

# Essential Oils

## AT-A-GLANCE

Use the following quick reference guide to familiarize yourself with 10 of the most popular essential oils and their medicinal properties and uses. Plus, learn which essential oils pair well with each other and so you can start making your own essential oil blends with ease!

ESSENTIAL OIL:	MEDICINAL USES:	BLENDS WELL WITH:
Chamomile	Acne, Antiallergenic, Anti-Inflammatory, Anxiety, Burns, Chicken Pox, Diaper Rash, Eczema, Headaches, Insomnia, Psoriasis, Sunburns, Stress	Bergamot, Clary Sage, Clove, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Melissa, Palmarosa, Patchouli, Rose, Tangerine, Ylang-Ylang
Eucalyptus	Analgesic, Antibacterial, Antifungal, Antiseptic, Antiviral, Arthritis, Bronchitis, Cold, Cough, Decongestant, Expectorant, Flu, Respiratory or Sinus Infections	Cedarwood, Cypress, Fir, Lavender, Lemon, Marjoram, Orange, Oregano, Peppermint, Pine, Rosemary, Spearmint, Tea Tree, Thyme
Frankincense	Aging Skin, Analgesic, Antifungal, Anti-Inflammatory, Antiseptic, Anxiety, Asthma, Cold, Cough, Scars, Stretch Marks, Wounds	Bergamot, Cedarwood, Chamomile, Cinnamon, Clary Sage, Cypress, Geranium, Ginger, Lavender, Lemon, Orange, Palmarosa, Pine
Grapefruit	Acne, Appetite Suppressant, Antibacterial, Anti-Depressant, Antiseptic, Detoxification, Emotional Balance, Fatigue, Headache, Irritability, Stress	Basil, Bergamot, Cardamom, Clary Sage, Ginger, Lavender, Lemon, Lime, Lemongrass, Orange, Rosemary, Thyme, Ylang-Ylang

Lavender	Acne, Analgesic, Antiallergenic, Antibacterial, Anti-Depressant, Anti-Inflammatory, Antimicrobial, Antiseptic, Anxiety, Bug Bites, Burns, Chicken Pox, Colic, Dandruff, Headaches, Insomnia, Irritability, Muscle Pain, Nausea, Stress, Sunburn, Wounds	Bergamot, Chamomile, Clary Sage, Eucalyptus, Frankincense, Geranium, Grapefruit, Lemon, Lime, Orange, Peppermint, Vanilla
Lemon	Antibacterial, Antifungal, Anti-Inflammatory, Antimicrobial, Antiseptic, Cold, Flu, Mental Alertness, Uplifting	Basil, Cinnamon, Clove, Frankincense, Ginger, Grapefruit, Lavender, Melissa, Orange, Peppermint, Vanilla
Orange	Anti-Inflammatory, Antiseptic, Antimicrobial, Anxiety, Insomnia, Stress, Uplifting	Allspice, Bergamot, Cardamom, Cinnamon, Clove, Frankincense, Ginger, Grapefruit, Lavender, Lemon, Nutmeg, Vanilla
Peppermint	Analgesic, Antibacterial, Anti-Depressant, Anti-Inflammatory, Antifungal, Antimicrobial, Antiseptic, Asthma, Expectorant, Fever, Headache, Muscle Pain, Nausea, Respiratory/Sinus Infection, Sunburn	Cinnamon, Cypress, Eucalyptus, Fir, Frankincense, Lavender, Lemon, Rosemary, Spearmint, Pine, Tea Tree, Vanilla
Rosemary	Analgesic, Antibacterial, Antiseptic, Arthritis, Asthma, Bronchitis, Cold, Cough, Decongestant, Expectorant, Flu, Hair Growth, Memory, Mental Alertness, Muscle Pain, Respiratory/Sinus Infection	Cedarwood, Cinnamon, Clary Sage, Eucalyptus, Fir, Frankincense, Geranium, Grapefruit, Lavender, Lemon, Oregano, Peppermint, Pine, Spearmint, Tea Tree, Thyme
Tea-Tree	Acne, Analgesic, Antibacterial, Antifungal, Anti-Inflammatory, Antimicrobial, Antiseptic, Antiviral, Arthritis, Bronchitis, Burns, Cold, Cough, Cradle Cap, Dandruff, Decongestant, Flu, Laryngitis, Oily Hair & Skin, Rash, Respiratory/Sinus Infection, Sunburn, Warts, Wounds	Cedarwood, Clove, Cypress, Eucalyptus, Fir, Lavender, Lemon, Oregano, Peppermint, Pine, Rosemary, Thyme