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**

**Denise Williams** 

# **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

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