

## **Aromatherapy Chart**

*Bergamot:* A fresh citrus scent, gives an uplifting, encouraging effect.

*Cedarwood:* A warm, woody scent, comforting, calming effect. Acts as a sedative, astringent and antiseptic. Treats acne, oily skin, and dandruff. Promotes spirituality and balance.

*Chamomile:* Smells light and floral, is soothing and relaxing. Relieves stress, insomnia and depression. Reduces swelling, treats allergic symptoms and digestive problems.

*Eucalyptus:* Smells refreshing and clean. Has a stimulating and cleansing effect. Can lower a fever, clear sinuses, and relieve coughs. Antibacterial, antiviral properties treat boils and pimples.

*Everlasting:* Helps heal scars, reduces swelling after injuries, relieves sunburn. Treats bronchial and flu infections, spasmodic coughs, whooping cough, shingles and herpes.

*Frankincense:* Spicy, woody scent. Calming, strengthening effect. An antiseptic, expectorant and astringent. Treats nervous tension, anxiety, infections of the urinary tract, and hemorrhages. Used in meditation.

*Geranium:* Smells clean, sweet and floral. Calms and balances emotions.

*Juniper:* Refreshing fruity scent, uplifting, detoxifying effect. An antiseptic, astringent and diuretic oil used to treat diabetes, cystitis and arthritis. Protects from negativity and danger when used with visualization.

*Lavender:* Great multi-purpose oil. Fresh, clean floral scent soothes, relaxes and balances. Kills bacteria, heals cuts, burns and bug bites, relieves depression, inflammation, spasms, headaches, respiratory allergies, muscle aches, nausea, menstrual cramps. Lowers blood pressure. May apply directly to skin.

*Lemon Verbena:* Has a clean, fresh citrus scent that stimulates and refreshes, and acts as a sedative and a purifier. Treats fever, hangovers and nervous indigestion, promotes spiritual love.

*Lemongrass:* Sweet, grassy scent, refreshing, rejuvenating effect. Antiviral, anti-fungal and sedative.

*Orange:* Lively, fresh citrus scent gives a cheering, relaxing effect. Treats anxiety and intestinal gas.

*Peppermint:* Strong minty aroma, invigorating, stimulating effect. Effective chest decongestant. Alleviates digestive problems, cleans wounds, relieves motion sickness, headaches and muscle pain.

*Rosemary:* Clean, strong scent gives uplifting, rejuvenating effect. Relieves pain, increases circulation, decongests the chest, relieves indigestion, treats gas and liver problems, reduces swelling, fights infection.

*Sandalwood:* Warm, woody scent and relaxing, very grounding, sensual effect, often used in meditation.

*Tarragon:* Relieves stress and menstrual symptoms, stimulates digestion, calms neural and digestive tracts.

*Tea Tree:* Strong, fresh scent gives a cleansing, stimulating effect. Fights bacterial, fungal and yeast infections, treats acne, burns, insect bites, bladder infections, thrush and vaginitis. May apply directly to skin.

*Thyme:* Intense herbal scent, stimulating, strengthening effect. Eases laryngitis and coughs, treats bladder and skin infections, relieves digestive problems and joint discomfort.

*Vetiver:* Earthy, woody scent gives comfort and promotes emotional balance. Acts as a sedative and is useful in treating insomnia.

*Ylang-Ylang:* Has a sweet floral scent and a sensual, arousing effect. Relieves anger and physical pain, useful in treating impotence, depression and insomnia.