

Aromatherapy Essential Oils Chart



SAGE

Fights Infections
Heals Wounds
Calms Upset Stomach



ROSEMARY

Boosts Mental Activity
Calming/Stress Relief
Natural Antiseptic



LAVENDER

Calming/Stress Relief
Relieves Insomnia
Decreases PMS Symptoms



ROSE

Natural Astringent/Clears Skin
Reduces Scars/Wrinkles
Decreases Muscle Tightness



PEPPERMINT

Clears Respiratory Passages
Decreases Indigestion & Nausea
Eases Headache Pain



LEMON

Fights Fevers
Boosts Immune System
Clears Respiratory Passages



ORANGE

Aphrodisiac
Antidepressant
Decreases Inflammation/Pain



CUCUMBER

Detoxifies & Moisturizes Skin
Decreases Eye Puffiness
Calming/Stress Relief



CINNAMON

Reduces Nervousness
Improves Circulation
Relieves Joint Pain



STAR ANISE

Calming/Stress Relief
Relieves Arthritic Pain
Decreases Flatulence



EUCALYPTUS

Clears Respiratory Passages
Eases Muscle & Joint Pain
Kills Lice



CHAMOMILE

Antidepressant
Reduces Nervousness
Tones Skin



VANILLA

Aphrodisiac
Antidepressant
Calming/Stress Relief



JASMINE

Relieves Muscle Spasms
Reduces Scars
Decreases PMS Symptoms



TEA TREE

Antifungal
Antiseptic
Heals Wounds



Natural Health Advisory Charts

www.naturalhealthadvisory.com