

Spice oils are very strong and should be used with caution

Allspice

The aroma of allspice is warming and stimulating. Familiar to cooks, allspice smells like a combination of cloves, cinnamon, and black pepper, but it is actually a single distinctive plant. Allspice offers a wide range of therapeutic properties. It is of benefit to the digestive system, and supports respiratory function. It has outstanding analgesic, anesthetic, and muscle relaxant properties. These properties make it beneficial for injuries, arthritis, and muscle cramps.

Bay

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 to trust in yourself, and in your own emotional and spiritual strength and resilience.

Basil

Emotionally, basil is both stimulating and soothing. It energizes the mind while, at the same time, relieving doubts and fears and lightening 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. Beneficial for headaches, insomnia, fainting, loss of the sense of smell, memory loss, and poor concentration.

Coriander

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. Coriander is a great endocrine oil. 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.

Cinnamon Bark

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 provides courage to look into the darker places in ourselves, as well as sufficient courage to look squarely at each situation in our lives. Cinnamon brings warmth to our emotions.

Parsley

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. Parsley should be diluted extra carefully before being applied to skin.