

## **HISTORY AND MULTIPLE USES OF MELALEUCA'S ESSENTIAL OIL LINE**

**BERGAMOT** - *Citrus bergamia* The bergamot orange tree is the result of the cross-breeding of the lemon tree and the orange tree. It is widely cultivated in the Southern part of Italy, was named after the city of Bergamo in Lombardy, Italy. It takes approx. 100 Bergamot Oranges to produce 3oz of essential oil. Bergamot is a great natural, chemical free mosquito repellent, deodorant, relaxing massage oil and can be used to make insect bite salves. It has a sweet, citrus spicy scent. It is frequently added to perfumes, cosmetic products. It blends well with cedarwood, citronella, clary sage, geranium, ho leaf, neroli, lavender, lemon, palmarosa, rosewood, tangerine and ylang ylang oils. Bergamot is frequently grown as a companion crop to vegetable gardens to shield crops from pest attacks as their roots have a potent odor.

Bergamot has a history of alleviating symptoms and complications of bacterial infections, speeding up the healing process for cold sores, prevents & improves skin health from fungal infections (apply topically for preceding issues), reduces anxiety and stress(diffuse).

Warning: Bergamot is a Photosensitizing oil, meaning it can make your skin very sensitive to the sun as it absorbs UV light which may lead to extreme sunburn. It is best to wait 72 hours after topical application before going outdoors with proper cover like long sleeve shirt etc. If you have sensitive skin, always use with a carrier oil.

**CEDARWOOD** – *Juniperus Virginiana* Cedarwood has an earthy aroma that is soothing and grounding. It's been used by the Sumerians, Egyptians, Tibetans throughout history and is mentioned multiple times in the bible. Cedarwood helps to stimulate the limbic system of the brain and in turn elevates our mood, helps us to relax. This is a great oil to help with focus as well as releasing emotional trauma trapped in the subconscious. Native Americans used it to enhance their spiritual connections. Cherokee in particular, believe cedarwood holds powerful protective spirits and wear a small piece around their neck in a medicine bag.

Cedarwood is known to have antiseborrheic (balances sebaceous glands helping to heal seborrhea), antiseptic, antispasmodic, tonic, astringent, diuretic, emmenagogue (stimulating blood flow in the uterus), expectorant, insecticidal, sedative and fungicidal properties. It is safe to apply to open wounds and protects from tetanus germs. It relieves inflammation in joints and tissues helping out with arthritis. Known to relieve muscle and nervous system spasms. It helps to keep organs healthy, and stimulates metabolism. It helps tighten, tones muscles and skin. Helps to keep brain functions, digestive systems, stomach and nervous system working smoothly. It boosts functionality of the kidney and liver.

Cedarwood oil strengthens the gums and helps to tighten the gums up against the teeth. It is used to heal UTI's and remove toxin accumulation in the blood. It naturally stimulates the menstruation cycle and re balance hormonal function. Diffuse or use in steaming bowl of water to improve symptoms of coughs and colds. It is frequently added to bug repellants for both people and pets. Use in diffusers to keep bugs out of the house or on back porch/patio to keep mosquitoes away. Sprinkle on camping gear to keep them away, sprinkle on your dog's collar to keep them away from. Cedarwood is an excellent sedative. It blends well with bergamot, cinnamon, frankincense, jasmine, lemon, lavender, rosemary. Cedarwood if accidentally ingested can cause vomiting, nausea and extensive damage to the digestive system, this is another important oil to keep out of the reach of children.

**CINNAMON BARK** – *Cinnamomum verum* is a small and bushy evergreen tree is native to Sri Lanka and currently grows in India, China, Myanmar, Bangladesh, and Indonesia. The papery brown bark of the tree has thick quills that roll inside one another and are harvested every 2 years. There are over 100 varieties. Cinnamon is one of the oldest spices known to man. It has been used in history as a medicine, cooking spice, drink flavoring, and as an embalming agent. Cinnamon used to be considered more valuable than gold. Cinnamon is antibacterial, anti-infection, antiseptic, anti-inflammatory and antifungal. It can be a natural pain reliever, expectorant, hypoglycemic, an aphrodisiac, insect repellent, an astringent, helps expel intestinal worms, aids in ridding the body of excess gas, promotes production of mother's milk and enhances the medicinal qualities of many other essential oils. Cinnamon oil tones the stomach and boosts the appetite and initiates the detoxifying response in the body.

When used in combination with other antibacterial oils like lemon, clove, eucalyptus, tea tree and rosemary, it kills almost 99% of airborne bacteria circulating in the air within minutes of diffusing. Add 4 drops of each oil together in a diffuser. This is a great use for a classroom or daycare! Adding cinnamon in its stick or powder form to foods gives stimulation to the pancreas and helps to lower blood glucose levels. Massaging onto the abdomen helps improve and stimulate digestive health. Add to bath water to help treat UTI's. Cinnamon oil can be a hot oil to some people, dilute with carrier until you know how you react to its use.

**CLOVE** – *Eugenia caryophyllata* A familiar spicy aromatic baking spice that historically has multiple medicinal uses. Native to Southeast Asia and produces 3 types of essential oils, the most popular being Clove Bud oil. Known for its antimicrobial, antifungal, antiseptic, antiviral, aphrodisiac, and stimulant properties it is also widely used for its benefits to oral health. It can help relieve toothaches and fight against bad breath, cavities, and mouth & throat infections. It is commonly added to dental products. Clove oil contains high amounts of Eugenol which can be effective in warding off insects (diffuse or add to lotion and apply), adds a warm note to perfumes, stimulate metabolism, improve circulation, indigestion, motion sickness, excessive gas (use with carrier and massage over abdomen. Helps relieve stress and lessen mental exhaustion by diffusing. It gives a nice warm relaxing effect on muscles when used with a carrier oil for massages. Use in a steam inhalation (steaming bowl of water) to relieve mucus and loosen phlegm.

Warnings: ALWAYS use this oil with a carrier oil for topical use. Some people may have a sensitivity to Clove oil due to the Eugenol content in it, use sparingly until you know how your body will react to it. In sensitive people it can be a photosensitive oil so be careful when using topically and being in the sun. Avoid using if you are on any anticoagulants and aspirin, are a diabetic (as can cause glucose to plummet) or have liver/kidney disease.

**EUCALYPTUS** - *Eucalyptus Globulus* or "Blue Gum" It is a fast growing evergreen tree native to Australia. The oil comes from the dried leaves which have a strong woody sweet smell. There are more than 700 Eucalyptus species, 500 of which are used for their oils. This one in particular is the most popular, widely used species. Australian Aborigines use eucalyptus leaf oil infusions as traditional medication for body pains, fever, sinus congestion, and colds. In the 1880s it was used as a powerful antiseptic during operations and to clean. In the 1940s it was registered as an insecticide and miticide here in the U.S.

It is used for inflammation of respiratory tract mucous membranes, coughs, asthma, bronchitis, sinus pain and inflammation, respiratory infections due to its antibacterial properties. It is also used as an antiseptic, insect repellent, and treatment option for wounds, burns, and ulcers. Eucalyptus oil is also popularly used as a fragrance in perfumes and cosmetics, and is found in mouthwashes, liniments and ointments, toothpastes,

cough drops, and lozenges. This oil is great for improving dental health due to the antibacterial properties of it. It has been known to stimulate the immune response in a person's body. Eucalyptus Oil helps to address mental exhaustion and stimulating blood flow to the brain when diffused. This is an oil that is commonly mixed with other oils or carrier oils or lotions to make it more easily absorbed by your skin. Typical dilution is 1 drop to 1-3 tsps of carrier oil or lotion. DO NOT use on the face of a child under 2 yrs old even diluted with carrier oil.

**FRANKINCENSE** – *Boswellia carteri* Frankincense is a milky white sap that is extracted from the tree bark, hardens into a gum resin for several days and then scraped off in tear-shaped droplets. Boswellia trees mostly grow in African & Arabian regions and has been traded for thousands of years. It was traditionally burned as incense and then the charred remains used as heavy kohl eyeliner by Egyptian women. Modern day it is mostly steam distilled to produce the essential oil. It has a woody, earthy, spicy, slightly fruity aroma which is calming and relaxing. Thru history it has been used as an anointing oil, improving ones spiritual connection, overcoming stress and despair. Diffusing the oil induces a feeling of mental peace, relaxation, relieves anxiety, anger and stress. This oil promotes healthy cell regeneration and keeps existing cells and tissues healthy. Great for skin health as it can help treat dry skin, reverse the signs of aging, and reduce appearance of stretch marks and scars. Also helps strengthen gums, hair roots, stops wounds from bleeding, speeds up the healing process of cuts, scrapes, bruises, insect bites. It helps your body detox, has the ability to pass the blood-brain barrier and stimulates not only the limbic system of your brain but also the hypothalamus, pineal and pituitary glands as well. Frankincense is anti-inflammatory, astringent, antiseptic, disinfectant, digestive, diuretic, and expectorant properties.

Frankincense oil benefits all the systems operating in the body, including the digestive, respiratory, nervous, and excretory systems. It also aids the absorption of nutrients and strengthens your immune system. Reduces inflammation in the body, helps to break up phlegm and relieve congestion, improve oral health issues, improves digestion by stimulating production of digestive juices, regulates estrogen production in women, and regulates the menstrual cycle. Diffuse or apply topically to affected areas. It is very rare that someone will react negatively to Frankincense. However, as with using any oil with children or sensitive adults, it is advised to use with a carrier oil.

**GERANIUM** – *Pelargonium graveolens* Native to South Africa, there are several varieties of geranium oil. It has a rosy smell and is called "the poor man's rose". It is frequently added to foods particularly beverages and candies, as well as perfumes. Geranium oil is used to treat acne, sore throat, anxiety, depression, and insomnia. It has a beneficial effect on menstruation and menopause. It can also uplift mood, lessen fatigue, and promote emotional wellness. It is known frequently to be used as an insect repellent as well as used to heal insect bites and stop itching. Can be used to massage tired muscles. Geranium oil contains antibacterial (known for preventing bacterial infections), antifungal, and antioxidant properties. It helps to eliminate appearance of scars, dark spots by improving blood circulation. Speeds healing of wounds by triggering blood clotting and stops toxins from reaching your bloodstream thru open wounds. It increases urinary production which aids in the detoxification of the body and aids in your digestive function. It can also serve as a deodorant helping to prevent body odor with its natural antibacterial qualities.

Using geranium oil in your diffuser can help lower your heart rate, stress levels by sending messages to your limbic system, clear breathing, balance blood pressure, and strengthen immune system.

ALWAYS dilute geranium oil before applying topically. Geranium should not be used on young children and never be placed near the nose of children. A safer option with the same effects would be lavender, lemon or jasmine oils for children.

**GRAPEFRUIT** – *Citrus paradisi* there is quite a bit of mystery about the history of the grapefruit and its origin. Many accounts show that it was first grown in Jamaica and given its name due to the fruit looking like large grapes as it grew. It is popularly known as a detoxification agent for the body as it help activate your lymphatic system. It is used to clear toxins, remove excessive fluids and help burn fat. It is frequently added to creams, lotions, soaps, shampoos. Grapefruit can help to suppress your appetite, helps to reduce the appearance of cellulite as it is rich in antioxidants and high in Vitamin C, addresses oily hair, used as an air freshener, deodorizer and a massage oil. It has many proven antimicrobial effects against bacterial infections like staph, e-coli, and salmonella so it is a powerful addition to homemade cleaners.

Being high in Vitamin C and antioxidants it can help support your immune system and help fight free radicals which prevent oxidation related damage to cells. It supports Endocrine and hormonal functions. It promotes the production of gastric juices which aid in your digestive function. It has a stimulating effect on your brain helping to keep you alert. Grapefruit oil should be mixed with a carrier oil as it is a very concentrated citrus oil. Diffusing is a widely popular use for its medicinal effects. As with all citrus oils, they increase photosensitivity (sensitivity to UV rays) avoid using this and other citrus oils before sun exposure.

**JASMINE** – *Absoluteum grandiflorum* Jasmine is a very warm, rich, beautiful, deeply floral aroma. It is a very rare oil that originates in India and the Middle East region. The flowers of a Jasmine plant only flower at night. The flower is often associated with romance and love. The many health benefits of Jasmine include antidepressant, the pleasing aroma has an uplifting effect and stimulates the release of certain hormones in the body. For this reason it is also known as an aphrodisiac. It is a very good antiseptic, disinfectant, expectorant, and sedative. It helps protect the uterus particularly after menopause. It is antispasmodic, therefore good for calming coughs, cramps, congestion, and asthma. Jasmine is great for applying topically to help fade scars, but never apply to open wounds as it can cause irritation to them. It is another oil that helps regulate menstrual cycle by balancing hormones. Jasmine is wonderful for stimulating milk supply in lactating mothers and helps protect against tumors. It helps in easing the birthing process and reduces labor pains when massaged on abdomen and lower back. It helps to combat post-partum depression in new mothers. HOWEVER, Jasmine should be avoided by pregnant women before the birthing process actually starts as it naturally stimulates the uterus to expel menstruation or babies while calming pains of doing so.

Jasmine blends well with all citrus oils, bergamot, rose, and sandalwood. Until you know if you are sensitive to Jasmine, use a carrier oil with it.

**LAVENDER** – *Lavandula angustifolia* Native to northern Africa, today it is typically grown throughout southern Europe, the United States and Australia. It has been used for over 2500 years. Persians, Greeks and Romans used to add the flowers to their bath water to purify their skin. In history it has also been used as a perfume, a natural disinfectant and deodorant, used for multiple medicinal uses and used in mummification. It has a sweet floral, woody, herbaceous scent. It is added to multiple products from candles to household cleaners.

Lavender is known for its anti-inflammatory, antifungal, antidepressant, antiseptic, antibacterial, and antimicrobial properties. It also has antispasmodic, analgesic, detoxifying, hypotensive, and sedative effects. Lavender oil is one of the most well-known and widely used essential oils in aromatherapy. Can be added to baths, showers, massaged on muscles for pain relief, used on burns, acne, cuts, scraps, insect bites. Use in a

diffuser or add a few drops to a bowl full of steaming water and inhale. Add to baking soda and use as a bathroom or kitchen scrub. Lavender oil is known for its antibacterial, antiviral, anti-inflammatory, antispasmodic, calming and relaxing properties, and has been used for alleviating insomnia, anxiety, depression, restlessness, dental anxiety, and stress. It has also been proven effective for everything from pain to infections. It relieves respiratory disorders, helps aid digestion, keeps hair healthy, repels mosquitoes, alleviate colds and flu, and get rid of headaches when applied to temples with peppermint oil. Helps balance blood pressure, helps restore hormonal balance.

Always use with a carrier oil, can cause allergic reactions in those who have particularly sensitive skin. Keep away from eyes and mucous membranes. A good way to test an oil is to put an undiluted drop on your arm and see if there is any reaction in the next 24 hrs before using.

**LEMON** – *Citrus limon* Lemon oil has a sweet, citrus, slightly sour aroma. It is used in desserts, beverages, candies etc. It has been used for 1000's of years in Ayurvedic holistic health. It's been used to effectively fight malaria and typhoid throughout history. Lemon oil is cleansing, purifying, natural disinfectant, helps with digestion and detoxifying the body, it quenches thirst easily, relieves nausea, prevents malabsorption, nourishes the skin, promotes weight loss and helps decrease cholesterol deposits in the blood vessels. It can be used to polish up wood, silver and jewelry. It is great at getting sticky goo off of things. It is a powerful immune support. Add it to laundry for a refreshing deodorizer. Lemon improves dopamine levels which enhances mood. Used as an addition to household cleaners it protects against E.coli, and Salmonella.

Lemon oil is a citrus oil so it carries with it the risk of being photosensitive. Use caution in the sun after applying topically. Many people think that it is okay to use lemon or other citrus essential oils in their water. This is NOT advisable. You have to remember that essential oils are VERY concentrated. 1 drop of lemon oil is equal to the limonene content of 30-40 lemons, when taken internally can result in serious internal organ damage.

**LEMONGRASS** – *Cymbopogon* the Lemongrass plant thrives in tropical and sub-tropical region, it grows in dense clumps with sharp edges leaves. It is a popular for being added to Asian cooking like curries, soups, and meat and seafood dishes. It is also used frequently to make a tea. There are over 50 varieties but only a few are used for their edible or medicinal purposes. It has a strong lemony, earthy scent. It is added to many skincare and cosmetic products. When paired with other oils like bergamot or geranium in a diffuser it makes a fantastic air freshener and deodorizer. Lemongrass is known for its ability to repel insects including ants. It relieves stress, anxiety, irritability, insomnia, relax and tone muscles, relieve muscle pain, cramps, tummy aches, toothaches, migraines & headaches. Kill your pet's fleas and lice by spraying diluted lemongrass oil all over his coat (can dilute with water or witch hazel for this purpose). You can also soak his collar in it, add it to his final rinse after shampooing, or spray it on his bedding. Lemongrass is known to have antifungal, analgesic, antiseptic, insecticidal, antipyretic, antidepressant and counterirritant properties to it. It has antimicrobial compounds to it which means it can help kill or suppress the growth of bacteria and fungi. Its limonene content helps reduce inflammation and kill bacteria as well.

Lemongrass works well for reducing pain and inflammation, hair problems, infections, fever, digestive issues. It allows nutrients to be absorbed better by the body which keeps your immune system strong. It is the highest ranked essential oil out of 91 oils tested for inhibitory activity against MRSA infections. Apply diluted to scalp and massage in then rinse out if you have hair loss, oily hair etc as it strengthens hair follicles. For other issues dilute and apply to affected areas. It can be diffused for stress/anxiety. ALWAYS dilute this oil

when applying topically due to its high citral content. You can not only mix this oil with a carrier oil to dilute but also blend with any of the following oils; basil, palmarosa, vetiver oil, lavender, rose, clary sage, patchouli, ginger, fennel, geranium, sandalwood, and cedar wood. Consult a doctor before use if you have liver or kidney disease or on blood pressure medications.

**MARJORAM** – *Origanum marjorana* Native to Europe, Central Asia and North America. It has a bright, sweet, balsamic aroma. Though it is close to oregano in taste, marjoram is not used as much in today's cooking. It has many medicinal properties to it. Marjoram is an analgesic, antispasmodic, anaphrodisiac (suppresses sexual desires), antiseptic, antiviral, antibacterial, expectorant, fungicidal, laxative. It promotes quick healing of wounds, helps lower blood pressure, reduce cramping during PMS, stimulates the digestion system and accelerates the body's detoxification. It promotes perspiration which also aids in removal of toxins from your body. Marjoram has a gentle warming effect on the body helping to rid the body of viruses and expel mucus, phlegm. It promotes healthy brain function and relieves headaches.

Marjoram blends well bergamot, cedar wood, eucalyptus and tea tree oil. It has a history of being used to help those at high risk for heart attacks or brain hemorrhaging due to hypertension. In this instance it is the herb itself being added to your diet that helps not ingesting the essential oil itself.

**MELALEUCA OIL** – Follow this link to learn about the history and uses of this oil  
<http://www.melaleuca.com/ProductStore/Product?sku=199>

**MYRRH** – *Commiphora myrrha* Myrrh is also an oil that comes from a dried resin extracted from this tree. Native to Northern Africa and Middle East. Myrrh means bitter in Arabic, referring to its bitter taste. It is listed in one of the oldest medical texts created/used by Egyptians. The Chinese valued it for its medicinal uses. It has a rich smoky balsamic aroma to it. It has long been valued for its wound healing properties. Its long been used as an incense and holy oil. It is commonly added to skin care products as it soothes cracked, chapped skin, weeping eczema, acne and prevents the signs of aging. It is helpful in treating hay fever, skin infections, fungal infections of the skin, eliminate dental infections. Due to its anti-inflammatory and antioxidant effects it affects certain parts of your brain helping to control your emotions and regulate hormone production.

Myrrh is a powerful antioxidant, antifungal, antiviral, anti-inflammatory, anti-parasitic, expectorant, and antispasmodic properties. This essential oil can help with many health conditions. Myrrh works well against colds, coughs, sore throats, congestion, upset tummies, diarrhea, gum/mouth disease, strengthens and activates your immune system, helps clear toxins from the body and promotes tissue repair, calming affects on the mind. Myrrh blends well with lavender, frankincense, sandalwood and all spice oils like cinnamon, clove etc. Not recommended for pregnant women, nursing moms or children under 6.

**ORANGE** – *Citrus sinensis* Orange oil has a wide variety of uses, from cooking & baking with it, flavoring sweets, beverages to using it in soaps, lotions, household cleaners, air fresheners. There are also many medicinal uses for Orange oil. It has mild aphrodisiac effects, it is an anti-inflammatory that helps fight against infections, relieve side effects of antibiotics, relieve gas and help reduce fever. I helps to balance the exocrine (sweat/saliva) and endocrine (hormone secreting) systems of the body. It inhibits microbial growth and disinfects wounds. It helps to remove excess gas from the intestines & promotes toxin elimination from the body (the best way to do this is to add a slice of orange to your water every day).

Orange oil brings happy thoughts to the mind, therefore it is effective in fighting depression and anxiety. It helps relieve muscle spasms and continual coughing spells. It is a natural sedative and helps you to naturally relax when diffused. Orange oil is very effective against killing housefly larvae and pupae.

Being a citrus oil, it is known for inducing photosensitivity. Avoid sun exposure after applying topically. It blends well with cinnamon, cloves, frankincense, and sandalwood.

**OREGANO** - *Origanum vulgare* Oregano is a hardy, bushy perennial herb and a member of the mint family. It is native to Europe but grows in many areas of the world. It has a warm spicy, camphor like aroma. It is widely used in cooking but also has many medicinal uses. Oregano contains nutrients like vitamins A, C, and E, calcium, magnesium, zinc, iron, potassium, manganese, copper, boron, and niacin. Oregano is a powerful antimicrobial oil that can help fight off infections. It also has antibacterial, antiviral, and antifungal properties. It is great for treating nail fungus, alleviating sinus infections and colds by steam inhalation. Mix with lemon oil and vinegar to wipe off surfaces as it has wonderful antiseptic properties also. There are many studies that have found Oregano oil to be effective against bacterial infections such as candida albicans (cause of yeast infections), staphylococcus, E. coli, campylobacter, salmonella, klebsiella, the aspergillus mold, giardia (a parasitic infection), pseudomonas (cause of UTI's), listeria and MRSA. Using fresh oregano in cooking helps to kill any food borne bacteria.

Oregano contains Thymol which is a natural fungicide, it also helps boost your immune system, shields against toxins, and helps prevent tissue damage and encourage healing. The oil contains antioxidants that help prevent free radical damage and acts as a natural antihistamine. It works well diluted to help heal poison ivy rashes, ward off insects, relieve bug bites, ease sore throats, and relieve muscle and joint pain. Oregano is a hot oil and it is a good idea to ALWAYS use it with a carrier oil.

**PATCHOULI** – *Pogostemon cablin* Patchouli is a close relative of mint, lavender and sage. It has a earthy, smoky, spicy, musky aroma to it. It originates from Southeast Asia, but is also today grown in South America and Hawaii. This is one of those essential oils that gets better with age. As it ages its scent becomes smoother and richer. Historically, Patchouli was very valuable even to the point of being exchanged for gold. King Tut requested to have 10 pounds of patchouli oil buried with him. Romans used it as an appetite stimulant. It has long been used in Asian medicine to treat skin and hair problems. It was used to heal wounds and reduce scarring. It also has aphrodisiac effects.

It is frequently used as a moth repellent for fabrics that are exported to other countries. Today it is used as a fragrance in skin and personal care products, air fresheners, laundry detergents, paper towels and as incense. It has a calming effect and can be used in a diffuser for meditation, you can mix it into your lotions, shampoos or bath water. Dilute and massage into skin to reduce wrinkles, cellulite, soothe cuts, scrapes, burns and insect bites. Add a few drops to your wrist to keep ants, bedbugs and other pests away. Put 2-3 drops on a cotton ball and apply to underarms as a natural deodorant. It has neuroprotection, anti-inflammatory and anti-influenza properties. Diffuse for these particular effects. Apply topically, diluted for helping to reduce fever, stimulate the sex hormones in men and women by increasing estrogen in women and testosterone in men, apply to throat to help soothe tonsillitis symptoms. Applying it topically helps transmit messages to the limbic system which controls emotions and influences the nervous system. Keep oil away from eyes, ears and nose. Patchouli oil can have sedative effects when used in large amounts and can cause photosensitivity as well as appetite loss.

**PEPPERMINT** – *Mentha piperita* Peppermint is a minty, HOT oil. Hot meaning just that, if not diluted it can burn the skin. It is a hybrid of the spearmint plant. It has been used for centuries for medicinal uses. Most often for tummy aches, headaches and muscle aches. Peppermint has antiviral, antimicrobial, antifungal, antioxidant, analgesic, and anti-edema properties. It eases abdominal pains by allowing gas to pass thru freely and is effective in relieving IBS symptoms.

Peppermint oil can be used as an expectorant and decongestant. It can clear up phlegm in your respiratory tract when used as a chest rub or inhaled when diffusing in a room. Use with a carrier oil to massage into sore, tired muscles. Peppermint oil can be used diluted on shingles rash to reduce pain from it. When added to shampoos, soaps it gives these products antiseptic and antimicrobial properties. It helps cool skin if you have a sunburn or fever, also eliminates dandruff and lice from the scalp. Most lip balms include peppermint oil as it can heal cracked lips. It is used in dental products to prevent bad breath, and keep cavity causing bacteria down in the mouth. Peppermint oil is used to alleviate stress and reduce mental fatigue. It is also used as an insect repellent.

ALWAYS use with a carrier oil, avoid using peppermint oil if you suffer from GERD, or gallstones as it can cause acid to rise up thru the esophagus and cause gallbladder inflammation. This includes any food items that may contain peppermint oil. Peppermint is a stimulant so avoid using it daily or it will interfere with sleep.

**ROSEMARY** – *Rosemarinus officinalis* Rosemary has a strong clean woody herb aroma, it has been used in food dishes & teas for centuries. It is said to have been named after the Virgin Mary and was considered sacred by Egyptians, Hebrews, Greeks, Romans and was used in the Middle Ages to ward off evil spirits and protect against the plague. It has the ability to strengthen the entire body, especially those sensitive organs like the liver, heart and brain. Rosemary has a thousand uses. For food dishes you use the herb itself not the oil.

Rosemary oil has analgesic, antibacterial, anticancer, anti-catarrhal, antifungal, anti-infection, anti-inflammatory, antioxidant, and expectorant properties. Great for improving mental clarity, added to lotions, shampoos (helps with hair growth and dandruff), soaps, mix with carrier and apply to chest and throat every few hours to soothe coughs. Diffuse in a room to improve learning and memory and headaches. Frequently used in mouthwashes, toothpastes to improve dental health. Add to your pets shampoo to produce shiny healthy coats. Rosemary can be used as a disinfectant alone or added to your current cleaners for an added boost. Use topically for pain relief, indigestion. Diffuse for stress relief by reducing cortisol levels. It also enhances cognitive function. Rosemary is one of the few oils that can be used without dilution.

**SANDALWOOD** – *Santalum austrocaledonicum* Derived from the wood of the sandalwood tree and is native to East India. It is preferred to distill the oil from trees that are 40-80 yrs old as they contain the most oil and result in a stronger aroma. The highest concentrated oils come from the roots. It has been used for over 4000 years and is known for its exotic scent that is used in fragrances, cosmetics, personal care products and in meditation. Traditionally used in India's holistic health system, Ayurveda, for many medicinal properties including mental health disorders. Many temples were built from sandalwood as were pieces of furniture, today it is only used for essential oil purposes to prevent the trees from going extinct. It is an antiseptic, anti-inflammatory, antispasmodic, expectorant, memory booster, disinfectant, deodorant, astringent, aphrodisiac, and an emollient.

In skincare it can assist with rashes, scar tissue, eczema, psoriasis, acne, dandruff, itching, inflammation, dehydrated skin. Diffusing or doing a few drops in a steaming bowl of water helps with respiratory concerns or skin conditions of the face. This also helps to relieve stress, anxiety, depression. Typically you always want to



use a carrier oil with sandalwood when using on children, it is a very potent oil. Mix with lotions to add a nice scent to it and enhance moisturizing effects. It blends well with bergamot, geranium, myrrh, lavender, ylang ylang and clove. Some people can develop a photosensitivity to sandalwood so use caution in sun exposure after applying until you know how it affects you. Sandalwood can be calming to pets however it is toxic to cats. You should not diffuse in your home if cats are present.

**WINTERGREEN** – *Gaultheria procumbens* A small shrubby evergreen plant native to North America. The leaves are harvested and used for the oil. Native Americans widely used wintergreen to treat respiratory tract infections. They also chewed the leaves to increase endurance and respiratory capacity helping them run long distance. They also brewed teas from it for medicinal uses. It has a sweet minty fresh aroma.

This is a VERY powerful oil and should ALWAYS be used with a carrier oil no matter who uses it. Diluted it can be applied topically; it can be diffused in a diffuser without dilution. It's most popular use today is in massage oils or muscle creams to relieve muscle cramps, joint pain, bone pain as it contains methyl salicylate. It has powerful mentally stimulating effects to increase your attentiveness and your sensory system.

It is used as an analgesic, anti-rheumatic, anti-arthritic, antispasmodic, antiseptic, aromatic, and has astringent properties. It is said to help tone the skin and prevent acne, but must be well diluted. Can help aid in healing dandruff toning the hair roots, again use well diluted and wash out after a few minutes. Wintergreen helps prevent infections as it can be fatal to bacteria and fungi. Use only in a diffuser or steaming bowl of water for this health effect, do not apply topically to open wounds. Wintergreen warms muscles and tissues which stimulates blood circulation and urination, reducing inflammation and speeding up the removal process of uric acid buildup. Both of these actions help reduce effects of rheumatoid arthritis. Keep Wintergreen out of the reach of children at home at all times. 1 single teaspoon of ingested wintergreen oil is equal to approximately 90 baby aspirin and can be fatal. Children are easily tempted to ingest it do to its pleasant smell. If you are allergic to aspirin, do not use wintergreen oil. ALWAYS test Wintergreen oil on your arm before using.

**YLANG YLANG** – *Cananga odorata* Ylang Ylang is native to the Philippines and Indonesia. It is used frequently in aromatherapy for its stress reducing properties. It has the same affect whether it is diluted, massaged in or diffused. It has been shown to reduce elevated blood pressure when diffused. It can reduce fever, headaches, insomnia, muscle tension, help fight against colds and sinus infections. It has been shown in the past to increase libido. Ylang Ylang is a nice addition to insect repellants and perfumes. There is still quite a bit of research to be done on this particular oil. It should always be used with a carrier oil until you know you are not sensitive to it.