

Essential Oils for Men

Essential oils are not just for the ladies. Many men enjoy the use of essential oils. In fact, entire lines of aromatherapy products are used by men. They include Soaps, beard oils, aftershave splashes, shampoos, and products for their fragrance.

Generally speaking, men tend to lean toward the earthy, spicy and musky fragrances. However, citrus and mint are also popular. Patchouli, Sandalwood, Oakmoss, Bay, Cedarwood, Cypress, Ginger, Black Pepper, Vanilla, and Vetiver are oils that are the most strongly favored by men.

Below is an expanded list of essential oils that are generally considered favorites amongst men. This is not necessarily an all-inclusive list, and every man has his own unique preferences. This list does not include any of the floral essential oils, but many men do enjoy the aroma and therapeutic benefits of some of the florals, particularly lavender, neroli and jasmine.



Essential Oils for Men:

Earthy/Spicy/Sporty/Woody/Masculine Essential Oils and Absolutes

Allspice	Cypress, Blue	Myrtle, Lemon
Ambrette Seed	Davana	Neroli
Angelica Root	Fennel	Nutmeg
Amyris	Fir Needle	Oakmoss
Anise	Frankincense	Orange, Bitter
Balsam, Peru	Ginger	Orange, Sweet
Basil	Grapefruit	Oregano
Bay	Gurjum Balsam	Palo Santo
Bay Laurel	Helichrysum	Parsley
Beeswax	Holy Basil	Patchouli
Benzoin	Hyssop	Pepper, Black
Bergamot	Immortelle	Petitgrain
Blue Cypress	Juniper Berry	Pine, Scotch
Cajeput	Kanuka	Sage, Spanish
Cananga	Lime	Sandalwood
Caraway Seed	Mandarin	Spruce
Cardamom	Manuka	Star Anise
Carrot Seed	Marjoram	Tagetes
Cedarwood, Atlas	May Chang	Tangerine
Cedarwood, Virginian	Melissa	Thyme
Cinnamon	Mullein	Tobacco
Clary Sage	Myrrh	Vanilla
Coriander	Myrtle	Vetiver
Cypress		