

ESSENTIAL OIL	AROMA	PLANT PART & DISTILLATION	ESSENTIAL OIL PROPERTIES	WARNINGS (X DON'T USE)
ANISE MYRTLE	<i>Licorice, fresh</i>	Leaves- steam distilled (SD)	Relaxing, calming, uplifting, digestive, antibacterial	Pregnancy x
BASIL CT LINALOOL	<i>Herbacious, strong, sweet</i>	Leaves- steam distilled (SD)	Focus, concentration, insect repellent, muscular, aches, calming	Pregnancy x Kids under 10 x
BAY LAUREL	<i>Herbacious, strong, spicy</i>	Leaves- SD	Scalp & hair tonic, muscular aches & pains, colds, confidence, courage, balance, protection	Pregnancy x Kids under 10 x
BERGAMOT FCF	<i>citrus, green</i>	Peel- cold expressed	Digestion issues, uplifting, anxiety, depression, calming, restorative	None
BLACK PEPPER	<i>Spicy, peppery, fresh</i>	Berries- SD	Digestive issues, muscle & joint pain, improves circulation, can help to give up smoking, stimulating, energising fear & motivation for change	Skin use <1%
BLACK SPRUCE	<i>Pine-like, woody, fresh</i>	Needles- SD	Lung support, muscular pain, antibacterial, energising, warming, rejuvenating, supports forgiveness	Don't use old oil on skin
CEDARWOOD HIMALAYAN	<i>Woody</i>	Wood- SD	Muscular pain, coughs & colds, acne, hair & scalp tonic, comforting, security, grounding	None
CLARY SAGE	<i>Herbacious, tea-like</i>	Leaves, flowers- SD	Uterotonic, birth, PMS, muscular spasms, anxiety, stress relaxing, euphoria inducing, creativity, indecision	Pregnancy x
CLOVE BUD	<i>Spicy, warm, sweet</i>	Flowers (buds)- SD	Muscular aches & pains, toothaches, warming, concentration, uplifting, promotes love, confidence	Skin use <0.5%
CYPRESS	<i>Woody, dry</i>	Needles, twigs- SD	Circulation, haemorrhoids, fluid retention, varicose veins, coughs, healthy lung function, transitions, grief, protective, courage	Minimal use in pregnancy & with cancers, uterine & breast fibrosis
ELEMI	<i>Balsamic, lemony, peppery</i>	Resin- SD	Skin issues, scar reduction, antibacterial, respiratory system, deep breathing, lung support, grounding, facilitates meditation	None
EUCALYPTUS	<i>Strong, medicinal, camphoraceous</i>	Leaves- SD	Colds, coughs, muscular aches & pain, headaches, sinus, lung support, antibacterial, immune stimulant, stimulating, concentration	Kids under 10 X
FRAGONIA	<i>Native, floral</i>	Twigs, branches- SD	Respiratory system issues, muscular & joint aches & pains, antibacterial, balancing, releases emotional blocks, jet lag, calming, restorative	None
FRANKINCENSE	<i>Balsamic, lemony, piney</i>	Resin- SD	Good for dry & mature skin, immune stimulant, lung support, deepens breathing, meditative, aids spiritual practices	Don't use old oil on skin
GERANIUM	<i>Intensely floral, rosy, sweet</i>	Leaves-SD	Circulation, balancing for skin, heart opening, releases blocked energy, uplifting, anxiety, depression, creativity, intuition	None
GINGER	<i>Spicy, warm</i>	Root- SD	Muscular & joint aches & pains, warming	Skin use <1%
GRAPEFRUIT	<i>Citrus, bitter</i>	Peel- cold expressed	Digestive issues, lymphatic circulation, uplifting, joy, positivity	Phototoxic – use < 4%

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HONEY MYRTLE	<i>Sweet, native, lemony, fresh</i>	Leaves- steam distilled (SD)	Immune strengthening, antibacterial, uplifting, calming, refreshing	<i>Skin use <1%</i>
JUNIPER BERRY	<i>Dry, woody</i>	Berries- (SD)	Skin issues, circulation, cellulite, varicose veins, aches & pains, detoxifying, clears negative energy, fosters love	<i>Skin use <3%</i>
KUNZEA	<i>Native, camphoraceous</i>	Leaves- (SD)	Muscular & joint pain, muscle spasms, respiratory system, antibacterial, immune stimulant, stress, exhaustion, uplifting, strengthening	<i>None</i>
LAVENDER	<i>Herbaceous, sweet, floral</i>	Leaves, flowers- (SD)	Skin issues, burns, wounds, inflammation, itchy skin, muscular pain, insomnia, headaches, anxiety, depression, calming, balancing	<i>None</i>
LEMON	<i>Citrus, fresh</i>	Peel- cold expressed	Circulation, muscle cramps, immune support, antimicrobial, warts, headaches, mental stimulation, focus	<i>Phototoxic- Skin use <2%</i>
LEMON EUCALYPTUS	<i>Lemony, strong, native</i>	Leaves- (SD)	Insect repellent, antiseptic, uplifting, revitalising, refreshing	<i>Skin use <1%</i>
LEMON IRONBARK	<i>Native, lemony</i>	Leaves- (SD)	Respiratory system, uplifting, antibacterial, relaxing	<i>Skin use <1%</i>
LEMON MYRTLE	<i>Sweet, lemony</i>	Leaves- (SD)	Lung support, immune strengthening, antibacterial, uplifting, calming, refreshing	<i>Skin use <1%</i>
LEMON TEA TREE	<i>Lemony, native</i>	Leaves- (SD)	Insect repellent, uplifting, relaxing, concentration	<i>Skin use <1%</i>
LEMONGRASS	<i>Sweet, lemony</i>	Grass- (SD)	Insect repellent, antibacterial, useful for jetlag, digestion, uplifting, refreshing, energising, stimulating	<i>Skin use <0.7%</i>
LIME	<i>Citrus, fresh</i>	Peel- cold expressed	Digestive tonic, muscle cramps, antimicrobial, oily skin, immune support, rejuvenates skin, Uplifting, anxiety, invigorating, refreshing	<i>Phototoxic- Skin use <0.7%</i>
MANDARIN	<i>Citrus, sweet</i>	Peel- cold expressed	Digestion, muscle spasms, oily skin, restless children, sleep issues, relaxing, uplifting, comforting	<i>Phototoxic- Skin use <2%</i>
MARJORAM (SWEET)	<i>Herbaceous, sweet</i>	Leaves, flowers- (SD)	Muscular aches & pains, high blood pressure, colds, PMS, immune support, headaches, stress, anxiety, grief, loneliness, insomnia, comforting, calming	<i>Pregnancy x Hypotension x</i>
MAY CHANG	<i>Sweet, lemony</i>	Berries- (SD)	Assertiveness, concentration, irritability, stress, anxiety	<i>Skin use <1%</i>
MYRTLE	<i>Herbaceous, sweet, fresh, green</i>	Leaves, twigs- (SD)	Lung support, respiratory system, Colds, coughs, relaxant	<i>None</i>
NEROLI	<i>Floral</i>	Flowers- (SD)	Digestive issues, dry skin, broken capillaries, anxiety, sleep issues, depression, stress, agitation, uplifting	<i>None</i>
NIAOULI	<i>Strong, medicinal, camphoraceous</i>	Leaves- (SD)	Lung support, respiratory system, coughs. colds	<i>None</i>
ORANGE	<i>Citrus, sweet</i>	Peel- cold expressed	Digestive issues, constipation, lymphatic circulation, cellulite, ageing skin, anxiety, nervousness & relaxing	<i>Phototoxic- Skin use <2%</i>

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OREGANO	<i>strong, herbaceous, spicy</i>	Leaves- steam distilled (SD)	Infections, antibacterial, immune support, respiratory issues, colds & flu- oregano	<i>Pregnancy x Kids <10 x</i>
PALMAROSA	<i>Sweet, lemony</i>	Grass - (SD)	Digestive tonic, skincare, dry skin, calming, uplifting, stress & anxiety	<i>Sensitive skin <1%</i>
PATCHOULI	<i>Strong, earthy</i>	Leaves- (SD)	Skin, insect bites, haemorrhoids, varicose veins, menopause(night sweats), anxiety, depression, stress, grounding, overthinking, peace	<i>None</i>
PEPPERMINT	<i>Strong, minty, cooling</i>	Leaves- (SD)	Respiratory system, sinus, headaches, digestive system, focus, cooling, sore muscles	<i>Sensitive skin <1%</i>
PEPPERMINT GUM	<i>Subtle minty, native</i>	Leaves- (SD)	Respiratory system, sinus, sore muscles, clarity	<i>None</i>
PETITGRAIN	<i>Green, subtle floral</i>	Twigs & leaves- (SD)	Digestive system, acne, nervous exhaustion, stress, uplifting	<i>None</i>
PINE	<i>Strong, fresh, woody</i>	Needles- (SD)	Muscular & joint aches & pains, respiratory issues, immune stimulant. circulation, detoxifying, cleansing, self-esteem	<i>Don't use old oil on skin</i>
PINK PEPPERCORN	<i>Sweet, fruity, spicy</i>	Berries- (SD)	Digestive system, muscular aches & pains, rheumatism, arthritis, respiratory system, stress, nervous exhaustion	<i>None</i>
ROSE	<i>Sweet, intense, floral</i>	Petals- (SD)	PMS, birth, mature & dry skincare, depression, fear, anger, irritability, heart opening, love	<i>Pregnancy x</i>
ROSEMARY	<i>Strong, herbaceous, fresh</i>	Leaves- (SD)	Respiratory system, sinus, colds & flu, muscular aches & pains, headaches, focus, memory, mental stimulant	<i>Pregnancy x Epilepsy x Hypertension x</i>
SAGE	<i>Strong, herbaceous</i>	Leaves- (SD)	Menstruation issues, menopause, muscular & joint aches & pains, digestive issues, warming	<i>Pregnancy x kids <10 x</i>
SANDALWOOD	<i>Sweet, smooth, woody</i>	Branches- (SD)	Respiratory system, eczema, dry skin, meditation, calming, grounding	<i>None</i>
SILVER FIR	<i>Strong, clean, fresh, woody</i>	Needles- (SD)	Respiratory system, immune stimulant, sinus, colds & flu, muscular aches & pains, antimicrobial, clarity, anxiety, tension, sadness, negative emotions	<i>None</i>
TEA TREE	<i>Medicinal</i>	Leaves- (SD)	Acne, sore throats, antimicrobial, respiratory system, thrush, immune stimulant, tolerance, patience	<i>Don't use old oil on skin</i>
THYME	<i>Strong, herbaceous, pungent</i>	Leaves- (SD)	Digestive system, warming, antimicrobial, immune stimulant, muscular & joint aches & pains, mental stimulant, stress, empowerment, courage	<i>None</i>
VETIVER	<i>Earthy, smoky, warming</i>	Roots- (SD)	Muscular pain, menopause, PMS, calming, grounding, nurturing, stress, anxiety, depression, insomnia	<i>None</i>
YLANG YLANG	<i>Strong, floral, heavy, sweet</i>	Flowers- (SD)	Haircare, PMS, aphrodisiac, relaxing, calming, anger, mindfulness, soothing, anxiety	<i>None</i>