



Essential Oils used in Aromatherapy and Benefits

Note Category	Essential Oil	Benefits & Uses
Top Note	Lemon	Energizing, antibacterial, helps clarify skin, lifts mood; great in facial cleansers and morning diffusions.
Top Note	Peppermint	Stimulates focus, reduces fatigue, clears sinuses; ideal for massage oils and invigorating treatments.
Top Note	Eucalyptus	Respiratory relief, purifies air, clears congestion; used in steams and purifying facial treatments.
Middle Note	Lavender	Soothes anxiety, promotes healing, reduces redness; used in calming facial masks and massage oils.
Middle Note	Geranium	Balances hormones, improves skin elasticity, uplifts mood; ideal in toners and balancing treatments.
Middle Note	Chamomile	Calms sensitive skin, reduces inflammation, aids sleep; suitable for sensitive-skin facials and sleep blends.
Base Note	Frankincense	Promotes cellular regeneration, reduces stress, anti-aging; used in facial serums and grounding blends.
Base Note	Sandalwood	Deeply relaxing, supports meditation, nourishes dry skin; excellent in nighttime beauty rituals and massage.
Base Note	Patchouli	Earthy grounding scent, aids in skin regeneration, eases stress; used in body oils and mature skin treatments.
Top Note	Bergamot	Uplifting and antibacterial; helps with oily skin and acne. Supports emotional balance in aromatherapy.
Top Note	Grapefruit	Stimulates circulation, tones skin, supports lymphatic drainage. Great in cellulite and detox treatments.
Middle Note	Rosemary	Stimulates hair growth, improves focus, reduces dandruff. Used in scalp massages and mental clarity blends.
Middle Note	Ylang Ylang	Balances sebum production, enhances mood. Used in skin and scalp balancing products and emotional blends.
Middle Note	Clary Sage	Hormone-balancing, reduces stress, soothes inflamed skin. Ideal in PMS blends and calming facial serums.
Base Note	Cedarwood	Strengthens hair, reduces oily scalp, calming. Used in anti-hair loss treatments and grounding massage oils.
Base Note	Myrrh	Heals cracked skin, anti-inflammatory, deeply grounding. Used in anti-aging and restorative skin treatments.
Base Note	Vetiver	Regenerates skin cells, deeply grounding, reduces anxiety. Ideal in healing balms and meditative blends.