

ESSENTIAL OILS REFERENCE CHART

The numbers beside the illustrations indicate the preferred oils for blending.

17



NUTMEG
Myristica fragrans

GENERAL INFORMATION
Nutmeg essential oil, derived from the aromatic fragrant tree's seeds, has a rich history in traditional Indian and Chinese medicine. Highly valued in Europe for its flavor and medicinal properties, nutmeg became a symbol of wealth and cultural exchange. Its warming and comforting effects continue to be prized in modern aromatherapy. The oil represents a sophisticated understanding of botanical healing, bridging ancient medicinal practices with contemporary wellness approaches. Its enduring significance lies in its ability to transcend the enduring significance of natural botanical remedies across diverse cultural and medical contexts.

PROPERTIES
Analgesic, Antibacterial, Anti-inflammatory, Antispasmodic, Antiparasitic, Aphrodisiac, Digestive Aid, Immune Booster, Pain Relief, Sedative, Stimulant, Stress Relief

NATURE
Uplifting, Warming

HOW TO USE
Cold Compress, Inhalations, Massage, Mouth Wash, Vaporizer

WARNING
Avoid contact with eyes, potential toxicity in high doses, pregnancy caution, skin irritation, undiluted use.

18



ORANGE
Citrus sinensis

GENERAL INFORMATION
Orange essential oil, extracted from the sweet orange peel, carries a profound historical legacy in traditional medicine. Ancient Chinese practitioners valued its uplifting and purifying properties, recognizing its therapeutic potential. During the 18th and 19th centuries, European cultures embraced orange oil for its remarkable aromatic qualities and comprehensive health benefits. Its versatile nature bridges traditional botanical knowledge with modern wellness practices, representing a sophisticated understanding of citrus-based healing. This oil continues to be highly valued for its ability to support emotional and physical well-being across diverse cultural and medical contexts.

PROPERTIES
Antibacterial, Antiviral, Anti-inflammatory, Antispasmodic, Astringent, Calming, Decongesting, Digestive Aid, Immune Booster, Mood Enhancer, Skin Clarifier, Stress Relief

NATURE
Soothing, Uplifting

HOW TO USE
Bath, Inhalation, Massage, Vaporizer

WARNING
Avoid contact with eyes, avoid sun exposure, photosensitivity, pregnancy caution, skin irritation, undiluted use.

19



PATCHOULI
Pogostemon patchouli

GENERAL INFORMATION
Patchouli, deeply rooted in traditional Asian medicine, has been valued for centuries for its remarkable healing properties and natural insect-repellent qualities. Its therapeutic significance spans multiple cultural contexts, demonstrating a sophisticated understanding of botanical wisdom. During the 19th century, particularly in the 1860s counterculture, patchouli gained widespread Western popularity, celebrated for its distinctive earthy aroma and profound calming effects. The essential oil represents a complex botanical remedy that bridges traditional healing practices with contemporary aromatherapy, embodying the intricate relationship between natural plant extracts and holistic well-being.

PROPERTIES
Antibacterial, Antidepressant, Anti-inflammatory, Antifungal, Aphrodisiac, Anti-irritant, Deodorant, Decongestant, Insect Repellent, Sedative, Skin Healing, Stress Relief

NATURE
Balancing, Soothing

HOW TO USE
Bath, Massage, Perfume, Vaporizer

WARNING
Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.

20



PEPPERMINT
Mentha piperita

GENERAL INFORMATION
Peppermint essential oil, with roots tracing back to ancient Egypt, embodies a rich tradition of medicinal and aromatic applications. Its therapeutic significance spans centuries, demonstrating profound botanical healing wisdom. European practitioners in the 18th century embraced peppermint for treating diverse health conditions including digestive issues, headaches, and respiratory ailments. Modern aromatherapy and natural medicine continue to value this versatile essential oil, recognizing its comprehensive healing potential. Bridging traditional botanical knowledge with contemporary wellness practices, peppermint oil represents a sophisticated approach to holistic health and natural healing.

PROPERTIES
Analgesic, Antibacterial, Antiparasitic, Anti-inflammatory, Antiviral, Cooling, Decongestant, Digestive Aid, Immune Booster, Headache Relief, Muscle Relaxant, Stimulant

NATURE
Soothing, Uplifting, Warming

HOW TO USE
Bath, Inhalation, Massage Oil, Vaporizer

WARNING
Avoid contact with eyes, not for use on young children, pregnancy caution, skin irritation, undiluted use.

21



ROSE
Rosa centifolia / damascena

GENERAL INFORMATION
Rose essential oil, derived from Rosa damascena petals, has a profound historical legacy in ancient Persian and Egyptian cultures. Its unique fragrance and therapeutic properties made it a treasured botanical remedy. During the Renaissance, European cultures elevated rose oil to perfume, medicine, and medicine. Priced for its multifaceted healing potential, rose oil represents a sophisticated understanding of botanical wisdom across diverse cultural contexts. Modern aromatherapy continues to value this essential oil, recognizing its comprehensive therapeutic and aesthetic qualities.

PROPERTIES
Antibacterial, Antidepressant, Anti-inflammatory, Antiviral, Astringent, Calming, Hormone Balancing, Immune Booster, Mood Enhancer, Skin Rejuvenation, Stress Relief, Tissue Healing

NATURE
Harmonized Stimulant, Uplifting, Warming

HOW TO USE
Bath, Local Wash, Massage Oil, Perfume, Vaporizer

WARNING
Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.

22



ROSEMARY
Rosmarinus officinalis

GENERAL INFORMATION
Rosemary, revered since ancient Greek and Roman times, embodies a rich legacy of medicinal and culinary significance. Its therapeutic potential spans multiple cultural contexts, demonstrating sophisticated botanical healing wisdom. Ancient practitioners believed rosemary could enhance memory and mental acuity, a concept corroborated during the Middle Ages. European herbal medicine embraced this remarkable herb for treating ailments and promoting brain health. Its comprehensive wellness potential continues to be recognized, bridging traditional botanical knowledge with contemporary understanding of natural healing practices.

PROPERTIES
Analgesic, Antibacterial, Anti-inflammatory, Antispasmodic, Astringent, Circulatory Stimulant, Digestive Aid, Hair Growth Stimulant, Immune Booster, Memory Enhancer, Respiratory Aid, Stress Relief

NATURE
Stimulating, Uplifting

HOW TO USE
Bath, Local Wash, Massage, Vaporizer

WARNING
Avoid contact with eyes, avoid sensitive skin areas, not for use on young children, pregnancy caution, skin irritation.

23



SANDALWOOD
Santalum album

GENERAL INFORMATION
Sandalwood, used for over 4,000 years in ancient Indian and Egyptian cultures, embodies sacred and medicinal traditions. Its unique fragrance and therapeutic potential are highly valued across diverse cultural contexts, demonstrating sophisticated botanical healing wisdom. Contributing to be prized in perfumery and aromatherapy, sandalwood represents a profound connection between traditional healing practices and contemporary wellness approaches. Its enduring significance lies in its ability to transcend the enduring significance of natural botanical remedies.

PROPERTIES
Antibacterial, Anti-inflammatory, Anti-aging, Antiviral, Astringent, Calming, Immune Booster, Mood Enhancer, Respiratory Aid, Sedative, Skin Healing, Stress Relief

NATURE
Soothing, Uplifting

HOW TO USE
Aphrodisiac, Bath, Inhalation, Massage, Vaporizer

WARNING
Avoid contact with eyes, avoid sensitive skin areas, pregnancy caution, skin irritation, undiluted use.

24



YLANG YLANG
Conocephala odorata

GENERAL INFORMATION
Ylang ylang essential oil, originating in Southeast Asia, carries a rich history of aromatic and therapeutic applications. Revered for centuries, it gained prominence in Western perfumery and aromatherapy during the 19th century. Its exotic scent and comprehensive wellness properties include stress management, mood enhancement, and skin health promotion. The oil represents a sophisticated understanding of botanical wisdom, bridging traditional botanical knowledge with contemporary wellness practices. Its enduring significance lies in its ability to transcend the enduring significance of natural botanical remedies.

PROPERTIES
Antibacterial, Antidepressant, Anti-inflammatory, Antiviral, Aphrodisiac, Calming, Hormone Balancing, Immune Booster, Mood Enhancer, Sedative, Skin Healing, Stress Relief

NATURE
Aphrodisiac, Soothing, Uplifting

HOW TO USE
Bath, Massage Oil, Perfume, Vaporizer

WARNING
Avoid contact with eyes, potential headache or nausea with excessive use, pregnancy caution, skin irritation.

Oil Reference

Michael Hoelscher



Oil Reference:

Reviewing **Oil Reference**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Oil Reference**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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