

Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY		
ARBORVITAE <i>Thuja plicata</i>	A	T		N	Cleaning Repelling Insects	
BASIL <i>Ocimum basilicum</i>	A	T	I	N	Cools Skin Mental Alertness	
BERGAMOT <i>Citrus bergamia</i>	A	T	I		S	Calming Aroma Soothing Massages
BLACK PEPPER <i>Piper nigrum</i>	A	T	I		S	High in Antioxidants Healthy Circulation
CARDAMOM <i>Elettaria cardamomum</i>	A	T	I	N		Ease Indigestion Respiratory Health
CASSIA <i>Cinnamomum cassia</i>	A	T	I		D	Cardiovascular System Healthy Digestion
CEDARWOOD <i>Juniperus virginiana</i>	A	T			S	Skin Moisturizer Repelling Insects
CILANTRO <i>Coriandrum sativum</i>	A	T	I	N		Cleansing Detoxifying
CINNAMON BARK <i>Cinnamomum zeylanicum</i>	A	T	I		D	Soothes Your Throat Better Metabolic Function
CLARY SAGE <i>Salvia sclarea</i>	A	T	I	N		Stress Relieving Aroma Better Sleep
CLOVE <i>Eugenia caryophyllata</i>	A	T	I		D	Healthy Teeth & Gums High in Antioxidants
CORIANDER <i>Coriandrum sativum</i>	A	T	I	N		Promotes Clear Skin Soothing Massages
CYPRESS <i>Cupressus sempervirens</i>	A	T		N		More Energy Improve Skin
DOUGLAS FIR <i>Pseudotsuga menziesii</i>	A	T		N		Soothing Massages Uplifts Mood
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T			S	Calm the Mind Skin Moisturizer
FENNEL, SWEET <i>Foeniculum vulgare</i>	A	T	I		S	Respiratory Health Healthy Digestion
FRANKINCENSE <i>Boswellia carterii, frereana, and sacra</i>	A	T	I	N		Rejuvenate Skin Balance & Relax Mood
GERANIUM <i>Pelargonium graveolens</i>	A	T	I		S	Promotes Clear Skin
GINGER <i>Zingiber officinale</i>	A	T	I		S	Reduce Nausea Reduce Indigestion & Gas
GRAPEFRUIT <i>Citrus X paradisi</i>	A	T	I	N		Reduce Oily Skin Improves Motivation
HELICHRYSUM <i>Helichrysum italicum</i>	A	T	I	N		Reduce Skin Wrinkles Promotes Healthy Metabolism
JUNIPER BERRY <i>Juniperus communis</i>	A	T	I	N		Supports Kidney Function Detoxifying
LAVENDER <i>Lavandula angustifolia</i>	A	T	I	N		Reduce Anxiety Promotes Peaceful Sleep
LEMON <i>Citrus limon</i> TOP SELLER	A	T	I	N		Purifies Air Aids Digestion
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T	I		S	Healthy Digestion
LIME <i>Citrus aurantifolia</i>	A	T	I		S	Supports Immune System Stimulates Mood
MARJORAM <i>Origanum majorana</i>	A	T	I	N		Calms the Nervous System
MELALEUCA (TEA TREE) <i>Melaleuca alternifolia</i>	A	T	I	N		Cleanses Skin Immune System Support
MELISSA <i>Melissa officinalis</i>	A	T	I	N		Immune System Support Reduce Anxiety
MYRRH <i>Commiphora myrrha</i>	A	T	I	N		Sooths Skin Uplifts Mood
OREGANO <i>Origanum vulgare</i>	A	T	I		D	Healthy Digestion Supports Respiratory Function
PATCHOULI <i>Pogostemon cablin</i>	A	T	I	N		Balance Emotions Improves Skin Blemishes
PEPPERMINT <i>Mentha piperita</i>	A	T	I		S	Supports Digestion Relieves Indigestion
PETITGRAIN <i>Citrus aurantium</i>	A	T	I		S	Healthy Cardiovascular Function High in Antioxidants
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T	I	N		Calms the Mind Supports Immune System
ROSEMARY <i>Rosmarinus officinalis</i>	A	T	I	N		Support Respiratory Function Reduce Nervousness
SANDALWOOD <i>Santalum album</i>	A	T	I	N		Promotes Healthy Skin Helps with Sleep
SANDALWOOD, HAWAIIAN <i>Santalum paniculatum</i>	A	T	I	N		Promotes Healthy Skin Enhances Mood
SPEARMINT <i>Mentha spicata</i>	A	T	I		S	Reduces Upset Stomach Supports Digestion
SPIKENARD <i>Nardostachys jatamansi</i>	A	T		N		Promotes Relaxation
THYME <i>Thymus vulgaris</i>	A	T	I		D	Immune System Support Increases Alertness
VETIVER <i>Vetiveria zizanioides</i>	A	T	I	N		Soothing Massages Relaxation
WHITE FIR <i>Abies alba</i>	A	T		N		Helps Mental Confidence Soothing Massages
WILD ORANGE <i>Citrus sinensis</i>	A	T	I	N		Powerful Cleaning Agent Energizing Aroma
WINTERGREEN <i>Gaultheria fragrantissima</i>	A	T			S	Aids Oral Hygiene
YLANG YLANG <i>Cananga odorata</i>	A	T	I	N		High in Antioxidants

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

SKIN SENSITIVITY **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)