

ESSENTIAL OIL ASSESSMENT WORKSHEET©

(NOTE: For entertainment, recreational, and informational purposes only. Nothing presented is to be used as a replacement for medical advice and expert literature. If you are pregnant or breastfeeding or if you have a medical condition such as epilepsy or cancer, consult your doctor or a local homeopathic practitioner before using any aromatherapy product.)

Use the WORKSHEETS attached to assist you in determining, identifying, and distinguishing over 30 essential oils, their smells, and the impact on your senses.

Ask yourself:

- What you prefer?
- What do you like?
- What don't you like?
- What comes to mind when you smell this? Make any comments to help you remember this smell. What does it remind you of...any person, place or time? What do you like about it? Does it evoke any physical sensations?

Capture your thoughts for each oil. You might also want to note which ones will help you with any physical or health conditions you may have or any emotions you'd like help with. You may be surprised to find out you actually like the smell of the oils that can help with your ailments.

As you smell each oil, you are rating each on a scale of 1 to 10. For example:

"1" being "This smells disgusting";

"5" being the middle of the scale being what I call "So/So" - You don't hate but don't know if you really like it either;

up the scale to a "10" rating being "You absolutely love the smell".

By making an assessment of these essential oils, you will know what to look for, what you like and what you want to buy when you shop in your local area stores.

If you've initially rated an oil between 1 & 6 - wait a few months and revisit the smell to see if your opinion has changed (often our opinion changes over time).

BERGAMOT

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

BERGAMOT - made from the rind. Its aroma is sweet and fruity, fresh and citrus, green and slightly floral.

SOME USES FOR THE PHYSICAL BODY:

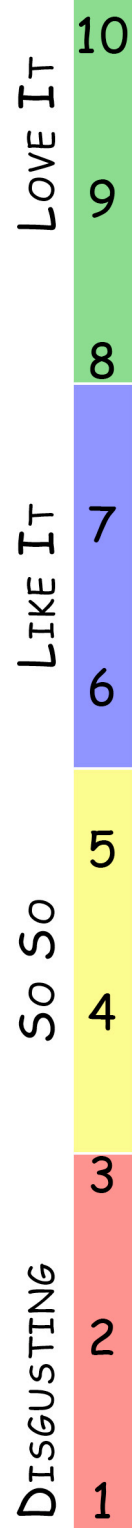
Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Relieves Muscle Spasms, Calms/Relaxes the Body, Relieves Gas, Stimulates Digestion, Regulates Appetite, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

refreshes, relaxes, uplifting, releases tension and emotions like frustration and anger, helps with irritability and frustration

SAFETY:

Phototoxic - avoid exposure to direct sunlight or sunbed rays for 12 hours following application of diluted essential oil on skin.



CEDARWOOD

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

CEDARWOOD - made from the wood. Its aroma is woody, sweet, balsamic and slight camphor smell.

SOME USES FOR THE PHYSICAL BODY:

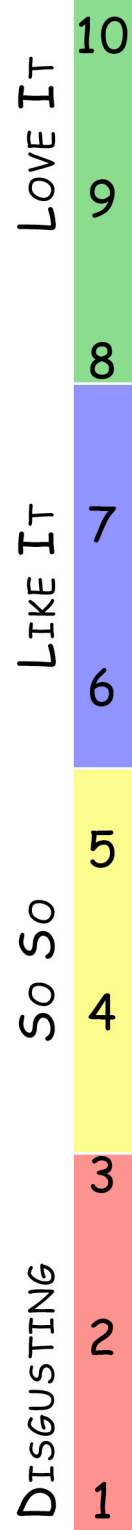
Fights Bacteria, Reduces the Risk of Infection, Helps Regenerate the Arteries, Astringent, Calms/Relaxes the Body, Mild Diuretic, Expectorant, Breaks Down Fat, Fights Cellulite, Helps Lymphatic System Drainage, helps with Breathing and Asthma, Overall General Body Strengthenener

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes concentration, confidence, willpower, strength, and endurance

SAFETY:

Non-toxic; non-irritant.



CHAMOMILE (Roman)

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

CHAMOMILE (Roman & German) - made from the flowering heads. Its aroma is sweet, warm, herbaceous and slightly fruity. The German is sweet and hay-like and is ore bitter smelling.

SOME USES FOR THE PHYSICAL BODY:

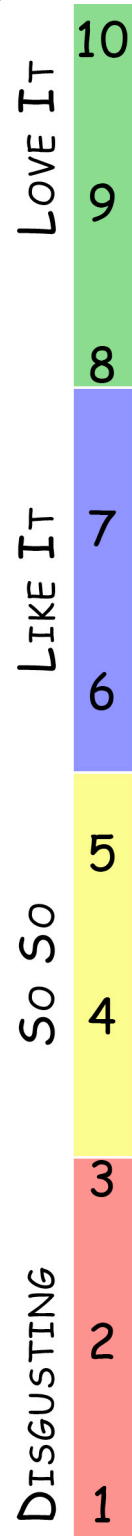
Pain Reliever, Relieves and Helps with Allergies, Reduces Inflammation, Relieves Nerve Pain, Helps fight Parasites, Relieves Muscle Spasms, Calms/Relaxes the Body, Relives Gas, Stimulates Digestive System, Helps Improve Eyes/Eyesight, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

relaxes, eases tension and headaches, assist in sleeping, calming, nurturing, supportive

SAFETY:

Non-toxic; non-irritant.



CLARY SAGE

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

CLARY SAGE - made from the flowering tops and leaves. Its aroma is warm, camphor smelling, bittersweet, musky and slightly spicy.

SOME USES FOR THE PHYSICAL BODY:

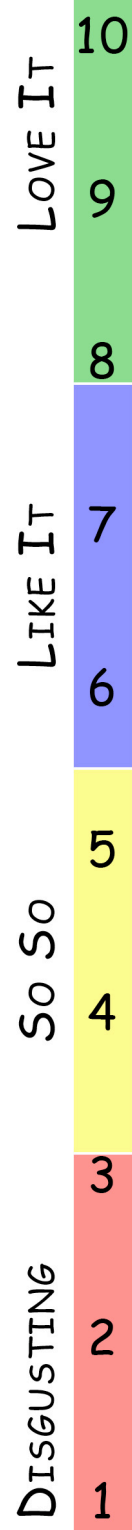
Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Fights Fungus, Relieves Muscle Spasms, Astringent, Relives Gas, Stimulates Digestion, Strengthens the Nervous System, Strengthens the Veins/Increases Circulation, Promotes Stomach Function, Benefits the Uterus

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

tension and fatigue, PMS, balances, relaxes emotional strain and mental pick-me-up, grounding, clarity, inspiration and purpose

SAFETY:

Photo toxicity - Can Cause Sun/UV Sensitivity.



CLOVE

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

CLOVE - made from the bud. Its aroma is warm and slightly spicy.

SOME USES FOR THE PHYSICAL BODY:

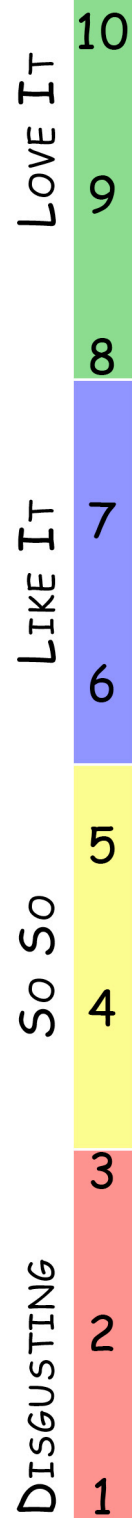
Fights Disease, Reduces the Risk of Infection, Pain Reliever (including toothaches), Stimulates Digestion, good for Digestive problems, Relieves Muscle Spasms and Muscular Disorders, Astringent; Can be used in the treatment of: Asthma, Nausea, Sinusitis, Sedative; Has been used for the sterilization of surgical instruments in the past

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

Relaxation, Eases tension and fatigue, Reminds some people of the holidays

SAFETY:

Can Cause Skin Sensitivity - do not use undiluted (use with a base oil, etc.)



CORIANDER

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

CORIANDER - made from the crushed ripe seeds. Its aroma is warm, spicy, woody, sweet and slightly camphor smelling.

SOME USES FOR THE PHYSICAL BODY:

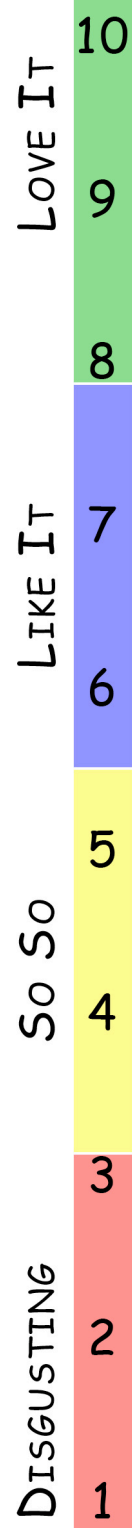
Pain Reliever, Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Relieves Muscle Spasms, Mild Laxative, Relieves Gas, Stimulates Digestion, Strengthens the Nervous System, Strengthens the Body overall

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes happiness, love, magic, calming, uplifting, stability, creativity, joy, spontaneity, passion, emotional security

SAFETY:

Non-toxic; non-irritant.



CYPRESS

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

CYPRESS - made from fruit, leaves and twigs. Its aroma is fresh, herbaceous, nutty, slightly woody, sweet, and evergreen.

SOME USES FOR THE PHYSICAL BODY:

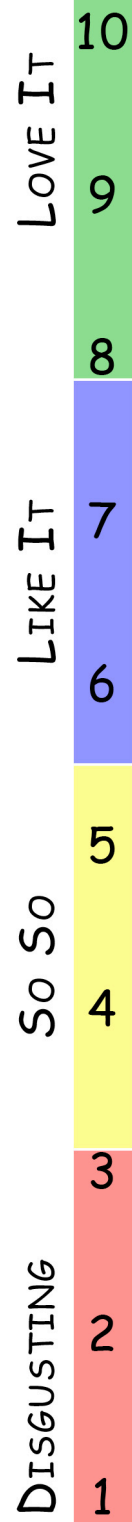
Astringent - especially oily skin; Relieves Muscle Spasms; Reduces Sweating/Perspiration; Assists the Respiratory System; Diuretic, Helps: Liver Function; Lymphatic Drainage, Asthma, Diarrhea, Hemorrhoids, The Flu, Menstruation Issues, Menopause, Rheumatism, All Coughs (including whooping cough), Varicose veins

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

Stability, PMS, Coping & Acceptance, Comfort for Grief/Loss, Self-confidence (when there's doubt), Support for Changes, Transitions, New Directions, Inner Renewal, Inspiration & Purpose

SAFETY:

Non-toxic; non-irritant.



EUCALYPTUS

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

EUCALYPTUS - made from the leaf. Its aroma is strong, fresh, camphor smelling, balsamic and slightly sweet.

SOME USES FOR THE PHYSICAL BODY:

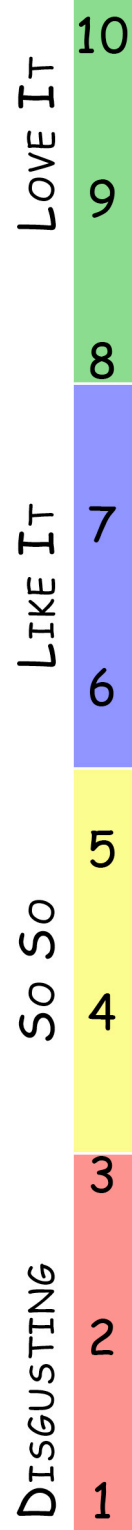
Relieves Headaches, Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Helps with Rheumatism, Fights Viruses, Soothes the Body, Expectorant, Reduces Fever, Helps Hypoglycemic, Strengthens the Immune System, Repels Insects, Increase Blood Circulation (can cause redness of the skin)

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes optimism, openness, freedom, restores vitality, inspiration, and acceptance

SAFETY:

Non-toxic; non-irritant.



FENNEL

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

FENNEL - made from the seeds. Its aroma is sweet, pungent, anise-like.

SOME USES FOR THE PHYSICAL BODY:

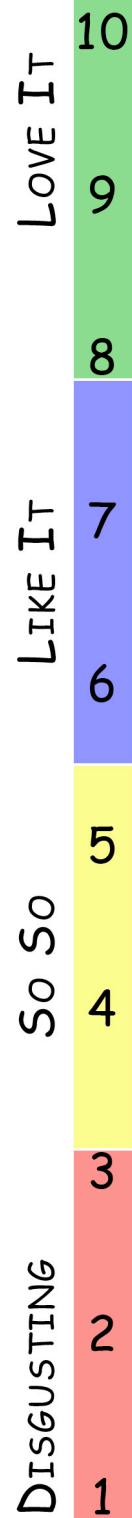
Pain Reliever, Reduces the Risk of Infection, Relieves Muscle Spasms, Mild Laxative, Relieves Gas, Stimulates Gall Bladder Function, Stimulates Digestion, Regulates Appetite - suppresses, Diuretic, Fights Cellulite, Helps Menstruation, Expectorant, Increases Lactation, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes self expression, productivity, communication, strength, longevity, fluidity

SAFETY:

Do not use in pregnancy or while breast-feeding, or on children under 2 yrs. Avoid using on hypersensitive, diseased, or damaged skin and on those with endometriosis or estrogen-dependant cancer. Do not use at more than 1% dilution.



FRANKINCENSE

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

FRANKINCENSE - made from the gum. Its aroma is resinous, balsamic, rich, camphor smelling and slightly citrus.

SOME USES FOR THE PHYSICAL BODY:

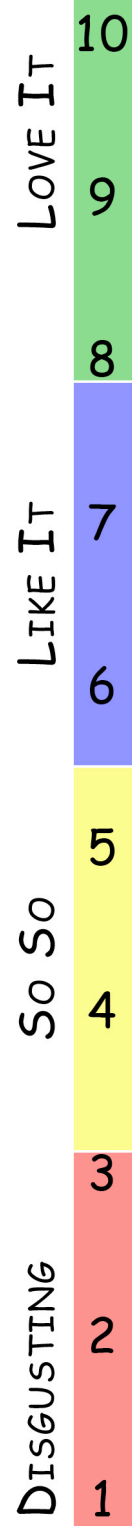
Pain Reliever, Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Astringent, Soothes the Body, Calms/Relaxes the Body, Relieves Gas, Expectorant, Strengthens the Immune System, Promotes Stomach Function, Helps Heals Wounds, excellent for Maturing Skin

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes tranquil contemplation, spiritual liberation, relaxes, calms, soothes, relieves nervous tension and exhaustion, stress buster, grounds, improves concentration

SAFETY:

Non-toxic; non-irritant.



GERANIUM

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

GERANIUM - made from the leaves. Its aroma is sweet and floral, fresh and green, slightly citrus and spicy.

SOME USES FOR THE PHYSICAL BODY:

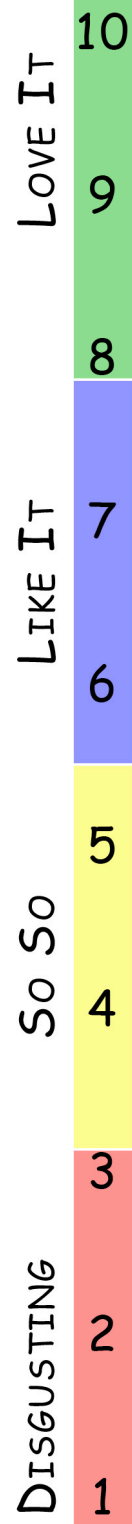
Pain Reliever, Fights Bacteria, Helps with Diabetes, Reduces the Risk of Infection, Fights Fungus, Reduces Inflammation, Relieves Muscle Spasms, Astringent, Calms/Relaxes the Body, Stops Bleeding, Helps Liver Function, Repels Insects, Stimulates Lymphatic System drainage, Stimulates the Pancreatic Function, Strengthens the Veins/Increases Circulation, Sexual Tonic

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

relaxes, calming, soothing, promotes strength, security, stress buster, sensual, freedom, intimacy, and great for the overworked.

SAFETY:

Non-toxic; non-irritant.



GINGER

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

GINGER - made from fresh or dried rhizome. Its aroma is spicy, pungent, warm, sweet and woody.

SOME USES FOR THE PHYSICAL BODY:

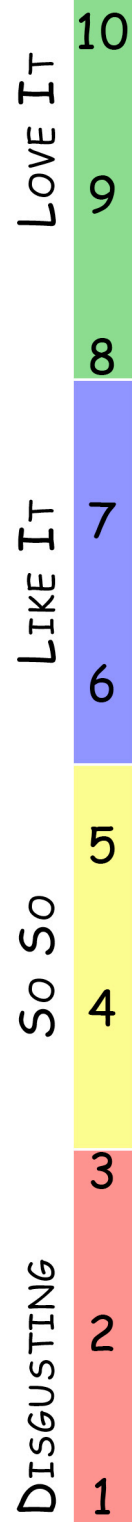
Pain Reliever - including Back Pain, Mild Laxative, Relives Gas, Stimulates Digestive System, Expectorant, Increase Blood Circulation (can cause redness of the skin), Sexual Tonic, General Overall Body Strengtheners, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

warming, invigorating, dispels nausea and motion sickness; promotes self confidence, morale booster, accomplishment, initiative, determination, optimism, action, achievement

SAFETY:

Non-toxic; non-irritant.



GRAPEFRUIT

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

GRAPEFRUIT - made from the rind. Its aroma is fresh, light, citrus, and slightly sweet.

SOME USES FOR THE PHYSICAL BODY:

Cleans and Purifies the Air, Fights Cellulite, Clears the Olfactory Senses, Pain Reliever, Relives Gas, Promotes Liver Function, Helps Clean the Blood, Stimulates Digestive System Function, Drains the Lymphatic System, Decongestant, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

comforting, pacifying, clarifying, refreshes, revives and enlightens, pick-me-up, satisfies our need to be full, counterbalances guilt and depression

SAFETY:

Non-toxic; non-irritant.



HYSSOP

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

HYSSOP - made from the flowering tops. Its aroma is herbaceous, camphor smelling, warm, sweet and slightly spicy.

SOME USES FOR THE PHYSICAL BODY:

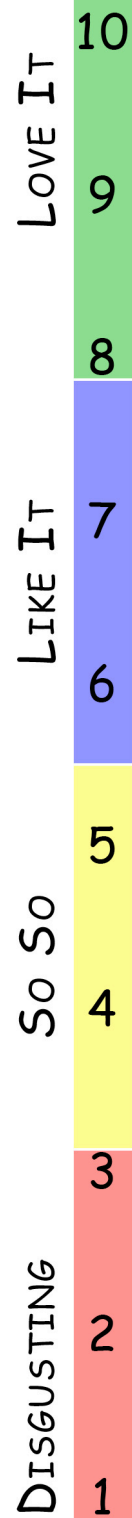
Fights Bacteria, Reduces the Risk of Infection, Fights Fungus, Helps with Rheumatism, Fights Viruses, Astringent, Decongestant, Stimulates Digestion, Mild Diuretic, Expectorant, Helps With Low Blood Pressure, Boosts Immune System, Breaks down Stones in the Body, Promotes Sweating which can help Detoxify the Body

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes vitality, invigorating, concentration, rejuvenating, optimism, strengthens personal boundaries, protection, absorbs outside tension, generosity, spiritual insight and cleansing

SAFETY:

Do not use in pregnancy or while breast-feeding or on children under 2 yrs. Avoid using on individuals with epilepsy or fever. Do not use at more than 2% dilution.



JASMINE

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

JASMINE - made from the flower. Its aroma is warm, rich, floral and sweet.

SOME USES FOR THE PHYSICAL BODY:

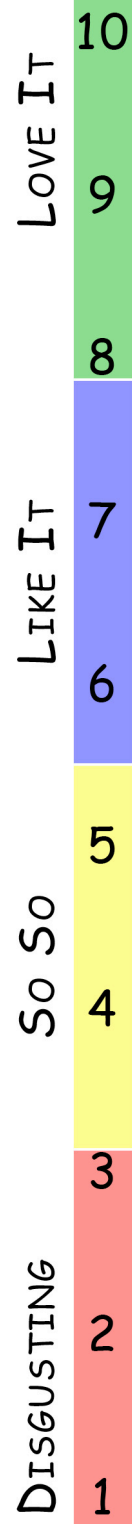
Depression Buster, Calms/Relaxes the Body, Soothes the Skin, Increases Lactation, Aids in Childbirth, Sexual Tonic, Benefits the Uterus

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes harmony, creativity, intuition, supportive, calming, relaxes, enhances joy, eases fear and vulnerability, reawakens passion and intimacy, soul desire and purpose

SAFETY:

Non-toxic; non-irritant.



JUNIPER BERRY

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

JUNIPER BERRY - made from the ripe fruit. Its aroma is fresh, piney, balsamic, bittersweet and woody.

SOME USES FOR THE PHYSICAL BODY:

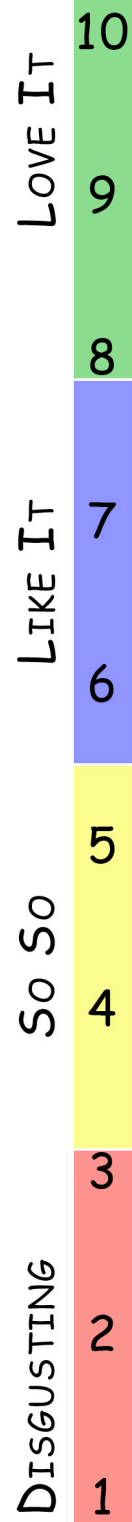
Reduces the Risk of Infection, Reduces Inflammation, Drains the Lymphatic System, Helps Clean the Blood, Diuretic, Expectorant, Strengthens the Nervous System, Increase Blood Circulation (can cause redness of the skin), Fights Cellulite, General Overall Body Strengthenener

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

empowers, energizes, will power, supportive, fear of failure, determination, openness, confidence.

SAFETY:

Non-toxic; non-irritant.



LAUREL

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

LAUREL - made from the leaves and branches. Its aroma is fresh, medicinal, camphor smelling, sweet and slightly cinnamon-like.

SOME USES FOR THE PHYSICAL BODY:

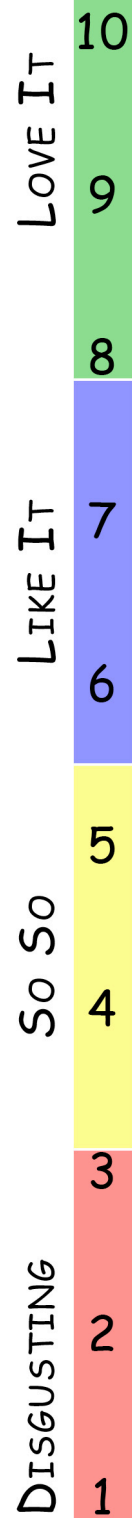
Pain Reliever, Fights Bacteria, Fights Fungus, Relieves Muscle Spasms, Helps with Rheumatism, Fights Viruses, Relieves Gas, Stimulates Digestion, Expectorant, Strengthens the Nervous System

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

calming promotes inspiration, self esteem, insightfulness, achievement, protection, uplifting, concentration and memory, energizing, stimulates inner vision and spirit

SAFETY:

Do not use on children under 2 yrs. Avoid using on hypersensitive, diseased, or damaged skin. Do not use at more than 2% dilution.



LAVENDER (France)

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

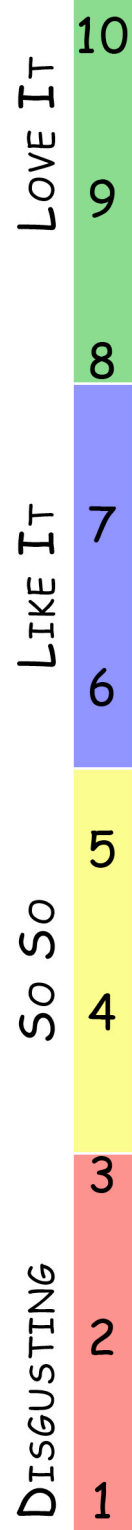
LAVENDER (France) - made from the flower. Its aroma is fresh and herbaceous, soft and floral.

SOME USES FOR THE PHYSICAL BODY: "The Universal Power Oil" - good for almost any condition or ailment including: Pain Reliever, Headaches and Back Pain, Fights Bacteria, Reduces the Risk of Infection, Fights Fungus, Reduces Inflammation, Relieves Muscle Spasms, Calms/Relaxes the Body, Strengthens the Heart, Helps with High Blood Pressure

SOME USES FOR THE MENTAL & EMOTIONAL BODY: calming, self expression, soothing, eases nervousness, frustration and irritability, mental clarity, creativity, sense of fulfillment.

SAFETY:

Non-toxic; non-irritant.



LAVENDER (Bulgaria)

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

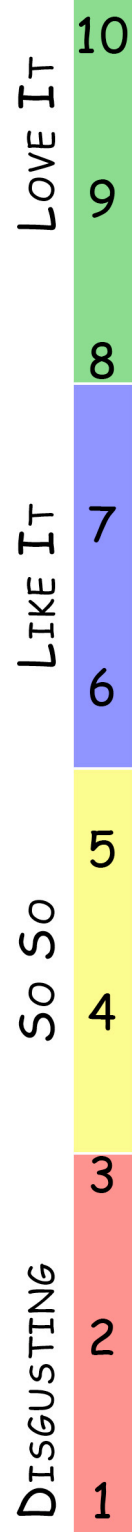
LAVENDER (Bulgaria) - made from the flower. Its aroma is fresh and herbaceous, soft and floral; may smell bittersweet.

SOME USES FOR THE PHYSICAL BODY: "The Universal Power Oil" - good for almost any condition or ailment including: Pain Reliever, Headaches and Back Pain, Fights Bacteria, Reduces the Risk of Infection, Fights Fungus, Reduces Inflammation, Relieves Muscle Spasms, Calms/Relaxes the Body, Strengthens the Heart, Helps with High Blood Pressure

SOME USES FOR THE MENTAL & EMOTIONAL BODY: calming, self expression, soothing, eases nervousness, frustration and irritability, mental clarity, creativity, sense of fulfillment.

SAFETY:

Non-toxic; non-irritant.



LEMON

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

LEMON - made from the rind. Its aroma is fresh, light, citrus, sour, and slightly sweet.

SOME USES FOR THE PHYSICAL BODY:

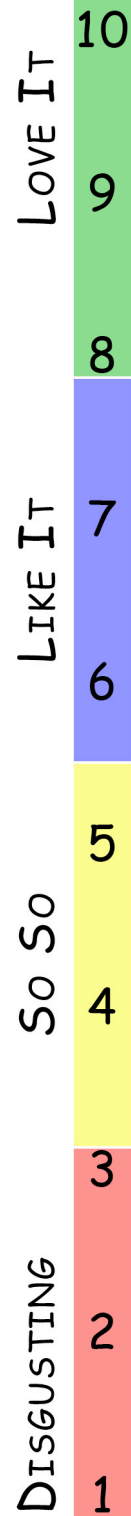
Pain Reliever - including Headaches, Inhibits Blood Clotting, Reduces the Risk of Infection, Fights Fungus, Reduces Inflammation, Fights Cellulite, Relieves Allergies, Helps with Rheumatism, Relieves Muscle Spasms, Fights Viruses, Astringent, Calms/Relaxes the Body, Relieves Gas, Stimulates Digestion, Mild Diuretic, Stimulates Pancreatic Function, Strengthens the Veins/Increases Circulation, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

refreshing, uplifting, clarifying, calming, eases worry, relieves confusion and doubt, openness

SAFETY:

Photo toxic: avoid exposure to direct sunlight or sunbed rays for 12 hours following application of diluted essential oil to the skin.



MARJORAM

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

MARJORAM - made from the whole flowering herb. Its aroma is fresh and herbaceous, warm and camphor smelling, sweet and slightly woody.

SOME USES FOR THE PHYSICAL BODY:

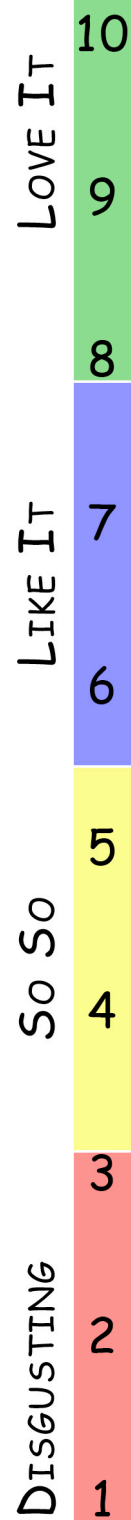
Pain Reliever - including Back Pain, Fights Bacteria, Reduces the Risk of Infection, Relieves Muscle Spasms, Calms/Relaxes the Body, Relieves Gas, Stimulates Digestion, Mild Diuretic, Expectorant, Helps with High Blood Pressure, Strengthens the Nervous System, Promotes Stomach Function, Dilates the Blood Vessels, Aids in Restful Sleep

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

comforting, compassion, contentment, balancing, nourishes the intellect, supportive, inner self nurturing, restores our power of giving

SAFETY:

Non-toxic; non-irritant.



MYRRH

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

MYRRH - made from the gum. Its aroma is resinous, balsamic, rich and slightly camphor smelling.

SOME USES FOR THE PHYSICAL BODY:

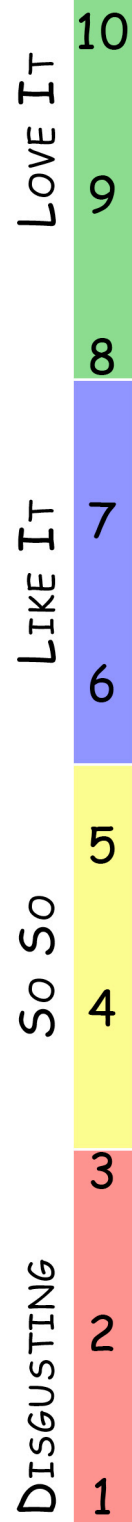
Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Reduces Inflammation, Fights Parasites, Fights Viruses, Astringent, Soothes the Body, Calms/Relaxes the Body, Relives Gas, Expectorant, Helps Heals Wounds

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

calming, tranquility, soothing, grounding, inner peace and stillness, heals the sense of sorrow or grief/loss and rejection, spiritual, magical

SAFETY:

Non-toxic; non-irritant.



ORANGE (Sweet)

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

ORANGE (Sweet) - made from the rind. Its aroma is warm, fresh, citrus and sweet.

SOME USES FOR THE PHYSICAL BODY:

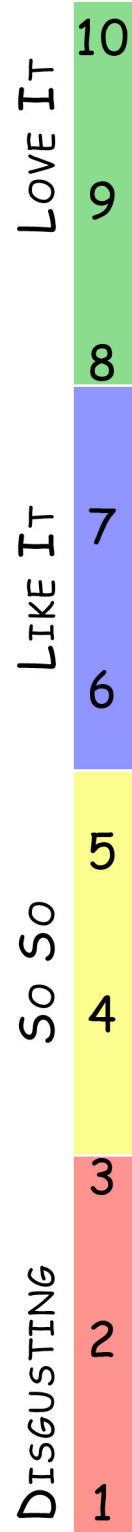
Reduces the Risk of Infection, Relieves Muscle Spasms, Calms/Relaxes the Body, Stimulates Gall Bladder Function, Stimulates Digestion, Stimulates Liver Function, Promotes Stomach Function

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

symbolizes good luck and prosperity, calming, helps relieve nauseous headaches or tension and sleeplessness, promotes ease, optimism and adaptability, increase our tolerance for imperfection, positive attitude, more ease

SAFETY:

Non-toxic; non-irritant.



PALMAROSA

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

PALMAROSA - made from the grass. Its aroma is soft, fresh, citrus, green and rose-like.

SOME USES FOR THE PHYSICAL BODY:

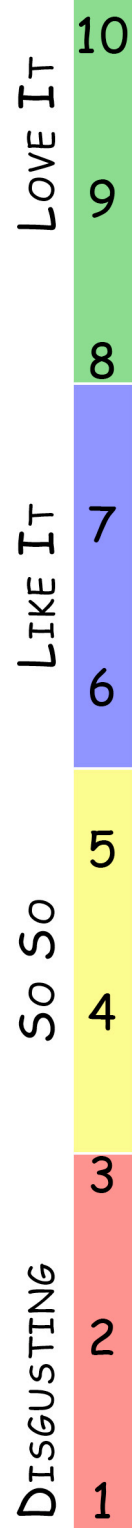
Fights Bacteria, Depression Buster, Reduces the Risk of Infection, Fights Fungus, Reduces Inflammation, Fights Viruses, Mild Astringent, Calms the Body, Strengthens the Heart, Regenerates the Cells, Reduces Fever, Strengthens the Nervous System, Benefits the Uterus

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes security, adaptability, fluidity, movement

SAFETY:

Non-toxic; non-irritant.



PATCHOULI

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

PATCHOULI - made from young leaves and shoots. Its aroma is sweet, warm, earthy, musky, and spicy.

SOME USES FOR THE PHYSICAL BODY:

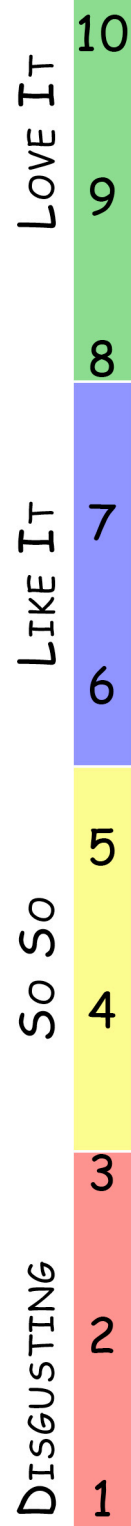
Fights Bacteria, Reduces the Risk of Infection, Reduces Inflammation, Fights Cellulite, Depression Buster, Reduces Fungus, Decongestant, Stimulates Digestion, Reduces Fever, Stimulates the Immune System, Repels Insects, Strengthens the Veins/Increases Circulation, Sexual Tonic, Promotes Stomach Function, Regenerates Tissue

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

promotes grounding, enriching, uplifting, inspiration, creativity, imagination, stability, harmonizes

SAFETY:

Non-toxic; non-irritant.



PEPPERMINT

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

PEPPERMINT - made from the leaf. Its aroma is fresh, cool, pungent and sweet, clean and minty.

SOME USES FOR THE PHYSICAL BODY:

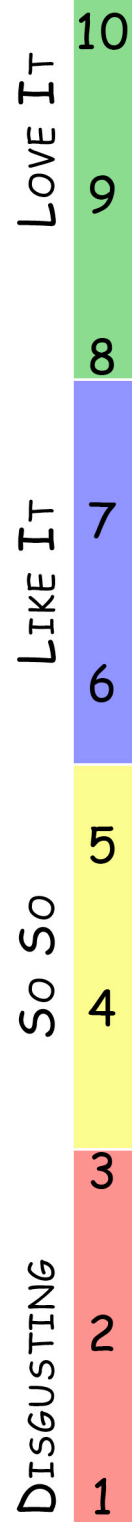
Pain Reliever including Headaches, Fights Bacteria, Fights Fungus, Reduces Inflammation, Relieves Muscle Spasms, Fights Viruses, Relives Gas, Benefits the Brain and Head, Promotes Liver Function, Stimulates Digestion, Expectorant, Reduces Fever, Helps Liver Function, Repels Insects

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

warming calms the mind, emotional tolerance, stimulates, revives, receptivity, inspiration and insightfulness.

SAFETY:

Do not use in pregnancy or while breast-feeding, or on children under 2yrs. Avoid using on individuals with epilepsy, and fever. Do not use at more than 2% dilution or more than 1 ml per 24 hours (adult).



PINE

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

PINE - made from the needles. Its aroma is strong, fresh, coniferous, balsamic and woody.

SOME USES FOR THE PHYSICAL BODY:

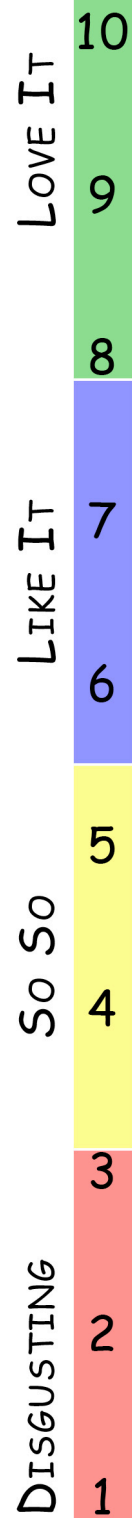
Pain Reliever, Fights Bacteria, Reduces the Risk of Infection, Helps with Rheumatism, Soothes the Body, Calms/Relaxes the Body, Decongestant, Expectorant, Reduces Fever, Helps with Low Blood Pressure, Breaks down Stones in the Body, Strengthens the Nervous System, Increase Blood Circulation

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

warming, promotes self confidence, positivity, optimism, clears shame or blame of self and others, forgiveness, worthiness, dispels negativity and remorse, self acceptance, protection

SAFETY:

Non-toxic; can cause redness of the skin.



ROSEMARY

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

ROSEMARY - made from the sprig. Its aroma is strong, fresh, camphor smelling, balsamic and slightly woody.

SOME USES FOR THE PHYSICAL BODY:

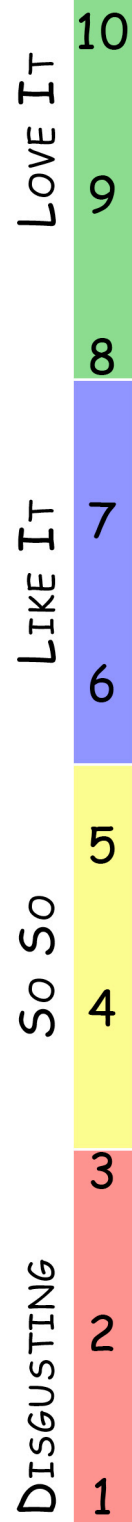
Relieves Headaches and Back Pain, Fights Bacteria, Fights Fungus, Helps with Rheumatism, Relieves Muscle Spasms, Strengthens the Heart, Relives Gas, Benefits the Brain and Head, Promotes Liver Function, Mild Diuretic, Fights Cellulite, Helps Menstruation, Expectorant, Helps with Low Blood Pressure, Breaks down Stones in the Body, Strengthens the Nervous System, Sexual Tonic, Overall General Body Strengthener

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

loyalty, remembrance, concentration, protection, invigorating, stimulating, vitality, self identity, individuality, boldness, fulfillment, revives, warms the soul and helps us remember our true self and pathway

SAFETY:

Do not use in pregnancy or while breast-feeding, or on children under 2yrs. Avoid using on individuals with epilepsy or fever. Do not use more than 2% dilution.



SANDALWOOD

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

SANDALWOOD - made from the heartwood. Its aroma is woody, balsamic, sweet and slightly musky.

SOME USES FOR THE PHYSICAL BODY:

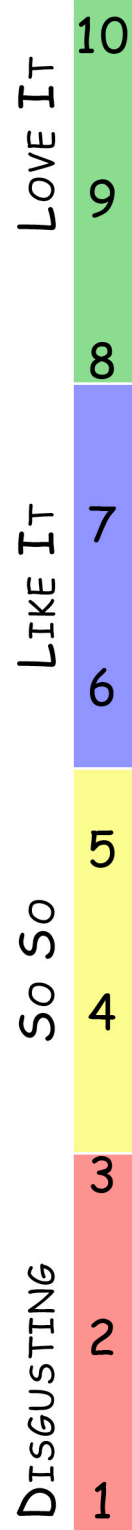
Depression Buster, Fights Fungus, Reduces Inflammation, Astringent, Expectorant, Stops Bleeding, Calms/Relaxes the Body, Strengthens the Heart, Relieves Gas, Helps drain the Lymphatic System, Sexual Tonic, General Overall Body Strengthener, excellent for the Skin

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

meditative, cools and calms the nervous system, tranquility, clarifying, reconnects us to our authentic self, encouragement, promotes security, creativity, freedom, acceptance

SAFETY:

Non-toxic; non-irritant.



SPEARMINT

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

SPEARMINT - made from the leaves and flowering top. Its aroma is strong, medicinal, and camphor smelling.

SOME USES FOR THE PHYSICAL BODY:

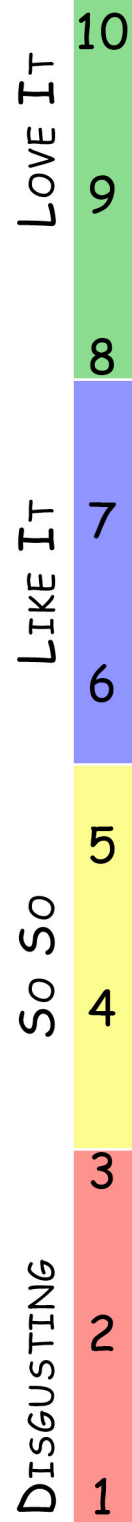
Relives Gas, Aids in Digestion - helps with Indigestion, Intestinal Cramps, Fever, Nausea, Colic, Hemorrhoids

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

Healing, Comforts, Assists in Grief/Bereavement, Feeling of Protection during Sleep, Refreshing

SAFETY:

Do not use in pregnancy or while breast-feeding, or on children under 2yrs. Avoid using on individuals with epilepsy, fever, or heart disease. Do not use at more than 2% dilution or more than 1 ml per 24 hours (adult).



TEA TREE

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

TEA TREE - made from the leaf. Its aroma is strong, medicinal, camphor smelling, balsamic and bittersweet.

SOME USES FOR THE PHYSICAL BODY:

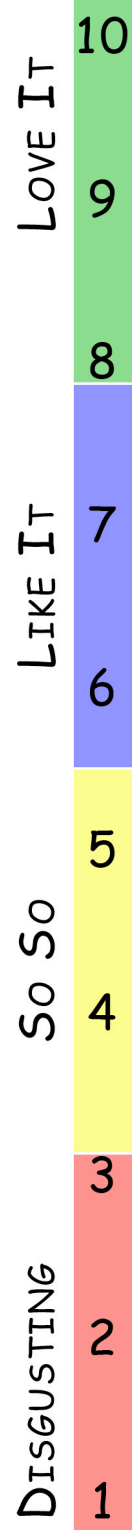
Pain Reliever, Fights Bacteria, Relieves Muscle Spasms, Fights Viruses, Soothes the Body, Strengthens the Heart, Strengthens the Immune System, Strengthens the Nervous System, Strengthens the Veins/Increases Circulation, General Overall Body Strengtheners, Helps Heals Wounds

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

supportive, steady, strengthens, confidence, morale booster, invigorates, uplifting the mind and spirit

SAFETY:

Non-toxic; Can Cause Skin Sensitivity.



THYME (Red)

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

THYME (Red) - made from the leaves and flowering tops. Its aroma is warm, herbaceous, pungent, green and medicinal.

SOME USES FOR THE PHYSICAL BODY:

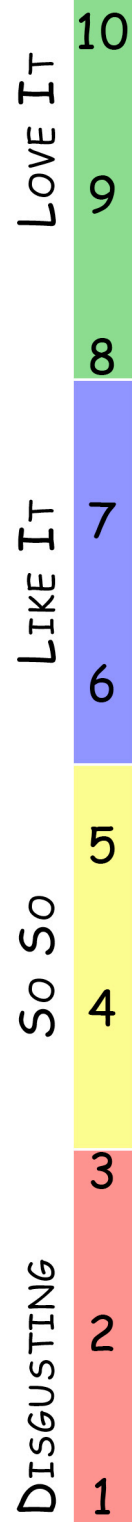
Fights Bacteria, Reduces the Risk of Infection, Reduces Parasites, Helps with Rheumatism, Relieves Muscle Spasms, Relieves Gas, Mild Diuretic, Fights Cellulite, Expectorant, Helps With Low Blood Pressure, Strengthens the Nervous System, Sexual Tonic, Promotes Sweating which can help Detoxify the Body, General Overall Body Strengtheners

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

bravery, courage, motivation, drive, morale booster, invigorates, uplifting, stimulates, self confidence, energizes the mind and spirit

SAFETY:

Do not use on children under 2yrs. Avoid using on individuals with hypersensitive, diseased or damaged skin. Do not use more than 1% dilution.



YLANG YLANG

ASSESSMENT:

Write your thoughts, any emotions, reminders, and memories here for future reference:

YLANG YLANG - made from the flowers. Its aroma is floral, sweet, balsamic, heady and slightly spicy.

SOME USES FOR THE PHYSICAL BODY:

Depression Buster, Helps with Diabetes, Reduces the Risk of Infection, Reduces Inflammation, Reduces Parasites in the Body, Relieves Muscle Spasms, Calms/Relaxes the Body, Counteracts High Blood Pressure, Sexual Tonic

SOME USES FOR THE MENTAL & EMOTIONAL BODY:

calming, supportive, harmonizes and balances, relaxes, peacefulness, sensual, joyfulness, euphoria

SAFETY:

Non-toxic; non-irritant.

