

Essential Oil Suggestions for Aromatherapy

Essential oils to increase energy, motivation, clarity of thought & concentration			
Basil <i>(do not use when pregnant)</i>	Bay (Laurel)	Bergamot <i>(increases the skin's reaction to sunlight when used for massage)</i>	Cardamom
Cinnamon	Clove Bud <i>(may irritate skin)</i>	Coriander	Eucalyptus
Fennel <i>(do not use when pregnant or if suffer from epilepsy. May irritate skin.)</i>	Ginger	Grapefruit	Lemon <i>(increases the skin's reaction to sunlight when used for massage)</i>
Lemongrass	Lemon Myrtle	Lime	May Chang (Litsea)
Orange	Patchouli	Peppermint	Pine
Rosemary	Spearmint	Thyme	Tuberose
Essential oils to induce calm, improve focus, & relieve stress, anxiety & tension			
Cedarwood <i>(Atlas & Virginian)</i>	Chamomile <i>(German & Roman)</i>	Clary Sage <i>(do not use when pregnant)</i>	Frankincense
Geranium	Helichrysum <i>(Immortelle or Italian Everlasting)</i>	Jasmine	Lavender
Linden Blossom	Mandarin	Marjoram (sweet)	Myrrh <i>(do not use when pregnant)</i>
Myrtle	Rose	Sandalwood	Vetiver
Ylang Ylang			

For more detailed information, refer to:

<http://www.aromatherapy-stress-relief.com/oiltable.html>

<http://aromatherapy4u.wordpress.com/2006/09/03/the-blood-brain-barrier-and-essential-oils/>

Battaglia, S. (2003) *The Enchanting Art of Aromatherapy*. Published by The International Centre of Holistic Aromatherapy.

A word of caution about Essential Oils

Even natural products can have side effects if not used properly, and some degree of care is needed when handling them. Pure undiluted essential oils should not (in general) be used directly on the skin. Do not take essential oils internally. Essential oils should be kept away from children, pets and the eyes. Essential oils are also very volatile and, therefore flammable - keep them away from naked flames. Aromatherapy products are never to be used in place of medical treatment. If you are pregnant, epileptic, suffering from high blood pressure or already taking medication consult your medical practitioner or a qualified aromatherapist.