



BERGAMOT
Essential Oil
Citrus bergamia

Perfumery Note: Middle
Scent Type: Citrus
Initial Intensity: Medium

Aromatic Benefits Include:

Releases emotional pain
Relieves stress
Reduces pain from headaches & muscle tension
Works as a sedative



BLOOD ORANGE
Essential Oil
Citrus sinensis

Perfumery Note: Middle
Scent Type: Citrus
Initial Intensity: Medium

Aromatic Benefits Include:

Helps improve cognitive functions & memory
Migraine relief
Anti-anxiety
Anti-depressant



CASSIA
Essential Oil
Cinnamomum cassia

Perfumery Note: Top
Scent Type: Spicy
Initial Intensity: Strong

Aromatic Benefits Include:

Eases nausea & vomiting
Brightens mood
Boosts libido
Calms emotions



CEDAR WOOD
Essential Oil
Cedrus atlantica

Perfumery Note: Base
Scent Type: Woody
Initial Intensity: Medium/Strong

Aromatic Benefits Include:

Eliminates cough
Relieves stress
Calming & grounding properties
Promotes confidence & self esteem



CINNAMON
Essential Oil
Cinnamomum zeylanicum

Perfumery Note: Middle
Scent Type: Spicy
Initial Intensity: Strong

Aromatic Benefits Include:

Fights viruses & bacteria
Boosts concentration
Relieves depression
Stimulates libido



CLOVE BUD
Essential Oil
Syzygium aromaticum L.

Perfumery Note: Middle
Scent Type: Spicy/Woody
Initial Intensity: Medium/Strong

Aromatic Benefits Include:

Aides digestive problems
Dissinfecting properties
Stimulates metabolism
Boosts energy



EUCALYPTUS
Essential Oil
Eucalyptus globulus

Perfumery Note: Middle
Scent Type: Herbal / Fresh
Initial Intensity: Medium

Aromatic Benefits Include:

Helps relieve cold & flu symptoms
Alleviates sinusitis & allergies
Boosts energy levels
Combats tension & mental exhaustion



FIR NEEDLE
Essential Oil
Abies siberica

Perfumery Note: Middle
Scent Type: Fresh/Woody/Earthy
Initial Intensity: Medium

Aromatic Benefits Include:

Deodorizes
Detoxifying
Respiratory relief
Reduces stress & energizes



FRANKINCENSE
Essential Oil
Boswellia carterii

Perfumery Note: Base
Scent Type: Spicy/Woody / Slightly Citrus
Initial Intensity: Medium

Aromatic Benefits Include:

Relieves chronic stress & anxiety
Relieves bronchitis & congestion
Memory support
Relieves PMS symptoms



GRAPEFRUIT (PINK)
Essential Oil
Citrus paradisi

Perfumery Note: Top
Scent Type: Citrus
Initial Intensity: Medium

Aromatic Benefits Include:

Increases energy & mental alertness
Clears sinuses
Brightens your mood
Relieves headaches



LAVENDER
Essential Oil
Lavandula angustifolia / Lavandula officinalis

Perfumery Note: Top/Middle
Scent Type: Floral
Initial Intensity: Medium

Aromatic Benefits Include:

Reduces anxiety
Improves sleep
Increases cognitive functions
Alleviates headaches



LEMON
Essential Oil
Citrus limon

Perfumery Note: Top
Scent Type: Citrus
Initial Intensity: Strong

Aromatic Benefits Include:

Cleanses & purifies
Boosts concentration
Relieves anxiety
Alleviates sore throat



LEMON GRASS
Essential Oil
Cymbopogon citratus / Cymbopogon flexuosus

Perfumery Note: Top
Scent Type: Citrus
Initial Intensity: Strong

Aromatic Benefits Include:

Relieves headaches
Relieves muscle pain
Deodorizes
Boosts energy



LIME PERSIAN
Essential Oil
Citrus latifolia Tanaka

Perfumery Note: Top
Scent Type: Citrus
Initial Intensity: Medium

Aromatic Benefits Include:

Energizes
Relieves stress
Brightens mood
Purifies



NUTMEG
Essential Oil
Myristica fragrans

Perfumery Note: Middle
Scent Type: Spicy
Initial Intensity: Medium

Aromatic Benefits Include:

Calming & sedative effect
Enhances concentration
Brightens your mood
Alleviates exhaustion



PATCHOULI
Essential Oil
Pogostemon Cablin

Perfumery Note: Base
Scent Type: Earthy
Initial Intensity: Medium

Aromatic Benefits Include:

Relieves depression
Aphrodisiac
Sedates hyperactivity
Deodorizes



PEPPERMINT
Essential Oil
Mentha piperita

Perfumery Note: Top
Scent Type: Herbal / Mint
Initial Intensity: Strong

Aromatic Benefits Include:

Relieves headaches
Improves mental focus
Clears respiratory tract
Boosts energy



PINE SCOTCH
Essential Oil
Pinus Sylvestris

Perfumery Note: Middle
Scent Type: Woody
Initial Intensity: Medium/Strong

Aromatic Benefits Include:

Air freshner
Aids healing of respiratory problems
Brightens mood
Air purifier



ROSEMARY SPANISH
Essential Oil
Rosmarinus Officinalis

Perfumery Note: Middle
Scent Type: Herbaceous
Initial Intensity: Medium/Strong

Aromatic Benefits Include:

Improves memory
Aids concentration
Relieves respiratory infections
Relieves stress



SPEARMINT
Essential Oil
Mentha spicata

Perfumery Note: Top
Scent Type: Herbaceous
Initial Intensity: Medium

Aromatic Benefits Include:

Brightens your mood
Relieves stress headaches
Aids concentration
Prevents fatigue & nervousness



SWEET BASIL
Essential Oil
Ocimum basilicum, ct. Estragole,

Perfumery Note: Top
Scent Type: Herbaceous
Initial Intensity: Medium

Aromatic Benefits Include:

Calming effect
Relieves stress
Promotes deep sleep
Improves mental clarity, memory & sharpens the senses



SWEET ORANGE
Essential Oil
Citrus sinensis

Perfumery Note: Top
Scent Type: Citrus
Initial Intensity: Medium/Strong

Aromatic Benefits Include:

Calming effect
Eases anxiety
Increases libido
Eliminates bad odors



TEA TREE
Essential Oil
Melaleuca alternifolia

Perfumery Note: Middle
Scent Type: Herbal / Fresh
Initial Intensity: Medium

Aromatic Benefits Include:

Helps relieve tension
Clears mucus & cough
Disinfectant & mold remedy



TANGERINE
Essential Oil
Citrus reticulata

Perfumery Note: Top
Scent Type: Citrus
Initial Intensity: Medium

Aromatic Benefits Include:

Relieves stress-induced insomnia and nervous exhaustion
Refreshing
Calming effect
Alleviates depression



WINTER GREEN
Essential Oil
Gaultheria Procumbens

Perfumery Note: Middle/Top
Scent Type: Woody/Herbaceous
Initial Intensity: Strong

Aromatic Benefits Include:

Aides relaxation
Brightens the mood
Elevates the sensory system

NOTE: The information provided is general and should not be taken as medical advice. Neither Simply Soothing or associated business entities guarantee the accuracy of the information. Please consult your doctor, especially if being used during pregnancy, before using this product.

For more safety information visit: www.usingeossafely.com