

# Which Essential Oil is Right for You?

Aromatherapy can be immensely beneficial in home care, family care, and self-care. It's important that you are able to select an oil or blend that is both pleasant and therapeutic to you specifically. For example, did you know that some people can be genetically predisposed to disliking an oil that smells amazing to the majority of the population? There are even people who have a gene that makes cilantro smell and taste like soap!

This guide is intended to describe the smell of each oil we carry as accurately as possible while also listing a few of its therapeutic benefits. If you have a suggestion for an oil we should carry, please let us know!

**Bergamot:** Top note. Fresh, citrus (between lemon and orange), slightly floral. Phototoxic (do not use topically before sun exposure). Great for anxiety, depression, cleaning, and skin ailments.

**Cassia:** Middle note. Spicy, woody, like cinnamon but muskier. Apply topically only if highly diluted (due to risk of skin sensitization). Great for digestive issues, joint-related pain, and to diffuse during sickness.

**Cedarwood:** Base note. Woody, sweet, and slightly medicinal. Great for promoting lung and skin health. It can also be used as a natural insect repellent.

**Citronella:** Top note. Citrus, fresh, sweet, strong. Great for use as a natural insect repellent, also may be used for excessive perspiration, increasing appetite, and headache.

**Clary Sage:** Middle note. Earthy, soft, a little like tea with cream and no sugar. Cautionable use during early pregnancy due to the oil's potential to induce uterine spasms. Great for labor pains, women's hormonal health, and grounding. Also may help with colic.

**Clove Bud:** Middle note. Spicy, warm, woody, bitter-sweet. Moderate risk of skin sensitization & potential skin irritant if not properly diluted. Great for oral health, and is useful in the reduction of pain.

**Eucalyptus:** Top note. Fresh, medicinal, camphoric. Use caution with young children and do not use internally. Great for clearing the lungs, and may assist in increasing circulation. Used in many spas.

**Frankincense:** Base note. Woody, soft, mildly sweet and spicy, resinous. Great for skin health, scarring, stress, and excessive coughing.

**Geranium:** Middle note. Very strong. Floral, somewhat musky and rose-like. May help repel lice, assist in skin brightening, and improve self-calming and focusing abilities.

**Ginger:** Middle or base note. Warm, spicy, earthy. Great for sore muscles, digestive ailments, and increasing energy. May also have a positive effect on the immune system.

**Grapefruit:** Top note. Citrus, tangy, sweet with a bitter end note, like the fruit but milder. Phototoxic (do not use topically before sun exposure). Great for skin purification and detoxification, as in the instance of cellulitis or dull skin. Also a potent mood-lifter.

**Lavender:** Top or middle note. Floral, slightly camphorous, fresh, herbaceous. One of the mildest and most versatile oils. Great for skin health, digestive ailments, pain, relaxation, depression, sleeplessness, and also may be used as an insect repellent.

**Lemon:** Top note. Bright, citrus, clean, mildly sweet and fresh. Phototoxic (do not use topically before sun exposure). Great for skin ailments and nausea. Also a favorable household cleaning oil due to the high limonene content.

**Lemongrass:** Top note. Lemon-like with an earthy undertone. Not recommended during pregnancy due to the risk of birth defects; do not use on damaged skin. Can be used for stress, flatulence, kidney health, gout, and to repel insects.

**Lime:** Top note. Citrus, bright, tart, much like the fruit. Phototoxic (do not use topically before sun exposure). Great for brightening the mood and refreshing the spirit; it can also have positive effects on the immune system.

**Oregano:** Middle note. Strongly herbaceous, sharp, and somewhat camphorous. It is a very hot oil and care must be taken to highly dilute it before topical use. Use during pregnancy and breastfeeding is strongly discouraged due to mucous membrane irritation and potential embryotoxicity (however, oregano herbal oil may be used freely). Great for flu symptoms, coughs, and improving digestion.

**Peppermint:** Top note. Minty, stronger than peppermint candy. Somewhat menthol-like. Dilution is recommended due to its potential to irritate the skin. Great for digestive, lung, and immune health; may also be useful for headaches.

**Rosemary:** Middle note. Herbaceous, slightly camphorous, medicinal, earthy. Do not put near the face of young children due to the risk of lung spasm from the high 1,8-cineole content. Great for muscle and joint pain, hair treatment, and memory.

**Sage:** Top note. Herbaceous, fruity, fresh, camphorous. Avoid use during pregnancy and breastfeeding due to neurotoxic potential and reduction of milk supply. May be used as fragrance to purify or cleanse a space; not recommended for topical use.

**Tea Tree:** Middle note. Herbaceous, very medicinal and antiseptic, earthy. Great for microbial and viral diseases of the skin, may repel lice and other parasites. Highly useful when diffused in times of illness.

**Vetiver:** Base note. Musky, woody, earthy, sweet, slightly smoky. Great for stress, insomnia, sore muscles, and skin abrasions.

**Wintergreen:** Top note. Minty, fresh, woody, sweet. Use sparingly as the main chemical is methyl salicylate, which is toxic in high quantities. May help with inflammation in muscles and joints due to its chemical similarity to aspirin (acetylsalicylic acid).

**Ylang Ylang (Ylang II):** Versatile - Top, middle, or base note. Floral, slightly fruity, fresh, sweet. Avoid use on damaged skin. May be used to assist the circulatory system (including circulation and hypertension) and in cases of stress, anxiety, and depression.

