SOiL ESSENTIAL OILS
wellness guide

Match your symptoms to the ideal essential oil

	ACNE	ALLERGIES	ANXIETY	APATHY	APHRODISIAC	BRUISES	BURNS	CANDIDA	CELLULITE	CIRCULATION	COLDS & FLU	CONCENTRATION	CONFUSION	CONSTIPATION	COUGHS	CRAMP	DIGESTION	DEPRESSION	ECZEMA	FATIGUE	FEAR	FLUID RETENTION	HEADACHE	HIGH BLOOD PRESSURE	HYPERACTIVITY	INSECT BITES	INSECT REPELLANT	INSOMNIA	IRRITABILITY	IMMUNE SYSTEM	JET LAG	LOW BLOOD PRESSURE	MUSCULAR ACHES	PANIC ATTACKS	PERIOD PAINS	RESPIRATORY	RHEUMATISM	SHOCK	SORE THROAT	SPRAINS	STRESS	SUNBURN	TOOTHACHE	WARTS	WOUNDS	UPLIFTMENT
BASIL			●								●	●	●		●		●			●								●		●						●			●							●
BENZOIN										●					●		●																		●	●		●							
BERGAMOT	●		●	●							●		●				●	●		●			●						●	●	●				●					●				●	●
BLACK PEPPER										●	●			●			●													●		●	●				●			●						
CEDARWOOD	●				●						●	●			●															●						●			●							
CHAMOMILE	●	●	●				●							●		●	●	●	●		●		●		●	●		●							●		●				●	●	●			
CINNAMON LEAF					●																												●	●	●						●					
CITRONELLA										●		●															●																			●
CLARY SAGE			●						●							●		●		●				●	●			●						●	●				●		●					●
CLOVE										●							●																●				●				●		●			
CORIANDER					●												●			●																										●
CYPRESS			●						●	●						●		●										●					●		●	●	●									
EUCALYPTUS					●			●	●		●				●								●				●			●			●				●		●							
FENNEL																	●					●													●											
FRANKINCENSE			●								●																									●										
GINGER										●	●				●		●																●				●									
GRAPEFRUIT	●		●						●									●				●																								
JUNIPER	●		●						●							●			●	●		●		●				●						●	●		●	●								
LAVENDER	●	●	●			●	●	●	●		●						●	●	●	●	●		●	●	●	●	●	●	●		●		●	●	●	●	●	●	●	●	●	●	●		●	●
LEMON	●		●						●	●	●	●	●										●	●		●				●							●		●					●	●	●
LEMONGRASS	●																			●							●				●															●
LEMON TEA TREE	●	●						●			●																●			●																
LIME																	●																					●								
MARJORAM			●			●				●	●			●		●		●					●	●				●					●		●		●			●	●					
MANDARIN														●		●	●	●						●																	●					
MELISSA			●										●					●																●												
MYRRH										●	●						●													●																
NIAOULI	●						●				●																			●						●			●						●	
PALMAROSA	●		●														●																								●					●
PATCHOULI	●		●		●				●			●							●	●																										●
PEPPERMINT	●			●						●	●						●			●		●	●				●				●		●						●				●			
PETITGRAIN	●		●														●			●								●								●					●					●
PINE											●																						●			●	●									
ROSE GERANIUM	●		●						●		●	●						●	●	●									●						●				●		●					●
ROSEMARY				●					●	●	●	●				●				●			●								●	●	●				●			●						●
SANDALWOOD	●		●							●		●					●				●		●	●																	●				●	
SPEARMINT																●	●										●								●						●					●
SWEET ORANGE				●							●			●				●		●								●													●					●
TEA TREE	●					●	●	●			●				●											●				●						●		●	●	●				●	●	
THYME								●			●				●	●	●	●		●										●			●			●	●		●							
VETIVER			●															●		●				●				●		●			●		●		●				●					●
WINTERGREEN																																														
YLANG YLANG			●		●													●						●				●	●					●				●			●					