

ESSENTIAL OIL PLANT FAMILIES

| PLANT FAMILY | ESSENTIAL OILS |
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| Apiaceae Commonly known as the umbellifer family. These oils are balancing to the digestive system. | <ul style="list-style-type: none">• Coriander• Dill• Fennel• Carrot Seed• Anise• Caraway• Angelica Root• Cumin• Cilantro |
| Asteraceae (Compositae) Commonly known as the aster or daisy family. These diverse oils tend to be antiseptic, anti-inflammatory and soothing to the skin and the digestive system. | <ul style="list-style-type: none">• Roman Chamomile• German Chamomile• Helichrysum• Goldenrod• Blue Tansy |
| Burseraceae Commonly known as the torchwood family. These oils have expectorant properties and tend to be healing to wounds and ulcers, reducing scar tissue. Also assist with emotional balance. | <ul style="list-style-type: none">• Myrrh• Elemi• Opopanax• Frankincense• Palo Santo |
| Cupressaceae Commonly known as the cypress family. These oils assist with stress, insomnia, and nervous tension. They have astringent properties and may reduce cellulite. | <ul style="list-style-type: none">• Cypress• Juniper Berry• Cedarwood Virginian• Arborvitae |
| Fabaceae Commonly known as the legume or pea family. These essential oils are distilled from tree resin and frequently used for respiratory problems and in skin care. | <ul style="list-style-type: none">• Copaiba• Peru Balsam |

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| Lamiaceae (Labiatae) Commonly known as the mint family. Many of the plants are aromatic and include widely used culinary herbs. This is the largest oil producing family. These calming and strengthening oils are supportive of the digestive and respiratory systems. | <ul style="list-style-type: none">• Lavender• Patchouli• Rosemary• Peppermint• Sweet Marjoram• Clary Sage• Basil• Melissa• Thyme• Bergamot Mint• Oregano• Spearmint |
| Laurenceae Commonly known as the laurel family. These oils tend to be warming and stimulating; they also have strong antifungal properties. Supportive to the circulatory, immune, and respiratory system. | <ul style="list-style-type: none">• Cinnamon (bark and leaf)• Rosewood• Litsea• Camphor• Cassia• Ravintsara• Ravensara• Laurel Leaf• May Chang |
| Myrataceae Commonly known as the myrtle family. These powerful healing oils are highly antiseptic and are particularly useful on the respiratory and immune system. | <ul style="list-style-type: none">• Tea Tree• Eucalyptus (all types)• Clove Bud• Cajeput• Niaouli• Allspice |
| Pinaceae Commonly known as the pine family. These restorative oils are highly antiseptic and effective on respiratory disorders. They are also calming on the nervous system. | <ul style="list-style-type: none">• Douglas Fir• Silver Fir• Cedarwood Himalyan• Cedarwood Atlas• Hemlock• Scotch Pine• Black Spruce• Balsam Fir |

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| Poaceae (Gramineae) Commonly called the grass family. The oils in this family tend to be grounding and strengthening. Used for stimulation of the digestive system, disinfection, and for pest and parasite control. | <ul style="list-style-type: none">• Citronella• Vetiver• Palmarosa• Gingergrass• Lemongrass |
| Rutaceae Commonly known as the rue or citrus family. These refreshing oils are uplifting and supportive of the nervous and immune system. | <ul style="list-style-type: none">• Bergamot• Lemon• Sweet Orange• Neroli• Amyris• Tangerine• Clementine• Grapefruit• Lime• Mandarin• Yuzu |
| Zingiberaceae Commonly known as the ginger family. These warming oils are supportive of the digestive system. | <ul style="list-style-type: none">• Cardamom• Ginger |