



Benefits and Uses of 10 of the Most Healthful Essential Oils

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BERGAMOT

Citrus bergamia



Bergamot essential oil is fresh and citrusy with spicy undertones. Its name in Turkish translates to “King of the Pears,” which fits perfectly with the fruit’s pear-shaped peel that is cold pressed to create the oil. Known as one of the most versatile oils in existence, Bergamot has the ability to adapt to the specific needs of the person using it.

Bergamot oil is known as a terrific natural deodorizer by both eliminating odors and adding its inherent sweet, ripe scent. It can be diffused or applied topically to bring about a relaxing, calm environment where individuals can build confidence and uplift their mood. Bergamot oil can also be taken internally to help regulate appetite.

Actions: analgesic, anthelmintic, antidepressant, antiseptic (pulmonary, genito-urinary), antispasmodic, antitoxic, carminative, digestive, diuretic, deodorant, febrifuge, laxative, parasiticide, rubefacient, stimulant, stomachic, tonic, vermifuge, vulnerary

BERGAMOT

Citrus bergamia



Diffuse Bergamot oil in a diffuser, or add to a Veggie Cap and take by mouth, to help regulate appetite naturally.

Massage 2-3 drops of Bergamot oil over the abdomen to promote normal digestive function and minimize flatulence.

Add Bergamot oil to a carrier oil and rub directly on skin to help minor skin impurities.

Add Bergamot oil to Fractionated Coconut Oil and apply to minor cuts and scrapes.

Splash a few drops of Bergamot oil in a sauna or steam room to help promote detoxification.

Bergamot oil has been used in Italian folk medicine for many years, primarily for fever (including malaria) and worms.

Research has also shown that Bergamot oil is particularly useful for mouth, skin, respiratory, and urinary tract infections.

CINNAMON

Cinnamomum verum



The use of cinnamon is recorded in Ebers Papyrus, one of history's oldest Egyptian medical texts; this document, which dates back to about 1500 BC, contains more than 700 remedies for multiple symptoms. Cinnamon is only harvested every two years, and then steam distilled, to create the highest quality oil possible. Cinnamon essential oil is known for its variety of uses and applications.

The scent of Cinnamon oil stirs the appetite, arouses and warms the senses, and can create feelings of comfort. Other benefits include helping maintain healthy blood sugar levels and promoting normal immune system function. Mentally, Cinnamon oil helps release frustration and anger and attracts wealth by transforming our beliefs about limitations and shortcomings into prosperity and abundance.

Actions: anthelmintic, antidiarrheal, antidote (to poison), antimicrobial, antiseptic, antispasmodic, antiputrescent, aphrodisiac, astringent, carminative, digestive, emmenagogue, hemostatic, orexigenic, parasiticide, refrigerant, spasmolytic, stimulant (circulatory, cardiac, respiratory), stomachic, vermifuge.

CINNAMON

Cinnamomum verum



Diffuse Cinnamon, Clove, Eucalyptus Radiata, Lemon, and Rosemary oils in a diffuser to help purify the air.

Add 1 drop of Cinnamon oil to certain dishes when cooking to enhance flavor.

Add 1-2 drops Cinnamon oil to a warm bath to awaken the senses and increase energy levels.

Dilute to 20% Cinnamon oil and 80% Fractionated Coconut Oil and rub over the heart, into the soles of the feet, or around the neck to increase your body temperature.

Add 1 drop of Cinnamon oil to tea or ice water to freshen breath and cleanse the digestive track.

Mix Cinnamon, Orange, Clove, and Tangerine oils in a diffuser to create a wintery holiday scent.

EUCALYPTUS

Eucalyptus globulus



Eucalyptus Globulus essential oil, also known as Blue Gum Eucalyptus, has a crisp, stimulating aroma that makes it perfect for aromatic and topical use. It contains a high percentage of eucalyptol, which is also found in other botanicals such as bay leaves, sweet basil, rosemary and sage.

Eucalyptus Globulus oil contains a variety of purifying properties. It is often employed to help support healthy respiratory system function. Eucalyptus Globulus oil also has a calming effect on the mind and body, including relieving sore muscles after exercise and increasing concentration. It is stronger than Eucalyptus Radiata oil, so extra care should be taken when using with children, the elderly, and those with sensitive skin.

Actions: analgesic, antineuralgic, antirheumatic, antiseptic, antispasmodic, antiviral, balsamic, cicatrisant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycemic, parasiticide, prophylactic, rubefacient, stimulant, vermifuge, vulnerary.

EUCALYPTUS

Eucalyptus globulus



Rub 2-3 drops of diluted Eucalyptus Globulus oil into palms and inhale to promote normal respiratory function.

Add a few drops of Eucalyptus Globulus oil to a warm bath and soak in it to relieve sore, overused muscles.

Massage 2-3 drops of Eucalyptus Globulus oil – diluted to 50% – into sore muscles as needed to soothe them, especially after heavy physical exertion.

Diffuse Eucalyptus Globulus oil in a diffuser to promote normal immune system function, improve concentration, aid in frequent sneezing, and support respiratory function.

Apply a few drops of diluted Eucalyptus Globulus oil to bug bites, as well as minor cuts and scrapes, to aid in purifying and cleansing.

Massage 1-2 drops of Eucalyptus Globulus oil – diluted to 50% – over the abdomen to promote normal intestinal function.

EUCALYPTUS

Eucalyptus globulus



Apply Eucalyptus Globulus oil – diluted to 50% – or diffuse with Peppermint oil in a diffuser for a natural, chemical-free insect repellent.

Mix Eucalyptus Globulus oil with Bergamot oil and a carrier oil and apply inside the mouth to aid in oral health.

Diffuse Eucalyptus Globulus, Cinnamon, Clove, Lemon, and Rosemary oils in a diffuser to purify the air in your home, office, or car.

A traditional household remedy in Australia, the leaves and oil of Eucalyptus Globulus are used especially for respiratory ailments such as bronchitis and cough, and the dried leaves are smoked like tobacco for asthma.

Eucalyptus Globulus is also used for feverish conditions (malaria, typhoid, cholera, etc.) and skin problems such as burns, ulcers, and wounds.

FRANKINCENSE

Boswellia frereana



Frankincense has long been considered a most holy and precious oil. It is carefully extracted from the resin of the *Boswellia frereana* tree. Frankincense essential oil's intrinsic value is based on its broad uses and benefits, which date back to early Egyptian accounts; that value remains today, as Frankincense continues to be highly sought after, studied, and employed by health-conscious consumers and practitioners worldwide.

Frankincense oil has a pleasant, spicy aroma that promotes relaxation and tranquility. When inhaled, it sends messages to the brain's limbic system, which controls functions such as emotion, behavior, motivation and long-term memory; in other words, Frankincense oil can be used to ease stress and enhance your mood. It is also used to improve skin because of its natural anti-aging and cell-protective properties.

Actions: anti-inflammatory, antiseptic, astringent, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary.

FRANKINCENSE

Boswellia frereana



Diffuse Frankincense in a diffuser or rub into palms and inhale— particularly in the morning or sleepy afternoon hours—to awaken and focus the mind.

Rub Frankincense oil on the bottoms of the feet to dismiss feelings of nervousness or tension.

Add a few drops of Frankincense oil to a hot wash cloth and run over the face to rejuvenate and hydrate skin.

Massage a few drops of Frankincense oil on temples to enhance mood.

Apply Frankincense oil to minor cuts or skin irritations to clean them as well as reduce the appearance of scars or stretch marks.

Put a drop of Frankincense oil on insect bites to relieve itching and speed recovery.

LEMON

Citrus limon



Lemon essential oil is crisp and refreshing, with an array of everyday uses and health benefits. It has become a go-to oil for newcomers and veteran users alike, employed extensively in cooking, cleaning, topical application, aromatherapy, ingestion, and much more. Lemon oil is also rich in antioxidants, which protect cells from damaging free radicals.

Lemon oil was used by ancient Egyptians centuries ago to detoxify the body. Lemon oil also helps support the immune system. It has a clean, fragrant scent that makes it perfect for diffusing.

Actions: anti-anemic, antimicrobial, antirheumatic, antisclerotic, antiscorbutic, antiseptic, antispasmodic, antitoxic, astringent, bactericidal, carminative, cicatrizant, depurative, diaphoretic, diuretic, febrifuge, hemostatic, hypotensive, insecticidal, rubefacient, stimulates white corpuscles, tonic, vermifuge.

LEMON

Citrus limon



Massage a few drops of Lemon oil on the chest and throat several times daily to help clear airways.

Add 2-3 drops of Lemon oil to tea or hot water and drink to support your immune system.

Add 2-3 drops of Lemon oil to your favorite beverage or daily water to aid in digestion, boost your metabolism, and provide rich antioxidants.

Rub 1-2 drops of Lemon oil into palms and inhale to invigorate the mind and body.

Add 1-2 drops of Lemon oil to your toothbrush every few days to keep it clean and fresh.

Add 4-5 drops of Lemon oil to warm water and gargle to aid in oral health.

Massage 6-8 drops of Lemon oil over the stomach area, or add a few drops to tea or a Veggie Cap and consume, to promote normal digestive health.

LEMON

Citrus limon



Add several drops of Lemon oil to water in a spray bottle or small bucket to clean and freshen floors, countertops, and other surfaces naturally.

Use 2-3 drops of Lemon oil to clean oily or greasy stains from most surfaces.

Add a few drops of Lemon oil to grilled vegetables, meat, seafood or dessert dishes to enhance their flavor.

Place a clean, wet sponge in your empty microwave oven, spray the entire inside with 2 ounces of distilled water mixed with 3-5 drops of Lemon oil, and microwave for 2 minutes to clean and freshen the inside.

Mix a few drops of Lemon, Orange, Tangerine, True Lavender, and Grapefruit oils with distilled water in a mister and spray in bathrooms, kitchens, locker rooms, and other areas to remove unpleasant odors.

Diffuse Lemon, Cinnamon, Clove, Eucalyptus Radiata, and Rosemary oils in a diffuser to purify the air in your home, office or car.

MYRRH

Commiphora myrrha



Myrrh has been used for centuries for its various benefits and is even mentioned in one of the oldest known medical records, Ebers Papyrus. It was commonly used for various health benefits in Greece and as a perfume in ancient Egypt. Myrrh oil contains a warm, woody scent that can help ground those who use it.

Myrrh Essential Oil can be used to help maintain oral health, normal blood circulation, and normal digestive function. Being a powerful antioxidant, it is commonly used to assist in dry skin relief, stimulating hair growth and promoting normal intestinal function. Myrrh is a reputable essential oil to aromatherapy enthusiasts, especially around the holidays, due to its comforting and uplifting scent.

Actions: anticatarrhal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, astringent, balsamic, carminative, cicatrisant, emmenagogue, expectorant, fungicidal, revitalizing, sedative, stimulant (digestive, pulmonary), stomachic, tonic, uterine, vulnerary.

MYRRH

Commiphora myrrha



Diffuse Myrrh oil in a diffuser to help you feel more grounded and uplifted.

Mix 1-3 drops of Myrrh oil into your moisturizer or add to Fractionated Coconut Oil to moisturize chapped lips or to soothe dry skin.

Swish a few drops of Myrrh oil and water in your mouth for a natural mouth rinse to aid in oral health.

Massage 2-3 drops of Myrrh oil into sore muscles to help soothe them.

Add a few drops of Myrrh oil and Fractionated Coconut oil to a Veggie Cap and consume to promote normal digestive health.

In the West, Myrrh is used for arthritis, menstrual problems, sores, and hemorrhoids. In China, Myrrh is considered to have an 'opening, heating, drying nature,' good for asthma, coughs, common cold, catarrh, sore throat, weak gums and teeth, ulcers, and sores

OREGANO

Origanum vulgare



Oregano – a member of the mint family – is a well-known culinary herb that can be found in kitchens around the world. Its name is derived from a Greek word that means “joy of the mountains.” It takes 1,000 lbs. of flowering oregano herbs to produce just 1 lb. of Oregano essential oil.

Due to Oregano oil’s various cleansing properties, it has a wide array of uses. Its sharp and herbaceous scent has a positive influence on mind, body, and spirit, making individuals feel more safe and secure.

Oregano oil has been used as a traditional remedy for digestive upsets, respiratory problems (asthma, bronchitis, coughs, etc.), colds and flu, as well as for inflammations of the mouth and throat.

Actions: analgesic, anthelmintic, antirheumatic, antiseptic, antispasmodic, antitoxic, antiviral, bactericidal, carminative, choleric, cytophylactic, diaphoretic, diuretic, emmenagogue, expectorant, febrifuge, fungicidal, parasiticide, rubefacient, stimulant, tonic.

OREGANO

Origanum vulgare



Rub 1-2 drops of Oregano oil into palms and inhale deeply through the nose and mouth, or diffuse in a diffuser to promote normal respiratory function.

Massage 1-2 drops of diluted Oregano oil into calluses to help ease them.

Dab 1-2 drops of diluted Oregano oil in mouth to aid in oral health.

Add a few drops of Oregano oil to bath water to aid your immune system.

Dilute Oregano oil to 50% and rub over the chest, or diffuse in a diffuser with Eucalyptus Radiata or Eucalyptus Globulus oil to aid in normal respiratory function.

Add a few drops of Oregano oil to a Veggie Cap and consume to promote normal immune system function.

PEPPERMINT

Mentha piperita



Peppermint is a powerful, distinct essential oil that immediately ignites the senses. It has definitely earned its reputation as one of the most fresh and familiar oils available today. Once inhaled or consumed, it goes right to work stimulating the mind and body.

Various groups and individuals throughout history have studied the beneficial effects of Peppermint oil. It is extensively used aromatically, topically and internally to relieve stress, freshen breath, and aid in digestive health. Massaging with Peppermint oil can also help relieve skin redness, irritation, and overused muscles. One of the most popular ways to use Peppermint oil is through diffusion, which instantly refreshes the ambiance of any area.

Actions: analgesic, anti-inflammatory, antimicrobial, antiphlogistic, antipruritic, antiseptic, antispasmodic, antiviral, astringent, carminative, cephalic, cholagogue, cordial, emmenagogue, expectorant, febrifuge, hepatic, nervine, stomachic, sudorific, vasoconstrictor, vermifuge.

PEPPERMINT

Mentha piperita



Diffuse Peppermint oil in a diffuser, or rub a few drops into the palms and inhale, to aid in clearing airways and promoting normal respiratory health.

Add Peppermint oil to Fractionated Coconut Oil and apply gently to sunburned skin to reduce redness, ease inflammation, and cool the affected area.

Rub 4-5 drops of Peppermint oil – diluted to 50% – on temples, neck, shoulders, and ears to naturally cool the body.

Add Peppermint oil to a diffuser to freshen the air and even help curb your appetite.

Rub 1-2 drops of Peppermint oil into palms and inhale, or dilute to 50% and massage directly on the abdomen to promote normal digestive and intestine function.

Add 1-3 drops of Peppermint oil to drinks to add taste and increase concentration.

PEPPERMINT

Mentha piperita



Put a few drops of Peppermint oil in a Veggie Cap and take by mouth as a natural dietary supplement and to freshen breath.

Dilute 3 drops of Peppermint oil, 5 drops of Rosemary oil, and 4 drops of True Lavender oil with 1 teaspoon of Fractionated Coconut Oil and rub on sore feet after a walk or run.

Peppermint oil has been used extensively in Eastern and Western medicine for a variety of complaints, including indigestion, nausea, sore throat, diarrhea, headaches, toothaches, and cramps.

Peppermint is current in the British Herbal Pharmacopoeia for intestinal colic, flatulence, common cold, vomiting in pregnancy, and dysmenorrhea.

Peppermint does not occur in nature but is a triple hybrid between *M. aquatica* and *M. spicata* (the latter itself is a hybrid between *M. suaveolens* and *M. longifolia*).

TEA TREE

Melaleuca alternifolia



Tea Tree essential oil – also known as “melaleuca” oil – has been used by countless cultures and holistic medicine practitioners worldwide. Tea Tree oil’s woody and herbaceous scent refreshes and cleanses the mind and body.

Tea Tree has become an extremely popular oil thanks to its ability to promote normal immune system function. Tea Tree oil also protects the skin from harmful sun damage and can be used to assist in ridding the skin of occasional blemishes.

The name “Tea Tree” derives from its local usage as a type of herbal tea, prepared from the leaves. Present knowledge of the properties and uses of Tea Tree is based on a very long history of use by the aboriginal people of Australia.

Actions: anti-infectious, anti-inflammatory, antiseptic, antiviral, bactericidal, balsamic, cicatrizant, diaphoretic, expectorant, fungicidal, immunostimulant, parasiticide, vulnerary.

TEA TREE

Melaleuca alternifolia



Add 1-2 drops of Tea Tree oil to your normal face cleanser, or apply directly to skin to help clear blemishes.

Massage 1-2 drops of Tea Tree oil onto the chest or reflex points of the feet to promote normal respiratory function.

Diffuse Tea Tree oil in a diffuser to cleanse the air.

Apply a few drops of Tea Tree oil topically as needed to occasional skin irritations to aid in restoration.

Tea Tree oil is unusual in that it is active against all three varieties of infectious organisms: bacteria, fungi, and viruses.

Tea Tree is a very powerful immunostimulant, so when the body is threatened by any of these organisms, Tea Tree increases its ability to respond.

TEA TREE

Melaleuca alternifolia



Tea Tree oil is widely used in ointments and creams to treat insect bites, wounds, abrasions, acne, skin infections, and fungal infections (including athlete's foot and thrush).

Popular in aromatherapy, Tea Tree can be used directly on the skin and does not irritate mucous membranes.

Diluted Tea Tree oil is sometimes used internally as a mouthwash in case of mucosal inflammations, such as tonsillitis, pharyngitis, and sinusitis, and to treat catarrh of the upper respiratory tract.

Tea Tree oil is used as an antiseptic and preservative in cosmetic products. It is also employed in soaps, toothpastes, deodorants, disinfectants, gargles, germicides, aftershaves, and spicy colognes.

TRUE LAVENDER

Lavandula angustifolia



Known as one of nature's most fragrant and versatile oils, True Lavender offers a wide array of aromatic, topical and internal uses. It also plays well with others, combining flawlessly with almost all oils including Lemon, Peppermint, Orange, Grapefruit, Rosemary, Bergamot, and Roman Chamomile.

Lavender oil has been used for thousands of years to calm and relax the mind and body. Its sweet, soothing aroma can help improve balance, energy, and overall well-being. It is also highly sought-after for use in skin care, beauty, and natural cleaning products. True Lavender oil may be used to soothe occasional cuts, bruises and skin irritations. It has recently become popular in kitchens and restaurants worldwide as a way to add variety and rich flavor to dishes.

Actions: analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choleretic, cicatrizant, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, vulnerary.

TRUE LAVENDER

Lavandula angustifolia



Diffuse True Lavender oil in a diffuser to freshen the air in and uplift the mood of your home, office, or other areas.

Add a few drops of True Lavender oil to a warm bath or rub onto your chest, neck, feet, pillows or bedding to promote relaxation before and during sleep.

Massage a small amount of True Lavender oil on or around skin irritations, bug bites, acne, minor cuts, and bruises to improve the look and feel of skin.

Rub True Lavender oil on chapped lips or skin to moisturize and condition them.

Add a few drops of True Lavender oil to grilled vegetables, meat, seafood or dessert dishes to enhance their flavor naturally.

Put one or two drops of True Lavender oil in a Veggie Cap and take by mouth – or add to your favorite beverage consume as a natural dietary supplement.

TRUE LAVENDER

Lavandula angustifolia



Massage 4-6 drops of True Lavender oil into overused muscles to ease muscle tension.

Gently apply a few drops of True Lavender oil to sunburned skin to reduce redness, ease inflammation, and cool the affected area.

Massage 1-3 drops of True Lavender oil on temples, over sinuses, and on the forehead to ease tension.

Rub 1-2 drops of True Lavender oil into palms and inhale, or cup in front of someone else's nose, to relieve shock.

Mix a few drops of True Lavender, Lemon, Tangerine, and Grapefruit oils with distilled water in a mister and spray in bathrooms, kitchens, locker rooms, and other areas to cleanse and fight unpleasant odors.

Dilute 4 drops of True Lavender oil, 3 drops of Peppermint oil, and 5 drops of Rosemary oil with 1 teaspoon of carrier oil and rub on sore feet after a walk or run.