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Misty's Essential Oil Swap Chart

what to use when you're missing an oil



96 OILS • SEVEN SCENT FAMILIES

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A note from Misty

I'm so glad you've got this.

I made it for all the times I have a blend in mind and I'm either out of one of the oils or just want to change it up. This swap chart came out of trial and error and a little research, and there are a few ways you can use it.

This isn't every essential oil in existence, and it was never meant to be. There are 96 oils in here. I own most of them and I'm working on the rest.

If you're missing something, look it up and find what you can use instead from what's already in your drawer. Or if you just want to change up a blend you already love, you can see what else might work in it. Something that keeps it essentially the same, only a little different.

Swapping an oil isn't settling. It isn't second best, and it isn't a shortcut. It's just a different scent going into the bottle. I swap constantly, and some of my favorite blends started out as something slightly different. You're not doing it wrong. You're doing what everyone who makes blends does.

Another way to use it is to grow your collection. If you're in the mood to try a new oil, start here. Think about the blends you already like, and pick out one or two swaps you'd be curious to try. Or if you spot an oil on sale somewhere, look it up first and get to know it a little. You'll know roughly how it smells, what family it's in, and what it's good for. You might even have a blend in mind for it before you've bought it.

Read through it before you need it, if you can. Not to memorize anything, just to get a feel for how it's laid out and what's near what. The families start to make sense quickly, and once they do you'll find yourself reaching for this more and more.

Happy blending,

Misty Hart

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How this works

Every oil in here is described three ways: **what family it smells like**, **how fast it fades**, and **what feeling it's for**. A straight swap matches all three; anything less is a trade-off, and there's nothing wrong with a trade-off.

Scent family

What the oil actually smells like. Once you know these, you can roughly guess what a new oil might smell like.

FAMILY	WHAT IT SMELLS LIKE
Woody	Wood and forest
Herbal	Herbs
Camphoraceous	Sharp and clean, the medicine-cabinet smell you know from eucalyptus
Citrus	Citrus fruit
Floral	Flowers
Earthy	Soil and roots
Spicy	Warm and distinct
Minty	Mint
Resinous	Tree sap, like incense
Fruity	Fruit that isn't citrus
Gourmand	Something sweet you'd eat

Some oils fall into more than one scent family.

Some families are tighter than others. The florals really do all smell like flowers, and the citrus all smell like fruit, so swapping inside those groups barely changes anything. Herbs

are looser. Dill and rosemary are both herbs and they smell nothing alike. You'll still get a blend that works, it just won't smell the way the old one did.

Top, middle and base notes

Essential oils evaporate. The note tells you how fast, which is the same as telling you how long you'll still smell it.

NOTE	HOW LONG YOU SMELL IT
Top	30 minutes to 2 hours. The first thing you smell, and the first to go. Nearly all the citrus oils are top notes
Middle	2 to 4 hours. The body of the blend. More oils are middle notes than anything else
Base	4 hours to several days. Still there when the rest has gone. Sandalwood and vetiver are base notes

Why you smell the top note first. You smell an oil because tiny amounts of it turn to vapor and float up to your nose. The lightest parts do that fastest, so right at the start there's more of them in the air than anything else. That's all a top note is. Not the strongest and not the most important, just the quickest off the mark.

You're smelling all of it at once. One sniff gives you everything that's in the air right then, mixed together. What changes is the mix. At the start the light parts outnumber everything else, so they're most of what reaches you. An hour later they've gone, and that same sniff gives you mostly middle and base.

Then it hands off. As the lightest parts evaporate away, what's left is the middle and the base together. Later on it's only the base. The blend doesn't stop, it just changes as it goes, passing from one stage to the next instead of disappearing all at once.

One oil can be two notes, and this is the part that surprised me. A bottle of lavender isn't one single substance. It's dozens of different compounds sitting together, some light and some heavy, and they evaporate in layers. So an oil can start off like a top note and turn into a middle note as the light layers leave.

Base notes slow the other oils down. The heavy molecules bond onto the lighter ones and hold them, so the top and middle evaporate slower than they would on their own. That means the whole blend lasts longer than the same blend made without one. Perfumers call an oil that does this a fixative.

More drops won't change an oil's note. Twelve drops of lemon evaporates at exactly the same speed as one. You get a stronger smell, not a longer one. It's still the first to go.

One last thing, because it tripped me up too. Top, middle and base are about **time**. Words like bright, warm and heavy are about **smell**. They get used together so often they start to sound like the same thing, but they aren't. A base note isn't heavy because it's a base note. It's just slow.

The feeling

The reason or the moment you'd want to reach for a blend.

FEELING

WHEN YOU'D REACH FOR IT

Stress	The day is piling up on you
Burnt out	You've been running on empty a long while
Winding down	The end of the day, when you want to unclench
Sleep	Falling asleep, and staying asleep
Jittery nerves	You're wound up and on edge
Spinning thoughts	Your thoughts keep going round in circles
Grounding	You feel scattered and want to feel steady
Focus	You need to stay on what you're doing
A foggy head	You can't think clearly
Low energy	You're dragging
Feeling gray	Your mood is flat
Grief	You're carrying a loss

Comfort	You want to feel warm and looked after
Confidence	You need to feel sure of yourself
A short fuse	Everything is setting you off
Protection	You've taken on everyone else's mood
Meditation and prayer	Quiet, deliberate time
Love and closeness	Romance, and being kind to yourself

Most essential oils serve more than one feeling, and several serve four or five. Some serve just one.

Making the swap

When all three match (scent family, note, feeling), the blend will come out close to what you had.

When only one or two match, you're making a trade. That's all it is, a trade, and it's worth knowing which one you're making.

Take petitgrain. It's a citrus and it smells like it belongs with the lemons and the oranges. But petitgrain is a middle note and every other citrus in here is a top note. Put it where you'd normally use lemon and it won't give you that fresh burst at the start the way lemon does. It'll sit lower and last longer. That doesn't make it better or worse. It just doesn't behave the same way.

If you're swapping for the feeling, pick another oil doing the same job and check what else changes. You could be trading the scent family, which means the blend will smell different even though it's doing the same work. That's a real choice, and only you know which way you want it.

When nothing matches on both counts, you'll see that on the chart. Sometimes there's a near miss worth knowing about, and I'll tell you what it is and what you'd be trading.

And a few oils in here are simply one of a kind. Lemongrass is the clearest example. It's lemony and sharp-medicinal at the same time, and nothing else in the chart does both. So if you're out of lemongrass, you're out of lemongrass.

That's the whole method. The swap chart is grouped by family, so everything near each other already has something in common.

Before you swap anything

Keep the drop count the same. Whatever the blend asked for, use that many of the oil you're putting in. Don't add extra to make up for it being a different oil, unless you're deliberately changing the dilution.

Some oils have a limit, and it's printed next to the name. A limit is the most of that oil that should go into a finished blend, written as a percentage. Lemongrass is 0.7%. Rose is 0.6%. Tarragon is 0.1%. Most oils in here don't have one at all and just follow the ordinary dilution.

A limit is a share, so a bigger bottle doesn't buy you more of it. Half a percent is half a percent whether you're making one roller or ten. This trips people up, so it's worth saying plainly: making a bigger batch never lets you use a bigger share of a capped oil.

Where a bigger batch does help is when the limit works out to less than one drop. A 10 ml roller holds 200 drops, so tarragon at 0.1% comes to a fifth of a drop, and there's no way to pour a fifth of a drop. Make 50 ml instead. That's 1,000 drops, 0.1% of it is one whole drop, and you pour the finished blend off into five rollers.

When you scale the batch up, scale everything in it. Five times the carrier means five times every other oil too. Otherwise the rest of the blend comes out weaker than you meant it to.

Three oils in this chart can burn your skin in sunlight. Lemon, lime and grapefruit. Keep them off skin that's heading out into daylight. Each has its limit printed next to its name like any other oil, but if you use two of them together, the two added up have to stay under the smaller of their two limits, because the thing that causes the burn adds up. Not every citrus does this, and most of the ones in here don't.

Please read. Not every essential oil is safe for everyone. If you are pregnant, nursing, taking medications, living with a health condition or allergies, or using oils on a child, talk to a health professional before use.

Avoid contact with your eyes, inner ears, and sensitive areas. Skin sensitivity is possible.

Florals

The florals split into two groups, and it's worth knowing which one you're in before you swap.

The middle-note florals are lavender, geranium, hyacinth and palmarosa. They all swap for each other, straight across, no thinking required. This is the friendliest group in the whole chart.

Roman chamomile is the exception, and it surprised me. It sits with the florals because it's a flower, but what you actually smell is crisp green apple. Nothing else in the chart smells like that, so it has no smell swap at all.

The base-note florals are rose, jasmine, ylang ylang and magnolia. Deep, heavy, and the expensive end of the shelf. They swap for each other too, but they're not interchangeable with the middle group. Put jasmine where you'd have used lavender and you'll still be smelling it tomorrow.

Lavender

FLORAL · MIDDLE

CLOSEST SMELL

Geranium, Hyacinth, Palmarosa

CLOSEST JOB

For sleep: catnip, cedarwood, dill, marjoram, Roman chamomile, thyme ct. linalool, valerian, vetiver

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

Geranium

FLORAL · MIDDLE

CLOSEST SMELL

Hyacinth, Lavender, Palmarosa

CLOSEST JOB

For protection: citronella, clove bud, frankincense, hyssop, palo santo, tea tree

Hyacinth

FLORAL · MIDDLE

CLOSEST SMELL

Geranium, Lavender, Palmarosa

CLOSEST JOB

For grief: clary sage, myrrh, pine, rose, vetiver, ylang ylang

For comfort: blue tansy, fennel, ginger, helichrysum, hyssop, jasmine, myrrh, palo santo, ravintsara, red mandarin, vanilla

Palmarosa

FLORAL · MIDDLE

CLOSEST SMELL

Geranium, Hyacinth, Lavender

CLOSEST JOB

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Roman chamomile

FLORAL / FRUITY · MIDDLE

CLOSEST SMELL

None. It's the only fruity oil in the chart, so nothing else comes close on smell. The green apple is doing something no flower in here does.

CLOSEST JOB

For sleep: catnip, cedarwood, dill, lavender, marjoram, thyme ct. linalool, valerian, vetiver

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, tarragon, thyme ct. linalool, tsuga, turmeric

Rose

FLORAL · BASE · LIMIT 0.6%

CLOSEST SMELL

Jasmine, Magnolia, Ylang ylang

CLOSEST JOB

For love and closeness: cardamom, jasmine, magnolia, ylang ylang

For grief: clary sage, hyacinth, myrrh, pine, vetiver, ylang ylang

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, spearmint, tangerine, thyme ct. thymol

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Jasmine

FLORAL · BASE

CLOSEST SMELL

Magnolia, Rose, Ylang ylang

CLOSEST JOB

For love and closeness: cardamom, magnolia, rose, ylang ylang

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, hyssop, myrrh, palo santo, ravintsara, red mandarin, vanilla

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Ylang ylang

FLORAL · BASE

CLOSEST SMELL

Jasmine, Magnolia, Rose

CLOSEST JOB

For love and closeness: cardamom, jasmine, magnolia, rose

For a short fuse: Bergamot FCF, clary sage, copaiba, Spanish lavender, vetiver

For grief: clary sage, hyacinth, myrrh, pine, rose, vetiver

For burnt out: Bergamot FCF, clary sage, copaiba, litsea, Norwegian spruce, ravintsara, thyme ct. thymol, vetiver

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla

Magnolia

FLORAL · BASE

CLOSEST SMELL

Jasmine, Rose, Ylang ylang

CLOSEST JOB

For love and closeness: cardamom, jasmine, rose, ylang ylang

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Herbs

The green ones, and this is the section where a swap changes the most.

Eight of these thirteen sit in the same place in a blend: clary sage, dill, fennel, marjoram, rosemary, thyme ct. linalool, cilantro and tarragon. Same family, same note, so any of them will hold a blend together the way the one you're missing did.

But they don't smell alike. Fennel is sweet licorice. Rosemary is so camphor-heavy that people say it smells like VapoRub. Cilantro is sharp and green and a little soapy. Marjoram is softer, with a gentle spiciness to it, and dill is gentler than any of them. Swap one for another and the blend still works, it just becomes a different blend. A cilantro blend instead of a rosemary one.

That's a real trade, and it's worth knowing there isn't a version where you keep the smell. Nothing else in here smells like rosemary. What you're choosing is whether to keep the shape of the blend, by staying in this group, or keep what it does, by looking at the job column. Either way it'll smell different.

Basil and catnip sit up top and go faster. **Valerian sits at the bottom** and lasts for days.

Watch the limits in here. Tarragon is the smallest number in the whole chart at 0.1%, with catnip and cilantro close behind.

Rosemary

HERBAL · MIDDLE

SAME FAMILY, SAME NOTE

Cilantro, Clary sage, Dill, Fennel, Marjoram, Tarragon, Thyme ct. Linalool

CLOSEST JOB

For focus: basil, douglas fir, niaouli, pink pepper, sage, Spanish lavender, spearmint, vetiver

Clary sage

HERBAL · MIDDLE

SAME FAMILY, SAME NOTE

Cilantro, Dill, Fennel, Marjoram, Rosemary, Tarragon, Thyme ct. Linalool

CLOSEST JOB

For a short fuse: Bergamot FCF, copaiba, Spanish lavender, vetiver, ylang ylang

For grief: hyacinth, myrrh, pine, rose, vetiver, ylang ylang

For burnt out: Bergamot FCF, copaiba, litsea, Norwegian spruce, ravintsara, thyme ct. thymol, vetiver, ylang ylang

For stress: amyris, Bergamot FCF, blue tansy, cilantro, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

Marjoram

HERBAL · MIDDLE

SAME FAMILY, SAME NOTE

Cilantro, Clary sage, Dill, Fennel, Rosemary, Tarragon, Thyme ct. Linalool

CLOSEST JOB

For sleep: catnip, cedarwood, dill, lavender, Roman chamomile, thyme ct. linalool, valerian, vetiver

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Fennel

HERBAL · MIDDLE

SAME FAMILY, SAME NOTE

Cilantro, Clary sage, Dill, Marjoram, Rosemary, Tarragon, Thyme ct. Linalool

CLOSEST JOB

For comfort: blue tansy, ginger, helichrysum, hyacinth, hyssop, jasmine, myrrh, palo santo, ravintsara, red mandarin, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Dill

HERBAL · MIDDLE · LIMIT 1.4%

SAME FAMILY, SAME NOTE

Cilantro, Clary sage, Fennel, Marjoram, Rosemary, Tarragon, Thyme ct. Linalool

CLOSEST JOB

For sleep: catnip, cedarwood, lavender, marjoram, Roman chamomile, thyme ct. linalool, valerian, vetiver

German chamomile

FRUITY / HERBAL · MIDDLE

SAME FAMILY, SAME NOTE

None. Fruity and herbal at once, which nothing else in the chart is. Roman chamomile is fruity too, but it's a flower underneath and this one is a herb.

CLOSEST JOB

For spinning thoughts: elemi, frankincense, frankincense serrata, helichrysum, myrrh, palo santo, thyme ct. linalool

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Thyme ct. Linalool

HERBAL · MIDDLE

SAME FAMILY, SAME NOTE

Cilantro, Clary sage, Dill, Fennel, Marjoram, Rosemary, Tarragon

CLOSEST JOB

For spinning thoughts: elemi, frankincense, frankincense serrata, German chamomile, helichrysum, myrrh, palo santo

For sleep: catnip, cedarwood, dill, lavender, marjoram, Roman chamomile, valerian, vetiver

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, tsuga, turmeric

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, tsuga, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, valerian, vetiver, white spruce

Hemp

EARTHY / HERBAL · MIDDLE · LIMIT 1.0%

SAME FAMILY, SAME NOTE

None. at this note. Valerian is the same mix of green and earthy, but it's a base note, so it'll sit under your blend for days instead of a few hours.

CLOSEST JOB

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Cilantro

HERBAL · MIDDLE · LIMIT 0.4%

SAME FAMILY, SAME NOTE

Clary sage, Dill, Fennel, Marjoram, Rosemary, Tarragon, Thyme ct. Linalool

CLOSEST JOB

For stress: amyris, Bergamot FCF, blue tansy, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

Tarragon

HERBAL · MIDDLE · LIMIT 0.1%

SAME FAMILY, SAME NOTE

Cilantro, Clary sage, Dill, Fennel, Marjoram, Rosemary, Thyme ct. Linalool

CLOSEST JOB

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, thyme ct. linalool, tsuga, turmeric

Basil

HERBAL · TOP

SAME FAMILY, SAME NOTE

Catnip

CLOSEST JOB

For focus: douglas fir, niaouli, pink pepper, rosemary, sage, Spanish lavender, spearmint, vetiver

Catnip

HERBAL · TOP · LIMIT 0.15%

SAME FAMILY, SAME NOTE

Basil

CLOSEST JOB

For sleep: cedarwood, dill, lavender, marjoram, Roman chamomile, thyme ct. linalool, valerian, vetiver

For a foggy head: balsam fir, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For grounding: balsam fir, black pepper, carrot seed, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Valerian

EARTHY / HERBAL · BASE · LIMIT 0.5%

SAME FAMILY, SAME NOTE

None. at this note. Hemp is the same mix of green and earthy, but it's a middle note, so it'll be gone in a few hours instead of days.

CLOSEST JOB

For sleep: catnip, cedarwood, dill, lavender, marjoram, Roman chamomile, thyme ct. linalool, vetiver

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, vetiver, white spruce

Citrus

The bright ones, and the quickest to disappear. **Nearly every oil in this section is a top note**, which means you'll smell them the moment you roll a blend on and they'll be gone within a couple of hours.

Twelve of them swap straight across: bergamot FCF, blood orange, clementine, grapefruit, lemon, lime, litsea, red mandarin, sweet orange, tangerine, wild orange and yellow mandarin. That's the easiest swapping in the whole chart.

Three are the sun oils. Lemon, lime and grapefruit. Everything else in here is fine in daylight.

And three smell like citrus without being fruit. Lemongrass, citronella and melissa all come from grasses and leaves. They're lemony, but they don't behave like the fruit oils and they don't swap with them.

Neroli and petitgrain come off the same tree, and they behave nothing like the rest. Neroli is the blossom and it covers all three notes at once, which is why it can stand in almost anywhere. Petitgrain is the leaf and twig, and it's a middle note while every other citrus here is a top note. Put petitgrain where you'd use lemon and it'll sit lower and last longer instead of lifting the blend.

Sweet orange

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, thyme ct. thymol, white fir, white spruce, wild orange

Wild orange

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Yellow mandarin

CLOSEST JOB

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce

Blood orange

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For feeling gray: Bergamot FCF, black spruce, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

Clementine

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Blood orange, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For low energy: cajeput, cinnamon leaf, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Red mandarin

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, hyssop, jasmine, myrrh, palo santo, ravintsara, vanilla

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, rose, spearmint, tangerine, thyme ct. thymol

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

Yellow mandarin

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol

Tangerine

CITRUS · TOP

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Wild orange, Yellow mandarin

CLOSEST JOB

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, thyme ct. thymol

Lemon

CITRUS · TOP · LIMIT 2.0%

CLOSEST SMELL

Bergamot FCF, Blood orange, Citronella, Clementine, Grapefruit, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Lime

CITRUS · TOP · LIMIT 0.7%

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Grapefruit

CITRUS · TOP · LIMIT 4.0%

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Bergamot FCF

CITRUS · TOP · LIMIT 1.0%

CLOSEST SMELL

Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For a short fuse: clary sage, copaiba, Spanish lavender, vetiver, ylang ylang

For burnt out: clary sage, copaiba, litsea, Norwegian spruce, ravintsara, thyme ct. thymol, vetiver, ylang ylang

For stress: amyris, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For feeling gray: black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For jittery nerves: amyris, balsam fir, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

Litsea

CITRUS · TOP · LIMIT 0.8%

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Neroli, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For burnt out: Bergamot FCF, clary sage, copaiba, Norwegian spruce, ravintsara, thyme ct. thymol, vetiver, ylang ylang

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Neroli

CITRUS · TOP / MIDDLE / BASE

CLOSEST SMELL

Bergamot FCF, Blood orange, Clementine, Grapefruit, Lemon, Lime, Litsea, Petitgrain, Red mandarin, Sweet orange, Tangerine, Wild orange, Yellow mandarin

CLOSEST JOB

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Petitgrain

CITRUS · MIDDLE

CLOSEST SMELL

Neroli

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Lemongrass

CAMPHORACEOUS / CITRUS · TOP · LIMIT 0.7%

CLOSEST SMELL

None. It's lemony and sharp-medicinal at the same time, and nothing else in the chart does both.

CLOSEST JOB

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

Citronella

CITRUS / HERBAL · TOP

CLOSEST SMELL

Lemon

CLOSEST JOB

For protection: clove bud, frankincense, geranium, hyssop, palo santo, tea tree

Melissa

CITRUS / HERBAL · MIDDLE · LIMIT 0.9%

CLOSEST SMELL

None. at this note. Citronella is the same lemony-green mix but it's a top note, so it'll be gone in an hour or two instead of a few hours.

CLOSEST JOB

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Mints and cooling

The sharp, clearing ones. This is the biggest section, and it holds two groups that feel similar but don't swap for each other.

The eucalyptus group is the medicine-cabinet smell: all five eucalyptus, cajeput, ravintsara and spike lavender at the top, tea tree and niaouli sitting a little deeper. Clean and sharp rather than sweet.

Then there are the herbs that turned out to be camphor oils. Sage, hyssop, blue tansy, manuka and Spanish lavender all grow in a herb garden and all smell medicinal in the bottle. They swap for each other, and none of them swaps for the gentler herbs.

The true mints are peppermint, cornmint and spearmint. Menthol and candy cane rather than antiseptic.

They both make your nose feel cool, which is why people mix them up. But eucalyptus doesn't smell like a candy cane, so the chart keeps them apart.

Two oils in here have lavender in the name. Spike lavender and Spanish lavender are both real lavenders, they just smell nothing like the lavender you know. These two are camphor through and through. If you want lavender, this isn't the section.

Eucalyptus globulus

CAMPHORACEOUS · TOP

CLOSEST SMELL

Cajeput, Eucalyptus blue, Eucalyptus dives, Eucalyptus radiata, Lemon eucalyptus, Ravintsara, Spike lavender

CLOSEST JOB

None

Eucalyptus radiata

CAMPHORACEOUS · TOP

CLOSEST SMELL

Cajeput, Eucalyptus blue, Eucalyptus dives, Eucalyptus globulus, Lemon eucalyptus, Ravintsara, Spike lavender

CLOSEST JOB

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Eucalyptus blue

CAMPHORACEOUS · TOP

CLOSEST SMELL

Cajeput, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Lemon eucalyptus, Ravintsara, Spike lavender

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Eucalyptus dives

CAMPHORACEOUS · TOP

CLOSEST SMELL

Cajeput, Eucalyptus blue, Eucalyptus globulus, Eucalyptus radiata, Lemon eucalyptus, Ravintsara, Spike lavender

CLOSEST JOB

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Lemon eucalyptus

CAMPHORACEOUS · TOP

CLOSEST SMELL

Cajeput, Eucalyptus blue, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Ravintsara, Spike lavender

CLOSEST JOB

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Cajeput

CAMPHORACEOUS · TOP · LIMIT 1.0%

CLOSEST SMELL

Eucalyptus blue, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Lemon eucalyptus, Ravintsara, Spike lavender

CLOSEST JOB

For low energy: cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Ravintsara

CAMPHORACEOUS · TOP

CLOSEST SMELL

Cajeput, Eucalyptus blue, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Lemon eucalyptus, Spike lavender

CLOSEST JOB

For burnt out: Bergamot FCF, clary sage, copaiba, litsea, Norwegian spruce, thyme ct. thymol, vetiver, ylang ylang

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, hyssop, jasmine, myrrh, palo santo, red mandarin, vanilla

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Spike lavender

CAMPHORACEOUS · TOP / MIDDLE

CLOSEST SMELL

Cajeput, Eucalyptus blue, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Lemon eucalyptus, Niaouli, Ravintsara, Tea tree

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Tea tree

CAMPHORACEOUS · MIDDLE

CLOSEST SMELL

Niaouli, Spike lavender

CLOSEST JOB

For protection: citronella, clove bud, frankincense, geranium, hyssop, palo santo

Niaouli

CAMPHORACEOUS · MIDDLE · LIMIT 1.0%

CLOSEST SMELL

Spike lavender, Tea tree

CLOSEST JOB

For focus: basil, douglas fir, pink pepper, rosemary, sage, Spanish lavender, spearmint, vetiver

Sage

CAMPHORACEOUS / HERBAL · MIDDLE

CLOSEST SMELL

Blue tansy, Hyssop, Manuka, Spanish lavender

CLOSEST JOB

For focus: basil, douglas fir, niaouli, pink pepper, rosemary, Spanish lavender, spearmint, vetiver

Hyssop

CAMPHORACEOUS / HERBAL · MIDDLE

CLOSEST SMELL

Blue tansy, Manuka, Sage, Spanish lavender

CLOSEST JOB

For protection: citronella, clove bud, frankincense, geranium, palo santo, tea tree

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, jasmine, myrrh, palo santo, ravintsara, red mandarin, vanilla

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Blue tansy

CAMPHORACEOUS / HERBAL · MIDDLE

CLOSEST SMELL

Hyssop, Manuka, Sage, Spanish lavender

CLOSEST JOB

For comfort: fennel, ginger, helichrysum, hyacinth, hyssop, jasmine, myrrh, palo santo, ravintsara, red mandarin, vanilla

For stress: amyris, Bergamot FCF, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For jittery nerves: amyris, balsam fir, Bergamot FCF, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Manuka

CAMPHORACEOUS / HERBAL · MIDDLE

CLOSEST SMELL

Blue tansy, Hyssop, Sage, Spanish lavender

CLOSEST JOB

None

Spanish lavender

CAMPHORACEOUS / HERBAL · TOP / MIDDLE · LIMIT 4.5%

CLOSEST SMELL

Blue tansy, Hyssop, Manuka, Sage

CLOSEST JOB

For a short fuse: Bergamot FCF, clary sage, copaiba, vetiver, ylang ylang

For focus: basil, douglas fir, niaouli, pink pepper, rosemary, sage, spearmint, vetiver

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, thyme ct. linalool, tsuga, vanilla

Thyme ct. Thymol

CAMPHORACEOUS / SPICY · MIDDLE · LIMIT 1.0%

CLOSEST SMELL

None. It's the only oil in here that's camphor and spice at once, so nothing matches it on smell.

CLOSEST JOB

For burnt out: Bergamot FCF, clary sage, copaiba, litsea, Norwegian spruce, ravintsara, vetiver, ylang ylang

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, white fir, ylang ylang

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, white fir, white spruce, wild orange

Peppermint

CAMPHORACEOUS / MINTY · TOP

CLOSEST SMELL

Cornmint, Spearmint

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Cornmint

CAMPHORACEOUS / MINTY · TOP

CLOSEST SMELL

Peppermint, Spearmint

CLOSEST JOB

For low energy: cajeput, cinnamon leaf, clementine, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Spearmint

CAMPHORACEOUS / MINTY · TOP · LIMIT 1.7%

CLOSEST SMELL

Cornmint, Peppermint

CLOSEST JOB

For focus: basil, douglas fir, niaouli, pink pepper, rosemary, sage, Spanish lavender, vetiver

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, tangerine, thyme ct. thymol

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Woods, roots and resins

The slow ones. **Almost everything in here is a base note**, which means these are the oils that stay on your skin the longest and hold the rest of the blend down with them.

Seven woody bases swap straight across: amyris, cedarwood, cedarwood virginian, copaiba, ho wood, palo santo and sandalwood. If you don't have sandalwood, this line is the most useful one in the chart. Ho wood is the soft one, with a faint floral edge the others don't have.

The resins are frankincense, frankincense serrata, elemi and myrrh. These come from sap rather than wood, collected as hardened beads off the bark and then distilled. They don't all smell alike, though. **Elemi and frankincense serrata are the bright ones**, both with a real lemon lift before the resin arrives. Frankincense is warmer and rounder. Myrrh is the heaviest and darkest of the four.

The roots go deepest of all. Patchouli, spikenard and vetiver are earthy in a way nothing else here is, and a little goes a long way.

Vanilla and amyris are the surprise pair. Nothing else in the chart is sweet the way vanilla is, but amyris has a soft vanilla sweetness under the wood, and they're both base notes. If vanilla is out, that's where to go.

Sandalwood

WOODY · BASE

CLOSEST SMELL

Amyris, Cedarwood, Cedarwood virginian, Copaiba, Ho wood, Palo santo

CLOSEST JOB

For meditation and prayer: elemi, frankincense, frankincense serrata, myrrh, palo santo, spikenard

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, Siberian fir, thyme ct. thymol, white fir, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, Spanish lavender, thyme ct. linalool, tsuga, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Cedarwood

WOODY · BASE

CLOSEST SMELL

Amyris, Cedarwood virginian, Copaiba, Ho wood, Palo santo, Sandalwood

CLOSEST JOB

For sleep: catnip, dill, lavender, marjoram, Roman chamomile, thyme ct. linalool, valerian, vetiver

For confidence: cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Cedarwood virginian

WOODY · BASE

CLOSEST SMELL

Amyris, Cedarwood, Copaiba, Ho wood, Palo santo, Sandalwood

CLOSEST JOB

For confidence: cedarwood, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Amyris

WOODY · BASE

CLOSEST SMELL

Cedarwood, Cedarwood virginian, Copaiba, Ho wood, Palo santo, Sandalwood, Vanilla

CLOSEST JOB

For stress: Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For jittery nerves: balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Ho wood

FLORAL / WOODY · BASE

CLOSEST SMELL

Amyris, Cedarwood, Cedarwood virginian, Copaiba, Palo santo, Sandalwood

CLOSEST JOB

For confidence: cedarwood, cedarwood virginian, cypress, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

Palo santo

WOODY · BASE

CLOSEST SMELL

Amyris, Cedarwood, Cedarwood virginian, Copaiba, Ho wood, Sandalwood

CLOSEST JOB

For meditation and prayer: elemi, frankincense, frankincense serrata, myrrh, sandalwood, spikenard

For protection: citronella, clove bud, frankincense, geranium, hyssop, tea tree

For spinning thoughts: elemi, frankincense, frankincense serrata, German chamomile, helichrysum, myrrh, thyme ct. linalool

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, hyssop, jasmine, myrrh, ravintsara, red mandarin, vanilla

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Copaiba

WOODY · BASE

CLOSEST SMELL

Amyris, Cedarwood, Cedarwood virginian, Ho wood, Palo santo, Sandalwood

CLOSEST JOB

For a short fuse: Bergamot FCF, clary sage, Spanish lavender, vetiver, ylang ylang

For burnt out: Bergamot FCF, clary sage, litsea, Norwegian spruce, ravintsara, thyme ct. thymol, vetiver, ylang ylang

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

Frankincense

RESINOUS / WOODY · BASE

CLOSEST SMELL

Elemi, Frankincense serrata

CLOSEST JOB

For meditation and prayer: elemi, frankincense serrata, myrrh, palo santo, sandalwood, spikenard

For protection: citronella, clove bud, geranium, hyssop, palo santo, tea tree

For spinning thoughts: elemi, frankincense serrata, German chamomile, helichrysum, myrrh, palo santo, thyme ct. linalool

Frankincense serrata

RESINOUS / WOODY · BASE

CLOSEST SMELL

Elemi, Frankincense

CLOSEST JOB

For meditation and prayer: elemi, frankincense, myrrh, palo santo, sandalwood, spikenard

For spinning thoughts: elemi, frankincense, German chamomile, helichrysum, myrrh, palo santo, thyme ct. linalool

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Elemi

CITRUS / RESINOUS / WOODY · MIDDLE / BASE

CLOSEST SMELL

Frankincense, Frankincense serrata

CLOSEST JOB

For meditation and prayer: frankincense, frankincense serrata, myrrh, palo santo, sandalwood, spikenard

For spinning thoughts: frankincense, frankincense serrata, German chamomile, helichrysum, myrrh, palo santo, thyme ct. linalool

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For winding down: amyris, balsam fir, blue tansy, coriander, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Myrrh

EARTHY / RESINOUS · BASE

CLOSEST SMELL

None. It belongs with the resins, it's just far heavier and darker than the frankincenses, so nothing quite matches it.

CLOSEST JOB

For grief: clary sage, hyacinth, pine, rose, vetiver, ylang ylang

For meditation and prayer: elemi, frankincense, frankincense serrata, palo santo, sandalwood, spikenard

For spinning thoughts: elemi, frankincense, frankincense serrata, German chamomile, helichrysum, palo santo, thyme ct. linalool

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, hyssop, jasmine, palo santo, ravintsara, red mandarin, vanilla

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Vetiver

EARTHY · BASE

CLOSEST SMELL

Patchouli, Spikenard

CLOSEST JOB

For a short fuse: Bergamot FCF, clary sage, copaiba, Spanish lavender, ylang ylang

For grief: clary sage, hyacinth, myrrh, pine, rose, ylang ylang

For burnt out: Bergamot FCF, clary sage, copaiba, litsea, Norwegian spruce, ravintsara, thyme ct. thymol, ylang ylang

For focus: basil, douglas fir, niaouli, pink pepper, rosemary, sage, Spanish lavender, spearmint

For sleep: catnip, cedarwood, dill, lavender, marjoram, Roman chamomile, thyme ct. linalool, valerian

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, white spruce

Patchouli

EARTHY · BASE

CLOSEST SMELL

Spikenard, Vetiver

CLOSEST JOB

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Spikenard

EARTHY · BASE

CLOSEST SMELL

Patchouli, Vetiver

CLOSEST JOB

For meditation and prayer: elemi, frankincense, frankincense serrata, myrrh, palo santo, sandalwood

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, thyme ct. linalool, tsuga, vanilla, ylang ylang

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, thyme ct. linalool, valerian, vetiver, white spruce

Carrot seed

EARTHY · MIDDLE

CLOSEST SMELL

None. at this note. Patchouli, spikenard and vetiver are the same deep earthy smell, but all three are base notes and will stay put for days.

CLOSEST JOB

For grounding: balsam fir, black pepper, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Helichrysum

EARTHY / WOODY · MIDDLE

CLOSEST SMELL

None. Earthy and woody together, with a honey sweetness on top that nothing else in here has.

CLOSEST JOB

For spinning thoughts: elemi, frankincense, frankincense serrata, German chamomile, myrrh, palo santo, thyme ct. linalool

For comfort: blue tansy, fennel, ginger, hyacinth, hyssop, jasmine, myrrh, palo santo, ravintsara, red mandarin, vanilla

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Vanilla

BALSAMIC / GOURMAND · BASE

CLOSEST SMELL

Amyris

CLOSEST JOB

For comfort: blue tansy, fennel, ginger, helichrysum, hyacinth, hyssop, jasmine, myrrh, palo santo, ravintsara, red mandarin

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga

SCENT FAMILY

Conifers

Forest smells, and the most interchangeable group in the whole chart. **All eleven are the same family and all of them sit in the middle**, so any one of them stands in for any other: balsam fir, black spruce, cypress, Douglas fir, juniper berry, Norwegian spruce, pine, Siberian fir, tsuga, white fir and white spruce.

If a blend calls for a fir you don't have, reach for a spruce. Honestly, reach for whichever one you have.

Douglas fir is the only one with a second note. It opens like a top note before it settles into the middle, so it arrives a little brighter than the rest. It still swaps with every other oil in here.

Pine

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For grief: clary sage, hyacinth, myrrh, rose, vetiver, ylang ylang

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Balsam fir

WOODY · MIDDLE

CLOSEST SMELL

Black spruce, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Pine, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For a foggy head: catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For jittery nerves: amyris, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

For grounding: black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Siberian fir

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Pine, Tsuga, White fir, White spruce

CLOSEST JOB

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, thyme ct. thymol, white fir, ylang ylang

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

White fir

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Pine, Siberian fir, Tsuga, White spruce

CLOSEST JOB

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, ylang ylang

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white spruce, wild orange

Douglas fir

WOODY · TOP / MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Juniper berry, Norwegian spruce, Pine, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For focus: basil, niaouli, pink pepper, rosemary, sage, Spanish lavender, spearmint, vetiver

For feeling gray: Bergamot FCF, black spruce, blood orange, cinnamon leaf, clementine, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Black spruce

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Pine, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For feeling gray: Bergamot FCF, blood orange, cinnamon leaf, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

White spruce

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Pine, Siberian fir, Tsuga, White fir

CLOSEST JOB

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, wild orange

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver

Norwegian spruce

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Juniper berry, Pine, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For burnt out: Bergamot FCF, clary sage, copaiba, litsea, ravintsara, thyme ct. thymol, vetiver, ylang ylang

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Cypress

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Douglas fir, Juniper berry, Norwegian spruce, Pine, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For confidence: cedarwood, cedarwood virginian, ho wood, jasmine, juniper berry, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

Juniper berry

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Norwegian spruce, Pine, Siberian fir, Tsuga, White fir, White spruce

CLOSEST JOB

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, lemongrass, pink pepper, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Tsuga

WOODY · MIDDLE

CLOSEST SMELL

Balsam fir, Black spruce, Cypress, Douglas fir, Juniper berry, Norwegian spruce, Pine, Siberian fir, White fir, White spruce

CLOSEST JOB

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, turmeric

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, coriander, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, vanilla

Warm spices

The kitchen shelf. Cinnamon, clove, ginger, nutmeg, black pepper, cardamom, coriander, pink pepper, turmeric and oregano.

Warm is not the same as hot. Cardamom, black pepper and ginger are gentle oils that happen to smell warm, and nothing about being a spice makes an oil harsh.

But several in here carry the smallest limits in the chart. Cinnamon leaf and clove bud are both 0.5%, nutmeg is 0.8%. Check the number before you count your drops.

But they don't smell alike, any more than the herbs do. Clove bud is holiday pies. Ginger is sharp and a little citrusy underneath. Cardamom is a chai latte with a green eucalyptus edge. Black pepper is dry and biting, and pink pepper is the sweeter, brighter cousin of it. Coriander is the mildest of the lot. Swap one for another and the blend still works, it just becomes a different blend.

That's a real trade, and the same thing is true here as with the herbs. Nothing keeps the smell. Staying in this group holds the blend's shape together, and the job column holds onto what it does. Pick whichever one you care about more.

They split by note, and it matters. Cinnamon leaf and ginger are base notes that sit in a blend for days. Black pepper, clove bud, coriander, nutmeg and turmeric are middles. Cardamom, pink pepper and oregano open like top notes before settling.

Cinnamon leaf

SPICY · BASE · LIMIT 0.5%

SAME FAMILY, SAME NOTE

Ginger

CLOSEST JOB

For feeling gray: Bergamot FCF, black spruce, blood orange, clementine, douglas fir, elemi, eucalyptus radiata, helichrysum, jasmine, lime, litsea, red mandarin, rose, spearmint, tangerine, thyme ct. thymol

For a foggy head: balsam fir, catnip, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Clove bud

SPICY · MIDDLE · LIMIT 0.5%

SAME FAMILY, SAME NOTE

Black pepper, Cardamom, Coriander, Nutmeg, Pink pepper

CLOSEST JOB

For protection: citronella, frankincense, geranium, hyssop, palo santo, tea tree

Ginger

SPICY · BASE

SAME FAMILY, SAME NOTE

Cinnamon leaf

CLOSEST JOB

For comfort: blue tansy, fennel, helichrysum, hyacinth, hyssop, jasmine, myrrh, palo santo, ravintsara, red mandarin, vanilla

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, coriander, German chamomile, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, grapefruit, lemon, lime, litsea, Norwegian spruce, nutmeg, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

For grounding: balsam fir, black pepper, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Nutmeg

SPICY · MIDDLE · LIMIT 0.8%

SAME FAMILY, SAME NOTE

Black pepper, Cardamom, Clove bud, Coriander, Pink pepper

CLOSEST JOB

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, Roman chamomile, tarragon, thyme ct. linalool, tsuga, turmeric

For a foggy head: balsam fir, catnip, cinnamon leaf, coriander, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For low energy: cajeput, cinnamon leaf, clementine, cornmint, eucalyptus dives, eucalyptus radiata, ginger, grapefruit, lemon, lime, litsea, Norwegian spruce, peppermint, pine, ravintsara, Siberian fir, spearmint, spike lavender, sweet orange, thyme ct. thymol, white fir, white spruce, wild orange

Black pepper

SPICY · MIDDLE

SAME FAMILY, SAME NOTE

Cardamom, Clove bud, Coriander, Nutmeg, Pink pepper

CLOSEST JOB

For grounding: balsam fir, carrot seed, catnip, cedarwood, cedarwood virginian, douglas fir, elemi, fennel, frankincense serrata, ginger, helichrysum, hemp, hyssop, juniper berry, myrrh, neroli, Norwegian spruce, palo santo, patchouli, rose, sandalwood, spikenard, thyme ct. linalool, valerian, vetiver, white spruce

Coriander

SPICY · MIDDLE

SAME FAMILY, SAME NOTE

Black pepper, Cardamom, Clove bud, Nutmeg, Pink pepper

CLOSEST JOB

For a foggy head: balsam fir, catnip, cinnamon leaf, eucalyptus blue, eucalyptus radiata, grapefruit, helichrysum, hyssop, lemon, litsea, Norwegian spruce, nutmeg, peppermint, petitgrain, ravintsara, Spanish lavender, spearmint, spike lavender, thyme ct. thymol, yellow mandarin

For jittery nerves: amyris, balsam fir, Bergamot FCF, blue tansy, German chamomile, ginger, jasmine, juniper berry, melissa, neroli, palmarosa, palo santo, petitgrain, red mandarin, Spanish lavender, spikenard, thyme ct. linalool, tsuga, vanilla, ylang ylang

For winding down: amyris, balsam fir, blue tansy, elemi, eucalyptus blue, frankincense serrata, German chamomile, jasmine, lemon eucalyptus, magnolia, marjoram, melissa, myrrh, palmarosa, palo santo, petitgrain, sandalwood, Spanish lavender, thyme ct. linalool, tsuga, vanilla

Cardamom

SPICY · TOP / MIDDLE

SAME FAMILY, SAME NOTE

Black pepper, Clove bud, Coriander, Nutmeg, Pink pepper

CLOSEST JOB

For love and closeness: jasmine, magnolia, rose, ylang ylang

Pink pepper

SPICY · TOP / MIDDLE · LIMIT 1.0%

SAME FAMILY, SAME NOTE

Black pepper, Cardamom, Clove bud, Coriander, Nutmeg

CLOSEST JOB

For focus: basil, douglas fir, niaouli, rosemary, sage, Spanish lavender, spearmint, vetiver

For confidence: cedarwood, cedarwood virginian, cypress, ho wood, jasmine, juniper berry, lemongrass, sandalwood, Siberian fir, thyme ct. thymol, white fir, ylang ylang

Turmeric

EARTHY / SPICY · MIDDLE · LIMIT 1.0%

SAME FAMILY, SAME NOTE

None. Earthy and spicy together, which nothing else in the chart manages.

CLOSEST JOB

For stress: amyris, Bergamot FCF, blue tansy, cilantro, clary sage, copaiba, hemp, lavender, magnolia, myrrh, nutmeg, Roman chamomile, tarragon, thyme ct. linalool, tsuga

Oregano

HERBAL / SPICY · TOP / MIDDLE · LIMIT 1.1%

SAME FAMILY, SAME NOTE

None. Herb and spice at once, and it really does smell like pizza. Nothing else in here is close.

CLOSEST JOB

None