

Essential oil chart

ESSENTIAL OIL	NOTE GUIDE	MIND & EMOTIONS	BODY	BLENDS BEST WITH
Aniseed	T/M	Invigorating	Digestive	Fennel
Basil	T	Focusing	Headaches Relief	Bergamot
Bergamot	T	Uplifting	Stress Relief	Cedarwood
Blackpepper	M/B	Energising	Muscular Relief	Rosemary
Cedarwood	B	Stabilising	Flu Relief	Eucalyptus
German Chamomile	M	Soothing	Inflammation	Lavender
Roman Chamomile	M	Calming	Pms Relief	Clary Sage
Citronella	M	Invigorating	Insect Repellent	Lemongrass
Clary Sage	T	Uplifting	Pms Relief	Geranium
Clove Bud	M	Antiseptic	Cares For Gums And Teeth	Basil
Cypress	M	Cleansing	Astringent	Grapefruit
Eucalyptus	T	Energising	Cold Relief	Australian Sandalwood
Fennel	M	Strengthening	Digestive	Ginger
Frankincense	B	Grounding	Stress Relief	Tangerine
Geranium	M	Balancing	Pms Relief	Orange
Ginger	M	Warming	Digestive	Lime
Grapefruit	T	Refreshing	Detoxifying	Lemon
Jasmine Absolute	B	Sensual	Pms Relief	Ylang Ylang
Juniper-Berry	M	Purifying	Detoxifying	Cypress
Lavender	T/M	Relaxing	Stress Relief	Vetiver
Lemon	T	Refreshing	Cold Relief	Australian Sandalwood
Lemongrass	T	Invigorating	Detoxifying	Grapefruit
Lime	T	Uplifting	Digestive	Peppermint
Mandarin	T	Soothing	Nerve Tonic	Rose Otto
Marjoram	M	Sedating	Insomnia	Lavender
Myrrh	B	Fortifying	Mouth Ulcer Relief	Frankincense
Neroli	T/M	Centring	Stress Relief	Orange
Orange	T	Joyful	Nerve Tonic	Frankincense
Palmarosa	M	Calming	Moisturising	Clary Sage
Patchouli	B	Sensual	Antiseptic	Jasmine Absolute
Peppermint	T	Reviving	Digestive	Lemon
Petitgrain	M	Calming	Nerve Tonic	Neroli
Pine	M	Invigorating	Cold Relief	Eucalyptus
Rose Otto	M	Nurturing	Pms Relief	Orange
Rose Geranium	M	Uplifting	Pms Relief	Lavender
Rosemary	T	Awakening	Muscular Relief	Peppermint
Sandalwood Australian	B	Stabilising	Stress Relief	Frankincense
Spearmint	T	Reviving	Digestive	Peppermint
Tangerine	T	Nurturing	Melancholy	Vetiver
Tea Tree	T	Cleansing	Antiseptic	Lavender
Thyme	M	Energising	Cold Relief	Lemon
Vetiver	B	Balancing	Nourishing	Neroli
Ylang Ylang	M/B	Sensual	Aphrodisiac	Patchouli