











































# Essential Oil List























ESSENTIAL OIL	PROPERTIES	USES	SAFETY INFORMATION	PREPARATION METHODS
 <p><b>Agarwood</b></p>	Woody, rich, grounding	Perfume, meditation, grounding	Generally safe; avoid during pregnancy	Diffusion, topical dilution
 <p><b>Allspice Berry</b></p>	Warm, spicy, sweet	Culinary, respiratory support	Use with caution; may cause skin irritation	Culinary use, infusion
 <p><b>Amyris</b></p>	Sweet, balsamic, woody	Aromatherapy, skin care	Avoid use in pregnancy; may irritate skin	Diffusion, topical dilution
 <p><b>Angelica</b></p>	Earthy, sweet, herbaceous	Digestive aid, skin care	Avoid use in pregnancy; possible allergic reactions	Tea infusion, tincture
 <p><b>Anise Seed</b></p>	Sweet, aromatic, licorice-like	Digestive aid, respiratory support	Generally safe; avoid large doses	Tea, culinary blend
 <p><b>Arborvitae</b></p>	Earthy, woody, fresh	Insect repellent, emotional balance	Use with caution; possible skin sensitivities	Topical application, infusion
 <p><b>Basil</b></p>	Warm, spicy, sweet	Culinary, herbal remedies	Generally safe; avoid excessive use	Culinary, topical dilution
 <p><b>Bay</b></p>	Spicy, herbal	Anti-inflammatory, pain relief	Caution with sensitive skin; potential irritation	Topical application, infusion
 <p><b>Bay Laurel</b></p>	Sweet, green, fresh	Aromatherapy, culinary	Generally safe; avoid excessive consumption	Culinary use, essential oil
 <p><b>Benzoin</b></p>	Balsamic, sweet	Aromatherapy, skincare	Skin sensitizing; avoid in pregnancy	Diffusion, topical use











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 <p><b>Black Pepper</b></p>	Spicy, warm, woody	Digestive support, pain relief, warming	Generally safe; may cause skin irritation	Diffusion, topical dilution
 <p><b>Black Spruce</b></p>	Woody, fresh, balsamic	Respiratory support, grounding, emotional balance	Generally safe; avoid during pregnancy	Diffusion, topical use
 <p><b>Blood Orange</b></p>	Sweet, citrusy, uplifting	Mood enhancer, skin rejuvenation, culinary	Citrus oils may be phototoxic; avoid sun exposure	Diffusion, topical dilution, culinary use
 <p><b>Blue Tansy</b></p>	Sweet, herbaceous, floral	Skin care, calming, inflammation relief	Generally safe but can stain fabrics	Topical dilution, diffusion
 <p><b>Camphor</b></p>	Strong, medicinal, woody	Pain relief, respiratory support, repellent	Highly concentrated; do not ingest; avoid on sensitive skin	Topical application, vapor inhalation
 <p><b>Cardamom</b></p>	Spicy, warm, sweet	Digestive aid, mood booster, respiratory support	Generally safe; use in moderation	Diffusion, culinary use, topical blend
 <p><b>Carrot Seed</b></p>	Earthy, sweet, herbal	Skin rejuvenation, scar healing, hair health	Generally safe; may cause sensitivity in some individuals	Topical dilution, infusion, diffusion
 <p><b>Cassia</b></p>	Warm, spicy, sweet	Digestive support, warming, respiratory support	Can be irritating to skin; use with caution	Diffusion, topical dilution
 <p><b>Catnip</b></p>	Herbaceous, sweet, fresh	Calming, digestive aid, insect repellent	Generally safe; minimal side effects	Tea infusion, topical use
 <p><b>Cedarwood</b></p>	Woody, evergreen	Grounding, calming, skin benefits	Generally safe; mild skin irritant for some	Diffusion, topical dilution











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 <p><b>Celery Seed</b></p>	Warming, spicy, earthy	Digestive aid, diuretic, anti-inflammatory	Generally safe; avoid during pregnancy	Dilution for topical use, culinary
 <p><b>Chamomile (German and Roman)</b></p>	Calming, sweet, floral	Skin care, stress relief, sleep aid	Generally safe; may cause allergic reactions in some	Diffusion, topical dilution, tea
 <p><b>Cinnamon (Bark and Leaf)</b></p>	Warm, spicy, sweet	Antibacterial, circulation support, flavoring	Can be a skin irritant; use with caution	Dilution for topical use, diffusion
 <p><b>Citronella</b></p>	Fresh, lemony, grassy	Insect repellent, deodorant, cleansing	Generally safe; may cause skin irritation in some	Dilution for topical use, diffusion
 <p><b>Clary Sage</b></p>	Herbaceous, earthy, nutty	Hormone balance, stress relief, skin care	Avoid during pregnancy; may cause drowsiness	Diffusion, topical dilution
 <p><b>Clove</b></p>	Strong, spicy, warm	Pain relief, antibacterial, dental care	Can be a skin irritant; use with caution	Dilution for topical use, dental applications
 <p><b>Copaiba</b></p>	Mild, woody, slightly sweet	Anti-inflammatory, skin care, pain relief	Generally safe; may interact with some medications	Topical dilution, diffusion
 <p><b>Coriander</b></p>	Sweet, woody, spicy	Digestive aid, skin care, stress relief	Generally safe; may cause skin sensitivity	Culinary use, topical dilution
 <p><b>Cypress</b></p>	Woody, fresh, slightly spicy	Respiratory support, circulation, skin toning	Generally safe; avoid during pregnancy	Diffusion, topical dilution
 <p><b>Douglas Fir</b></p>	Fresh, woody, sweet	Respiratory support, energy boost, air purifying	Generally safe; avoid use on children under 6	Diffusion, topical dilution

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 <p><b>Elemi</b></p>	Fresh, lemony, peppery	Skin care, respiratory support, meditation	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Eucalyptus</b></p>	Fresh, camphoraceous, medicinal	Respiratory support, pain relief, insect repellent	Avoid use on children under 10; do not ingest	Inhalation, topical dilution, diffusion
 <p><b>Fennel</b></p>	Sweet, licorice-like, spicy	Digestive aid, hormone balance, respiratory support	Avoid during pregnancy; may interact with medications	Culinary use, topical dilution
 <p><b>Fir Needle</b></p>	Fresh, woody, forest-like	Respiratory support, muscle pain relief, air purifying	Generally safe; avoid use during pregnancy	Diffusion, topical dilution
 <p><b>Frankincense</b></p>	Woody, spicy, slightly fruity	Skin care, meditation, respiratory support	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Geranium</b></p>	Floral, sweet, rose-like	Skin care, emotional balance, insect repellent	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Ginger</b></p>	Warm, spicy, woody	Digestive aid, nausea relief, circulation support	May cause skin irritation; use with caution	Culinary use, topical dilution
 <p><b>Grapefruit</b></p>	Citrusy, fresh, uplifting	Mood enhancement, appetite suppressant, skin toning	Phototoxic; avoid sun exposure after use	Diffusion, topical dilution
 <p><b>Helichrysum</b></p>	Herbaceous, honey-like, earthy	Skin healing, pain relief, emotional support	Generally safe; expensive, use sparingly	Topical dilution, diffusion
 <p><b>Hyssop</b></p>	Fresh, herbaceous, camphor-like	Respiratory support, digestive aid, skin care	Avoid during pregnancy and with epilepsy	Topical dilution, diffusion

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 <p><b>Jasmine</b></p>	Floral, sweet, exotic	Mood enhancement, skin care, aphrodisiac	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Juniper Berry</b></p>	Woody, fresh, slightly sweet	Detoxification, urinary tract health, skin care	Avoid during pregnancy; may irritate kidneys	Diffusion, topical dilution
 <p><b>Labdanum</b></p>	Woody, amber-like, rich	Skin care, emotional grounding, perfumery	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Lavender</b></p>	Floral, herbaceous, calming	Relaxation, skin care, sleep aid	Generally safe; may cause skin irritation in some	Diffusion, topical dilution, bath
 <p><b>Lemon</b></p>	Citrusy, fresh, uplifting	Mood enhancement, cleaning, skin brightening	Phototoxic; avoid sun exposure after use	Diffusion, cleaning products, topical dilution
 <p><b>Lemongrass</b></p>	Citrusy, grassy, fresh	Insect repellent, muscle pain relief, air freshener	May cause skin irritation; use with caution	Diffusion, topical dilution
 <p><b>Lime</b></p>	Citrusy, tart, refreshing	Mood enhancement, air purifying, skin toning	Phototoxic; avoid sun exposure after use	Diffusion, topical dilution
 <p><b>Magnolia</b></p>	Floral, sweet, slightly spicy	Stress relief, skin care, respiratory support	Generally safe; may cause drowsiness	Diffusion, topical dilution
 <p><b>Mandarin</b></p>	Citrusy, sweet, gentle	Digestive aid, mood enhancement, skin care	Generally safe; mild phototoxicity	Diffusion, topical dilution
 <p><b>Marjoram</b></p>	Warm, herbaceous, woody	Muscle relaxation, digestive aid, respiratory support	Avoid during pregnancy; may lower blood pressure	Diffusion, topical dilution

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 <p><b>Melissa (Lemon Balm)</b></p>	Citrusy, herbaceous, calming	Stress relief, antiviral, cognitive function	Generally safe; expensive, use sparingly	Diffusion, topical dilution
 <p><b>Myrrh</b></p>	Warm, woody, slightly smoky	Skin care, oral health, meditation	Avoid during pregnancy; may interact with medications	Diffusion, topical dilution
 <p><b>Myrtle</b></p>	Fresh, camphoraceous, herbaceous	Respiratory support, skin care, hair health	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Neroli</b></p>	Floral, citrusy, delicate	Skin care, stress relief, aphrodisiac	Generally safe; may cause skin irritation in some	Diffusion, topical dilution, bath
 <p><b>Niaouli</b></p>	Fresh, camphoraceous, medicinal	Immune support, respiratory aid, skin care	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Nutmeg</b></p>	Warm, spicy, sweet	Digestive aid, pain relief, cognitive function	Avoid during pregnancy; may cause skin irritation	Culinary use, topical dilution
 <p><b>Orange (Sweet and Wild)</b></p>	Citrusy, sweet, uplifting	Mood enhancement, digestive aid, skin care	Phototoxic; avoid sun exposure after use	Diffusion, topical dilution
 <p><b>Oregano</b></p>	Herbaceous, spicy, warm	Immune support, antimicrobial, respiratory aid	Can be a strong irritant; use with caution	Dilution for topical use, diffusion
 <p><b>Palmarosa</b></p>	Floral, sweet, rose-like	Skin care, emotional balance, insect repellent	Generally safe; may cause skin irritation in some	Diffusion, topical dilution
 <p><b>Patchouli</b></p>	Earthy, musky, sweet	Skin care, grounding, insect repellent	Generally safe; strong scent, use sparingly	Diffusion, topical dilution

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 <p><b>Peppermint</b></p>	Cool, minty, refreshing	Digestive aid, headache relief, respiratory support	Generally safe; may cause skin irritation in some	Diffusion, topical dilution, tea
 <p><b>Petitgrain</b></p>	Fresh, woody, floral	Nervous tension relief, skin care, calming	Generally safe; may cause mild skin irritation	Diffusion, topical dilution
 <p><b>Pine</b></p>	Fresh, woody, invigorating	Respiratory support, muscle relief, air purifying	Generally safe; may irritate sensitive skin	Diffusion, topical dilution
 <p><b>Pink Pepper</b></p>	Spicy, warm, fresh	Digestive aid, emotional uplift, skin care	Generally safe; may cause skin sensitivity	Diffusion, topical dilution
 <p><b>Rose</b></p>	Floral, sweet, rich	Skin rejuvenation, mood enhancement, emotional support	Generally safe; may cause skin sensitivity	Diffusion, topical dilution, facial mist
 <p><b>Rosemary</b></p>	Herbaceous, woody, fresh	Memory enhancement, digestion aid, respiratory support	Generally safe; may raise blood pressure if used excessively	Diffusion, topical dilution, culinary
 <p><b>Rosewood</b></p>	Woody, floral, sweet	Skin care, emotional healing, relaxation	Generally safe; may cause skin irritation	Diffusion, topical dilution
 <p><b>Sandalwood</b></p>	Rich, woody, calming	Meditation, skin care, calming emotions	Generally safe; avoid excessive use	Diffusion, topical dilution
 <p><b>Spearmint</b></p>	Sweet, minty, refreshing	Digestive support, cooling, uplifting	Generally safe; may cause skin irritation in some	Diffusion, topical dilution, tea
 <p><b>Spikenard</b></p>	Earthy, woody, sweet	Calming, skin support, meditation	Generally safe; use sparingly	Diffusion, topical dilution

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 <p><b>Tangerine</b></p>	Sweet, citrusy, uplifting	Mood enhancement, digestive aid, skin toning	Mildly phototoxic; avoid sun exposure after use	Diffusion, topical dilution
 <p><b>Tea Tree</b></p>	Fresh, medicinal, herbaceous	Antimicrobial, skin care, immune support	Generally safe; may cause skin irritation in some	Topical application, diffusion
 <p><b>Thyme</b></p>	Herbaceous, warm, spicy	Respiratory support, antimicrobial, skin care	Can be a skin irritant; use with caution	Dilution for topical use, diffusion
 <p><b>Tulsi (Holy Basil)</b></p>	Spicy, fresh, herbaceous	Stress relief, immune support, respiratory aid	Generally safe; may interact with some medications	Tea, diffusion, topical dilution
 <p><b>Turmeric</b></p>	Warm, spicy, earthy	Anti-inflammatory, skin care, digestive aid	May stain skin/fabrics; possible skin sensitivity	Topical dilution, diffusion
 <p><b>Vetiver</b></p>	Earthy, woody, smoky	Grounding, relaxation, skin care	Generally safe; strong scent, use sparingly	Diffusion, topical dilution
 <p><b>Wintergreen</b></p>	Minty, sweet, medicinal	Pain relief, respiratory support, alertness	Toxic if ingested; use with extreme caution	Highly diluted topical use, diffusion
 <p><b>Ylang Ylang</b></p>	Floral, sweet, exotic	Stress relief, aphrodisiac, skin/hair care	May cause headaches or nausea if overused	Diffusion, topical dilution
 <p><b>Yarrow</b></p>	Herbaceous, sweet, medicinal	Skin care, circulatory support, emotional balance	Avoid during pregnancy; may cause skin sensitivity	Topical dilution, diffusion
 <p><b>Yuzu</b></p>	Citrusy, fresh, uplifting	Mood enhancement, skin toning, air freshening	Phototoxic; avoid sun exposure after use	Diffusion, topical dilution