

List of Essential Oils

Essential oils are used extensively in aromatherapy and various traditional medicinal systems. Due to the numerous health benefits of **essential oils**, they are being explored by the scientific community for treating a variety of diseases including **cancer**, HIV, **asthma**, **bronchitis**, heart strokes, etc.

There are more than 90 **essential oils** each having its own health benefits. Every **essential oil** blends well with many other **essential oils** enabling herbalists prepare a number of aromatic preparations.

Given below is a list of **essential oils**. Most of these oils are strong in nature and can cause side effects, if they are not taken in appropriate manner and quantities. Further, their benefits are indicative and therefore consult a medical practitioner before using these oils, internally or topically. In some cases, the benefits of the herb are also given, **kindly click on a essential oil to know more about its health benefits.**

Allspice Essential Oil

Properties: Anaesthetic, analgesic, anti oxidant, anti septic, carminative, relaxant, rubefacient, stimulant and tonic.

Health Benefits: Induce numbness, pain relief, relaxes body & mind, brings redness in skin, stimulates functions

Angelica Essential Oil

Properties: Anti spasmodic, carminative, depurative, diaphoretic, digestive, diuretic, hepatic, emenagogue, expectorant, febrifuge, nervine, stimulant, stomachic and tonic

Health Benefits: Relaxes spasm, removes gases, purifies blood, promotes perspiration, promotes digestion, increase urination & removes toxins, good for liver, opens obstructed menstruations, expells phlegm & catarrh, reduces **fever**, cures nervous disorders, stimulates functions, good for stomach, tones up body

Anise Essential Oil

Properties: Anti epileptic & anti hysteric, anti rheumatic, anti septic, anti spasmodic, aperient, carminative, cordial, decongestant, digestive, expectorant, insecticide, sedative, stimulant and vermifuge.

Health Benefits: Treats rheumatism & **arthritis**, protects against septic, relaxes spasm, purgative, removes gases, warming, clears congestion & eases breathing, facilitates digestion, expels phlegm & catarrh, kills & repels insects, worms and lice, nervous afflictions, stimulates functions

Basil Essential Oil

Properties: Carminative, anti spasmodic, analgesic, anti bacterial, ophthalmic

Health Benefits: Skin care, indigestion, respiratory problems, infections, stress disorder, blood circulation, pain relief, vomiting

Bay Essential Oil

Properties: Anti septic, anti biotic, anti neuralgic, anti spasmodic, analgesic, aperitif, astringent, cholagogue, emenagogue, febrifuge, insecticide, sedative, stomachic, sudorific and tonic.

Health Benefits: Protects against septic, inhibits microbial growth, gives relief from pain of neuralgia, relaxes spasm, pain relief, increases appetite, tightens gums & muscles and helps stop hair fall & haemorrhage, promotes bile secretion, opens obstructed menstruations, reduces **fever**, kills & repels insects, sedates inflammations & nervous afflictions, good for stomach, increases perspiration & removal of toxins, tones up body

Benzoin Essential Oil

Properties: Anti depressant, carminative, cordial, deodorant, disinfectant, relaxant, diuretic, expectorant, anti septic, vulnerary, astringent, anti inflammatory, anti

rheumatic and sedative.

Health Benefits: Uplifts mood and fights depression, removes gases and does not let them build up, warming for the respiratory system, drives away **body odour**, cures infections, relaxes, promotes urination and removal of toxins, protects wounds, strengthens gums and stops haemorrhage, cures inflammation, improves circulation and removes toxins like uric acid and helps cure **arthritis**, calms **anxiety** and tension

Bergamot Essential Oil

Properties: Deodorant, vulnerary, vermifuge, anti biotic, anti septic, anti spasmodic, sedative, analgesic, anti depressant, disinfectant, febrifuge, cicatrisant, digestive

Health Benefits: Removes **body odour**, gives relief from spasm, suppresses pain, brings hope and fights depression, heals cuts and scars, promotes digestion

Birch Essential Oil

Properties: Tonic, disinfectant, stimulant & anti depressant, analgesic, detoxifying, anti rheumatic and anti arthritic, diuretic, anti septic, astringent, febrifuge, germicide and insecticide, depurative

Health Benefits: Stimulates functions, fights depression, reduces pain, promotes urination, protects wounds from being septic, reduces **fever**, kills germs and insects, purifies blood

Bitter Almond Essential Oil

Properties: Vermifuge, febrifuge, bactericidal, germicidal, fungicidal, sedative, anesthetic, aperient, diuretic, anti intoxicating, anti spasmodic, cure for hydrophobia

Health Benefits: Kills worms, reduces **fever**, kills bacteria, germs and fungi, sedates and reduces inflammation, brings numbness and desensitizes, purgative, increases urination and helps remove excess **water**, salt, toxins and fat from the body, counters effects of intoxicants, cure spasm, helps cure hydrophobia

Black Pepper Essential Oil

Properties: Digestive, diaphoretic, carminative, aperient, anti spasmodic, anti rheumatic & anti arthritic, anti bacterial, anti oxidant

Health Benefits: Aids digestion, increases perspiration and helps remove toxins from body, helps remove gases from intestines and does not let them form, acts as a purgative, cures spasm, helps cure **arthritis** and rheumatism by removing uric acid and other toxins, inhibits Bacterial growth, anti aging and neutralizes free radicals

Boldo Essential Oil

Properties: Anti inflammatory, anti rheumatic, anti septic, cholagogue, digestive, diuretic, hepatic, insecticide, narcotic, stimulant and vermifuge.

Health Benefits: Sedates inflammations, treats rheumatism & **arthritis**, protects against septic, promotes bile secretion, facilitates digestion, increases urination & removal of toxins, good for liver, kills & repels insects, intoxicating, stimulates functions, kills worms

Buchu Essential Oil

Properties: Anti septic, anti rheumatic & anti arthritic, carminative, digestive, diuretic, insecticide and tonic.

Health Benefits: Protects against septic, treats rheumatism & **arthritis**, removes gases, facilitates digestion, increases urination & removal of toxins, kills & repels insects, tones up body

Cajuput Essential Oil

Properties: Anti septic, cosmetic, bactericide, insecticide, decongestant, analgesic, expectorant, febrifuge, vermifuge, anti spasmodic, anti neuralgic, carminative,

stimulant, tonic, sudorific, emenagogue

Health Benefits: Protects wounds from septic, takes care of skin, kills bacteria and insects, cures congestion in respiratory system, reduces pain, cures coughs, reduces **fever**, cures spasm, gives relief from pain of neuralgia, removes gases and does not let them form, stimulates secretions and nerves, tones up **organic** systems, increases perspiration, gives relief from obstructed menses and makes them regular

Calamus Essential Oil

Properties: Anti rheumatic, anti spasmodic, cephalic, circulatory, memory boosting, nervine, stimulant and tranquilizing.

Health Benefits: Treats rheumatism & **arthritis**, relaxes spasm, inhibits microbial growth, good for brain & boosts memory, increases blood & lymph circulation, cures nervous disorders, stimulates functions, induce sleep

Camomile Essential Oil

Properties: Anti spasmodic, anti septic, anti biotic, anti depressant, anti neuralgic, anti phlogistic, carminative, cholagogue, cicatrisant, emenagogue, analgesic, febrifuge, hepatic, sedative, nervine, digestive, tonic, anti spasmodic, bactericidal, sudorific, stomachic, anti inflammatory, anti infectious, vermifuge, vulnerary

Health Benefits: Cures spasm, protects wounds from being septic and infection, checks biotic growth or infections, fights depression and uplifts mood, cures neuralgic pain by reducing swelling in the vessels, soothes inflammation due to **fever**, removes gases, promotes discharge of bile, helps fading away of scars and after-marks, opens up obstructed menses and regularises them, cures pain, reduces **fever**, good for liver, sedates inflammation and hyper-reactions, restores health of nervous system, aids digestion, tones up all aspects of health, cures spasm, kills bacteria, increases perspiration, improves functioning of stomach, soothes inflammation, fights infections, kills worms, promotes healing up of wounds

Camphor Essential Oil

Properties: Stimulant, anti spasmodic, anti septic, decongestant, anesthetic, sedative, nervospacifier, anti neuralgic, anti inflammatory, disinfectant, insecticide

Health Benefits: Stimulates discharges and other systems, cures spasm, protects wounds from infections, opens up congestion, desensitizes and acts as local anaesthetic, calms down nervous disturbances, cures neuralgic pain, soothes inflammation, fights infections, kills insects

Caraway Essential Oil

Properties: Galactagogue, anti histaminic, anti septic, cardiac, anti spasmodic, carminative, digestive, stomachic, disinfectant, diuretic, emenagogue, expectorant, aperitif, astringent, insecticide, stimulant, tonic, vermifuge

Health Benefits: Increases **milk** in the breasts, curbs histamin to fight cough, protects wounds against septic, good for heart, cures spasm and cramps, removes gases, promotes digestion, maintains stomach health, fights infections, increases urination and helps remove toxins from body, makes menstruations regular and clear, cures coughs, increases appetite, contracts gums and muscles, kills insects, stimulates secretions and other functions, tones up health

Cardamom Essential Oil

Properties: Anti spasmodic, neutralizes adverse effects of chemotherapy, reduces nausea, anti septic, anti microbial, aphrodisiac, astringent, digestive, stomachic, stimulant, diuretic

Health Benefits: Cures spasm, fights nausea, protects wounds and incisions, checks microbial growth, increases libido, contracts gums, promotes digestion, maintains stomach health, stimulates secretions and other functions, increases urination and thereby removes extra salt, bile, **water**, toxins and fat from the body

Carrot seed Essential Oil

Properties: Anti septic, disinfectant, detoxifier, anti oxidant, carminative, depurative, diuretic, emenagogue, stimulant, cytophylactic, tonic

Health Benefits: Protects wounds from septic, fights infections, removes toxins from body, neutralises free radicals and reverses effects of oxidation, removes gases and does not let them form, purifies blood by removing toxins, increases urination, opens and regularises menses, stimulates secretions and other functions, promotes generation of new cells and growth, tones up health, kills worms

Cassia Essential Oil

Properties: Anti diarrhoea, anti depressant, anti emetic, anti galactagogue, anti microbial, anti rheumatic & anti arthritic, astringent, anti viral, carminative, circulatory, emenagogue, febrifuge and stimulant.

Health Benefits: Stops loose motions, fights depression & uplifts mood, stops vomiting, reduces **milk** flow, inhibits microbial growth, treats rheumatism & **arthritis**, tightens gums & muscles and helps stop hair fall & haemorrhage, fights viral infections, removes gases, improves blood & lymphatic circulation, opens obstructed menstruations, reduces **fever**, stimulates functions

Catnip Essential Oil

Properties: Anti spasmodic, carminative, diaphoretic, emenagogue, nervine, stomachic, stimulant, astringent

Health Benefits: Fights spasm, removes gases, promotes sweating, opens obstructed menses and regularises them, strengthens nervous system, maintains stomach health, stimulates systems functioning in the body, contracts gums

Cedarwood Essential Oil

Properties: anti seborrhoeic, anti septic, anti spasmodic, tonic, astringent, diuretic, emenagogue, expectorant, insecticide, sedative, fungicide

Health Benefits: Helps cure seborrhoea, heals wounds, fights spasm, tones up health,

cause contractions in gums, muscles, tissues, skin and blood vessels, promotes urination and removal of toxins, **water**, salt and fat from body, promotes menstruations, cures coughs and cold, kills insects, sedates inflammations and nervous disturbances, inhibits fungal growth and infections

Cinnamom Essential Oil

Properties: Anti bacterial, anti fungal, anti microbial, astringent, anti clotting, stimulating, cooling, carminative

Health Benefits: Brain tonic, respiratory problems, skin infections, blood impurity, blood circulation, infections, healing, pain relief, birth control, menstruation problems, breastfeeding, heart disorders, **diabetes**, colon **cancer**, indigestion, mouth freshener

Citronella Essential Oil

Properties: Anti bacterial, anti depressant, anti septic, anti spasmodic, anti inflammatory, deodorant, diaphoretic, diuretic, febrifuge, fungicidal, insect repellent, stomachic, stimulant, tonic and vermifuge.

Health Benefits: Inhibits bacterial, microbial, viral & fungal infections and kills insects, protects wounds from being septic, relaxes spasm, sedates inflammations, drives away **body odour**, promotes perspiration, increases urination & removal of toxins, reduces **fever**, repels insects, good for stomach, stimulates functions, tones up body

Clary Sage Essential Oil

Properties: Anti depressant, anti convulsive, anti spasmodic, anti septic, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, emenagogue, euphoric, hypotensive, nervine, sedative, stomachic, uterine.

Health Benefits: Fights depression and uplifts mood, stops convulsions by sedating nervous disturbances, relaxes spasm, protects wound from septic, cures sexual weakness and increases libido, causes contractions, kills bacteria and checks Bacterial growth,

removes gases, drives **body odour**, improves digestion, opens obstructed menstruations, creates happy feeling, lowers blood pressure, makes nervous system healthy, sedates emotions and **anxiety**, maintains good health of stomach, restores health of uterus

Clove Essential Oil

Properties: Anti microbial, anti fungal, anti septic, anti viral, aphrodisiac, stimulating
Health Benefits: Dental care, toothache, cavity, infections, skin care, stress, headache, respiratory problems, **earache**, indigestion, nausea, blood circulation, blood purification, **diabetes**, immune system, premature ejaculation, cholera, sty

Coriander Essential Oil

Properties: Analgesic, aphrodisiac, anti spasmodic, carminative, depurative, deodorant, digestive, fungicidal, lipolytic, stimulant, stomachic
Health Benefits: Reduces pain, increases libido, clears spasm, removes **gas**, purifies blood, drives away **body odour**, promotes digestion, inhibits fungal growth and infection, reduces fat by breaking it down by hydrolysis, stimulates functions, maintains good health of stomach

Cumin Essential Oil

Properties: Bactericidal, carminative, digestive, diuretic, anti septic, anti spasmodic, detoxifier, emenagogue, stimulant, nervine, tonic
Health Benefits: Kills bacteria and inhibits Bacterial infection, removes **gas** from intestine, promotes digestion, increases urination, protects wounds against septic, clears spasm, removes toxins from blood, regularises menstruations, stimulates functions, good for nerves, tones up health

Cypress Essential Oil

Properties: Astringent, anti septic, anti spasmodic, deodorant, diuretic, haemostatic, hepatic, styptic, sudorific, vasoconstrictor, respiratory tonic, sedative.

Health Benefits: Strengthens gums and contracts muscles, protects wounds against infections, clears spasm, removes **body odour**, increases urination, promotes perspiration, tones up respiratory system, sedates inflammations, **anxiety** etc

Davana Essential Oil

Properties: Anti depression, anti septic, anti viral, disinfectant, emenagogue, expectorant, relaxant and vulnerary.

Health Benefits: Fights depression & uplifts mood, protects against septic, fights viral infections, opens obstructed menstruations & makes them regular, expells phlegm & catarrh, relaxes body & mind, heals wounds

Dill Essential Oil

Properties: Anti spasmodic, carminative, digestive, disinfectant, galactogogue, sedative, stomachic, sudorific.

Health Benefits: Clears spasm, removes gases, promotes digestion, prohibits infections, increases secretion of **milk**, sedates hypersensitivity and **anxiety**, good for stomach, increases perspiration

Elemi Essential Oil

Properties: Anti septic, analgesic, expectorant, stimulant and tonic.

Health Benefits: Protects against septic, pain relief, expells phlegm & catarrh, stimulates functions, tones up body

Eucalyptus Essential Oil

Properties: Anti inflammatory, anti spasmodic, decongestant, deodorant, anti septic, anti bacterial, stimulating

Health Benefits: Respiratory problems, wounds, muscle pain, mental exhaustion, dental care, skin care, **diabetes**, **fever**, intestinal germs

Fennel Essential Oil

Properties: Anti septic, anti spasmodic, aperitif, carminative, depurative, diuretic, emenagogue, expectorant, galactagogue, laxative, stimulant, stomachic, splenic, tonic, vermifuge

Health Benefits: Protects wounds against septic, clears spasm, increases appetite, removes gases and does not let them form, purifies blood, increases urination, promotes menstruations, fights cough and cold, increases **milk** secretion, helps clear bowels and constipation, stimulates systems, good for stomach's health, good for spleen, tones up health, kills worms

Frankincense Essential Oil

Properties: Anti septic, disinfectant, astringent, carminative, cicatrisant, cytophylactic, digestive, diuretic, emenagogue, expectorant, sedative, tonic, uterine, vulnerary

Health Benefits: Protects wounds against septic, fights infections, induces contractions in gums, muscles and blood vessels, removes gases, heals scars, keeps cells healthy and promotes their generation, promotes digestion, increases urination, promotes menstruations, cures cough and cold, sedates **anxiety** and inflammations, tones up body, ensures good health of uterus, promotes healing of wounds

Galbanum Essential Oil

Properties: Anti arthritic & anti rheumatic, anti spasmodic, cicatrisant, circulatory, decongestant, detoxifier, emollient, insecticide, anti parasitic and vulnerary.

Health Benefits: Treats rheumatism & **arthritis**, relaxes spasm, clears scars & spots,

increases blood & lymph circulation, clears congestion & eases breathing, removes toxins, skin care, kills & repels insects, eliminates parasites, heals wounds

Geranium Essential Oil

Properties: Astringent, haemostatic, cicatrisant, cytophylactic, diuretic, deodorant, styptic, tonic, vermifuge, vulnerary

Health Benefits: Induces contractions in gums, muscles, skin and blood vessels and stops haemorrhage, heals scars and after marks, promotes growth of cells, increases urination, stops **body odour**, tones up body, kills intestinal other worms, heals wounds

Ginger Essential Oil

Properties: Analgesic, anti emetic, anti septic, anti spasmodic, bactericidal, carminative, cephalic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific and tonic

Health Benefits: Cures pain, stops vomiting, protects from septic, relaxes spasm, inhibits bacterial growth, removes **gas**, good for brain & memory, expels phlegm & catarrh, cures **fever**, clears bowels, brings redness to skin, stimulates, good for stomach, promotes sweating & removes toxins, tones body

Grapefruit Essential Oil

Properties: Diuretic, disinfectant, stimulant, anti depressant, anti septic, aperitif, lymphatic, tonic

Health Benefits: Increases urination, fights infections, stimulates functions, fights depression and uplifts mood, protects wounds from being septic, appetizer, promotes removal of toxins, tones up health

Helicrysum Essential Oil

Properties: Anti spasmodic, anti coagulant, anti allergenic, anti microbial, anti haematoma, anti phlogistic, nervine, anti inflammatory, anti tussive, cicatrisant, expectorant, febrifuge, anti septic, cholagogue, emollient, mucolytic, fungicidal, hepatic, diuretic, splenic, cytophylactic

Health Benefits: Clears spasm, maintains fluidity of blood, fights **allergies**, inhibits microbial infections, dissolves and clears blood clots, reduces inflammation due to **fever**, good for nervous health, reduces other inflammations, clears phlegm and reduces coughs, heals scars, reduces **fever**, protects wounds from being septic, promotes proper bile discharge into stomach, makes skin smooth and young, dissolves mucus, kills fungus, good for liver, promotes urination, good for spleen, promotes generation of new cells and cell health

Hyssop Essential Oil

Properties: Astringent, stimulant, anti spasmodic, anti rheumatic, anti septic, anti spasmodic, carminative, cicatrisant, digestive, diuretic, emenagogue, expectorant, hypertensive, nervine, sudorific, tonic, febrifuge, vermifuge, vulnerary

Health Benefits: Induces contractions in gums, muscles, skin and blood vessels, clears spasm, removes **gas**, heals scars and after-marks, promotes digestion, increases urination, promotes menstruations, treats phlegm and cough, increases blood pressure, good for nerves, promotes sweating, tones up body, reduces **fever**, kills worms, heals wounds

Jasmine Essential Oil

Properties: Anti depressant, anti septic, aphrodisiac, anti spasmodic, cicatrisant, expectorant, galactagogue, emenagogue, parturient, sedative and uterine

Health Benefits: Fights depression and uplifts mood, protects wounds, cures sexual weakness and increases libido, cures spasm, heals scars and after marks, gives relief from phlegm and coughs, increases **breast milk**, opens obstructed menstruations and makes them regular, eases delivery and labor pain, sedates inflammations and nervous disturbances, good for uterine health

Juniper Essential Oil

Properties: Anti septic, sudorific, anti rheumatic, depurative, anti spasmodic, stimulating, stomachic, astringent, carminative, diuretic, rubefacient, vulnerary and tonic.

Health Benefits: Protects wounds against septic, increases sweating, cures rheumatism & **arthritis**, purifies blood, clears spasm, stimulates functions, good for stomach, makes gums stronger and stops haemorrhage, removes gases, promotes urination, brings reddishness in skin, promotes healing of wounds, tones up health

Lavandin Essential Oil

Properties: Anti depressant, anti septic, analgesic cicatrisant, expectorant, nervine, vulnerary.

Health Benefits: Fights depression, protects wounds from infections, reduces pain, heals scars and after marks, clears phlegm and cures coughs, strengthens nerves, helps heal wounds

Lavender Essential Oil

Properties: Calming, sleep inducing, analgesic, disinfectant, anti inflammatory, anti septic, anti fungal

Health Benefits: Nervous system, insomnia, pain relief, urine flow, respiratory disorders, skin care, hair care, blood circulation, indigestion, immunity

Lemon Essential Oil

Properties: anti septic, anti viral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative, tonic.

Health Benefits: Protects from septic, inhibits viral & bacterial growth, strengthens gums, stops hair fall, lifts skin, induce firmness in muscles, stops haemorrhage, fights

infections, cures **fever**, heals damages, tones body

Lemongrass Essential Oil

Properties: Analgesic, anti depressant, anti microbial, anti pyretic, anti septic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactogogue, insecticidal, nervine, sedative, tonic.

Health Benefits: Reduces pain, fights depression, inhibits microbial growth, reduces high **fever**, protects wounds from being septic, strengthens gums and hair and stops haemorrhage, kills bacteria, removes gases, drives away **body odour**, promotes urination, reduces **fever**, stops fungal infections, increases **milk**, kills insects, strengthens nerves, sedates inflammations and nervous disturbances, tones up whole body

Lime Essential Oil

Properties: Anti septic, anti viral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative, tonic.

Health Benefits: Protects wounds from being septic, protection against viral infection, boosts appetite, kills bacteria, fights infections, reduces **fever**, stops haemorrhage, restores health and heals wears and tears, tonic for health

Mandarin Essential Oil

Properties: Anti septic, anti spasmodic, circulatory, cytophylactic, depurative, digestive, hepatic, nervous relaxant, sedative, stomachic and tonic.

Health Benefits: Protects against septic, relaxes spasm, increases blood & lymph circulation, promotes growth & regeneration of cells, purifies blood, facilitates digestion, good for liver, sedates inflammations & nervous afflictions, good for stomach, tones up body

Manuka Essential Oil

Properties: Anti dandruff, antidote to insect bites and stings, anti bacterial, anti fungal, anti inflammatory, anti histaminic, anti allergenic. cicatrisant, cytophylactic, deodorant and nervous relaxant

Health Benefits: Treats dandruff, counters venom, inhibits bacterial and fungal infections, sedates inflammations, checks production of histamin & cures allergic symptoms, clears scars & spots, promotes growth & regeneration of cells, drives away **body odour**, relaxes nerves

Marjoram Essential Oil

Properties: Analgesic, anti spasmodic, an aphrodisiac, anti septic, anti viral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emenagogue, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, vasodilator, vulnerary.

Health Benefits: Reduces pain, clears spasm & cures cramps, enhances libido, protects from septic, inhibits viral and Bacterial growth, removes gases from intestines, cures headache, warming, increases perspiration, promotes digestion, increases urination, opens up obstructed menses, cures cough & cold and dilutes phlegm, kills fungus, lowers blood pressure, cures constipation, good for nerves, sedates disturbances, good for stomach, widens and relaxes blood vessels, heals wounds

Melissa Essential Oil

Properties: Anti depressant, cordial, nervine, emenagogue, sedative, anti spasmodic, stomachic, anti bacterial, carminative, diaphoretic, febrifuge, hypotensive, sudorific, tonic.

Health Benefits: Drives away depression, warming, cures nervous disorders, opens blocked menses, sedates inflammation, clears spasm, good for stomach, inhibits bacteria, removes **gas**, increases perspiration & removes toxins, reduces **fever**, lowers blood pressure, boosts health and immunity

Mugwort Essential Oil

Properties: Cordial, digestive, diuretic, emenagogue, nervine, stimulant, uterine, vermifuge

Health Benefits: Warming, facilitates digestion, increases urination & removal of toxins, treats nervous disorders, stimulates functions, maintains uterine health, kills worms

Mullein Essential Oil

Properties: Analgesic, anti inflammatory, anti septic, disinfectant, diuretic, expectorant, febrifuge, relaxant and tranquilizing.

Health Benefits: Pain relief, sedates inflammations, protects against septic, fights infections, increases urination & removal of toxins, expells phlegm & catarrh, reduces **fever**, relaxes body & mind, brings sleep

Mustard Essential Oil

Properties: Stimulant, irritant, appetizer, anti bacterial, anti fungal, insect repellent, hair vitalizer, cordial, diaphoretic, anti rheumatic and tonic

Health Benefits: Stimulates discharges and other systems, causes irritations, increases appetite, inhibits Bacterial growth and fungal growth, keeps insects away, boosts hair growth and stops **hair loss**, warming, increases perspiration, stimulates circulation and helps cure rheumatism, boosts health and immunity

Myrrh Essential Oil

Properties: Anti microbial, astringent, expectorant, anti fungal, stimulant, carminative, stomachic, anti catarrhal, diaphoretic, vulnerary, anti septic, immune booster, circulatory, tonic, anti inflammatory, anti spasmodic.

Health Benefits: Checks microbial growth, tightens gums and muscles and stops haemorrhage, helps cure cough and cold, stops fungal growth, stimulates discharges and systems, removes gases, good for stomach, gives relief from phlegm, promotes sweating, helps wounds heal quickly and protects them from infection, boosts protection against diseases, improves circulation and protects from rheumatism & **arthritis**, boosts health and immunity, sedates inflammation, clears spasm

Myrtle Essential Oil

Properties: Anti septic, astringent, deodorant, expectorant, sedative

Health Benefits: Protects wounds & ulcers against infections, tightens gums and muscles and stops haemorrhage, stops **body odour**, fights cough & cold, soothes inflammations & nervous disturbances

Neroli Essential Oil

Properties: Anti depressant, aphrodisiac, anti septic, bactericidal, cordial, carminative, cicatrisant, cytophylactic, disinfectant, anti spasmodic, deodorant, digestive, emollient, sedative, tonic.

Health Benefits: Uplifts mood and fights depression, enhances libido, protects wounds against infections, kills bacteria, warming, gives relief from gases, fades scars & after marks, promotes cell growth, fights infection, clears spasm, drives away **body odour**, improves digestion, takes care of skin, sedates **anxiety** & inflammations, tones up body functions.

Niaouli Essential Oil

Properties: Analgesic, anti rheumatic, anti septic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge and vulnerary

Health Benefits: Pain relief, treats rheumatism & **arthritis**, protects against septic, inhibits bacterial growth, boosts health, clears scars & spots, clears congestion & eases breathing, expells phlegm & catarrh, reduces **fever**, kills & repells insects, stimulates

functions, kills worms, heals wounds.

Nutmeg Essential Oil

Properties: Analgesic, anti emetic, anti oxidant, anti rheumatic, anti septic, anti spasmodic, anti parasitic, aphrodisiac, cardiac, vermifuge, laxative, prostaglandin inhibitor, stimulant and tonic.

Health Benefits: Pain relief, stops vomiting, counters aging, treats rheumatism & **arthritis**, protects from septic, relaxes spasm, kills parasites & worms, enhances libido, good for heart, clears bowels, stops prostate enlargement, stimulates, tones up body.

Oakmoss Essential Oil

Properties: Anti septic, demulcent, expectorant and restorative.

Health Benefits: Protects against septic, soothing, expells phlegm & catarrh, heals damages & restores health

Orange Essential Oil

Properties: Anti inflammatory, anti depressant, anti spasmodic, anti septic, aphrodisiac, carminative, diuretic, tonic, sedative and cholagogue

Health Benefits: Soothes inflammations, fights depressions & uplifts mood, protects against septic, enhances libido & cures sexual disorders, gives relief from **gas**, increases urination and removes toxins, tones up health & immune system, sedates emotional & nervous disturbances, increases discharges & secretions from glands

Oregano Essential Oil

Properties: Anti viral, anti bacterial, anti fungal, anti parasitic, anti oxidant, anti inflammatory, digestive, emenagogue, anti allergenic

Health Benefits: Inhibits viral, Bacterial, fungal and parasitic infections, heals

damages done by oxidation, soothes inflammations, promotes digestion, opens up obstructed menstruations, helps cure **allergy**

Palma Rosa Essential Oil

Properties: Anti septic, anti viral, bactericide, cytophylactic, digestive, febrifuge and hydrating

Health Benefits: Protects against septic, inhibits viral & bacterial growth, promotes growth & regeneration of cells, facilitates digestion, reduces **fever**

Parsley Essential Oil

Properties: Anti microbial, anti rheumatic & anti arthritic, anti septic, astringent, carminative, circulatory, detoxifier, digestive, diuretic, depurative, emenagogue, febrifuge, hypotensive, laxative, stimulant, stomachic and uterine.

Health Benefits: Inhibits microbial growth, treats rheumatism & **arthritis**, protects against septic, tightens gums & muscles and helps stop hair fall & haemorrhage, removes gases, improves circulation of blood & lymph, removes toxins, facilitates digestion, increases urination & removal of toxins, purifies blood, opens obstructed menstruations, reduces **fever**, reduces blood pressure, clears bowels, stimulates functions, good for stomach, restores uterine health

Patchouli Essential Oil

Properties: Anti depressant, anti phlogistic, anti septic, aphrodisiac, astringent, cicatrisant, cytophylactic, deodorant, diuretic, febrifuge, fungicide, insecticide, sedative, tonic

Health Benefits: Fights depression & uplifts mood, soothes inflammation resulting from high **fever**, does not let wounds go septic, increases libido and cures sexual disorders, tightens gums, muscles and stops haemorrhage, heals scars and after marks, promotes cell growth, drives away **body odour**, increases urination and removes toxins, cures **fever**, kills fungus and insects, sedates emotional and nervous

disturbances, tones up body functions

Pennyroyal Essential Oil

Properties: Anti hysteric, anti microbial & anti bacterial, anti rheumatic & anti arthritic, anti septic, astringent, cordial, decongestant, depurative, digestive, emenagogue, insecticide and stomachic.

Health Benefits: Sedates hysteric feats, inhibits microbial & bacterial growth, treats rheumatism & **arthritis**, protects against septic, tightens gums & muscles and helps stop hair fall & haemorrhage, warming, clears congestion & eases breathing, purifies blood, facilitates digestion, opens obstructed menstruations & makes them regular, kills & repels insects, good for stomachic

Peppermint Essential Oil

Properties: Analgesic, anesthetic, anti septic, anti galactogogue, anti phlogistic, anti spasmodic, astringent, carminative, cephalic, cholagogue, cordial, decongestant, emenagogue, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, sudorific, vasoconstrictor and vermifuge

Health Benefits: Pain relief, induce numbness, protects from septic, reduces **milk** flow, reduces discharges, relaxes spasm, strengthens gums, stops hair fall, lifts skin, induce firmness in muscles, stops haemorrhage, removes **gas**, good for brain & memory, promotes bile discharge, warming, clears congestion & eases breathing, opens obstructed menstruations, expells phlegm & catarrh, reduces **fever**, good for liver, good for nerves, stimulates, good for stomach, promotes perspiration, contracts blood vessels, kills worms

Petitgrain Essential Oil

Properties: Anti septic, anti spasmodic, anti depressant, deodorant, nervine and sedative.

Health Benefits: Protects against septic, relaxes spasm, fights depression & uplifts

mood, drives away **body odour**, treats nervous disorders, sedates inflammations & nervous afflictions

Pimento Essential Oil

Properties: Anaesthetic, analgesic, anti oxidant, anti septic, carminative, relaxant, rubefacient, stimulant and tonic

Health Benefits: Induce numbness, pain relief, fights aging, protects against septic, removes gases, relaxes body & mind, brings redness in skin, stimulates functions, tones up body

Pine Essential Oil

Properties: Anti bacterial, analgesic, diuretic, energizing, anti septic, aromatic

Health Benefits: Skin care, cosmetics, increases metabolism, pain relief, stress disorder, mental fatigue, urinary tract infections, respiratory problems

Ravensara Essential Oil

Properties: Analgesic, anti allergenic, anti bacterial & anti microbial, anti depressant, anti fungal, anti septic, anti spasmodic, anti viral, aphrodisiac, disinfectant, diuretic, expectorant, relaxant and tonic

Health Benefits: Pain relief, cures **allergies**, inhibits bacterial, viral, fungal & microbial growth, fights depression & uplifts mood, protects against septic, relaxes spasm, enhances libido, fights infections, increases urination & removal of toxins, expells phlegm & catarrh, relaxes body & mind, tones up body

Rose Essential Oil

Properties: Anti depressant, anti phlogistic, anti septic, anti spasmodic, anti viral, aphrodisiac, astringent, bactericidal, cholagogue, cicatrisant, depurative, emenagogue,

haemostatic, hepatic, laxative, nervine, stomachic, uterine

Health Benefits: Fights depression and uplifts mood, soothes inflammation due to **fever**, protects wounds against septic, clears spasm, fights viral infections, enhances libido and cures sexual disorders, tightens gums, muscles and stops haemorrhage, inhibits Bacterial growth, promotes discharges and secretions, heals scars, purifies blood, opens up obstructed menses, stops haemorrhage, boosts liver health, cures constipation, cures nervous disorders, good for stomach, good for uterine health

Rosemary Essential Oil

Properties: Stimulating hair growth, disinfectant, anti septic, anti inflammatory, carminative, anti bacterial, analgesic

Health Benefits: Hair care, skin care, mouth care, **anxiety**, mental disorders, depression, pain, headache, rheumatism, respiratory problems, bronchial **asthma**, indigestion, **flatulence**

Rosewood Essential Oil

Properties: Analgesic, anti depressant, anti septic, aphrodisiac, anti bacterial, cephalic, deodorant, insecticide, stimulant

Health Benefits: Reduces pain, fights depression, protects wounds from being septic, enhances libido and promotes arousal, kills bacteria, good for brain and cures headaches, drives away **body odour**, kills insects, stimulates discharges and functions

Rue Essential Oil

Properties: Anti arthritic and anti rheumatic, anti bacterial, anti fungal, insecticidal, nervousaffliction deterrent, digestive

Health Benefits: Neutralizes effects of poison, improves circulation & removal of uric acid, inhibits Bacterial and fungal infections, kills insects, keeps nerves steady and sedates nervous afflictions, promotes digestion, sedates epileptic and hysteric attacks and helps cure them

Sage Essential Oil

Properties: Anti fungal, anti microbial, anti bacterial, anti septic, anti oxidant, anti inflammatory, anti spasmodic, cholagogue and cholaretic, cicatrisant, depurative, digestive, disinfectant, emenagogue, expectorant, febrifuge, laxative, stimulant

Health Benefits: Inhibits viral, Bacterial, fungal and parasitic infections and thus protects wounds against being septic, heals damages done by oxidation, soothes inflammations, clears spasm, increases production of bile, promotes digestion, fights infections, opens up obstructed menstruations, cures cough & cold, reduces **fever**, helps clear bowels, stimulates discharges and functions

Sandalwood Essential Oil

Properties: Anti septic, anti inflammatory, anti phlogistic, anti spasmodic, astringent, cicatrisant, carminative, diuretic, disinfectant, emollient, expectorant, hypotensive, memory booster, sedative and tonic

Health Benefits: Protects wounds from infections, soothes inflammations due to **fever** and otherwise, clears spasm, tightens gums & muscles and helps stop hair fall & haemorrhage, heals scars & after marks, gives relief from **gas**, increases urination, fights infections, keeps skin smooth & free from infections, cures cough & cold, reduces blood pressure, increases memory, sedates nervous afflictions & inflammations, boosts health & immunity

Spearmint Essential Oil

Properties: Anti septic, anti spasmodic, carminative, cephalic, emenagogue, insecticide, restorative, stimulant.

Health Benefits: Protects wounds from being septic, clears spasm, gives relief from **gas**, good for brain, opens up obstructed menses, kills insects, restores health and heals wears and tears, stimulates discharges & functions

Spikenard Essential Oil

Properties: Anti bacterial, anti fungal, anti inflammatory, deodorant, laxative, sedative and uterine

Health Benefits: Inhibits bacterial & fungal growth, sedates inflammations, drives away **body odour**, clears bowels, sedates inflammations & nervous afflictions, restores uterine health

Tagetes Essential Oil

Properties: Anti biotic, anti microbial, anti parasitic, anti septic, anti spasmodic, disinfectant, insecticide and sedative.

Health Benefits: Inhibits biotic, microbial & other parasitic growth, protects against septic, relaxes spasm, fights infections, kills & repels insects, sedates inflammations & nervous afflictions

Tangerine Essential Oil

Properties: Anti septic, anti spasmodic, cytophylactic, depurative, sedative, stomachic and tonic.

Health Benefits: Protects against septic, relaxes spasm, promotes growth & regeneration of cells, purifies blood, sedates inflammations & nervous afflictions, good for stomach, tones up body.

Tansy Essential Oil

Properties: Anti bacterial, anti fungal, anti inflammatory, anti histaminic, anti viral, febrifuge, insecticide, hormone stimulant, sedative and vermifuge.

Health Benefits: Inhibits bacterial, fungal and viral growth, sedates inflammations, checks production of histamin & gives relief from allergic symptoms, reduces **fever**, kills & repels insects, stimulates production of hormones, sedates inflammations and

nervous afflictions, kills worms

Tarragon Essential Oil

Properties: Anti rheumatic, aperitif, circulatory, digestive, deodorant, emenagogue, stimulant and vermifuge.

Health Benefits: Treats rheumatism & **arthritis**, enhances appetite, improves circulation of blood & lymph, facilitates digestion, drives away **body odour**, opens obstructed menstruations & makes them regular, stimulates functions, kills worms

Tea Tree Essential Oil

Properties: Anti bacterial, anti microbial, anti viral, fungicide, insecticide, anti septic, balsamic, cicatrisant, expectorant, stimulant, sudorific

Health Benefits: Inhibits Bacterial, microbial, viral & infections and kills insects, protects wounds from being septic, promotes absorption of nutrients, heals scars & after marks, cures cough & cold, stimulates functions & discharges, promotes sweating

Thuja Essential Oil

Properties: Anti rheumatic, astringent, diuretic, emenagogue, expectorant, insect repellent, rubefacient, stimulant, tonic and vermifuge.

Health Benefits: Treats rheumatism & **arthritis**, tightens gums & muscles and helps stop hair fall & haemorrhage, increases urination & removal of toxins, opens obstructed menstruations & makes them regular, expells phlegm & catarrh, repells insects, brings redness to skin, stimulates functions, tones up body, kills worms

Thyme Essential Oil

Properties: Anti spasmodic, anti rheumatic, anti septic, bactericidal, bechic, cardiac, carminative, cicatrisant, diuretic, emenagogue, expectorant, hypertensive, insecticide,

stimulant, tonic, vermifuge

Health Benefits: Clears spasm, gives relief from rheumatism by removing toxins, protects wounds from being septic, kills bacteria, helps cure chest infections and cough & cold, good for heart's health, gives relief from **gas**, heals scars & after marks, increases urination, makes menstruations regular, cures cough & cold

Tuberose Essential Oil

Properties: Aphrodisiac, deodorant, relaxing, sedative and warming

Health Benefits: Enhances libido, drives away **body odour**, relaxes body & mind, sedates inflammations & nervous afflictions, warming

Vanilla Essential Oil

Properties: Anti oxidant, aphrodisiac, anti carcinogenic, febrifuge, anti depressant, sedative, tranquilizing, relaxing

Health Benefits: Neutralizes effects of free radicals & oxidants and repairs damages due to oxidation, enhances libido & promotes arousal, inhibits growth of cancerous cells, reduces **fever**, fights depression & uplifts mood, sedates inflammation & nervous afflictions, promotes sleep, gives relief from **anxiety** & stress

Vetiver Essential Oil

Properties: Anti inflammatory, anti septic, aphrodisiac, cicatrisant, nervine, sedative, tonic and vulnerary

Health Benefits: Sedates inflammations, protects against septic, enhances libido, clears scars & spots, cures nervous disorders, sedates inflammations & nervous afflictions, tones up body, heals wounds

Wintergreen Essential Oil

Properties: Analgesic, anodyne, anti rheumatic & anti arthritic, anti spasmodic, anti septic, aromatic, astringent, carminative, diuretic, emenagogue and stimulant

Health Benefits: Pain relief & relaxation of body & mind, treats rheumatism & **arthritis**, relaxes spasm, protects against septic, spreads fragrance, tightens gums & muscles and helps stop hair fall & haemorrhage, removes gases, increases urination & removal of toxins, opens obstructed menstruations & makes them regular, stimulates functions

Wormwood Essential Oil

Properties: Anti helmitic, cholagogue, deodorant, digestive, emenagogue, febrifuge, insecticide, narcotic, vermifuge and tonic.

Health Benefits: Kills worms & larva, promotes secretion of bile and other discharges, drives away **body odour**, facilitates digestion, opens obstructed menstruations & makes them regular, reduces **fever**, kills & repels insects, intoxicating, tones up body

Yarrow Essential Oil

Properties: Anti inflammatory, anti rheumatic, anti septic, anti spasmodic, astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, haemostatic, hypotensive, stomachic, tonic.

Health Benefits: Soothes inflammations, improves circulation & removes uric acid and gives relief from rheumatism, protects against septic, clears spasm, tightens gums & muscles and stops haemorrhage, gives relief from **gas**, heals scars & after-marks, increases perspiration, promotes digestion, gives relief from cough & phlegm, stops haemorrhage, lowers blood pressure, good for stomach, tones up health & immunity

Ylang Ylang Essential Oil

Properties: Anti depressant, anti seborrhoeic, anti septic, aphrodisiac, hypotensive, nervine and sedative

Health Benefits: Fights depression & uplifts mood, stops sebum secretion, protects

against septic, increases libido and cures sexual disorders, reduces blood pressure, cures nervous disorders, sedates inflammations & nervous afflictions

