



Essential Oils:
A Guide to Natural Healing

Getting to Know Your Essential Oils

Table of Contents

- Are You Hitting the Notes? 3
 - Top Notes 3
 - Middle Notes 3
 - Base Notes 3

- 10 Common Essential Oils 4
 - Lavender 5
 - Peppermint 6
 - Rose 7
 - Lemon 8
 - Sandalwood 9
 - Tea Tree 10
 - Geranium 11
 - Frankincense 12
 - Eucalyptus 13
 - Helichrysum 14

- Sources 15



Are You Hitting the Notes?

How exactly do you know how to mix essential oils to create those luscious, healing scents? Unbeknownst to most, essential oils are comprised of three main “notes”: top, middle and base.



Top Notes

When you smell those light, bright and fresh scents, those are the top notes. They're first to hit your nose and they lift up your energy and spirits. Citrus oils are top notes.



Middle Notes

These notes have both top and base notes in them, as they soften any sharp notes with their full aromas. Middle notes provide soothing and balancing aromas to calm the mind and body. Lavender is a middle note.



Base Notes

The earthy, deep aromas of essential oils are the base notes. They intensify essential oil blends, rising to the nose slowly. If you're looking to relieve stress, base notes are your best option. Vetiver and ylang ylang are base notes.

10 Common Essential Oils

If you've browsed the essential oil section of any store, you've seen that there are countless options. So which do you buy? Well, it's ultimately up to you—what needs a little extra love in your mind or body? If you're interested in exploring some of the general benefits of aromatherapy, here are 10 of the most common essential oils and their therapeutic benefits.



Essential Oils: A Guide to Natural Healing | NaturalHealers.com

Find Integrative Health Programs Now >

1 Lavender

»» (*Lavandula angustifolia*, *Lavandula officinalis*, *Lavandula vera*)

Lavender has been used as early as 2500 B.C.E. by the Egyptians, and it has been used throughout history for perfume, headaches, wound care and even tea.

Note: Middle

Distilled from: Flower tops

Recommendations: *Anti-infectious, anti-viral, anti-fungal, pain-relieving, muscle-relaxing, mood- and sleep-enhancing*

Skin irritation, insomnia, wounds, air freshener, stress, depression





2 Peppermint

»» (*Mentha x piperita*)

From at least 1500 B.C.E., peppermint has been used for many things, including stomach ailments and more. Throughout history, its use as a medicinal herb became more and more understood, and now it provides scent and flavor in addition to its healing properties.

Note: Top

Distilled from: Leaves

Recommendations: *Analgesic, anti-inflammatory, antiseptic, astringent, expectorant, digestive, cooling and warming, calming and stimulating*

Acne, migraines, muscle pain, asthma, colds and flu, indigestion, nausea, stress

3 Rose

»» (*Rosa x damascena*, *Rosa x centifolia*)

There are ancient Persian and eastern Asian texts relating to the rose, and, in 500 B.C.E., Confucius noted the prolific planting of the bush. Roses have long been used for their delicate, intoxicating aroma in perfumes or as gifts.

Note: Base

Distilled from: Flowers

Recommendations: *Anti-depressant, aphrodisiac, astringent, sedative, liver-supporting, soothing*

Depression, sensitive skin, eczema, insomnia, headaches, stress, PMS





4 Lemon

»» (*Citrus limon*)

It is believed that the lemon tree originated in China or India, but history tells us it was transported to Europe to be grown for epilepsy treatments. Columbus brought it to the Americas as well. It is hailed as a standard for cleaning and healing.

Note: Top

Distilled from: Flowering tops

Recommendations: *Anti-infectious, anti-viral, anti-depressant, astringent, anti-microbial, digestive*

Acne, oily skin, dry skin, poor circulation, colds and flu, digestion, blood sugar regulation

5 Sandalwood

»» (*Santalum spicatum* A., *Santalum album*, *Santalum*)

Sandalwood is grown almost exclusively in India and Pakistan, as the Indian government has owned the rights to all the trees since the 1700s. It has been used across the world for everything from marking graves to marking the “third eye” to deodorant.

Note: Base

Distilled from: Wood and roots

Recommendations: *Emollient, diuretic, anti-depressant, relaxing, anti-bacterial, decongestant, aphrodisiac*

Acne, moisturizer, dry skin, depression, insomnia, bronchitis or cough, puffiness, stress



6 Tea Tree

»» (*Melaleuca alternifolia*)

Native to Australia and Queensland, tea tree oil has been used for centuries for its anti-bacterial properties. In the 1920s, it was discovered that tea tree oil was over 10 times more anti-bacterial and anti-infectious than the other agents available at the time. Its effective use to heal wounds and treat skin diseases has made it incredibly popular.

Note: Top

Distilled from: Leaves

Recommendations: *Anti-viral, anti-bacterial, anti-microbial, astringent, cooling*

Acne, dermatitis, bruises, asthma, muscle pain, colds, flatulence, household cleaners, sanitizers, air fresheners



7 Geranium

» (Pelargonium graveolens)

First discovered in South Africa, geraniums are now grown worldwide in warmer climates. It wasn't until the late 1800s that its medicinal uses were discovered. While widely used for perfume scents, geranium is also used to treat skin conditions and nerve disorders.

Note: Middle

Distilled from: Leaves

Recommendations: *Anti-inflammatory, anti-bacterial, anti-viral, astringent, decongestant, analgesic, calming, balancing, immunostimulant*

Acne, oily skin, mature skin, dermatitis, stress, poor circulation, anxiety, hemorrhoids, rheumatism, menstrual problems, varicose veins, lymphatic congestion





8 Frankincense

» (Boswellia carteri)

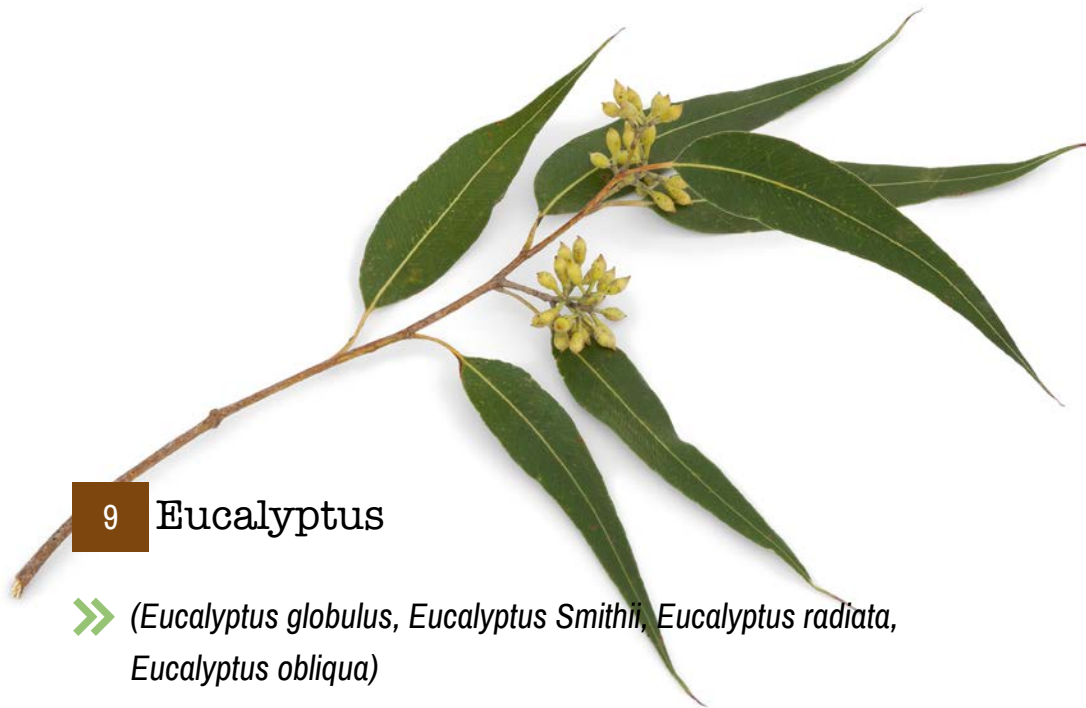
It is believed that frankincense was as valuable to ancient Arabia as oil is today. Frankincense has been used for religious ceremonies and as a healing oil. It is used to naturally treat many illnesses from rheumatism to Crohn's disease to anxiety.

Note: Base

Distilled from: Resin found in the trunk

Recommendations: *Anti-septic, anti-inflammatory, anti-bacterial, anti-depressant, analgesic, astringent, sedative, expectorant, calming*

Dry skin, wrinkles depression, stress, anxiety, irritability, chest tightness, colds, asthma, painful periods



9 Eucalyptus

» (*Eucalyptus globulus*, *Eucalyptus Smithii*, *Eucalyptus radiata*, *Eucalyptus obliqua*)

Eucalyptus has been grown around the world for many years, and it's not just for koalas. It is known for its many healing benefits, including skin ailments, asthma and pain.

Note: Top

Distilled from: Leaves and twigs

Recommendations: *Analgesic, antiseptic, anti-viral, decongestant, anti-inflammatory*

Skin infections, headaches, muscle pain, asthma, colds and flu, cough, insect repellent, air freshener

10 Helichrysum

»» (*Helichrysum angustifolium*)

Also known as Immortelle, Helichrysum is relatively new to the market. It is now widely popular for its ability to treat wounds, dermatitis and coughs, among other ailments. While it is expensive, it is a powerful healer.

Note: Base

Distilled from: Flowers

Recommendations: *Anti-inflammatory, anti-microbial, antiseptic, astringent, expectorant*

Acne, eczema, dry skin, wounds, burns, muscle pain, asthma, rheumatism, bronchitis, colds and flu, depression, stress



Sources

www.romahead.com

www.naha.org

Aromatherapy: A Complete Guide to the Healing Art, Kathi Keville and Mindy Green

Authentic Aromatherapy: Essential Oils and Blends for Health, Beauty, and Home, Sharon Falsetto

Essential Oils Every Day: Rituals and Remedies for Healing, Happiness, and Beauty, Hope Gillerman

Essential Oils for Healing, Vannoy Gentles Fite

Massage & Aromatherapy, Reader's Digest

The Art of Aromatherapy: The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs, Robert B. Tisserand

The Essential Oil Maker's Handbook, Bettina Malle and Helge Schmickl

