Oil	Oil Properties		Uses
Galbanum	- anti-arthritic - anti-rheumatic - antispasmodic	- stimulant - decongestant	Joint and muscle pain, arthritis, rheumatism, spondylitis, swollen extremities, sluggish circulation, coughing, chest infection ad congestion, sinusitis, nasal congestion.
Geranium	- antifungal - analgesic - antidepressant	- antiseptic - astringent - antibacterial	Dermatitis, psoriasis, eczema, rosacea, sunbums, acne, premature skin aging, boils, sores, muscle pain, degenerative joint diseases, stress, depression, nervous tension, anxiety, sleep disorders, loss of muscle tone.
Ginger	- analgesic - antisaptic - antispasmodic	- expectorant - stimulant - tonic	Cough, pulmonary issues, nasal and lung congestion, sore throat, throat infections, arthritis, rheumatism, muscle strain, sprains, joint pain, abdominal cramping, digestive issues, lack of confidence, depression, lethargy.
Grapefruit	- antidepressant - antiseptic - astringent		Cold, flu, respiratory congestion, swollen feet, edema, insomnia, stress, depression, lack of focus and concentration, low self-esteem and confidence, acne, dermal offiness.
Helichrysum	- antispasmodic - antimicrobial - anti-inflammatory	- expectorant - anti-septic - diuretic	Stress, despair, anger and anguish, imitability, emotional pain, insomnia, restlessness, skin aging, dry skin, inflammatory skin disorders, dermatitis, psoriasis, eczema, rosacea, cold, cough, allergic rhinitis, muscle and joint pain, nerve pain, tinnitus, boils, sores, open wounds.
Hyssop	- astringent - stimulant - antispasmodic - anti-rheumatic - antiseptic	- digestive - diuretic - expectorant - hypertensive	Swelling and inflammation due to muscular and joint strain and pain, chronic fatigue, restlessness, nerve pain, brain fog, stress, hot flashes, rheumatism, scars, respiratory infection, fever.
Jasmine	- antidepressant - antiseptic - aphrodisiac	- antispasmodic - expectorant - sedative	Muscle pain, cough, chest congestion, brooding, nervousness, stress, anxiety, lack of sex drive, insomnia, menstrual problems, exhaustion, circulatory issues.
Juniper	anti-rheumatic antiseptic antispasmodic astringent	- anti-arthritic - circulatory stimulant	Acne, edema, swelling, buildup of toxins, hemorrhoids, cellulitis, gout, cold, flu, rheumatism, arthritis, renal problems, sluggish liver, digestive issues, stress, tension.

Aromatherapy Oils A Complete Guide

Kathi Keville, Mindy Green

Aromatherapy Oils A Complete Guide:

The Encyclopedia of Essential Oils Julia Lawless,2002 A guide to aromatherapy with vital information on plant origins medical herbalism and the properties and actions of herbs and essential oils Covers 165 oils their actions characteristics principal constituents and folk traditions
The Illustrated Encyclopedia of Essential Oils Julia Lawless,1995 This is the most comprehensive and practical guide available to all of the most commonly available aromatherapy oils Easy to understand it gives vital information on plant origins medical herbalism and the properties and actions of herbs and oils

Aromatherapy Oils Carol Schiller, David Schiller, 1996 Here is the complete guide to 160 essential oils the powerful concentrates extracted from plants which provide the basis for aromatherapy Find which ones can be employed as mood lifters energizers stress reducers pain relievers and many other uses Illustrations The Encyclopaedia of Essential Oils Essential Oils Amy Joyson, 2015-06-03 Transform your health with the definitive beginners guide to Julia Lawless, 1992 Essential Oils Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature s greatest medicines Allow me to introduce you to the world of essential oils and aromatherapy In this book there is absolutely no prior knowledge required and everything is explained in simple easy to understand steps There is simply nothing more important in life than good health Health is either the facilitator or the limiting factor in doing and achieving what you want from our time on this gorgeous planet What if I told you I could teach you a natural treatment that takes care of both your mental AND physical health at the same time What if I could teach you how to cure your common cold without the use of drugs What if I could teach you to start the day exploding with motivation and energy whilst finishing the day calm content and stress free All of this and SO much more is possible through the proper application of essential oils Let me introduce you to the amazing world that is going to transform your life Here is exactly what you will learn whilst reading this book A history of the essential oils What exactly essential oils are The 3 key techniques for extracting essential oils and an explanation of grades A guide to buying essential oils The 3 important ways to administer essential oils How the essential oils work in the body 10 important rules of safety A detailed guide to the 20 most important essential oils What are the carrier oils and how to use them A detailed guide to the 10 most important carrier oils A detailed guide to using massage in aromatherapy practice 12 of the most important recipes and remedies for everyday use ranging from preventing hayfever and allergies to solving insomnia to clearing acne Buy now to begin your journey through the exciting world of essential oils and aromatherapy

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The Essential Oils Complete Reference Guide KG Stiles,2017-01-31 Everything You Need to Know

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Aromatherapy Kathi Keville, Mindy Green, 2012-07-25 A comprehensive guide to using essential oils in health beauty and well being Aromatherapy offers countless uses for balancing body mind and spirit Drawing on 75 combined years of experience in botanical therapies Keville and Green provide a complete resource for students and practitioners This encyclopedic guide with more than 90 formulas details cosmetics perfumes and botanical therapies that will help you harness the healing power of plants to enhance your beauty health and overall well being The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being Julia Lawless, 2016-01-14 Comprehensive and fully illustrated throughout The Complete Essential Oils Sourcebook is the perfect go to reference for absolutely everything about essential oils from the best extraction methods to the most effective treatments for ailments The Complete Guide to Aromatherapy Carole McGilvery, Jimi Reed, 2001 A full color guide to using essential oils for

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