AromaworX
Crystal Wind™

Practical Applications for EO's

BREATHING

Bay (Sweet)	Cypress	Niaouli
Bay (West Indian)	Eucalyptus	Peppermint
Benzoin	Fennel (Sweet)	Pine, Scotch
Cajeput	Frankincense	Rosemary
Camphor	Hyssop	Tea tree
Carrot Seed	Immortelle (Helichrysum)	Thyme
Cedarwood (Atlas)	Lavender	Yarrow
Cedarwood (Virginian)	Lemongrass	
Clove Bud	Marjoram	

CELLULITE - REDUCES

Basil (Sweet)	Cypress	Lemon
Bay (Sweet)	Fennel (Sweet)	Orange
Bay (West Indian)	Geranium	Pine, Scotch
Benzoin	Grapefruit	Rosemary
Bergamot	Juniper	Sage, Spanish
Cinnamon Leaf	Lavender	Thyme

COOLING

Basil (Sweet)	Grapefruit	Petitgrain
Bergamot	Immortelle (Helichrysum)	Rose, Cabbage
Cedarwood (Atlas)	Lemon	Rose, Damask
Cypress	Myrrh	Tea Tree (Black)
Eucalyptus	Orange	
Geranium	Peppermint	

DIGESTION – IMPROVES

Basil (Sweet)	Clove Bud	Orange
Bay (Sweet)	Coriander	Peppermint
Bay (West Indian)	Fennel (Sweet)	Rosemary
Black Pepper	Ginger	Sage, Spanish
Caraway	Lavender	Tea Tree (Lemon)
Chamomile, German	Lemongrass	Thyme
Chamomile, Roman	Marjoram	Vetiver
Cinnamon Leaf	Melissa (Lemon Balm)	
Clary Sage	Nutmeg	

ENERGIZING, REFRESHING, REVIVING

Bergamot	Eucalyptus	Lemongrass
Black Pepper	Geranium	Nutmeg
Camphor	Ginger	Patchouli
Carrot Seed	Grapefruit	Peppermint
Cinnamon Leaf	Hyssop	Pine, Scotch
Clove Bud	Immortelle (Helichrysum)	Rosemary
Coriander	Juniper	Tea tree
Cypress	Lemon	Thyme

INSECT BITES

Basil (Sweet)	Geranium	Lemon
Chamomile, German	Juniper	Tea Tree
Chamomile, Roman	Lavender	

INSECT REPELLENT

Bay (Sweet)	Clove Bud	Patchouli
Bay (West Indian)	Eucalyptus	Peppermint
Cajeput	Fennel (Sweet)	Rosemary
Camphor	Geranium	Thyme
Cedarwood (Atlas)	Juniper	Vetiver
Cedarwood (Virginian)	Lavender	
Cinnamon Leaf	Lemongrass	

MENTAL CLARITY

Basil (Sweet)	Cypress	Orange
Bay (Sweet)	Eucalyptus	Peppermint
Bay (West Indian)	Ginger	Petitgrain
Bergamot	Grapefruit	Pine, Scotch
Black Pepper	Hyssop	Rosemary
Carrot Seed	Immortelle (Helichrysum)	Tea tree
Cedarwood (Atlas)	Juniper	Thyme
Cedarwood (Virginian)	Lemon	Yarrow
Clove Bud	Nutmeg	

SKIN – HEALING

Benzoin	Myrrh	Rosewood
Chamomile, German	Patchouli	Sandalwood
Chamomile, Roman	Petitgrain	Tea Tree
Frankincense	Rose, Cabbage	Vetiver
Lavender	Rose, Damask	

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PAIN – LESSENS / RELIEVES

Basil (Sweet)	Clove Bud	Nutmeg
Bay (Sweet)	Coriander	Peppermint
Bay (West Indian)	Eucalyptus	Pine, Scotch
Cajeput	Fennel (Sweet)	Rose, Cabbage
Camphor	Geranium	Rose, Damask
Caraway	Ginger	Rosemary
Cedarwood (Atlas)	Immortelle (Helichrysum)	Rosewood
Cedarwood (Virginian)	Juniper	Sage, Spanish
Chamomile, German	Lavender	Tea Tree
Chamomile, Roman	Marjoram	Thyme
Cinnamon Leaf	Melissa (Lemon Balm)	Vetiver
Clary Sage	Niaouli	Ylang Ylang

RESTFUL SLEEP

Basil (Sweet)	Fennel (Sweet)	Nutmeg
Benzoin	Frankincense	Orange
Bergamot	Lavender	Petitgrain
Cajeput	Lemon	Sandalwood
Cedarwood (Atlas)	Lemongrass	Tea Tree (Black)
Cedarwood (Virginian)	Linden Blossom	Vetiver
Chamomile, German	Marjoram	Violet
Chamomile, Roman	Melissa (Lemon Balm)	Ylang Ylang
Clary Sage	Myrrh	
Cypress	Neroli	

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TIGHT MUSCLES – LOOSENS/RELAXES

Bay (Sweet)	Cedarwood (Virginian)	Nutmeg
Bay (West Indian)	Cinnamon Leaf	Sage, Spanish
Benzoin	Cypress	Tea Tree
Black Pepper	Eucalyptus	Thyme
Carrot Seed	Lavender	Vetiver
Cedarwood (Atlas)	Marjoram	Ylang Ylang

MOOD UPLIFTING

Basil (Sweet)	Ginger	Patchouli
Benzoin	Grapefruit	Peppermint
Bergamot	Hyssop	Pine, Scotch
Camphor	Immortelle (Helichrysum)	Rose, Cabbage
Carrot Seed	Jasmine	Rose, Damask
Chamomile, German	Juniper	Rosemary
Chamomile, Roman	Lavender	Rosewood
Cinnamon Leaf	Lemon	Sandalwood
Clary Sage	Lemongrass	Tea Tree
Clove Bud	Melissa (Lemon Balm)	Thyme
Cypress	Myrrh	Vetiver
Eucalyptus	Neroli	Violet
Frankincense	Nutmeg	Ylang Ylang
Geranium	Orange	

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WARMING / HEATING

Bay (Sweet)
Bay (West Indian)
Benzoin
Black Pepper
Cajeput
Carrot Seed
Cinnamon Leaf
Clove Bud
Ginger
Marjoram
Nutmeg
Rosemary
Tea Tree (Lemon)
Tea Tree (Prickly Leaf)
Thyme

CALMING / STRESS REDUCING

Basil (Sweet)
Bay (Sweet)
Bay (West Indian)
Benzoin
Bergamot
Cajeput
Carrot Seed
Cedarwood (Atlas)
Cedarwood (Virginian)
Chamomile, German
Chamomile, Roman
Cinnamon Leaf
Clary Sage
Cypress
Eucalyptus
Fennel (Sweet)
Frankincense
Geranium
Grapefruit
Hyssop
Immortelle (Helichrysum)
Juniper
Lavender
Lemon
Lemongrass
Linden Blossom
Marjoram
Melissa (Lemon Balm)
Myrrh
Neroli
Nutmeg
Orange
Petitgrain
Rose, Cabbage
Rose, Damask
Rosewood
Sage, Spanish
Sandalwood
Tea Tree (Black)
Tea tree (Lemon)
Tea Tree (Prickly Leaf)
Thyme
Vetiver
Violet
Yarrow
Ylang Ylang