, caution with pregnant women, children, and persons with seizure disorders or heart conditions is advised. There are no recorded incidents of problems with this oil at this time.

Spanish Sage

(*Salvia lavandulaefolia*)

INGREDIENT IN: ^{Le}Delicate, ^{Le}Reflections

THERAPEUTIC PROPERTIES: anti-oxidant, anti-inflammatory, antispasmodic, astringent, analgesic, nervous system (memory), lymphatic system, anti-microbial

AFFINITY FOR: digestive system, circulatory system, respiratory system, nervous system, endocrine system, muscles, bones, skin, third eye chakra, pelvic chakra and organs

RESONANCE: physical, emotional, spiritual, mental

PLANT FAMILY: Labiatae (mint)

PART UTILIZED: whole plant

EXTRACTION METHOD: steam distilled

APPLICATION: Spanish sage may be applied anywhere on the body, but is particularly beneficial when applied to the feet. May also be diffused.

AROMATIC CONSIDERATIONS: Spanish Sage has some beautiful lavender undertones. These notes are every bit as evident as the properties that are reminiscent of sage, giving this oil a unique character and aroma.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The combining of the emotional aspects of sage and lavender produces a very unique picture for this essential oil. Sage is characterized by clarity of intuition and vision, while lavender promotes faith and feelings of being loved. The combination is quite astonishing in the ability to create strength in the face of loss. This oil fosters confidence in one's ability to not just survive, but to grow and flourish following a tragedy. Spanish sage can ease the way along a new path that one did not and would not have chosen if there had been a choice. Spanish sage is recommended for grief and for fear of loving (and, possibly, losing) again.

PHYSICAL ASPECTS: Probably the most outstanding characteristic of Spanish Sage is its affect on the brain and nervous system. This oil has been shown in studies to improve memory and mental acuity. Spanish sage is being utilized in treatments for Alzheimer's and other age-related memory disorders. Other studies are following—with growing excitement—the result of the use of Spanish Sage by college students as an aid in memorizing and retaining facts and information.

Spanish Sage is useful as an aid to digestive dysfunction, especially if the problem has emotional or nervous drivers. Spanish sage acts as a stimulant to the liver, the adrenals, and the circulation. This essential oil is often effective against headaches of nervous or digestive origins. Spanish sage appears to lower blood sugar without negatively affecting insulin levels. The anti-microbial and skin regenerating properties of this essential oil make it useful for skin conditions such as eczema and dandruff. Spanish sage is also used for coughs, colds, and flu.

GENERAL INFORMATION: This essential oil is being used by some aromatherapists as a replacement for sage (*Salvia officinalis*) as the higher concentration of ketones in sage produce some contra indications. However, it should be noted that the ketones in sage, in such quantity, are responsible for some of the healing properties of sage oil, as well.

CAUTIONS: Spanish sage essential oil is generally considered safe for topical use but is strong enough that a carrier oil is advised.

Spearmint

(*Mentha spicata*)

INGREDIENT IN: ^{Lc}Mariah, ^{Lc}Sunburst, ^{Lc}RefreshMint, ^{Lc}WakeUp

THERAPEUTIC PROPERTIES: antiseptic, antispasmodic, disinfectant, carminative, cephalic, emenagogue, insecticide, restorative, stimulant

AFFINITY FOR: respiratory system, metabolism, digestive system, teeth and gums

RESONANCE: physical, emotional, mental

PLANT FAMILY: Labiatae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: A blend of spearmint and peppermint oils is an excellent blend for driving. It allows you to feel both wide awake, alert, and calm.

APPLICATION: Spearmint can be diluted in water and used as a mouth wash. Spearmint essential oil, diluted with carrier oil, can be applied anywhere on the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Spearmint essential oil is calming, relaxing, and uplifting. It is milder than peppermint and less likely to be over-stimulating if too much is used. Spearmint oil is a pleasant alternative to citrus oils for treating mental fatigue, depression, and eating disorders.

PHYSICAL ASPECTS: Spearmint has a relaxing and cooling effect on muscles and the nerves which feed them. This makes spearmint useful for spasmodic cough, abdominal cramps and spasms, muscle cramps, and nervous convulsions. Spearmint's disinfectant properties are particularly effective for internal infections. Spearmint helps to restore normal function to the organs and systems of the body by repairing damage that has been done to cells, tissues, and nerves. Spearmint is an excellent choice for treating wounds and injuries. Its mildly stimulating properties make it a great tonic oil following an illness. The stimulant properties of spearmint work on the nerves, brain, blood circulation, metabolism, and immune system. Spearmint is said to help the body burn fat. Spearmint, swished regularly in the mouth, helps repair the enamel on the teeth.

GENERAL INFORMATION: Many times spearmint is treated as nothing more than a milder form of peppermint, but these two essential oils have very different chemical components and very different therapeutic actions.

CAUTIONS: Spearmint should be used cautiously with pregnant women and small children.

Spikenard

(*Nardostachys jatamansi*)

INGREDIENT IN: ^{Le}Everlasting, ^{Le}Journey, ^{Le}Mariah, ^{Le}Moonlight, ^{Le}NoMore, ^{Le}TendaCare, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Vallee, ^{Le}Woman Wise

THERAPEUTIC PROPERTIES: antiseptic, antibiotic, antifungal, anti-inflammatory, calmative, sedative, deodorant, skin tonic, laxative

AFFINITY FOR: intestinal tract, reproductive system, skin, nervous system, crown chakra

RESONANCE: physical, emotional

PLANT FAMILY: Valerianaceae

PART UTILIZED: roots, wildcrafted

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Spikenard has a wet earth, animal-like, or perhaps, mossy aroma that I find pleasant only when I am really in need of the soothing, sedating qualities of this essential oil. Whether the aroma is pleasant in your opinion or not, the aroma of spikenard will create a soothing, back-to-nature atmosphere around you.

APPLICATION: Spikenard should be diluted and applied wherever it is needed.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Spikenard is the emotional equivalent of packing up and leaving the old ways of thinking and reacting behind. Spikenard oil is not about repair of attitudes or relationships; it is about doing a clean sweep emotionally and beginning again.

Spikenard is a good oil for use at the time of approaching death. It can give one the courage needed to seek release from this life and move forward to the new. Spikenard is an oil of forgiveness. It can help us come to terms with the experiences of our life and to feel at peace with those who shared our journey with us. It was a flask of spikenard oil that Mary Magdaline used on the Savior's feet. There may have been several reasons for her choice of this precious and expensive ointment. Perhaps it was in preparation of his coming death, to aid him in forgiving all the injustices that had and would be done to him, or it could have been to help the mortal side of his nature find the courage to complete the great task assigned to him. Maybe it was just out of love and a desire to serve that she chose to anoint her Lord with oil of spikenard.

PHYSICAL ASPECTS: Spikenard is a wonderful oil for ailments resulting from bacterial infections on the skin or in the body. Spikenard will protect wounds from bacterial infections while soothing and calming the victim. The essential oil of spikenard makes an excellent deodorant. Problems in the intestinal tract are at the root of many of our physical ailments. Spikenard has a gentle laxative action. Spikenard helps maintain proper hormone levels throughout the reproductive system. Spikenard has a much higher percentage of sesquiterpenes than frankincense.

GENERAL INFORMATION: Spikenard is also known as false valerian. There are a small number of people who react negatively and quite strongly to valerian, even in less concentrated herbal forms. Spikenard accomplishes many of the same things as valerian. Spikenard is a little less potent but it has always accomplished whatever I have needed it to. Spikenard presents less likelihood of a negative reaction.

Spruce, Canadian

(*Tsuga canadensis*)

INGREDIENT IN: ^{Le}Aspire, ^{Le}Assurance, ^{Le}Benediction, ^{Le}CinnamonBear, ^{Le}Connection, ^{Le}Deeper, ^{Le}Discernment, ^{Le}Dreams, ^{Le}Everlasting, ^{Le}Grace, ^{Le}Holiday Spirit, ^{Le}Inner Peace, ^{Le}Magi, ^{Le}Meditation, ^{Le}Millenia, ^{Le}Patches, ^{Le}Sanctuary, ^{Le}Stefanie, ^{Le}Trust, ^{Le}Unity, ^{Le}Vision, ^{Le}Whispering Hope, ^{Le}Wisdom

THERAPEUTIC PROPERTIES: anti-infective, anti-inflammatory, antispasmodic, cortisone-like

AFFINITY FOR: bones, joints, muscles, endocrine system, particularly thyroid & thymus, solar plexus chakra, brow chakra, heart meridian, governing vessel meridian, liver meridian

RESONANCE: physical, emotional

PLANT FAMILY: Coniferae

PART UTILIZED: needles, leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of Canadian spruce is calming to the nervous system. It encourages communication, both the speaking and listening aspects.

APPLICATION: Spruce can be applied, diluted, to the feet or any other area of the body. Spruce is very pleasant in the bath or sauna. It is frequently used as an ingredient in room sprays, soaps, and detergents.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Spruce (and other conifers) create the symbolic effect of an umbrella which protects the earth and brings energy in from the universe. At night the animals of the forest lie down under a conifer tree for the protection and rejuvenation that the tree will provide for them. Spruce grounds the solar plexus and stimulates the thymus, creating the emotional balance necessary to be gracious at both giving and receiving. Spruce can help us push through emotional blocks to further healing.

PHYSICAL ASPECTS: The analgesic and anti-inflammatory properties of spruce make it beneficial for bone pain, aching joints, arthritis, and sciatica. Spruce should be massaged wherever sore muscles need relaxing and re-energizing. Spruce is an excellent oil for the respiratory and endocrine systems. Spruce is a general gland and organ tonic, but it has an intrinsic affinity for balancing the thyroid function and stimulating the thymus gland.

GENERAL INFORMATION: The aroma of Canadian spruce is that of a forest of conifer trees, but with a strong balsamy vanilla undertone, which is very comforting to the emotions. *Tsuga canadensis* is Canadian spruce, not the species called black spruce, which is *Picea marianna*. *Tsuga canadensis* seems to be consistently sweeter, more mellow, and with more of the balsam and vanilla notes that I love than *Picea marianna*. Canadian spruce adds a rich depth to blends that is not usually accomplished with any other variety of spruce.

St. John's Wort

(Hypericum perforatum)

INGREDIENT IN: ^{Lc}QuietEssence, ^{Lc}Whispering Hope, ^{Lc}Woman Wise

THERAPEUTIC PROPERTIES: analgesic, anti-inflammatory, nervine

AFFINITY FOR: nerves, joints, muscles, bones

RESONANCE: physical, emotional, mental

PLANT FAMILY: Clusiaceae

PART UTILIZED: leaves & flowers, wildcrafted

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Diffused, St. John's Wort may relieve fatigue, anxiety, headache, low spirits, and sadness. The aroma of St. John's Wort is also stimulating to the mind and the memory.

APPLICATION: St. John's Wort should be diluted well and used in moderation. (See "Cautions")

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: St. John's Wort is recommended for depression, especially following injuries, fright, or shock. The plants in this family are very hardy. They often live up to 50 years. I believe this resilience in the face of trials is a part of the nature of this essential oil.

PHYSICAL ASPECTS: St. John's Wort essential oil, well-diluted, is used for sunburns, burns, bruises, varicose veins, and scars. The anti-inflammatory and nervine properties of this oil are particularly effective in nerve rich areas of the body such as the brain, back of the neck, fingers, toes, and coccyx (tailbone). St. John's Wort, diluted and applied along the spine, may be helpful for nerve damage and muscle spasms resulting from whiplash injuries, and may be effective, especially as part of a blend, for muscle spasms and twitches in arms and legs when drifting off to sleep.

CAUTIONS: Until further studies have been conducted on St. John's Wort essential oil, it is probably best to use it well-diluted, in moderation, or as a small percentage of a blend. St. John's Wort should be avoided if pregnant. Although St. John's Wort has been used for at least a couple of centuries as an herbal medicine and as a homeopathic remedy, very little information is available about the essential oil.

Tagette

(*Tagetes bipinatif*)

INGREDIENT IN: LeCandila, LeVallee

THERAPEUTIC PROPERTIES: antimicrobial, fungicidal, antibiotic, antiseptic, insecticide, sedative, antispasmodic, diaphoretic, mucolytic

AFFINITY FOR: respiratory system, tissues and skin

RESONANCE: physical

PLANT FAMILY: Compositae

PART UTILIZED: flowers, stems

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of tagette essential oil is quite complex. The top note is sharp and bitter and has an almost unpleasant effect in the nose. This pungency is followed by a pleasant, herbaceous aroma (if you are still sniffing!). The end note is almost fruity with a citrus-like aroma. It is surprisingly pleasant when diffused. The fruit and citrus aromas seem to linger in the air.

APPLICATION: Tagette should always be diluted well to avoid skin irritation. It may be applied to the feet or anywhere that skin care and repair is needed.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: I have never known an essential oil not to operate on just the physical plane, with no emotional effects. However, there does not seem to be any literature on the emotional aspects of this oil.

PHYSICAL ASPECTS: Tagette is useful for infectious respiratory conditions where it encourages sufficient fever to burn away the infectious agent. Tagette aids in breaking up congestion, liquefying mucous and getting it flowing, and encouraging the drainage of lymph nodes. Tagette may be helpful to rid the body of toxins. Tagette is used to dissolve bunions, calluses, and corns. One of the most common uses of this essential oil is in the rebuilding of tissues and skin after burns or other injuries.

GENERAL INFORMATION: The aroma and therapeutic properties of tagette improve with age. At best, tagette should be aged for at least 6 months after distillation before being used in an essential oil blend.

CAUTIONS: This is a powerful and potent essential oil; dilute well. It is not intended for use with children. Do not use tagette if pregnant. Tagette may cause skin irritation and be photo-toxic if overused.

Tangerine

(*Citrus reticulata*)

INGREDIENT IN: ^{Le}Everlasting, ^{Le}HeartSong, ^{Le}Holiday Spirit, ^{Le}Insight, ^{Le}Reflections, ^{Le}Sunburst, ^{Le}Tranquility

THERAPEUTIC PROPERTIES: anticoagulant, anti-inflammatory, laxative, sedative, calmative, nervine, cytophylactic

AFFINITY FOR: respiratory system, nervous system, digestive system, spleen meridian

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: peel of fruit

EXTRACTION METHOD: cold pressed

AROMATIC CONSIDERATIONS: Like all citrus oils, tangerine promotes feelings of happiness and peace. It encourages us to reach out to others with kindness and compassion.

APPLICATION: Tangerine should be diluted before applying to the skin.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Tangerine essential oil is a very pleasant sedative. It soothes all types of hyperactivity, whether in the body or the mind. Tangerine can have a substantial effect on anger, depression, and impulsive behaviors.

PHYSICAL ASPECTS: Tangerine has been proven effective against *Staphylococcus aureus*. This is the species of bacteria which is responsible when wounds become septic. A septic wound quickly spreads to other parts of the body, even if there is no wound there. Tangerine oil contains components which kill the bacteria and stop it from spreading.

Tangerine's antispasmodic actions are effective all over the body. This essential oil can be used for spasms in the respiratory and digestive systems, as well as in muscle groups. Tangerine essential oil is an effective blood purifier and it increases the oxygen carrying capacity of red blood cells. Tangerine is helpful in removing excess water from body tissues and is a mild lymphatic decongestant.

GENERAL INFORMATION: Tangerine essential oil and mandarin essential oil are distilled, in different countries, from plants that are identified by the same latin name, *citrus reticulata*. That is very strange, since the plants, themselves, are quite different, as are the fruits. The fruit, the juice, and the essential oil of tangerine are much more orange in color than those of mandarin. They are harvested at different times of year, and this has a subtle effect on aroma and therapeutic properties.

CAUTIONS: Tangerine essential oil is photo-toxic. Avoid direct sunlight on skin to which this oil has been applied in the last 12 hours.

Tarragon

(*Artemisia dracunculus*)

INGREDIENT IN: ^{Le}InsideOut, ^{Le}Synopsis

THERAPEUTIC PROPERTIES: antiarthritic, digestive, cholagogue, emmenagogue, menstrual regulator, stimulant, vermifuge, anti-inflammatory, antiseptic, antiviral, antispasmodic, diuretic, laxative, neuromuscular sedative

AFFINITY FOR: digestive system, nervous system, lymphatic system, urinary tract, autonomic nervous system

RESONANCE: physical, emotional

PLANT FAMILY: Compositae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Tarragon is especially nice when diffused with marjoram. Tarragon can soothe emotions and bring relief from grief, anger, and shock.

APPLICATION: Tarragon should be diluted well before applying to the skin of the body or the feet.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Tarragon helps us to draw in the energy of life that is all around us. It fosters more than just the desire for health or the will to live; it inspires us to seek for, and find, energy enough (and some to spare) for us to accomplish all that we desire.

PHYSICAL ASPECTS: Tarragon aids digestion by stimulating the secretion of digestive acids and bile into the stomach. This increases the appetite and improves the absorption of nutrients into the bloodstream. Tarragon also increases the peristaltic motion of the intestines, eliminating bouts of constipation. Tarragon acts to increase circulation, liquefy and drain lymphatic mucous. Tarragon's antiseptic properties have a special affinity for urinary tract infections. Stubborn infections in weeping wounds often respond to washing with a very diluted solution of tarragon essential oil.

Tarragon stimulates and balances the autonomic nervous system which is responsible for such things as the heartbeat, the function of the kidneys, and the flow of hormones.

CAUTIONS: Depending on conditions at the time of harvest, tarragon essential oil can have quite a high concentration of methyl chavicol, which can be toxic taken internally and irritating externally. Use of tarragon as a single oil should be avoided; at the very least, extreme care and caution should be used. Tarragon should be avoided if you are pregnant.

Tea Tree

(*Melaleuca alternifolia*)

INGREDIENT IN: ^{Le}Candila, ^{Le}MelaPlus, ^{Le}Purify, ^{Le}Simplicity

THERAPEUTIC PROPERTIES: antibacterial, antifungal, antiseptic, antiviral, immune stimulant, antibiotic, antiparasitic, vulnerary, anti-inflammatory, expectorant, decongestant, analgesic

AFFINITY FOR: tissue and skin, brow and sacral chakra, metal and fire elements

RESONANCE: physical, emotional

PLANT FAMILY: Myrtaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Tea tree is a very strong and pungent oil. It is very effective in killing airborne bacteria.

APPLICATION: Tea tree should be diluted before applying to the skin except in the case of insect bites, where it is best applied undiluted.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of tea tree can help us replace a victim mentality with a desire to understand why events and circumstances happened as they did. Tea tree can be used to bring both tolerance and growth into our lives. Tea tree starts the process of spiritual and emotional cleansing. It can help us turn toward the positive and find refreshment for our spirit. The aroma of tea tree essential oil has the feel of a good friend who has come to help us “clean house”. The cleaning up and throwing out will be good for us and will be far less painful than we have imagined it would be.

PHYSICAL ASPECTS: Tea tree essential oil is effective against some of the nastiest microbes on the planet. Tea tree can prevent sepsis in wounds and it (or something else effective) should be used to treat wounds, boils, sores, cuts, insect bites, and stings. The only way to kill a virus is to weaken or rupture its protective shell—called a cyst. Tea tree oil has been shown effective in this capacity, which greatly shortens the duration of viral infections. Tea tree is also a mild tissue regenerator, making it a sensible choice for rashes, nail or skin fungal infections, wounds, cold sores, acne, athlete’s foot, ringworm, head lice, vaginal thrush (dilute very well here), and candida.

GENERAL INFORMATION: Tea tree has been in use as an antiseptic for centuries. It was used by soldiers and sailors in World War II in the treatment of tropical infections.

Thyme

(*Thymus zygis var vulgaris*)

INGREDIENT IN: ^{Le}Bountiful, ^{Le}Delicate, ^{Le}Deliverance, ^{Le}Energy, ^{Le}Eternity, ^{Le}InsideOut, ^{Le}LifeForce, ^{Le}Mariah, ^{Le}Simplicity, ^{Le}TendaCare

THERAPEUTIC PROPERTIES: antibacterial, antiparasitic, antifungal, anti-infective, antiseptic, antiviral, antibiotic, pectoral, analgesic, expectorant, balsamic, stimulant, tonic, rubefacient, diuretic, emmenagogue, vermifuge, antivenomous, antiputrescent, immune stimulant

AFFINITY FOR: digestive system, immune system, lymphatic system, circulatory system, muscles, bones, base chakra, water element, metal element, heart meridian

RESONANCE: physical, emotional

PLANT FAMILY: Labiatae

PART UTILIZED: leaves, stems, flowers

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Thyme should be diffused, either by itself, or as part of a synergistic blend, to purify the air of your home or office during the cold and flu season. (A blend would probably have a better aroma.)

APPLICATION: Dilute well to apply to the feet or body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Thyme is revitalizing and nourishing to the nerves and emotions. It can help us overcome mental and emotional exhaustion, inability to concentrate, apathy, and uneasy feelings that have no cause. Thyme can aid us in finding a fresh view of a situation or a new way of doing something. It is specific for physical exhaustion, especially when there seems to be a lack of direction and motivation more than overwork. Thyme can give us strength, self-confidence, and will power. It can help us think positively, allowing us to give ourselves credit for every little bit of will power we possess, instead of berating ourselves when we display less of it than we think we should have.

PHYSICAL ASPECTS: As a general tonic for the stomach, thyme's carminative properties alleviate gas and bloating. Gas is an indication of poorly digested food. It can interfere with sleep, raise your blood pressure, become a threat to your cardiovascular system, cause severe stomach aches, cramps, and vomiting, as well as headaches and nausea. Thyme has a beneficial effect on heart valves. It relaxes the veins and arteries, reducing blood pressure, and as a result, reducing stress on the heart. It should be mentioned that, like nearly all natural remedies, thyme balances blood pressure, bringing it back to normal whether it is high or low.

The antiseptic and antiviral properties of thyme are strong enough to handle most situations. Thyme is even recommended, applied along the spine, for such ailments as spinal meningitis. Thyme, along with killing the invading microbes, aids lymphatic drainage and urine output, and strengthens the immune system. Thyme should be tried for lingering coughs.

GENERAL INFORMATION: Be sure to use *Thymus zygis* or *Thymus vulgaris* as they are milder; stronger types should never be used on children or those with high blood pressure. Red thyme is a *Thymus zygis* but the method of extraction creates concentrations of thymol that are excessive for frequent use or for use with children.

CAUTIONS: When not part of a blend, should be used with great caution or avoided altogether.

Turmeric

(*Cucuma longa*)

INGREDIENT IN: ^{Le}Mariah, ^{Le}Safeguard, ^{Le}Synopsis

THERAPEUTIC PROPERTIES: antiviral, antioxidant, anti-inflammatory, antiseptic, anticoagulant, digestive tonic, cytophylactic, galactagogue, calmative, carminative, emollient, antiparasitic

AFFINITY FOR: immune system, nervous system, circulatory system, joints, muscles

RESONANCE: physical, emotional

PLANT FAMILY: Zingiberaceae

PART UTILIZED: rhizomes

EXTRACTION METHOD: steam and solvent

AROMATIC CONSIDERATIONS: Turmeric has a warm, earthy, spicy aroma.

APPLICATION: Always dilute turmeric especially well. It can cause skin irritation if applied without dilution or applied too frequently.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The emotional energy of turmeric involves the proper exchange of time, talents, attention, money and material goods, or love and gratitude in our lives. These imbalances can exist between us and other people, or they may exist within ourselves and be manifesting as an eating disorder or a victim/servant mentality. However or wherever it may be expressed, the core emotion is usually lack of self-confidence or feelings of unworthiness. It may also stem from a misinterpretation of childhood teachings about service and love.

PHYSICAL ASPECTS: Turmeric is valuable as an antiseptic for cuts and scrapes. It is also an anti-inflammatory, making it helpful with arthritis and fibromyalgia. Turmeric is a strong antioxidant, helping protect the body from free radical damage. Some studies suggest that turmeric helps increase the productions of natural cortisone by the adrenal glands.

Turmeric has been shown to help reduce platelets from clumping together and clogging the arteries. Turmeric also increases circulation. These actions lessen the likelihood and minimizes the effects of atherosclerosis.

Turmeric is also beneficial in fighting influenza viruses, lessening the possibilities of an acute infection developing into an autoimmune disease.

GENERAL INFORMATION: Turmeric comes from the root, or rhizome, of the plant, and is in the same family as ginger.

CAUTIONS: Turmeric may stimulate uterine contractions, so should be avoided or used sparingly during pregnancy.

Valerian Root

(*Valeriana officinalis*)

INGREDIENT IN: ^{Le}QuietEssence, ^{Le}Stefanie

THERAPEUTIC PROPERTIES: analgesic, antispasmodic, nervine, sedative

AFFINITY FOR: nerves

RESONANCE: physical, emotional

PLANT FAMILY: Valerianaceae

PART UTILIZED: root

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Valerian root has an earthy aroma, which is much more pleasant than the aroma of the fresh root would lead you to expect. I think the fresh root smells like a dead mouse in a very dirty sock!! The essential oil has none of that aroma!

APPLICATION: An excellent essential oil to add to the bath. It is even quite pleasant diffused.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Valerian root is an oil of understanding, forgiveness, and reconciliation. It is of particular value to those who are too hard on themselves. Valerian root can help us move away from unhealthy forms of guilt, understand that we have learned the lessons of the past, accept who we were and who we are, and forgive ourselves for the foolishness (or even stupidity) that is in our past.

PHYSICAL ASPECTS: Valerian root essential oil contains some volatile components not found in any other essential oil currently produced for sale. These components are useful for an incredibly long list of conditions related to nerves. This is a versatile essential oil that can soothe your spirit, calm your nerves, and help you cope with the stresses of our modern world. It is useful for headache, irritability, premenstrual symptoms, any type of cramping or spasms, insomnia, heart palpitations, panic attacks, and neuralgia.

GENERAL INFORMATION: While valerian acts as a sedative and nervine on most people, there are a small percentage of people who react in just the opposite way. Valerian makes them irritable and aggressive. This effect wears off quickly, but should be accepted as a clear indication that this oil is not for you—at least not at this time.

CAUTIONS: Valerian, as a single, should be avoided during pregnancy and by children. There is some documentation indicating that overuse may cause lethargy, but in low doses or in blends, valerian appears to be non-toxic and non-irritating to most people (see General Information above).

Vanilla

(*Vanilla planifolia*)

INGREDIENT IN: ^{Lc}Believe, ^{Lc}Housewarming, ^{Lc}Sanctuary, ^{Lc}Sego Lily, ^{Lc}Victory

THERAPEUTIC PROPERTIES: antioxidant, aphrodisiac, anti-carcinogenic, febrifuge, antidepressant, sedative, tranquilizing

AFFINITY FOR: hormone balance, nerves, immune system, governing vessel meridian, liver meridian

RESONANCE: physical, emotional

PLANT FAMILY: Orchidaceae

PART UTILIZED: fruit

EXTRACTION METHOD: steam and solvent

AROMATIC CONSIDERATIONS: The aroma of vanilla is one of the most calming and uplifting of scents. Vanilla has such a wonderful aroma that even if it had no therapeutic properties at all, I would use it every day for the scent alone.

APPLICATION: Vanilla is usually diffused or used in candles and soaps.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of vanilla helps us feel confident that the future will be full of promise and hope. Vanilla can give us hope, perspective, and confidence in our ability to listen to inspiration and seek guidance from the Spirit. Vanilla is a very welcoming and warming oil. It can set a very romantic tone.

PHYSICAL ASPECTS: The removal of free radicals from the body will gradually result in a stronger immune system, better memory, improved vision and hearing, more stable emotions, improved mental acuity, and overall repair of body systems, organs, and tissues. Vanilla, used regularly, can accomplish all this and with such a pleasant aroma! Vanilla can reduce the heat and the inflammation of a fever, while calming the patient into a peaceful sleep. Vanilla is one of the best oils for hyperactivity in any body system or organ. It is a great oil for insomnia or high blood pressure. Vanilla activates certain precursors that are necessary for hormone balance.

GENERAL INFORMATION: Vanilla essential oil is heavy and dark colored. Blends to which it has been added need to be shaken well before use. Even if you faithfully shake the blend, there will always be a dark pool in the bottom of the bottle, but the energy, aroma, and therapeutic properties of the vanilla have infused into the entire blend.

Vetiver

(*Vetivera zizanioides*)

INGREDIENT IN: ^{Le}UnDone, ^{Le}Vallee, ^{Le}Victory

THERAPEUTIC PROPERTIES: antiseptic, calming, immune stimulant, sedative, rubefacient

AFFINITY FOR: hormones, red blood cells, skin, joints, muscles, balances yin and yang energies—male and female hormones

RESONANCE: physical, emotional

PLANT FAMILY: Graminae

PART UTILIZED: roots

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: The aroma of vetiver is reminiscent of patchouli and lemongrass, but is not a pleasant aroma by itself, in my opinion. Vetiver is physically, mentally, and psychologically grounding.

APPLICATION: Vetiver can be added to a bath. You can dilute vetiver and apply to the body.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Vetiver is a useful oil for emotional and energy work. It helps us connect the past to the present, learning from the things we have experienced and using the present to heal the past. Vetiver builds bridges between our memories and experiences, our mental capacities, and our physical bodies. It transforms our memories and experiences into wisdom and maturity. Vetiver can be good for us when a “dose of reality” is needed in our lives.

PHYSICAL ASPECTS: Vetiver is an excellent oil for skin care. It speeds up the disappearance of scars from accidents or acne by promoting the growth of new cells patterned after the original blueprint of cellular structure rather than replicating the damaged pattern. The anti-inflammatory and sedative properties of vetiver make it useful with arthritis, sprains, and muscle spasms. Vetiver is said to aid in the production of healthy red cells in the blood. Vetiver is considered a tonic oil. It is, to our bodies and minds, a bit like the complete overhaul and servicing that we routinely give our vehicles.

GENERAL INFORMATION: Vetiver is known in India as “the oil of tranquility”.

Violet Leaf, absolute

(Viola odorata)

INGREDIENT IN: ^{Le}MyGraine, ^{Le}RefreshMint

THERAPEUTIC PROPERTIES: analgesic, antiseptic, anti-inflammatory, aphrodisiac, astringent, circulatory stimulant, decongestant, diuretic, emollient, expectorant, hepatic, laxative, lymphatic, pectoral, sedative

AFFINITY FOR: circulatory system, lymphatic system, liver, nerves, all four fire element meridians, heart chakra

RESONANCE: physical, emotional

PLANT FAMILY: Violaceae

PART UTILIZED: leaves

EXTRACTION METHOD: absolute

APPLICATION: Can be diffused, added to the bath, or diluted and applied to any area of the body.

AROMATIC CONSIDERATIONS: The aroma of violet on first impression is very green—grassy and leafy all at once. Applied to the body or diffused, it develops a delightful floral overtone. The aroma is soothing and inspiring.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Violet supports the heart and the emotions that reside there. Violet is particularly balancing to feelings of melancholy, nostalgia, and longing for things past. Violet can also be used effectively to temper obsessive tendencies. The aroma of violet leaf can help us focus mentally, pay attention more easily, and see clearly to the core of confusing issues in our lives. The clarifying influence of violet leaf essential oil can help us realize our potential and overcome feelings of fear.

PHYSICAL ASPECTS: Inhaled, particularly using a cool mist humidifier, violet can relieve migraine headaches and clear blocked nasal passages. Violet leaf can be applied topically to relieve the pain associated with sprains, bruises, and arthritis. Violet leaf essential oil, applied with water rather than a carrier oil, can cleanse and close the pores of the skin and increase lymphatic drainage. Violet is considered a liver decongestant and circulatory stimulant. Violet oil should be applied to the chest or inhaled when there is a need to bring up phlegm (expectorate).

CAUTIONS: None known.

Wintergreen

(*Gaultheria procumbens*)

INGREDIENT IN: ^{Lc}Deeper, ^{Lc}Mariah, ^{Lc}RefreshMint, ^{Lc}TendaCare, ^{Lc}Vallee, ^{Lc}WarmDown

THERAPEUTIC PROPERTIES: analgesic, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, cholagogue, disinfectant, diuretic, warming

AFFINITY FOR: nerves, kidneys, bones, joints, muscles, respiratory system

RESONANCE: physical, emotional

PLANT FAMILY: Ericaceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

AROMATIC CONSIDERATIONS: Wintergreen has a wonderful aroma. It is stimulating, but deeper and more grounding than the essential oils of the mint family. Wintergreen is cleansing and opening to the physical senses.

APPLICATION: Wintergreen can be applied to any area of the body where it is needed. Be sure to dilute well. Wintergreen essential oil is very pleasant diffused.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Wintergreen essential oil is a very aggressive essence which stimulates very powerful responses in return. Wintergreen promotes change on a profound level as the mind/body complex responds. Wintergreen shakes up and wakes up the mind and every system of the body.

PHYSICAL ASPECTS: Wintergreen produces an analgesic, numbing effect on the nerves present in whatever tissue it is applied to. Wintergreen clears obstructions to the flow of blood in the tissues and in the veins and arteries. This increases circulation in general and brings warmth to the area. This warmth is as strong and as healing as anything you will experience with commercial athletic rub products. This warmth also relaxes the muscles in the area to which it was applied. As the circulatory system works more efficiently, many health problems are alleviated.

The stimulant properties of wintergreen apply to all systems and organs of the body. Wintergreen increases the activity of the kidneys, preventing toxins, uric acid, fats, and liquids from building up in body tissues. Wintergreen essential oil aids digestion by stimulating proper secretion of gastric juices and bile. It stimulates the activity of the lungs, intestines, and other organs, preventing the accumulation of congestion and waste materials.

CAUTIONS: Wintergreen essential oil has a high methyl salicylate content. Nevertheless, it is safe to use. Please see page 111, (the last of the section on birch) for safety information about this constituent. Birch and wintergreen often receive very bad press because of misunderstandings about the effects of this “supposed” toxic ingredient.

Wintergreen should be used cautiously if pregnant and always diluted well.

Yarrow

(blue, yellow, and green varieties)
(Achillea millefolium)

INGREDIENT IN: ^{Le}Balance, ^{Le}Cypernium, ^{Le}Vallee, ^{Le}ThermaCare

THERAPEUTIC PROPERTIES: anti-inflammatory, anti-arthritic, antiseptic, antispasmodic, astringent, carminative, cholagogue, cicatrisant, diaphoretic, digestive, expectorant, hemostatic, hypotensive, stomachic, tonic

AFFINITY FOR: skin, tissue, and scalp, respiratory system, digestive system, bladder meridian, stomach meridian, wood element, metal element

RESONANCE: physical, emotionl, spiritual

PLANT FAMILY: Compositae

PART UTILIZED: flowering tops

EXTRACTION METHOD: steam distilled

APPLICATION: Yarrow essential oil is applied neat (without a carrier oil) to close a wound. It should be applied diluted for other applications and circumstances.

AROMATIC CONSIDERATIONS: The aroma of yarrow oil balances our highs and lows, externally and internally, physically and mentally.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: In Chinese folklore, the aroma of yarrow is said to bring about the meeting of Heaven and Earth in our lives. With our head in the clouds, we have far-reaching vision and inspiration to guide us, but we have the stability and common sense of having our feet firmly planted on the ground.

Just as yarrow oil pulls together the edges of a deep wound, yarrow pulls together and heals the damaged places in our energy and psyche. Yarrow, emotionally, is for those times when we feel that there are important parts of ourselves that have become lost or fragmented. We feel the pain of loss, like the pain of a wound. Yarrow pulls the emotional and energetic edges together and allows us to heal. Folklore of several countries states that yarrow is associated with love and fidelity.

PHYSICAL ASPECTS: Yarrow is one of the truly great healing oils! Applied topically to a cut, even a very deep one, yarrow will pull the edges together and help the cut to heal almost miraculously. Yarrow's antiseptic properties are strong enough to prevent infection, no matter how dirty or contaminated conditions were at the time of the injury. Yarrow, known for centuries as an herb to stop bleeding, is even more effective in the concentrated essential oil form.

The anti-inflammatory properties of yarrow are effective whether the inflammation is in the nasal or respiratory passages, the digestive tract, along the gum line, the uterus or ovaries, or anywhere else.

Like the anti-inflammatory properties of this essential oil, the astringent properties of yarrow work throughout the body. Astringents cause the tightening of tissues. This makes yarrow very helpful for such things as dandruff, hair loss, setting the teeth firmly into the gums, or firming up areas of sagging skin. Astringent oils such as yarrow are beneficial as face washes for oily skin and acne. Yarrow is an excellent oil for the female reproductive system where astringency and a mild hormonal action combine to make this oil vital in treatment programs for ovarian cysts and uterine fibroid tumors.

It has been reported recently in several publications that yarrow's use with cancer and diabetes has been known throughout the ages. I can find no scientific studies to back these claims, but anecdotal evidence is certainly abundant. Yarrow essential oil also acts on the bone marrow to stimulate the creation of red blood cells and enhance the coagulation of the blood.

Yarrow is gently diaphoretic and a febrifuge. When you are ill, the use of yarrow holds the fever from getting dangerously high and stimulates perspiration. Fever and perspiration are the body's way of killing the microbes and then carrying them out of the system.

Yarrow improves digestion by stimulating the secretion of bile and restoring the liver and other organs. I could go on for several more pages about yarrow. It has been one of my favorite herbs for many years and is one of my favorite essential oils. Enough cannot be said about the benefits of this amazingly versatile healing oil.

CAUTIONS: Reasonable caution should be taken during pregnancy. There are no other cautions connected to this oil. It is possible to find a use for it every day of our lives.

GENERAL INFORMATION: Many essential oil companies carry more than one yarrow essential oil. A yarrow oil which has a pale green color seems to be slightly stronger in hormone balancing properties than a deeper blue one. This pale green one is the one added in ^{Le}Balance and ^{Le}Cypernium.

Yellow yarrow is an ingredient in ^{Le}ThermaCare and is a particularly good febrifuge (reduces fever and produces a sweat).

Deeper blue yarrow oils have an advantage as an astringent and in pulling the edges of wounds together. The blue one is the one sought after most frequently as a single oil.

Ylang Ylang - Complete

(Cananga odorata)

INGREDIENT IN: ^{Le}Angel, ^{Le}Assurance, ^{Le}Baby Me, ^{Le}Balance, ^{Le}Believe, ^{Le}Beloved, ^{Le}Benediction, ^{Le}Candila, ^{Le}Connection, ^{Le}Everlasting, ^{Le}EZ Traveler, ^{Le}GoodNite, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Inner Peace, ^{Le}Kadence, ^{Le}Letting Go, ^{Le}Moonlight, ^{Le}RefreshMint, ^{Le}Sanctuary, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Unity, ^{Le}Victory, ^{Le}Vitality, ^{Le}Whispering Hope, ^{Le}Wisdom

THERAPEUTIC PROPERTIES: sedative, antiseptic, aphrodisiac, nervine, antidepressant, calmative

AFFINITY FOR: adrenals and thymus, nerves, heart chakra, yin energy

RESONANCE: emotional, physical

PLANT FAMILY: Anonaceae

PART UTILIZED: flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Excellent oil for diffusing. Diluted, it can be worn anywhere on the body.

AROMATIC CONSIDERATIONS: Ylang ylang can bring back feelings of confidence, joy, and peace.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aromatic focus of ylang ylang is spirituality. It fosters a desire in our souls for deeper and more meaningful communication with heaven. As we develop the emotional, caring, nurturing, intuitive, spiritual side of our natures, many things shift for us. We find that we are able to block or filter the negativity and "garbage" around us. We are better able to focus our thoughts and our drive.

One of the behaviors that signals a need for ylang ylang is throwing temper tantrums that, if we are honest with ourselves, have the underlying intent of getting us our own way. Another indication for ylang ylang is sudden loss of interest in work, personal appearance, and even in family members and friends. Ylang ylang may also be helpful for insecurity, low self-esteem, anger, rage, and dare-devil tendencies.

PHYSICAL ASPECTS: Ylang ylang balances the male-female energies and hormones in the body by stimulating the adrenals and thymus glands. This can balance sexual energy and bring joy, harmony, and passion to relationships. The hormonal support properties of ylang ylang make it useful for the symptoms of PMS and many other hormone related complaints. Ylang ylang is a uterine tonic. Dilute and apply to the abdomen for this function.

As ylang ylang's hormonal properties work in conjunction with its nervine properties, ylang ylang becomes exceptionally effective for depression, irritability, anxiety, rapid breathing, heart palpitations, high blood pressure, hypertension, nervous tension, physical and mental exhaustion, nervousness, and insomnia. Ylang ylang is also excellent for routine skin care, more serious skin problems, and hair loss. Ylang ylang is also used to regulate circulation, fight intestinal infections, and alleviate constipation.

GENERAL INFORMATION: The distillation of the delicate flowers of ylang ylang is a complex process. The product that is extracted two hours after the distillation process begins is referred to in the industry as the "extra". This distillation is extremely heady, potent, and overly-sweet, and is not used in aromatherapy applications but is used by the perfume industry because a little goes a long way and the aroma remains stable longer.

This "extra" is combined with the first and second distillations to form Ylang Ylang Complete. The 1st and 2nd distillations are the same flowers continuing the distillation process for longer periods of time before being "pulled". The first and second distillations are more subtle and less sweet in aroma. They are often used in therapeutic applications, but the complete is generally preferred.

Zanthoxylum

(Zanthoxylum armatum)

INGREDIENT IN: ^{Le}AgeLess, ^{Le}Grace, ^{Le}MyGraine, ^{Le}Turmoil

THERAPEUTIC PROPERTIES: antimicrobial, antibacterial, antifungal, antidepressant, antispasmodic, analgesic, anti-inflammatory, sedating and stimulating, tonic, carminative, stomachic, immune support, deodorant

AFFINITY FOR: circulatory system, respiratory system, digestive system, nervous system, lymphatic system, skin, sacral chakra

RESONANCE: physical, emotional

PLANT FAMILY: Rutaceae

PART UTILIZED: fruit, wild crafted

EXTRACTION METHOD: steam distilled

APPLICATION: Zanthoxylum should be diluted for application to the body. It can also be diffused.

AROMATIC CONSIDERATIONS: Zanthoxylum has a refreshing, spicy aroma. It calms the nerves and assists in meditation.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aromatic influence of zanthoxylum helps us to accept that we, in ourselves, are enough and that what we can do is enough. We are not broken or damaged and no one needs to "fix" or "heal" us. This attitude is acceptance of ourselves, not apathy or lack of direction and inner drive. We will know more clearly what we need to be doing and what direction we need to be going in. This place of peace and acceptance is created by finally understanding that we are loved for who we are, not for what we know or the things we do. This acceptance puts wind beneath our wings and allows us to soar. Because this is sacral chakra energy, this acceptance also corrects structural problems in our sacrum and lower back. The world suddenly feels much less demanding and stressful. Sitting down and taking a break becomes possible for us.

PHYSICAL ASPECTS: The analgesic and antispasmodic properties of zanthoxylum make it useful for arthritis, inflamed joints, and other joint problems. Zanthoxylum increases circulation, relieves muscle cramps, and is of benefit in the treatment of varicose veins and varicose ulcers. Zanthoxylum is sedating and calming to the nervous system, making it useful in the treatment of stress related conditions such as headache, insomnia, and nervous tension. This essential oil aids the digestive system and increases the appetite during convalescent stages of illness. Zanthoxylum is used for tooth problems and gum diseases.

One of the most exciting scientific studies that I have found showed clearly that zanthoxylum prevents free radical damage throughout the body, but particularly in the liver. This study was conducted in the Department of Pharmacy, Bharat Institute of Technology, India. The data collected was for use of zanthoxylum in essential oil form. The study included data for unborn babies where liver damage in the mother or complications of pregnancy necessitated the use of drug therapies that would normally have compromised the liver of the fetus. The testing clearly showed that zanthoxylum essential oil protected and supported the fetal liver. This is absolutely amazing news!! (For a little bit more information on the liver, see information under ledum.)

CAUTIONS: Zanthoxylum has been used for centuries in Nepal, but is new to the world essential oil market. Care should be taken with pregnancy, at least until there is more information available.

*The essential oils referred to throughout this document are
distributed by Butterfly Express, llc.*