Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Ajowan	*Trachyspermum ammi, Trachyspermum copticum*	antibacterial, antifungal, antiseptic (strong), antiviral, aphrodisiac, carminative, parasiticide, tonic	application, massage, mist spray	Ajowan oil is moderately toxic. Use only in small amounts
Allspice Berry	*Pimenta dioica, Pimenta officinalis*	analgesic, antidepressant, antioxidant, antiseptic, aphrodisiac, astringent, carminative, digestive, rubefacient, stomachic, tonic, tranquilizer	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation	
Ambrette Seed	*Abelmoschus moschatus, Hibiscus abelmoschus*	analgesic, antispasmodic, aphrodisiac, carminative, diuretic, nervine, sedative, stimulant, stomachic	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	Ambrette seed oil is phototoxic. Avoid exposure to sunlight for several hours after applying on the skin.
Amyris	*Amyris balsamifera, Schimmelia oleifera*	antiphlogistic, antiseptic, antispasmodic, aphrodisiac, balsamic, expectorant, fixative, hypotensive, lymphatic decongestant, sedative, tonic (heart)	application, aroma lamp, bath, fragrancing, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Angelica Root, Angelica Seed	*Angelica archangelica, Angelica officinalis*	analgesic, antibacterial, antifungal, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, antiviral, aperitive, aphrodisiac, carminative, cephalic, depurative, diaphoretic, digestive, diuretic, emmenagogue, estrogenic, expectorant, febrifuge, healing (skin), hepatic, nervine, revitalizing, stimulant (uterine; nerves), stomachic, sudorific, tonic	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use small amounts. Angelica root oil is phototoxic. Avoid exposure to direct sunlight for several hours after applying in the skin.
Anise	*Anisum officinalis, Anisum officinarum, Pimpinella anisum*	abortifacient, analgesic, antiemetic, antiseptic, antispasmodic, aperitive, aphrodisiac, calmative, cardiac, carminative, digestive, disinfectant, diuretic (mild), estrogenic, expectorant, galactagogue, hepatic, insecticide, laxative, parasiticide, pectoral, stimulant (circulatory and digestive systems; respiratory tract), stomachic, tonic, warming	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Anise tends to slow down reflexes. Avoid driving or doing anything that requires full attention after using the oil.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Basil (Sweet)	*Ocimum basilicum*	abortifacient, analgesic, antibacterial, antidepressant, antiseptic, antispasmodic, antistress, antivenomous, aperitive, aphrodisiac, blood purifier, carminative, cephalic, diaphoretic, digestive, emmenagogue, estrogenic, expectorant, febrifuge, galactagogue, insect repellent, insecticide, laxative, nervine, refreshing, restorative, sedative, stimulant (adrenal glands; facilitates childbirth), stomachic, sudorific, tonic (nerves), uplifting, vermifuge	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use in small amounts.
Bay (Sweet)	*Laurus nobilis*	abortifacient, analgesic, antibacterial, anticoagulant, antifungal, antineuralgic, antioxidant, antipruritic, antirheumatic, antiseptic, antispasmodic, aperient, astringent, carminative, cholagogue, diaphoretic, digestive, diuretic, emetic, emmenagogue, expectorant, febrifuge, hepatic, hypotensor, insect repellent, laxative, nervine, sedative, stimulant (digestion), stomachic, tonic	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation	
Benzoin	*Styrax benzoin, Styrax tonkinensis*	anesthetic, antibacterial, antidepressant, anti-inflammatory, antimutagenic, antioxidant, antipruritic, antiseptic, antispasmodic, antistress, antitussive, antiviral, aphrodisiac, astringent, carminative, cephalic, cicatrizant, cordial, deodorant, disinfectant, diuretic, drying, euphoriant, expectorant, fixative, healing (skin), insecticide, laxative, pectoral, preservative, regulator, rejuvenator, sedative, soothing, stimulant (circulatory system), tonic, uplifting, vermifuge, vulnerary	application, massage, mist spray	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Bergamot	*Citrus bergamia*	analgesic, anthelmintic, antidepressant, antiseptic, antispasmodic, antistress, antitoxic, aperitive, calmative, carminative, cicatrizant, cordial, deodorant, digestive, expectorant, febrifuge, insecticide, laxative, parasiticide, refreshing, rubefacient, sedative, stomachic, tonic, uplifting, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Bergamot oil is phototoxic. Avoid exposure to sunlight for several hours after applying on the skin.
Bois de Rose (Rosewoood)	*Aniba rosaeodora*	analgesic, antibacterial, anticonvulsive, antidepressant, antifungal, antiseptic (throat), antiviral, aphrodisiac, calmative, cephalic, deodorant, emollient (skin), euphoriant, insecticide, parasiticide, regenerator (skin tissue), stimulant (immune system), tonic, uplifting	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	
Cajeput	*Melaleuca cajuputi, Melaleuca leucadendron*	analgesic, anthelmintic, antibacterial, antidote, anti-inflammatory, antineuralgic, antipruritic, antirheumatic, antiseptic, antispasmodic, balsamic, calmative, carminative, cicatrizant, counterirritant, decongestant, diaphoretic, emollient (skin), estrogenic, expectorant, febrifuge, germicide, healing, insecticide, parasiticide, pectoral, stimulant (circulatory system), sudorific, tonic, vermifuge	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Calamint (Catnip)	*Calamintha clinopodium*	analgesic, antirheumatic, antispasmodic, aperitive, astringent, carminative, diaphoretic, digestive, emmenagogue, expectorant, febrifuge, hypnotic, nervine, pectoral, sedative, stomachic, sudorific, tonic	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Camphor	*Cinnamomum camphora*	analgesic, anthelmintic, antibacterial, antidepressant, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, antiviral, cardiac, carminative, counterirritant, diaphoretic, diuretic, expectorant, febrifuge, hypertensive, insect repellent, insecticide, laxative, rubefacient, sedative, stimulant (central nervous system; adrenal glands, respiratory system), sudorific, tonic, vasoconstrictor, vermifuge, vulnerary	application, bath, inhaler, massage, mist spray	Camphor is an adrenal stimulant and can be harmful. The oil should be avoided by people prone to epileptic seizures. Do not use on children.
Caraway	*Apium carvi, Carum carvi*	abortifacient, antibacterial, antiseptic, antispasmodic, aperitive, astringent, cardiac, carminative, depurative, digestive, disinfectant, diuretic, emmenagogue, expectorant (mild), galactagogue, parasiticide, regenerator (tissue), stimulant (circulation; digestive and glandular systems), stomachic, tonic (nerves and digestive organs), vermifuge	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	
Cardamom	*Elettaria cardamomum*	antiseptic, antispasmodic, aperitive, aphrodisiac, calmative, carminative, cephalic, digestive, diuretic, expectorant, refreshing, stimulant (circulation; digestion), stomachic, tonic, mist spray	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	
Cedarwood	*Juniperus virginiana*	abortifacient, antipruritic, antiseptic, antispasmodic, astringent, balsamic, diuretic, emmenagogue, emollient, expectorant, healing (skin), insect repellent, sedative, stimulant (circulatory system)	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use in small amounts.
Cedarwood (Atlas)	*Cedrus atlantica*	antibacterial, antidepressant, antifungal, antiputrid, antiseptic, aphrodisiac, astringent, detoxifier (cellulite), diuretic, expectorant, fixative, insect repellent, regenerator (skin), sedative, stimulant (circulatory system)	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Chamomile	*Matricaria chamomilla (German), Anthemis nobilis (Roman)*	analgesic, antianemic, antibacterial, anticonvulsive, antidepressant, antiemetic, antifungal, anti-inflammatory, antineuralgic, antipruritic, antirheumatic, antiseptic, antispasmodic, antistress, antitoxic, aperitive, calmative, carminative, cholagogue, cicatrizant, diaphoretic, digestive, diuretic, emmenagogue, emollient, febrifuge, healing, hepatic, hypotensor, laxative, nervine, regenerator (skin), sedative, stimulant (digestive system; spleen, uterine), stomachic, sudorific, tonic, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	
Cinnamon Bark, Cinnamon Leaf	*Cinnamomum verum, Cinnamomum zeylanicum, Laurus cinnamomum*	analgesic, anesthetic, anthelmintic, antibacterial, anticonvulsant, antidepressant, antidiabetic, antidiarrhoeic, antidote, antiemetic, anti-inflammatory, antioxidant, antiputrid, antirheumatic, antiseptic (strong), antispasmodic, antitussive, antiviral, aperitif, aphrodisiac, astringent (mild), cardiac, carminative, digestive, emmenagogue, emollient, estrogenic, expectorant, febrifuge, hemostatic, hepatic, insecticide, parasiticide, stimulant (circulatory, glandular, nervous and respiratory systems; production of secretions: saliva, tears, and mucous; uterine contractions), stomachic, tonic, vermifuge	application, aroma lamp, diffusor, inhaler, lightbulb ring, *massage**, mist spray. **NOTE: Cinnamon bark oil is not to be used on the skin*	Cinnamon bark essential oil should not be used on the skin.
Citronella	*Andropogon nardus, Cymbopogon nardus*	antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, antispasmodic, deodorant, deodorizer, diaphoretic, disinfectant, diuretic, emmenagogue, febrifuge, insect repellent, insecticide, parasiticide, stimulant (digestion), stomachic, tonic, uplifting, vermifuge	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Citronella oil is phototoxic. Avoid exposure to sunlight for several hours after applying on the skin.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Clary Sage	*Salvia sclarea*	analgesic, anticonvulsive, antidepressant, anti-inflammatory, antiseptic, antispasmodic, antistress, antisudorific, aphrodisiac, astringent, balsamic, calmative, carminative, deodorant, digestive, emmenagogue, emollient, estrogenic, euphoriant, fixative, healing (skin), hypotensor, nervine, refreshing, relaxant (strong), regenerator (skin cells), sedative, stimulant (uterine contractions), stomachic, tonic, tonifying, uplifting, warming	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	Due to the relaxing effect of this oil, clary sage should not be used before driving or doing anything that requires full attention.
Clove Bud	*Caryophyllus aromaticus*	abortifacient, analgesic, anesthetic (local), anthelmintic, antibacterial, antidepressant, antiemetic, antifungal, antineuralgic, antioxidant, antirheumatic, antiseptic (strong), antispasmodic, antistress, antiviral, aperitif, aphrodisiac, carminative, caustic, cicatrizant, counterirritant, disinfectant, emmenagogue, expectorant, insect repellent, insecticide, parasiticide, stimulant (vitality), stomachic, tonic, vermifuge	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use small amounts.
Coriander	*Coriandrum sativum*	abortifacient, analgesic, anesthetic, antibacterial, anti-inflammatory, antimutagenic, antioxidant, antirheumatic, antispasmodic, antitumor, aperitif, aperitive, aphrodisiac, calmative, cardiotonic, carminative, deodorant, depurative, detoxifier, diaphoretic, digestive, diuretic, emmenagogue, febrifuge, hepatic, nervine, refreshing, regenerator, revitalizing, stimulant (circulatory system), stomachic, tonic, uplifting, warming	application, aroma lamp, bath, diffuser, inhaler, lightbulb ring, massage, mist spray	Use small amounts.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Cumin	*Cuminum cyminum, Cuminum odorum*	abortifacient, analgesic, anesthetic, anthelmintic, antibacterial, antidiabetic, antidysentery, anti-inflammatory, antimicrobial, antimutagenic, antioxidant, antiseptic, antispasmodic, antitoxic, antitumor, aperitive, aphrodisiac, astringent, cardiac, carminative, decongestant, depurative, diaphoretic, digestive, disinfectant, diuretic, emmenagogue, estrogenic, galactagogue, larvicide, nervine, parasiticide, revitalizing, sedative, stimulant (circulatory, digestive and nervous systems), tonic	applications, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use small amounts. Cumin oil is phototoxic. Avoid exposure to sunlight for several hours after applying on the skin.
Cypress	*Cupressus sempervirens*	antirheumatic, antiseptic, antispasmodic, antisudorific, antitussive, astringent, calmative, cicatrizant, deodorant, deodorizer, diuretic, febrifuge, hemostatic, hepatic, insect repellent, insecticide, refreshing, restorative (nervous system), sedative, tonic, vasoconstrictor, warming	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Dill Seed, Dill Weed	*Anethum graveolens, Fructus anethi, Peucedanum graveolens*	antibacterial, antimutagenic, antioxidant, antiseptic, antispasmodic, antitumor, aperitive, calmative, carminative (prevents flatulence and fermentation and stops hiccoughs), detersive, diaphoretic, digestive, disinfectant, diuretic, emmenagogue, emollient, estrogenic, galactagogue, laxative, parasiticide, resolvent, sedative, seductive, stomachic, vasodilator	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Dill tends to slow down reflexes. Avoid driving or doing anything that requires full attention after using the essential oil.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Eucalyptus	*Eucalyptus globulus*	analgesic, anthelmintic, antibacterial, antidiabetic, antidote, antifungal, anti-inflammatory, antineuralgic, antipruritic, antiputrid, antirheumatic, antiseptic (strong), antispasmodic, antivenomous, antiviral (respiratory tract), astringent, balsamic, cephalic, cicatrizant, cooling, decongestant, deodorant, deodorizer, depurative, diaphoretic, disinfectant, diuretic, expectorant, febrifuge, germicide, hemostatic, insect repellent, insecticide, invigorating, parasiticide, pectoral, purifying, regenerator (skin tissue), rubefacient, stimulant (circulatory system), tonic, uplifting, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use small amounts of the globulus variety.
Fennel	*Antheum foeniculum, Foeniculum officiale, Foeniculum vulgare*	antibacterial, antidote, antiemetic, antifungal, antiphlogistic, antiseptic, antispasmodic, antitoxic, aperitif, appetite, astringent, calmative, carminative, decongestant, depurative, detoxifier, diaphoretic, digestive, diuretic, emmenagogue, estrogenic, expectorant, galactagogue, hepatic, insect repellent, insecticide, laxative, parasiticide, regulator (female reproductive system), resolvent, revitalizing, stimulant (uterine contractions, estrogen levels), stomachic, tonic, vermifuge	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use small amounts. Fennel tends to slow down reflexes. Avoid driving or doing anything that requires full attention after using the essential oil. Fennel should be avoided by people prone to epileptic seizures.
Feverfew	*Tanacetum parthenium*	abortifacient, anti-inflammatory, antiseptic, antispasmodic, carminative, depurative, emmenagogue, febrifuge, laxative, sedative (mild), stomachic, vermifuge	application, massage	
Fir Balsam Needles	*Abies alba (Silver fir), Abies balsamea (Fir balsam needles), Abies grandis (Grand fir), Pseudotsuga menziesii (Douglas fir)*	analgesic, antiseptic, antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, sedative, stimulant (respiratory system), tonic, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Frankincense	*Boswellia carteri*	abortifacient, analgesic, antibacterial, antidepressant, anti-inflammatory, antioxidant, antiseptic, antispasmodic, antitussive, astringent, balsamic, carminative, cephalic, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, emollient, expectorant, fixative, nervine, pectoral, purgative, rejuvenator (skin), revitalizing, sedative, stimulant (cells, immune system), tonic, tonifying (skin), uplifting, vulnerary, warming	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Gardenia	*Gardenia grandiflora*	alterative, analgesic, anthelmintic, antibacterial, anticonvulsive, antidepressant, anti-inflammatory, antiseptic, aphrodisiac, calmative, choleretic, febrifuge, hemostatic, hepatic, hypnotic, hypotensor, sedative, stomachic, uplifting	application, aroma lamp, bath, fragrancing, lightbulb ring, massage, mist spray	
Geranium	*Pelargonium graveolens*	analgesic, antibacterial, anticoagulant, antidepressant, antidiabetic, antifungal, anti-inflammatory, antineuralgic, antiseptic, antispasmodic, antistress, astringent, cicatrizant, cytophylactic, deodorant, depurative, diuretic, healing, hemostatic, insect repellent, insecticide, parasiticide, protectant (cells), refreshing, regulator (glandular functions and hormones), rejuvenator (skin tissue), sedative (mild), (anxiety), stimulant (adrenal glands; circulatory and lymphatic systems), tonic, tonifying (skin), uplifting (menopause and premenstrual tension), vasoconstrictor, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Ginger	*Amomum zingiber, Zingiber officinale*	analgesic, antibacterial, anticoagulant, antiemetic, anti-inflammatory, antioxidant, antiscorbutic, antiseptic, antispasmodic, antitoxic, antitussive, aperitif, aperitive, aphrodisiac, astringent (stops bleeding), carminative, cephalic, diaphoretic, digestive (nausea), diuretic, emmenagogue, expectorant, febrifuge, laxative, rubefacient, stimulant (circulatory and nervous systems), stomachic, tonic, tonifying (digestive system), vermifuge	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use small amounts.
Gingergrass	*Cymbopogon martinii var. Sofia*	antibacterial, antifungal, antiviral, tonic	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use small amounts
Grapefruit	*Citrus paradisi*	antibacterial, antidepressant, antiseptic, antistress, antitoxic, aperitif, aperitive, astringent, balancing (central nervous system), cephalic, cholagogue, depurative, detoxifier, digestive, disinfectant, diuretic, hemostatic, resolvent, restorative, reviving, stimulant (digestive and lymphatic systems, and neurotransmitters), tonic (liver), tonifying (skin)	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Use small amounts. Grapefruit oil is phototoxic. Avoid exposure to sunlight for several hours after applying on the skin.
Guaiacwood	*Bulnesia sarmienti, Guaiacum officinale*	anti-inflammatory, antirheumatic, antiseptic, aphrodisiac, astringent, balsamic, diaphoretic, diuretic, laxative, stimulant (genitourinary system), sudorific, tonifying (skin)	application, aroma lamp, bath, lightbulb ring, massage, mist spray	
Helichrysum (Everlasting or Immortelle)	*Helichrysum angustifolium, Helichrysum italicum*	analgesic, antibacterial, anticoagulant, antidepressant, antifungal, anti-inflammatory, antiseptic, antispasmodic, antistress, antitussive, antiviral, astringent, blood purifier, cephalic, cholagogue, cicatrizant, cytophylactic, detoxifier, diuretic, emollient, expectorant, hepatic, nervine, regenerator (skin cells), sedative, stimulant (dreaming), tonic	application, aroma lamp, bath, diffusor, lightbulb ring, inhaler, massage, mist spray, steam inhalation, steam room and sauna	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Hops	*Humulus lupulus*	analgesic, antibacterial, anticonvulsive, anti-inflammatory, antilithic, antipruritic, antispasmodic, aperitive, aphrodisiac (for women), astringent, blood purifier, calmative, carminative, digestive, diuretic, emmenagogue, emollient, estrogenic, febrifuge, galactagogue, hepatic, hypnotic, nervine, sedative, sudorific, tonic, tranquilizer, vermifuge	application, massage, mist spray	Hops oil is moderately toxic. Use small amounts.
Hyssop	*Hyssopus officinalis, Hyssopus officinalis var. Decumbens (Hyssop decumbens)*	antibacterial, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, antiviral, aperient, astringent, balsamic, cardiac, carminative, cephalic, cicatrizant, depurative, diaphoretic, digestive, diuretic, emmenagogue, emollient, expectorant, febrifuge, healing (skin), hypertensor, laxative (mild), nervine, parasiticide, pectoral, regulator (blood pressure), resolvent, stimulant (adrenal glands), stomachic, sudorific, tonic, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Hyssop decumbens is gentler than the other hyssop variety. Use small amounts. Hyssop oil should be avoided by people prone to epileptic seizures.
Jasmine	*Jasminum officinal*	analgesic, antidepressant, anti-inflammatory, antipruritic, antiseptic, antispasmodic, antistress, aphrodisiac, calmative, carminative, cicatrizant, decongestant, emollient, euphoriant, expectorant, galactagogue, moisturizer (skin), rejuvenator (skin), sedative, stimulant (uterine contractions), tonic (female reproductive system), uplifting	application, aroma lamp, bath, fragrancing, lightbulb ring, massage, mist spray	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Juniper Berries	*Juniperus communis*	abortifacient, analgesic, antifungal, anti-inflammatory, antilithic, antirheumatic, antiscorbutic, antiseptic, antispasmodic, antitoxic, aphrodisiac, astringent, blood purifier, carminative, cholagogue, cicatrizant, depurative, detoxifier, digestive, disinfectant, diuretic (strong), emmenagogue, expectorant, healing, hemostatic, insecticide, nervine, parasiticide, refreshing, rubefacient, sedative, stimulant (genitourinary tract), stomachic, sudorific, tonic, tonifying, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Juniper berry has a strong simulating effect on the kidneys; use in small amounts. Avoid use on a person who has weak kidneys.
Kava-Kava	*Piper methysticum*	analgesic, anesthetic, antianxiety, antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, diaphoretic, diuretic, hypnotic, nervine, relaxant, sedative, tonic, tranquilizer	application, massage	Kava-kava tends to slow down reflexes. Avoid driving or doing anything that requires full attention after using the essential oil. Use small amounts
Lantana	*Lantana camara*	antiseptic, antispasmodic, antiviral, cicatrizant, emmenagogue, expectorant, febrifuge, hepatic	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	Lantana is moderately toxic. Use small amounts. Lantana tends to slow down reflexes. Avoid driving or doing anything that requires full attention after using the essential oil.
Larch	*Larix europaea*	analgesic, antidepressant, antiseptic, astringent, diuretic, hemostatic, laxative, vulnerary	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use small amounts

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Lavandin	*Lavandula fragrans, Lavandula hottensis, Lavandula hybrida*	analgesic, anticonvulsive, antidepressant, antirheumatic, antiseptic, antitoxic, carminative, cholagogue, choleretic, cicatrizant, cordial, cytophylactic, deodorant, deodorizer, disinfectant, diuretic, emmenagogue, expectorant, hypotensor, insect repellent, nervine, parasiticide, sedative, stimulant (respiratory system), sudorific, tonic, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Lavender	*Lavandula angustifolia, Lavandula officinalis*	analgesic, antibacterial, anticonvulsive, antidepressant (premenstrual syndrome and menopause), antifungal, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, antistress, antitoxic, antitussive, antivenomous, antiviral, aperitive, calmative, carminative, cephalic, cholagogue, cicatrizant, cordial, cytophylactic, decongestant, deodorant, detoxifier, diuretic, emmenagogue, healing (skin), hypotensor, insect repellent, nervine, parasiticide, regenerator (skin tissue), restorative, reviving, sedative (heart), stimulant (respiratory system), stomachic, sudorific, tonic, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Spike lavender is more camphorous than the other lavender varieties. Spike lavender should be avoided during pregnancy.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Lemon	*Citrus limon*	antianemic, antibacterial, antidepressant, antifungal, antilithic, antineuralgic, antioxidant, antipruritic, antirheumatic, antisclerotic, antiscorbutic, antiseptic (strong), antispasmodic, antistress, antitoxic, antitussive, aperitive, astringent, blood purifier, calmative, carminative, cephalic, cicatrizant, coagulant, cooling, decongestant, depurative, detoxifier, diaphoretic, digestive, disinfectant, diuretic, emollient, febrifuge, hemostatic, hepatic, hypotensor, insect repellent, insecticide, invigorating (immune system), laxative, parasiticide, refreshing, rubefacient, sedative, stimulant (circulatory and lymphatic systems), stomachic, tonic, uplifting, vermifuge	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Lemon is phototoxic. Avoid exposure to direct sunlight for several hours after applying the oil on the skin. Use small amounts.
Lemongrass	*Cymbopogon citratus, Cymbopogon flexuosus*	abortifacient, analgesic, antibacterial, antidepressant, antidiabetic, antifungal, antioxidant, antiseptic, antispasmodic, aperitive, astringent, calmative, carminative, deodorant, deodorizer, depurative, diaphoretic, digestive, disinfectant, diuretic, emmenagogue, expectorant, febrifuge, galactagogue, hypotensor, insect repellent, insecticide, nervine, parasiticide, regulator (parasympathetic system), reviving, sedative, stimulant (circulatory system), stomachic, tonic, tonifying (skin)	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use in small amounts.
Lime	*Citrus aurantiifolia, Citrus limetta (Lime), Citrus aurantiifolia var. Swingle (Key lime)*	antibacterial, antidepressant, antilithic, antioxidant, antirheumatic, antisclerotic, antiscorbutic, antiseptic, antispasmodic, antitoxic, antiviral, aperitif, astringent, cooling, depurative, disinfectant, febrifuge, hemostatic, hepatic, insecticide, refreshing, restorative, stimulant (digestive and lymphatic systems), tonic (immune system), uplifting	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Lime is phototoxic. Avoid exposure to direct sunlight for several hours after applying the oil on the skin. Use small amounts.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Linden Blossom	*Tilia europaea, Tilia vulgaris*	antidepressant, antineuralgic, antiseptic, antispasmodic, antistress, antitussive, astringent, calmative, carminative, cephalic, decongestant, detoxifier, diaphoretic, diuretic, emollient, hypotensor, nervine, sedative, stomachic, sudorific, tonic (nervous system)	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	Linden blossom oil should not be used over a long period of time.
Lovage	*Angelica levisticum, Levisticum officinale, Ligusticum levisticum*	antibacterial, antifungal, antiseptic, antispasmodic, aphrodisiac, carminative, deodorizer, depurative, detoxifier, diaphoretic, digestive, diuretic, emmenagogue, expectorant, febrifuge, laxative, parasiticide, revitalizing, stimulant (digestive system and kidneys), stomachic, warming	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	Lovage is phototoxic. Avoid exposure to direct sunlight for several hours after applying the oil on the skin. Use small amounts.
Mandarin	*Citrus nobilis*	antidepressant, antiemetic, antiseptic, antispasmodic, antistress, antitussive, aperitive, astringent, calmative, carminative, cholagogue, cytophylactic, decongestant, depurative, digestive, diuretic, emollient, hypnotic, revitalizing, sedative, stimulant (digestive and lymphatic systems), stomachic, tonic, tranquilizer, uplifting	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Mandarin is phototoxic. Avoid exposure to direct sunlight for several hours after applying the oil on the skin. Use small amounts.
Manuka (New Zealand Tea Tree)	*Leptospermum scoparium*	analgesic, antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, disinfectant, sedative, vulnerary	application, massage, mist spray	
Marjoram	*Thymus mastichina (Spanish marjoram), Majorana horensis, Origanum majorana (Sweet marjoram)*	analgesic, anaphrodisiac, antibacterial, antifungal, antioxidant, antiseptic, antispasmodic, antistress, antitussive, antiviral, calmative, carminative, cephalic, cordial, decongestant, detoxifier, diaphoretic, digestive, diuretic, emmenagogue, expectorant, febrifuge, galactagogue, hypotensor, laxative, nervine, restorative, sedative, stomachic, tonic (heart), vasodilator (arterial), vulnerary, warming	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Due to the relaxing effect of this oil, marjoram should not be used before driving or doing anything that requires full attention. In large amounts, marjoram can dull the senses. Use in small amounts.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Melissa (Lemon Balm)	*Melissa officinalis*	analgesic, antibacterial, anticonvulsive, antidepressant, anti-inflammatory, antioxidant, antiputrid, antiseptic, antispasmodic, antistress, antiviral, aperitive, calmative, carminative, cephalic, choleretic, cordial, cytophylactic, diaphoretic, digestive, emmenagogue, febrifuge, galactagogue, hypotensor, insect repellent, nervine, sedative, stomachic, tonic, uplifting, vermifuge, vulnerary	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Use small amounts.
Monarda	*Monarda fistulosa*	anthelmintic, antibacterial, antifungal, antiseptic, antispasmodic, antiviral, carminative, diuretic, expectorant, stimulant, tonic	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	
Mugwort	*Artemisia vulgaris*	abortifacient, analgesic, anthelmintic, anti-inflammatory, antirheumatic, antispasmodic, aperitif, aperitive, carminative, cholagogue, diaphoretic, digestive, diuretic, emmenagogue, febrifuge, insect repellent, nervine, purgative (mild), regulator (menstrual cycle), sedative, stimulant (uterine), sudorific, tonic (uterine), vermifuge	application	Mugwort oil contains a toxic component called thujone, which can interfere with the brain and nervous system functions.
Mullein	*Verbascum thapsus*	anti-inflammatory, antiviral, astringent, demulcent, diuretic, expectorant, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Myrrh	*Balsamodendron myrrha, Commiphora myrrha*	analgesic, antidiabetic, antifungal, anti-inflammatory, antiputrid, antiseptic (strong), (infected gums), antispasmodic, antitussive, aperitive, astringent, balsamic, carminative, cicatrizant, cooling, deodorant, depurative, disinfectant, diuretic, drying, emmenagogue, expectorant, fixative, healing 9traumatic injuries), hemostatic, invigorating (immune system), moisturizer, pectoral, rejuvenator (skin cells), revitalizing (skin), sedative, stimulant (digestive system), stomachic, sudorific, tonic (stomach), tonifying (cleanses and tightens the skin), vulnerary	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	
Myrtle	*Myrtus communis*	antibacterial, antidiabetic, antifungal, anti-inflammatory, antimicrobial, antioxidant, antiseptic, antispasmodic, antitumor, astringent, balsamic, carminative, decongestant, deodorant, digestive, diuretic, emmenagogue, expectorant, hemostatic, laxative, nervine, parasiticide, sedative, tonic (skin)	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Myrtle (Anise)	*Blackhousia anisata*	antibacterial, antifungal, carminative, insect repellent, sedative	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Myrtle (Lemon)	*Blackhousia citriodora*	antibacterial, antifungal, antiviral, carminative, sedative	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Neroli	*Citrus aurantium*	analgesic, antibacterial, antidepressant, antifungal, antiseptic, antispasmodic, antistress, aphrodisiac, astringent, blood purifier, calmative, carminative, cicatrizant, cordial, cytophylactic, deodorant, digestive, emollient, euphoriant, hypnotic, hypotensor, regenerator (skin cells), sedative, tonic, tranquilizer, uplifting	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	
Niaouli	*Melaleuca quinquenervia, Melaleuca virdiflora*	analgesic, anthelmintic, antibacterial, antirheumatic, antiseptic, antispasmodic, balsamic, cicatrizant, decongestant, diaphoretic, expectorant, febrifuge, insecticide, regenerator (skin tissue), reviving, stimulant (circulation to the tissues), tonic (respiratory system), vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Nutmeg	*Myristica aromata*	abortifacient, analgesic, antibacterial, antiemetic, antioxidant, antirheumatic, antiseptic, antispasmodic, aperitive, aphrodisiac, astringent, calmative, cardiac, carminative, digestive, emmenagogue, estrogenic, expectorant, invigorating, laxative, reviving, sedative, stimulant (circulatory system), stomachic, tonic, uplifting, warming	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	
Orange	*Citrus sinensis*	antibacterial, anticoagulant, antidepressant, antiemetic, antifungal, anti-inflammatory, antipyorrhea, antiscorbutic, antiseptic, antispasmodic, antistress, antitoxic, antitussive, antiviral, aperitif, aperitive, astringent, calmative, carminative, cholagogue, choleretic, depurative, digestive, disinfectant, diuretic, expectorant, febrifuge, hemostatic, hepatic, hypotensor, hypnotic, laxative, nervine, refreshing, sedative, stimulant (digestive and lymphatic systems), stomachic, tonic, vasoconstrictor, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Orange is phototoxic. Avoid exposure to direct sunlight for several hours after applying the oil on the skin. Use small amounts.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Oregano	*Origanum vulgare*	analgesic, anaphrodisiac, anthelmintic, antibacterial, antifungal, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, antitoxic, antiviral, aperitif, aperitive, balsamic, carminative, cholagogue, choleretic, cytophylactic, diaphoretic, disinfectant, diuretic, emmenagogue, expectorant, febrifuge, hepatic, hypnotic, laxative, parasiticide, rubefacient, stimulant (verves), stomachic, sudorific, tonic, vulnerary, warming	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray	Oregano oil is heating. People with dry or sensitive skin may require additional carrier oil when using the essential oil topically. Use small amounts
Palmarosa	*Andropogon martinii, Cymbopogon martinii var. Motia*	abortifacient, analgesic, anthelmintic, antibacterial, antifungal, antiseptic, antispasmodic, antistress, antiviral, aperitive, aphrodisiac, astringent, calmative, carminative, cicatrizant, cytophylactic, digestive, emmenagogue, emollient, febrifuge, moisturizer, nervine, refreshing, regenerator (skin cells), sudorific, stimulant (circulatory and digestive systems), tonic, uplifting, vermifuge	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	
Patchouli	*Pogostemon cablin, Pogostemon patchouli*	alterative, analgesic, antibacterial, antidepressant, antiemetic, antifungal, anti-inflammatory, antiphlogistic, antiseptic, antistress, antitoxic, antiviral, aphrodisiac, astringent (strong), calmative, carminative, cicatrizant (strong), cytophylactic, decongestant, deodorant, diaphoretic, digestive, diuretic, febrifuge, fixative, insect repellent, insecticide, laxative, nervine, parasiticide, regenerator (skin tissue), sedative (large amounts), stimulant (small amounts) (nerves), stomachic, tonic	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Pepper (Black)	*Piper nigrum*	analgesic, antibacterial, anticholeric, anticonvulsive, antidote, antiemetic, antiseptic, antispasmodic, antitoxic, antitussive, aperitive, aphrodisiac, cardiac, carminative, detoxifier, diaphoretic, digestive, diuretic, drying, expectorant, febrifuge, heating, insect repellent, insecticide, laxative, rubefacient, sedative, stimulant (circulation; kidneys), stomachic, tonic, tonifying (muscles), vasodilator	application, massage, mist spray	Use small amounts
Peppermint	*Mentha piperita*	alterative (mild), analgesic, anesthetic, antibacterial, anticonvulsive, antidepressant, antidiarrhoeic, antigalactagogue, anti-inflammatory, antineuralgic, antiphlogistic, antipruritic, antiseptic, antispasmodic (digestive system), antitoxic (gastrointestinal poisoning), antitussive, antiviral, aperitive, aphrodisiac, astringent, carminative, cephalic, cholagogue, cordial, decongestant, depurative, digestive, emmenagogue, expectorant, febrifuge, hepatic, insect repellent, invigorating, nervine, parasiticide, refreshing, refrigerant, restorative, stimulant (nervous system), stomachic, sudorific, tonic (heart), uplifting, vasoconstrictor, vermifuge	application, aroma lamp, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use small amounts. Avoid using before bedtime since the oil can over-stimulate the nervous system.
Petitgrain	*Citrus bigaradia*	antidepressant, antiseptic, antispasmodic, antistress, astringent, calmative, deodorant, digestive, fixative, nervine, refreshing, sedative, stimulant (digestive system), stomachic, tonic, uplifting	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Pine	*Pinus sylvestris*	analgesic, antibacterial, antifungal, antineuralgic, antiphlogistic, antirheumatic, antiscorbutic, antiseptic (strong), antispasmodic, antitussive, antiviral, balsamic, cholagogue, choleretic, decongestant, deodorant, depurative (kidneys), disinfectant, diuretic, expectorant, hypertensor, insecticide, laxative, pectoral, refreshing, restorative, reviving, rubefacient, stimulant (circulatory and nervous systems; adrenal glands), sudorific, tonic, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Pine oil has a strong diuretic effect on the kidneys. Use small amounts with care.
Ravensara Anisata (Havozo Bark)	*Cinnamonum camphora, Ravensara anisata*	antifungal, antiseptic, antispasmodic, carminative, cholagogue, choleretic, emmenagogue, estrogenic, galactagogue, stomachic, tonic	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Ravensara Aromatica (Leaves)	*Cinnamonum camphora, Ravensara aromatica*	analgesic, antibacterial, antiseptic, antispasmodic, antitoxic, antitussive, antiviral, carminative, cholagogue, choleretic, expectorant, febrifuge, sedative, tonic	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Rose	*Rosa centifolia, Rosa damascena*	antibacterial, antidepressant, anti-inflammatory, antiphlogistic, antiseptic, antispasmodic, antistress, antiviral, aperient, aphrodisiac, astringent (mild), calmative, carminative, cephalic, cholagogue, choleretic, cicatrizant, cytophylactic, depurative, digestive, diuretic, emmenagogue, emollient, hemostatic, hepatic, laxative, nervine, nutritive, pectoral, regenerator (skin cells), sedative, stimulant (circulatory system), stomachic, tonic (nerves), tonifying, uplifting	application, aroma lamp, bath, fragrancing, inhaler, lightbulb ring, massage, mist spray	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Rosemary	*Rosmarinus officinalis*	analgesic, antibacterial, antidepressant, antifungal, antineuralgic, antioxidant, antirheumatic, antiseptic, antispasmodic, antitoxic, antitussive, antiviral, aphrodisiac, astringent, carminative, cephalic, cholagogue, choleretic, cicatrizant, cordial, cytophylactic, decongestant (liver), detoxifier, diaphoretic, digestive, diuretic, emmenagogue, expectorant, hepatic, hypertensor, insecticide (strong), invigorating, laxative, nervine, parasiticide, pectoral, rejuvenator (skin cells), resolvent, reviving, rubefacient, stimulant (adrenal glands and nerves), stomachic, sudorific, tonic, vulnerary, warming	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	Use small amounts. Rosemary oil should be avoided by people prone to epileptic seizures.
Sage	*Salvia lavandulifolia (Spanish sage), Salvia officinalis (Sage)*	antibacterial, antidepressant, antidiabetic, antifungal, antigalactagogue, anti-inflammatory, antioxidant, antirheumatic, antiseptic, antispasmodic, antisudorific, antiviral, aperitif, aperitive, astringent, blood purifier, carminative, cholagogue, cicatrizant, depurative, digestive, disinfectant (strong), diuretic, emmenagogue, estrogenic, euphoriant, expectorant, febrifuge, healing, hemostatic (bleeding gums), hepatic, hypertensor, insect repellent, laxative, nervine, stimulant (brain, circulatory system, adrenal glands), stomachic, tonic (digestive system), vermifuge, vulnerary, warming	application aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Sage oil contains a toxic component called thujone, which can interfere with brain and nervous system functions. Spanish sage is less toxic and safer to use. Both common sage and Spanish sage should be avoided by people prone to epileptic seizures.
Sandalwood	*Santalum album (Sandalwood), santalum spicatum (Australian sandalwood)*	analgesic, antibacterial, antidepressant, antifungal, anti-inflammatory, antiphlogistic, antipruritic, antiseptic, antispasmodic, antistress, antiviral, aphrodisiac, astringent, calmative, carminative, cicatrizant, decongestant, deodorant, diaphoretic, diuretic, emollient, euphoriant, expectorant, febrifuge, fixative, healing (skin), insect repellent, relaxant, sedative, stimulant, stomachic, tonic	application, aroma lamp, bath, inhaler, massage, mist spray, steam inhalation, steam room and sauna	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Savory	*Calamintha montana, Satureja montana, Satureja obovata (Winter savory), Calamintha hortensis, Satureja horensis (Summer savory)*	analgesic, antibacterial, antifungal, antiputrid, antiseptic, antispasmodic, antiviral, aperitive, aphrodisiac, astringent, carminative, cicatrizant, digestive, disinfectant, emmenagogue, expectorant, irritant (skin), parasiticide, resolvent, revitalizing, rubefacient, stimulant (circulatory, digestive, and nervous systems; adrenal glands), tonic, vermifuge	application, aroma lamp, lightbulb ring, inhaler, massage, mist spray	Use small amounts.
Schisandra	*Kadsura chinensis, Schisandra chinensis, Schinsandra japonica, Schinsandra sphenanthera*	adaptogen, antibacterial, anticonvulsive, antidepressant, antidiabetic, anti-inflammatory, antimutagenic, antioxidant, antitussive, aphrodisiac, astringent, cardiotonic, digestive, emmenagogue, expectorant, hepatic, nervine, rejuvenator, relaxant, restorative, sedative, tonic (brain, immune and nervous systems)	application, inhaler, massage, mist spray	
Spikenard	*Nardostachys grandiflora*	analgesic, anthelmintic, antibacterial, anticonvulsant, antifungal, anti-inflammatory, antioxidant, antiseptic, antispasmodic, aperitif, calmative, cardiotonic, carminative, deodorant, depurative, digestive, diuretic, emmenagogue, febrifuge, hepatic, laxative, nervine, sedative, tonic, tranquilizer	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	
Spruce (Black)	*Picea mariana*	anti-inflammatory, antiseptic, antispasmodic, antitussive, astringent, diaphoretic, diuretic, expectorant, hemostatic, nervine, parasiticide, rubefacient, sedative, tonic, vulnerary, warming	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
St. John's Wort	*Hypericum perforatum*	abortifacient, alterative, analgesic, antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, antispasmodic (menstrual cramps), antiviral, astringent, blood purifier, calmative, carminative, diuretic, emmenagogue, euphoric, expectorant, febrifuge, hemostatic, nervine, sedative, stomachic, tonic (nervous system), tranquilizer, vermifuge, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	St. John's Wort is phototoxic. Avoid exposure to direct sunlight for several hours after applying the oil on the skin. Use small amounts.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Tarragon	*Artemisia dracunculus*	analgesic, anthelmintic, antifungal, anti-inflammatory, antioxidant, antirheumatic, antiseptic, antispasmodic, antiviral, aperitive, carminative, cholagogue, digestive, diuretic, emmenagogue, hepatic, hypnotic, laxative, parasiticide, stimulant (circulatory system), stomachic, tonic, vermifuge	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray	Use in small amounts.
Tea Tree	*Melaleuca alternifolia, Melaleuca linariifolia, Melaleuca unicinata*	analgesic, antibacterial, antifungal, anti-inflammatory, antipruritic, antiseptic (strong), antiviral, balsamic, cicatrizant, cordial, decongestant, diaphoretic, expectorant, insecticide, parasiticide, refreshing, revitalizing, stimulant, sudorific, vulnerary	application, aroma lamp, bath, diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	There have been reports of fatalities when a small amount of tea tree essential oil was used on cats.
Thuja (Cedar Leaf)	*Thuja occidentalis*	abortifacient, anthelmintic, antirheumatic, antiseptic, antiviral, astringent, cicatrizant, counterirritant, diuretic, emmenagogue, expectorant, hemostatic, hypotensor, insect repellent, parasiticide (skin), rubefacient, stimulant (nerves; uterine), sudorific, tonic, vermifuge		Thuja oil is toxic due to the high content of thujone, which can interfere with brain and nervous system functions. It is not recommended for use in aromatherapy.
Thyme	*Thymus vulgaris, Thymus vulgaris var. Linalol*	analgesic, anthelmintic, antibacterial, antidepressant, antifungal, anti-inflammatory, antioxidant, antipruritic, antiputrid, antirheumatic, antiseptic (strong), antispasmodic, antitoxic, antitussive, antivenomous, antiviral, aperitif, aphrodisiac, astringent, balsamic, bronchodilator, cardiac, carminative, cicatrizant, counterirritant, cytophylactic, diaphoretic, digestive, diuretic, emmenagogue, expectorant, hypertensor, insecticide, nervine, parasiticide, pectoral, rubefacient, sedative, stimulant, stomachic, sudorific, tonic, uplifting, vermifuge, warming	application, aroma lamp, bath (only the linalol variety), diffusor, inhaler, lightbulb ring, massage, mist spray, steam inhalation	Use small amounts. Thyme should be avoided by people prone to epileptic seizures.

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Turmeric	*Amomum curcuma, Curcuma domestica, Curcuma longa*	abortifacient, analgesic, anthelmintic, antiarthritic, antibacterial, antidiabetic, antigalactagogue, anti-inflammatory, antioxidant (strong), antirheumatic, aphrodisiac, carminative, cholagogue, expectorant, digestive, diuretic, hepatic, hypotensive, insecticidal, laxative, rubefacient, stimulant	application, massage, mist spray	Use small amounts.
Valerian	*Valeriana officinalis*	analgesic, antibacterial, anticonvulsive, antidepressant, antidiuretic, antipyretic, antispasmodic, carminative, diuretic, febrifuge, hepatic, hypotensor, nervine, sedative (strong), stomachic, tonic (strong) (nerves), tranquilizer, vermifuge	application, aroma lamp, inhaler, massage, mist spray	Due to the relaxing effect of this oil, valerian should not be used before driving or doing anything that requires full attention. Use in small amounts.
Vanilla	*Vanilla fragrans, Vanilla planifolia*	antispasmodic, aphrodisiac, balsamic, calmative, emmenagogue, febrifuge	application, aroma lamp, bath, fragrancing, inhaler, lightbulb ring, massage, mist spray	
Vetiver	*Andropogon muricatus, Vetiveria zizanoides*	abortifacient, analgesic, anthelmintic, antibacterial, anti-inflammatory, antiseptic, antispasmodic, antistress, aphrodisiac, astringent, calmative, cardiotonic, carminative, detoxifier, diaphoretic, diuretic, emetic, emmenagogue, insect repellent, insecticide, nervine, parasiticide, revitalizing, rubefacient, sedative, stimulant (immune system), stomachic, tonic, vermifuge	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray	
Violet	*Viola odorata*	analgesic, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, aphrodisiac, calmative, demulcent, diaphoretic, diuretic, emetic, expectorant, febrifuge, hypnotic, laxative, liver decongestant, pectoral, sedative, stimulant (circulatory system), uplifting, vulnerary	application, aroma lamps, bath, fragrancing, inhaler, lightbulb ring, massage, mist spray	
Vitex	*Vitex agnus castus*	anaphrodisiac, diaphoretic, diuretic, emmenagogue, febrifuge, galactagogue, sedative, vulnerary	application, bath, inhaler, massage, mist spray, steam inhalation	

Essential Oil	*Botanical Name*	Properties	Methods of Use	Caution
Yarrow	*Achillea millefolium*	abortifacient, analgesic, anthelmintic, anti-inflammatory, antiphlogistic, antiseptic, antispasmodic, aperitive, astringent, blood purifier, carminative, cholagogue, cicatrizant, diaphoretic, digestive, diuretic, emmenagogue, expectorant, febrifuge, healing, hemostatic, hepatic, hypotensor, insect repellent, laxative, stimulant (circulatory system), stomachic, sudorific, tonic, vulnerary (wounds)	application, aroma lamp, bath, inhaler, lightbulb ring, massage, mist spray, steam inhalation, steam room and sauna	
Ylang Ylang	*Cananga odorata var. genuina*	antidepressant, antipruritic, antiseptic, aphrodisiac, calmative, carminative, emmenagogue, emollient, euphoriant, fixative, hypotensor, moisturizer, nervine, rejuvenator (skin and hair), relaxant, sedative, stimulant (circulatory system), tonic	application, aroma lamp, bath, diffusor, fragrancing, inhaler, lightbulb ring, massage, mist spray	