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Looking for a list of essential oils? Here we have compiled 150 of the top essential oils? Here we have compiled 150 of the top essential oils? Here we have compiled 150 of the top essential oils? the essential oil may go by and the botanical names of each oil. Also lists if the oil is safe for use on kids and which oils to avoid when pregnant or breastfeeding. We have created a PDF download of this list that can be printed out so you can keep your essential oils organized. List of Essential Oils You will find the most common name of the essential oil in bold, other names the oil is called in parenthesis, and the botanical names are in italics. Additional notes have been added in purple, as well as where to buy the essential oil if you don't have it and want it. Features we added to the printable essential oil list: Common names of oils Botanical names of oils Checkbox to mark if you have the oil Date opened column Checkbox for wish list oils Kid-safe oils for ages 2+ Essential oils to avoid when pregnant or lactating You can get access to the FREE PRINTABLE at the end of the list of essential oils below. 1. Agarwood (Oud, Aloewood) Aquilaria crassna Common Uses: Grounding, relaxing, natural perfume, muscle spasms, healthy digestion. Uses and Benefits: Agarwood Essential Oil 2. Allspice (Pimento Berry, Jamaica Pepper) Pimenta dioica, Buy Here Common Uses: Arthritis, fatigue, muscle/joint stiffness, chills, congested coughs, bronchitis, stomach cramp, flatulence, indigestion, neuralgia, tension and stress (from The Encyclopedia of Essential Oils by Julia Lawless). Recipes, Benefits and Uses: Allspice Oil Spotlight 3. Amyris (Torchwood, West Indian Sandalwood) Amyris balsamifera, OK for Kids 2+ Buy Here Common Uses: Coughs, chest congestion, restlessness, stress, tension; a generally relaxing tonic, skincare (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 4. Angelica Root Angelica, Phototoxic Buy Here Common Uses: Coughs, sinus infection, viral infection, v 5. Anise (Aniseed) Pimpinella anisum, Avoid during pregnancy/lactation Common Uses: Coughs, bronchitis, catarrh, digestive-linked migraines, and headaches; calms nervous digestive tract conditions (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 6. Anise Star (Star Anise) Illicium verum, Avoid during pregnancy/lactation Buy Here Common Uses: Muscular aches and pains, rheumatism, bronchitis, coughs, colic, cramp, flatulence, indigestion, colds (from The Encyclopedia of Essential Oils by Julia Lawless). DIY Recipes: Star Anise Oil Blends 7. Arborvitae (Western Red Cedar, Western Arborvitae) Thuja plicata, Avoid during pregnancy/lactation Buy Here Common Uses: Antibacterial, antifungal, calming, cancer, repellent (from Modern Essentials by Aromatools 8th edition). Recipes, Uses and Benefits: Arborvitae Oil Spotlight 8. Balm Mint Bush Prostanthera melissifoli, OK for Kids 2+ Common Uses: Uplifting, cleansing, skin issues, air purifying, headaches, chest congestion, respiratory health. Balsam Peru - see Peru Balsam 9. Basil (Sweet Basil, Basil Linalool) Ocimum basilicum, Avoid during pregnancy/lactation Buy Here Common Uses: Muscular spasm and contraction, rheumatism, digestive problems, nausea, flatulence, menstrual cramp, dysmenorrhea, headache, migraines, tension, stress, physical and mental exhaustion (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Basil Oil Spotlight 10. Basil Holy (Holy Basil, Tulsi, Basil Tulsi) Ocimum sanctum, OK for Kids 2+ Buy Here Common Uses: Muscular spasm and contraction, respiratory conditions, cystitis, intestinal spasm, parasitic infections, cramp, menstrual cramp, menstrual problems, headache, migraine, mental and physical fatigue (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 11. Basil Lemon (Lemon Basil) Ocimum citriodorum, OK for Kids 2+ Bay Leaf - see Laurel Leaf 12. Bergamot Citrus bergamia, Phototoxic, OK for Kids 2+ Buy Here Common Uses: Infections, fevers, indigestion, cystitis, wounds, acne, herpes sores, depression, stress, tension, insomnia, fear, emotional crisis, convalescence; emo OK for Kids 2+ Buy Here Common Uses: Respiratory support, clearing mucus & congestion, sore muscles, digestion, nausea, motivation, inspiration (from The Heart of Aromatherapy by Andrea Butje). 14. Birch (Sweet Birch) Betula lenta, Avoid during pregnancy/lactation Buy Here Common Uses: Muscular aches and pains, rheumatism, arthritis, muscular injury, skeletal inflammation, lumbago, neuralgia, circulatory conditions, edema, heavy limbs (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Birch Oil Spotlight 15. Black Pepper Piper nigrum, OK for Kids 2+ Buy Here Common Uses: General aches and pains, stomach cramp, digestive problems, rheumatism, circulatory conditions, cold limbs, chills, exhaustion, convalescence; general nerve tonic (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Black Spruce - see Spruce, Black 16. Blue Cypress Callitris intratropica, OK for Kids 2+, Avoid during pregnancy/lactation Buy Here Common Uses: Arthritis, asthma, skincare, fragrance fixative (from 375 Essential Oils and Hydrosols by Jeanne Rose) 17. Blue Tansy (Moroccan Blue Chamomile) Tanacetum annuum, OK for Kids 2+, Avoid during pregnancy/lactation Buy Here Common Uses: Helps encourage relaxation, may promote uplifting thoughts, and calms an overworried mind. Blue Tansy has a thick, ink-like viscosity. The oil has a strong blue color and can potentially stain clothes, porous material, and skin. Recipes, Benefits and Uses: Blue Tansy Oil Spotlight 18. Buddha Wood (Desert Rosewood) Eremophila mitchellii, OK for Kids 2+ Buy Here Common Uses: Stress, muscle tension, insomnia, bug repellent. Great for meditation and perfumery. Properties: Analgesic, Anti-anxiety, Anti-depressant, Anti-inflammatory, Sedative, Immune System Tonic. 19. Cajeput (Cajuput, White Tea Tree) Melaleuca cajuput, Buy Here Common Uses: Arthritis, rheumatism, neuralgia, muscular spasm and contractions, sciatica, sore throat, sinusitis, bronchitis, coughs, colds, parasite-induced skin problems, skin infection, head lice, insect bites, fatigue (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 20. Camphor (White Camphor, Camphor Laurel) Cinnamomum camphora, Avoid during pregnancy/lactation Buy Here Common Uses: Muscular aches and pains, rheumatism, muscular injury, chesty cough, bronchitis, colds, sinus problems, acne, rashes, parasitic skin infections, contusions, bruises; stimulating, insect repellent (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Cannabis - see Hemp 21. Caraway (Caraway Seed) Carum carvi, OK for Kids 2+ Buy Here Common Uses: Gastrointestinal conditions, dyspepsia, abdominal spasm, colic, flatulence, intestinal cramp and spasms, irritable bowel syndrome, colitis, diverticulitis, gastric ulceration, allergic rhinitis, bronchitis, coughs, nervousness (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 22. Cardamom Elettaria cardamomum OK for Kids 2+ Buy Here Common Uses: Indigestion, intestinal cramp, flatulence, dyspepsia, nausea, gastric migraine, constipation, irritable bowel syndrome, colitis, Crohn's disease, muscular spasm, bronchial congestion, exhaustion and mental fatigue; strengthening, fortifying (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Benefits and Uses: Cardamom Oil Spotlight 23. Carrot Seed Daucus carota, Avoid during pregnancy/lactation Buy Here Common Uses: Detoxifying, arthritis, rheumatism, indigestion, water retention, genitourinary infection, urinary tract infection, eczema, ulcers, psoriasis, acne, pimples (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 24. Cassia, Chinese Cinnamon Cassia, Avoid during pregnancy/lactation Buy Here Common Uses: Arthritis, cold a& flu, colic, diarrhea, digestive issues, fever, flatulence, nausea (from Essential oils & Aromatherapy: An Introductory Guide by Sonoma Press). Recipes, Uses and Benefits: Cassia Oil Spotlight 25. Catnip Nepeta cataria, OK for Kids 2+ Buy Here Common Uses: Diarrhea, stomach cramp, internal gas, congestion, colds, mosquito repellent (from The Complete Aromatherapy & Essential Oils by Nervs Purchon & Lora Cantele). 26. Cedarwood Atlas Cedrus atlantica, OK for Kids 2+ Buy Here Common Uses: Chest infection, catarrh, congestion, acne, scalp disorders, cellulite, anxiety, stress, tension, physical exhaustion; detoxifying (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 27. Cedarwood Himalayan 28. Cedarwood Texas Juniperus mexicana, OK for Kids 2+ Common Uses: Acne, dandruff, eczema, greasy hair, insect repellent, oily skin, psoriasis, arthritis, rheumatism, bronchitis, catarrh, congestion, coughs, sinusitis, cystitis, leucorrhoea, nervous tension, stress-related disorders (from The Encyclopedia of Essential Oils by Julia Lawless). 29. Cedarwood Virginiana, OK for Kids 2+ Buy Here Common Uses: Respiratory infections, decongestant, catarrh, bronchitis, coughs, urinary tract infections, cellulite (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 30. Celery Seed Apium graveolens, OK for Kids 2+ Buy Here Common Uses: Varicose veins, heavy legs, congestion, constipation, hemorrhoids, stress-related digestive conditions, nervousness, depression; detoxifying (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 31. Chamomile, Blue earache, eczema, hair care, inflammations, insect bites, rashes, sensitive skin, teething pain, toothache, wounds, arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains, dyspepsia, colic, indigestion, nausea, dysmenorrhagia, headache, insomnia, nervous tension, migraine and stress-related complaints (from The Encyclopedia of Essential Oils by Julia Lawless). 32. Chamomile Roman (Roman Chamomile) Anthemis nobilis /Chamaemelum nobile, OK for Kids 2+ Buy Here Muscular spasm and contraction, rheumatism, menstrual cramp, rashes, acne, eczema, psoriasis, skin irritations, sunburn, dental and teething problems, insomnia, anxiety, nervousness, depression, stressrelated conditions, insect bites and stings (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 33. Cilantro (Coriander Leaf) Coriandrum sativum, OK for Kids 2+ Buy Here Common Uses: Anxiety, cleanser, detoxifier, soothing to the skin, aids digestion, stress relief. 34. Cinnamon Bark Cinnamonum zeylanicum Avoid during pregnancy/lactation Buy Here Common Uses: Airborne bacterial, bacterial infections, bites/stings, breathing, diabetes, diverticulitis, fungal infections, general tonic, stimulates immune system, infections, warming to body (from Modern Essentials by Aromatools 8th edition). 35. Cinnamon Leaf Cinnamonum zeylanicum, Buy Here Common Uses: Bacterial and viral infection, respiratory infection, fungal infection, respiratory infection, respiratory infection, fungal infection, respiratory infection, fungal i exhaustion, fatigue, tired all the time (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 36. Cistus (Labdanum, Rock Rose) Cistus ladanifer, OK for Kids 2+ Buy Here Common Uses: Viral infection, influenza, bronchial conditions, joint aches and pains, muscular pain, arthritis, cuts, wounds, pimples, acne, scarring, nervousness, tension, stress (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 37. Citronella Cymbopogon nardus/Cymbopogon foot infections, fatigue, insect bites; insect deterrent (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood 38. Clary Sage Salvia sclarea, OK for Kids 2+ Buy Here Common Uses: Menstrual problems, menstrual cramp, endometriosis, premenstrual syndrome, menopausal problems, hot flashes, muscular aches and pains, muscular fatigue, muscular spasm, excessive perspiration, headaches, loss of concentration, memory, insomnia, nervousness, depression, anxiety stress, psychological stress (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Clary Sage Oil Spotlight 39. Clementine Citrus clementina, OK for Kids 2+ Buy Here Common Uses: Helps to reduce insomnia, depression, colds, stress, digestive issues, naturally cleansing. 40. Clove Bud) Eugenia caryophyllata/Syzygium aromaticum, Buy Here Common Uses: Pain relief, bacterial infection, fungal infection, viral skin infection, warts, verrucas, toothache, gum disease, muscle pain, rheumatism, flu, bronchitis, tired limbs, nausea, flatulence, stomach cramp, abdominal spasm, parasitic infection, scabies, ringworm (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Clove EO Spotlight 41. Coffee 42. Cognac Vitis vinifera Common Uses: Aphrodisiac natural perfume, uplifting. 43. Copaiba (Copaiba Balsam) Copaifera officinalis, OK for Kids 2+ Buy Here Common Uses: Bronchitis, sore throats, tonsillitis, varicose conditions, varicose veins, hemorrhoids, urinary tract infections, cystitis, intestinal cramps and spasms, stomachache, stomach discomfort, Helicobacter pylori, muscular pain, bacterial and inflammatory skin conditions, fungal skin infections, onychomycosis, foot candida nail infections, athlete's foot (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Benefits and Uses: Copaiba Oil Spotlight 44. Coriander Seed Coriandrum sativum, OK for Kids 2+ Buy Here Common Uses: Digestive problems, flatulence, dyspepsia, bloating, indigestion, abdominal spasm, abdominal discomfort, irritable bowel syndrome, detoxifying, nervous tension, muscular fatigue, tired all the time, emotional exhaustion (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes Uses and Benefits: Coriander Oil Spotlight 45. Cumin Cuminum cyminum, Phototoxic Buy Here Common Uses: Accumulation of fluids and toxins, poor circulation, spasm, debility, headaches, migraine, nervous exhaustion (from The Encyclopedia of Essential Oils by Julia Lawless). 46. Cypress Cupressus sempervirens, OK for Kids 2+ Buy Here Common Uses: Varicose veins, fluid retention, hemorrhoids, congestive conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, fluid retention, hemorrhoids, congestive conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menopausal fatigue, hot flashes, cellulite, dry coughs, bronchial spam, asthma, respiratory conditions, heavy and tired legs, edema, rheumatism, menopausal fatigue, hot flashes, cellulite, dry coughs, hot flashes, cellulite, dry c Valerie Ann Wormwood). Diffuser Blends: Cypress Oil Recipes 47. Davana Artemisia pallens, Buy Here Common Uses: Bacterial infection, bronchial congestion, rausea, menstrual cramp, menopausal symptoms, general debility, anxiety, stress, irritability, tension (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 48. Dill (Dill Weed or Dill Seed) Anethum graveolens, OK for Kids 2+, Avoid during pregnancy/lactation Buy Here Common Uses: Colic, indigestion, dyspepsia, flatulence, gastrointestinal spam, intestinal cramp, gastric spasm, irritable bowel syndrome, diverticulosis, constipation, detoxifying, headaches, nervous stomach, menstrual pain, digestive stimulant, nervousness (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Douglas Fir - see Fir Douglas 49. Elemi Canarium luzonicum, Buy Here Common Uses: Respiratory tract infection, chronic cough, catarrh, stress-related bronchial conditions, muscular fatigue, overworked muscles, infectious skin conditions, wounds, cuts and grazes, tiredness; soothing and calming (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 50. Eucalyptus Dives (Peppermint Eucalyptus) Eucalyptus Dives, OK for Kids 2+ Buy Here Common Uses: Respiratory infection, sinusitis, sinus headache, influenza, fever, headache, migraine, rheumatism, arthritis, muscular aches and pains, leg cramp, abdominal cramp, neuralgia, inflammatory conditions, candida, cellulite, parasitic infections, head lice, fatigue, exhaustion, acne, pimples (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Benefits and Uses: Eucalyptus Dives Oil Spotlight 51. Eucalyptus Globulus, Buy Here Common Uses: Respiratory infection, cystitis, parasitic infection (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood, page 585-586). 52. Eucalyptus Lemon (Lemon Eucalyptus) Eucalyptus Lemon (Lemon Eucalyptus) Eucalyptus citriodora, OK for Kids 2+ Buy Here Common Uses: Muscular injury, fungal skin infection, bacterial skin infection, sores, wounds, respiratory tract conditions, asthma, fever, candida, insect bites, insect repellent (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood, page 586). 53. Eucalyptus Radiata Eucalyptus Radiata Eucalyptus Radiata, Buy Here Common Uses: Respiratory tract infection, bronchitis, catarrh, sinusitis, rhinitis, colds, influenza, fever, asthma, rheumatism, muscular aches and pains, neuralgia, abdominal cramp, menstrual cramp, headaches, mental exhaustion, fatigue, insect stings and bites, general stimulant and tonic (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood, page 587). 54. Eucalyptus smithii Eucalyptus smithii Eucalyptus smithii, Buy Here Common Uses: Similar to other eucalyptus oils. Everlasting - see Helichrysum 55. Fennel (Sweet Fennel) Foeniculum vulgare, Avoid during pregnancy/lactation Buy Here Common Uses: Digestive disorders, colic, dyspepsia, gastrointestinal spasm, flatulence, nausea, constipation, irritable bowel syndrome, fertility, endometriosis, menopausal symptoms, detoxifying, cellulite, fluid retention, heavy legs, bronchitis, respiratory conditions, parasitic infection (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood, page 588). 56. Finger Root Boesenbergia rotunda, OK for Kids 2+ 57. Fir Balsam (Balsam Fir, Canadian Fir Buy Here Common Uses: Burns, cuts, hemorrhoids, wounds, asthma, bronchitis, catarrh, chronic coughs, sore throat, cystitis, genitourinary infections, depression, nervous tension, stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless, page 41-42). 58. Fir Douglas Fir) Pseudotsuga menziesii, OK for Kids 2+ Buy Here Common Uses: Respiratory support, muscle spasms, spastic cough, cold, flu, immune support, improves self-esteem, lack of focus, stress and tension. 59. Fir Needle (Siberian Fir) Abies sibirica, OK for Kids 2+ Buy Here 60. Fir Silver Fir, Silver Fir, Silver Fir, Silver Fir, Silver Spruce, White Fir) Abies alba, OK for Kids 2+ Buy Here Common Uses: Catarrh, sinusitis, bronchitis, bronchitis Common Uses: Cuts, bites, stings, general skincare, aching muscles and joints, arthritis, rheumatism, asthma, bronchitis, cough, colds, influenza, sinusitis, tonsillitis, thrush, menstrual pain and breast tenderness, vaginitis, anxiety, emotional blockages, grief, insomnia, mood swings, and stress (from The Encyclopedia of Essential Oils by Julia Lawless). 62. Frankincense Carterii (Olibanum) Boswellia carterii, OK for Kids 2+ Buy Here Common Uses: Coughs, colds, bronchitis, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract infections, mental fatigue, depression, nervous asthma, skin infection, scars, wounds, urinary tract in by Valerie Ann Wormwood, page 589). 63. Frankincense Frereana Boswellia frereana, OK for Kids 2+ 64. Frankincense Sacred Boswellia sacra, OK for Kids 2+ 65. Galangal Root (Greater Galangal, Siamese Ginger) Alpinia galanga, Buy Here Common Uses: Supports healthy digestion, fatigue, joint & muscle stiffness, travel sickness. 66. Galbanum complaints (from The Encyclopedia of Essential Oils by Julia Lawless). 67. Geranium Pelargonium graveolens, OK for Kids 2+ Buy Here Common Uses: Female reproductive disorders, menstrual cramp, infertility, endometriosis, premenstrual syndrome, menopausal symptoms, circulatory disorders, Raynaud's disease, varicose veins, hemorrhoids neuralgia, nervous skin disorders, depression, fatigue, emotional crisis, stress-related conditions (from The Complete Book of Essential Oil German Ohamomile - see Chamomile German 68. Ginger Zingiber officinale, OK for Kids 2+ Buy Here Common Uses: Arthritise Arthritise - see Chamomile - see Chamomil muscle fatigue, muscular aches and pains, poor circulation, rheumatism, sprains, strains, catarrh, congestion, loss of appetite, nausea, travel sickness, debility, nervous exhaustion (from The Encyclopedia of Essential Oils by Julia Lawless). 69. Gingergrass of appetite, nausea, travel sickness, debility, nervous exhaustion (from The Encyclopedia of Essential Oils by Julia Lawless). Cymbopogon martinii var. sofia, Buy Here Common Uses: Respiratory support, swelling, sore muscles and joints, stiff joints, poor circulation, stress, tension (from The Heart of Aromatherapy by Andrea Butje). 70. Goldenrod Solidago canadensis, Buy Here Common Uses: Acne, cuts, inflammations of the skin, insect bites, sores, wounds, catarrh, chills coughs and colds, hay fever, allergies, laryngitis, respiratory congestion, sinus infection, sore throat, flu, liver congested and oily skin, hepatitis, fatty liver, urinary tract and bladder condition (from The Encyclopedia of Essential Oils by Julia Lawless). 71. Grapefruit Citrus paradisi, Phototoxic, OK for Kids 2+ Buy Here Common Uses: Acne, congested and oily skin, promotes hair growth, tones the skin and tissues, cellulitis, exercise preparation, muscle fatigue, obesity, stiffness, water retention, chills, colds, flu, depression, headaches, nervous exhaustion, performance stress (from The Encyclopedia of Essential Oils by Julia Lawless). Recipes, Uses and Benefits: Grapefruit Oil Spotlight 72. Helichrysum (Everlasting, Immortelle) Helichrysum italicum, OK for Kids 2+ Buy Here Common Uses: Pain relief, bruising, wounds, contusions, coughs, bronchial congestion, rhinitis, abdominal cramp, muscular spasm, rheumatism, arthritis, carpel tunnel, tendonitis, edema, varicose veins, hemorrhoids, circulatory conditions, ulceration, acne, pimples, eczema psoriasis (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 73. Hemlock (Spruce Hemlock, Tsuga) Tsuga canadensis, OK for Kids 2+ Buy Here Common Uses: Muscular aches and pains, poor circulation, rheumatism, asthma, bronchitis, coughs, respiratory weakness, colds, flu, infections, anxiety, stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless) Recipes, Benefits and Uses: Hemlock Oil Spotlight 74. Hemp (Cannabis) Cannabis sativa, pain, sleep, loss of appetite. Ho Leaf - see Ravintsara 75. Ho Wood Cinnamomum camphora, OK for Kids 2+ Buy Here Common Uses: Influenza, colds, chills, bacterial and viral respiratory infection, menstrual cramp, vaginal infection, anxiety, tension (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Ho Wood Oil Spotlight 76. Hyssop Hyssopus officinalis var. decumbens, Avoid during pregnancy/lactation Buy Here Common Uses: Coughs, colds, influenza, bronchitis, catarrh, asthma, bronchitis, catarrh, asthma Essential Oils and Aromatherapy by Valerie Ann Wormwood). Immortelle - see Helichrysum 77. Jasmine Absolute Jasminum grandiflorum, OK for Kids 2+ Buy Here Common Uses: Infertility, menstrual cramp, abdominal spasm, nervous tension, nervo depression (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 78. Juniper (Juniper Berry) Juniperus communis, OK for Kids 2+ Buy Here Common Uses: Fluid retention, cystitis, urinary tract infection, abdominal bloating, menstrual cramp, heavy legs, detoxifying, cellulite, obesity, gout, rheumatism, arthritis (for Kids 2+ Buy Here Common Uses). acne, ulceration, eczema, mental exhaustion, chronic fatigue, anxiety, tension (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Benefits and Uses: Juniper Oil Spotlight 79. Kumquat Fortunella japonica, OK for Kids 2+ 80. Kunzea Ambigua, OK for Kids 2+ Buy Here Common Uses: Respiratory support, mucus, congestion, sinus headaches, colds, flu, sore muscles, repel insects (from The Heart of Aromatherapy by Andrea Butje) Labdanum - see Cistus 81. Laurel Leaf (Bay Leaf, Bay Laurel, Sweet Bay) Laurus nobilis, Buy Here Common Uses: Influenza, rheumatism, muscular aches and pains, neuralgia, arthritis, circulatory conditions, sinus headaches, colds, flu, sore muscles, repel insects (from The Heart of Aromatherapy by Andrea Butje) Labdanum - see Cistus 81. Laurel Leaf (Bay Leaf, Bay Leaf, Ba candida, respiratory and bronchial infections, digestive problems, flatulence, colds, flu, skin rash, spots, sores, dental infections, fungal foot conditions, nervousness, general fatigue (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 82. Lavandin Lavandula intermedia, OK for Kids 2+ Buy Here Common Uses Skin infection, wounds, menstrual cramp, muscular cramp and contraction, muscular spasm, muscular injury, migraine, stress, tension, respiratory by Valerie Ann Wormwood). Read More: Types of Lavender (True Lavender) by Valerie Ann Wormwood). Read More: Types of Lavender (True Lavender) by Valerie Ann Wormwood). Read More: Types of Lavender (True Lavender) by Valerie Ann Wormwood). Lavandula angustifolia, OK for Kids 2+ Buy Here Common Uses: inflammatory conditions, skin infection, wounds, cuts, grazes, rashes, itching, stress-related eczema, nervous psoriasis, sunburn, burns, muscular spasm, muscular spa bites, stress, tension, anxiety, tension, anxiety, tension, panic, insect deterrent (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 84. Lavender (Spike Lavender) Lavandula latifolia, OK for Kids 2+ Buy Here Common Uses: Skin infection, wounds, cuts, grazes, muscular spasm, muscular contraction, abdominal cramp, headache migraine, acne, pimples, insect bites, insect deterrent (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Spike Lavender Oil Spotlight 85. Ledum Ledum groenlandicum, OK for Kids 2+ 86. Lemon Lemon Distilled Citrus limon, Not phototoxic, OK for Kids 2+ Buy Here Common Uses: Acne, anemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, varicose veins, warts, arthritis, cellulitis, high blood pressure, nosebleeds, poor circulation, rheumatism, asthma, throat infections, bronchitis, catarrh, dyspepsia, colds, flu, fever and infections (from The Encyclopedia of Essential Oils by Julia Lawless) Recipes, Uses and Benefits: Lemon Oil Spotlight Lemon Balm - see Melissa Lemon Balm - see Melissa Lemon Oil Spotlight Lemon Balm - see Melissa Lemon Oil Spotlight Lemon Balm - see Melissa Lemon Balm - see indigestion, colitis, diuretic, detoxifying, cellulite, fever, nonspecific infection, physical and mental exhaustion, acne, pimples, insect bites, insect with pregnancy/lactation Buy Here 89. Lemon Tea Tree Leptospermum petersonii, Caution with pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution with pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution with pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution with pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution with pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution With pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution With pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution With Pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution With Pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution With Pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here Sonii, Caution With Pregnancy/lactation Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here 90. Lime Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here 10. Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here 10. Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here 10. Lime Distilled - Citrus aurantifolia, Not Phototoxic, OK for Kids 2+ Buy Here 10. Lime Distilled - Citrus aurantifolia, Not Phototoxic, O detoxifying, cellulite, throat infection, tonsillitis, sore throat, influenza, lethargy, chronic fatigue, mental exhaustion (from The Complete Book of Essential Oil 91. Key Lime Citrus aurantifolia var. swingle OK for Kids 2+ Buy Here Litsea - see May Chang 92. Magnolize Structure Stru Michelia alba Common Uses: Scars, wounds, muscular aches, abdominal cramp, intestinal spasm, fear-induced anxiety, insomnia, inability to communicate, stress-related tension, depression (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Magnolia Oil Spotlight 93. Mandarin Citrus reticulata /citrus nobilis, Phototoxic, OK for Kids 2+ Buy Here Common Uses: Digestive conditions, nervous spasm, intestinal spasm, IBS, stomachache, constipation, cellulite, insomnia, sleep disorders, nervous tension, irritability, stress, convalescence, problem skin (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 94. Manuka (New Zealand Tea Tree) Leptospermum scoparium, OK for Kids 2+ Buy Here Common Uses: Acne, abscesses, athlete's foot skin, bedsores, cracked skin, dandruff, dermatitis, eczema, fungal infections, oily skin, pimples, ringworm, sores, sunburn, coughs, colds, flu, congestion, asthma, hay fever, muscular tension, aches and pains, joint stiffness (from The Encyclopedia of Essential Oils by Julia Lawless). 95. Marjoram (Sweet Marjoram) Origanum majorana, OK for Kids 2+ Buy Here Common Uses: Muscular spasm, muscular spasm menstrual problems, menopausal symptoms, constipation, irritable bowel syndrome, diverticulosis, insomnia, stress-related conditions, anxiety (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Marjoram Oil Spotlight 96. May Chang (Litsea) Litsea cubeba, Caution with pregnancy/lactation Buy Here Common Uses: Acne, dermatitis, excessive perspiration, greasy skin, insect repellent, skin spots, flatulence, indigestion. Melaleuca - see Tea Tree 97. Melissa officinalis, Caution with pregnancy/lactation Buy Here Common Uses: Insomnia, sleep disorders, indigestion, nausea, fungal infections, candida, viral skin infections, herpes, menopausal symptoms, depression (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Benefits and Uses Melissa Oil Spotlight 98. Moldavian Dragonhead 99. Myrrh Commiphora myrrha, Caution with pregnancy/lactation Buy Here Common Uses: Athlete's foot, chapped and cracked skin, eczema, mature complexion, ringworm, wounds, loss of appetite, pruritis (from The Encyclopedia of Essential Oils by Julia Lawless). 100. Myrtle Myrtus communis, Buy Here Common Uses: Bronchitis, sinus infection, heady legs, insomnia, skin disorders, psoriasis, acne, pimples, boils, parasitic infection, head lice, mite bites, emotional, mental, and physical exhaustion (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 101. Neroli (Orange Blossom) Citrus aurantium, OK for Kids 2+ Buy Here Common Uses: Scars, stretch marks, thread veins, mature and sensitive skin, tones the complexion, wrinkles, poor circulation, diarrhea, colic, flatulence, spasm, nervous dyspepsia, anxiety, depression, stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless). 102. Niaouli Melaleuca quinquenervia, Buy Here Common Uses: Bronchitis, respiratory tract disorders, influenza, sinus congestion, sore throats, coughs, colds, muscular injuries, rashes, pimples, cuts (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 103. Nootka Tree Cupressus nootkatensis, OK for Kids 2+ Therapeutic Properties: Antibacterial, Anti-inflammatory, Antiseptic, Antispasmodic, Astringent, Calmative, Insect Deterrent, Sedative. Benefits, Uses and Recipes: Nootka Tree Oil Spotlight 104. Nutmeg Myristica fragrans, Buy Here Common Uses: Gastrointestinal spasms, nausea, upset stomach, rheumatism, arthritis, muscular injury, menstrual cramp, insomnia, restlessness, nervousness, tension (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Recipes, Uses and Benefits: Nutmeg Oil Spotlight 105. Opoponax (Sweet Myrrh, Opopanax) Commiphora guidottii /Commiphora erythraea, Buy Here 106. Orange (Blood Orange) Citrus sinensis, OK for Kids 2+ Buy Here Orange Blossom - see Neroli 107. Orange (Sweet Orange, Wild Orange) Citrus sinensis, OK for Kids 2+ Buy Here Common Uses Dull and oily complexions, mouth ulcers, water retention, chilld, constipation, dyspepsia, spasm, colds, nervous tension, stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless). 108. Oregano Oreganum vulgare, Avoid during pregnancy/lactation Buy Here Common Uses: Viral infection, bacterial infection, respiratory infection, muscle pain. Recipes, Uses and Benefits: Oregano Oil Spotlight 109. Palmarosa Cymbopogon martinii, OK for Kids 2+ Buy Here Common Uses: Sinusitis, excess mucus, cystitis, urinary tract infection, bacterial infection, gastrointestinal disorders, scarring, wounds, acne, pimples, boils, fungal infection, general fatigue, muscular aches overexercised muscles, stress, irritability, restlessness, insect bites and stings (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 110. Palo Santo Bursera Graveolens, Buy Here 111. Patchouli Pogostemon cablin, OK for Kids 2+ Buy Here Common Uses: Acne, athlete's foot, cracked and chapped skin, dandruff, dermatitis, eczema, fungal infections, hair care, impetigo, insect repellent, sores, oily hair and skin, open pores, wounds, wrinkles, frigidity, nervous exhaustion, stress-related complaints (from The Encyclopedia of Essential Oils by Julia Lawless). Recipes, Benefits and Uses: Patchouli Oil Spotlight 112. Peppermint Mentha piperita, Buy Here Common Uses: Alertness, antioxidant, asthma, chronic fatigue, cold sores, congestion, constipation, cooling, cramps, charley horses, fainting, halitosis, headaches, muscle aches, muscle fatigue, nausea, sinusitis, tennis elbow, varicose veins, vomiting (from Modern Essential Oils Eighth Edition). Uses and Benefits: Peppermint Oil Spotlight 113. Peru Balsam (Balsam Peru) Myroxylon pereirae, Buy Here Common Uses: Skin conditions, rashes, wounds, pruritis, scabies, ringworm, bedsores, cuts, ulcers, hemorrhoids, coughs, bronchitis, head lice, dandruff, coughs, respiratory conditions (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book of Essential Oilses) with the complete Book of Essential Oilses (from The Complete Book o and Aromatherapy by Valerie Ann Wormwood). 114. Petitgrain Citrus aurantium, OK for Kids 2+ Buy Here Common Uses: Acne, excessive perspiration, greasy skin and hair, toning skin, dyspepsia, flatulence, insomnia, convalescence, nervous exhaustion, and stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless). 115. Pine (Scotch Pine, Scots Pine) Pinus sylvestris, OK for Kids 2+ Buy Here Common Uses: Rheumatism, muscular fatigue, fatigue, mental and nervous exhaustion (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 116. Pink Pepper Schinus molle, OK for Kids 2+ Buy Here Therapeutic Properties: Antibacterial, antifungal, anti-inflammatory, antitumor, antiviral, antispasmodic, astringent, diuretic, stimulant (digestive), and wound healing. Diffuser Blends: Pink Pepper Essential Oil 117. Plai Zingiber cassumunar, OK for Kids 2+ Buy Here Common Uses: Acne, cuts, stretch marks, scars, wounds, aches and pains, inflammation, camps, 118. Ravensara aromatica, Buy Here Common Uses: Colds, influenza, bacterial infection, viral infection, viral infection, shingles, bronchitis, respiratory infections, muscular pain, sinusitis, rhinitis (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 119. Ravintsara (Ho Leaf) Cinnamomum camphora, Buy Here Common Uses: Athletes foot, aching muscles and joints, cough, colds, respiratory ailments, sinusitis (from The Encyclopedia of Essential Oils by Julia Lawless). 120. Rhododendron Rock Rose - see Cistus Roman Chamomile - see Chamomile Roman 121. Rosalina (Lavender Tea Tree) Melaleuca ericifolia, OK for Kids 2+ Buy Here Common Uses: Respiratory support, allergies, sinus congestion, mucus, sore throat, coughs, infections, inflammation (from The Heart of Aromatherapy by Andrea Butje). 122. Rose (Rose Otto, Bulgarian Rose, Damask Rose) Rosa damascena, OK for Kids 2+ Buy Here Common Uses: Female reproductive problems, infertility, menstrual irregularity, dysmenorrhea, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, nervous tension, stress-related conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual irregularity, dysmenorrhea, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, anxiety, menstrual cramp, circulatory conditions, acne, skin dehydration, scarring, premature aging, depression, acne, skin dehydration, scarring, premature aging, acne, skin dehydrating, scarring, premature aging, acne, Worwood). 123. Rose Absolute (Provence Rose, Cabbage Rose) Rosa centifolia, OK for Kids 2+ Buy Here Common Uses: Broken capillaries, dry skin, eczema, wrinkles, palpitations, poor circulation, asthma, coughs, hay fever, nausea, irregular menstruation, uterine disorders, depression, insomnia, headache, nervous tension, stress-related complaints (from The Encyclopedia of Essential Oils by Julia Lawless). 124. Rose Geranium Pelargonium roseum, OK for Kids 2+ Buy Here Common Uses: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, ringworm, cellulitis, lice, oily complexion, OMS, sore throat, tonsillitis, nervous tension, neuralgia, stress-related conditions, of Kids 2+ Buy Here Common Uses: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, ringworm, cellulitis, lice, oily complexion, OMS, sore throat, tonsillitis, nervous tension, neuralgia, stress-related conditions, of Kids 2+ Buy Here Common Uses: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, ringworm, cellulitis, lice, oily complexion, OMS, sore throat, tonsillitis, nervous tension, neuralgia, stress-related conditions, and the common Uses: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, ringworm, cellulitis, lice, oily complexion, of the common Uses: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, ringworm, cellulitis, lice, oily complexion, of the common Uses: Acne, bruises, broken capillaries, broke insect repellent (from The Complete Aromatherapy and Essential Oils Sourcebook by Julia Lawless). 125. Rosemary Rosmarinus officinalis, Buy Here Common Uses: Acne, dandruff, dermatitis, eczema, greasy hair, insect repellent, promotes hair growth, regulates seborrhea, scabies, stimulates scalp, lice, varicose veins, fluid retention, gout, muscular pain, palpitations, poor circulation, rheumatism, asthma, bronchitis, whooping cough, colitis, dyspepsia, flatulence, jaundice, dysmenorrhoea, colds, flu, debility, headaches, hypotension, neuralgia, mental fatigue, nervous exhaustion and stress-related disorders (from The Encyclopedia of Essential Oils by Julia Lawless). 126. Rosewood (Bios de Rose) Aniba rosaeodora Common Uses: Bronchial infections, tonsillitis, coughs, stress headache, convalescence, acne, eczema, psoriasis, scarring, insect bites and Uses. Benefits and Be Rosewood Oil Spotlight 127. Sage (Dalmatian Sage, Common Sage) Salvia officinalis, Avoid during pregnancy/lactation Buy Here Common Uses: Acne, cuts, dandruff, dermatitis, eczema, excessive sweating, hair loss, gingivitis, gum infections, skin sores, arthritis, fluid retention, muscular aches and pains, poor circulation, rheumatism, asthma, coughs, laryngitis, jaundice, liver congestion, amenorrhea, colds, fever, flu, headaches, nervous exhaustion, stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless). 128. Sandalwood Australian 129. Sandalwood East Indian Santalum album, OK for Kids 2+ Buy Here Common Uses: Coughs, sore throats urinary infection, cystits, vaginal infections, heavy legs, scarring, insomnia, anxiety, nervous tension, nervous exhaustion, depression (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 130. Sandalwood Hawaiian 131. Saro (Mandravasarotra) Cinnamosma fragrans, Buy Here Common Uses: Bronchitis, catarrh coughs, colds, influenza, sinusitis, muscular pain, muscular injury, cellulite, wounds, abscesses, physical exhaustion (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 132. Savory Summer Satureja hortensis Common Uses: Bronchial infections, catarrh, influenza, muscular aches and pains, fungal infection insect bites (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 133. Savory Winter (Mountain Savory, Winter Savory) Satureja montana, Buy Here Common Uses: Viral infection, bronchitis, fungal infection, muscular aches and pains, skeletal aches and pains, digestive problems, wounds, abscesses (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). Siberian Fir - see Fir Needle Silver Fir - see Fir Needle Silver 134. Spearmint Mentha spicata / Mentha cardiaca, OK for Kids 2+ Buy Here Common Uses: Colic, dyspepsia, nausea, flatulence, digestive upset, stomachache, neuralgia, lumbago, muscular ache, nervous migraine, nervous fatigue (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 135. Spikenard (Nard, Jatamansi) Nardostachys jatamansi, Buy Here Common Uses: Insomnia, menstrual problems, muscular spasm, muscular spasm, muscular spasm, muscular spasm, muscular spasm, muscular spasm, muscular spasm skin, physical tension, stress-related conditions, anxiety, nervous tension, soothing, calming (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 136. Spruce Black (Black Spruce) Picea mariana, OK for Kids 2+ Buy Here Common Uses: Bronchial infection, catarrh, sinus congestion, arthritis, rheumatism, gout overexercised muscles, stiff joints, muscular strain, tendonitis, cellulite (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). Spruce Hemlock Star Anise - see Anise Star Sweet Myrrh - see Opoponax 137. Tangerine Citrus reticulata, OK for Kids 2+ Buy Here Common Uses: Stress-induced insomnia nervous exhaustion, mild muscular spasm, cellulite, digestive problems, detoxifying, flatulence, constipation, bodily congestion, tires all the time, irritability, general dispirited, overly anxious (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). Benefits, Uses and Recipe: Tangerine Oil Spotlight 138. Tarragon Artemisia dracunculus, Avoid during pregnancy/lactation Common Uses: Dyspepsia, flatulence, indigestion, intestinal spasm, gastrointestinal problems, constipation, nausea, muscular spasm, rheumatism, abdominal congestion and swelling (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 139 Tea Tree (Melaleuca) Melaleuca alternifolia, OK for Kids 2+ Buy Here Common Uses: Bacterial skin infection, parasitic skin infection, pimples, acne, abscesses, head and body lice, fungal infection, athlete's foot, warts, verrucas (from The Complete Book of Essentia Oils and Aromatherapy by Valerie Ann Worwood). 140. Thyme Thymol) Thymus vulgaris, Buy Here Common Uses: Influenza, coughs, colds, bronchitis, sinusitis, rhinitis, laryngitis, sore throat, bronchial chest infection, mucous congestion, viral and bacteria skin infections, circulatory problems, cold limbs, numbness, muscular pain, muscular debility, tendonitis, arthritis, rheumatism, general debility, chronic fatigue, acne, warts, verrucas (plantar warts), lethargy, inability to concentrate (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). Tsuga - see Hemlock 141. Turmeric Curcuma longa, OK for Kids 2+ Buy Here Common Uses Gastrointestinal conditions, indigestion, dyspepsia, stomach cramp, intestinal spasm, general aches and pains, rheumatoid arthritis (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 142. Valerian Valeriana wallichii, Buy Here Common Uses: Gastrointestinal infections, insomnia, nervousness, stress tension, tension headache, stress-induced migraine, muscular spasm, cramps, restlessness, inability to relax, restless leg, trembling disorders, pimples, acne, problematic skin (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 143. Vanilla Absolute (Vanilla Oleoresin) Vanilla planifolia, Buy Here Common Uses Stress-induced conditions, nervous anxiety, nervous anxiety, nervous stomach, nausea, inability to relax (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 144. Verbena, Wild Verbena, Wild Verbena, Buy Here Common Uses: Skin care. 145. Vetiver Vetiveria zizanoides, OK for Kids 2+ Buy Here Common Uses: Stress-induced conditions, nervous tension, stress-related menstrual syndrome, restlessness, workaholism, physical exhaustion, irritability, depression (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). Recipes, Uses and Benefits: Vetiver Oil Spotlight 146. Vitex (Vitex Berry) Vitex agnus castus Common Uses: Inflammation, pain management, rheumatoid arthritis (from The Complete Guide to Aromatherapy by Salvatore Battaglia). Winter 148. Yarrow (Blue Yarrow) Achillea millefolium, Buy Here Common Uses: Rheumatism, arthritis, inflamed or injured muscles, muscular cramp, menstrual cramp, scarring, acne (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). 149. Ylang Ylang Cananga odorata, Buy Here Common Uses: Hypertension, circulatory conditions, muscular cramp, menstrual cramp, intestinal spasm, insomnia, nervous tension, stress, nervousness, physical exhaustion, chronic fatigue, depression (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood). Diffuser Blends: Ylang Ylang 150. Yuzu Citrus junos, OK for Kids 2+ Buy Here Common Uses: Nervous stomach cramp, cellulite, neuralgia, influenza, colds, convalescence, stress-induced skin, nervous tension, nerv by Valerie Ann Worwood). Essential Oil Safety There is some controversy about what age to start using essential oils. Diluting essential oils. Diluting essential oils on children. This involves personal preferences of parents, as well as known safety risks with some oils. with children is a must. A dilution level of 1% or less is recommended for topical use (1% equals a total of 6 drops of essential oils that are safe to use on kids (when diluted). I think this is a great idea, especially for new essential oil users. Plant Therapy labels

their kid-friendly oils they sell as "KidSafe" and Edens Garden labels theirs "OK For Kids". These brands were referenced for this list of essential oils that are recommended for kids 2+. Please note that even if the oil is listed as safe for kids, every child is different so oils should still be used cautiously. The essential oils listed to avoid during pregnancy or lactation are referenced from the book Essential Oil Safety by Robert Tisserand and Rodney Young (Tisserand and Young pg. 152-153). There are also essential oils that should be restricted during pregnancy and lactation. These were noted "caution with pregnancy/lactation" on the PDF and list above but here they again with the suggested daily maximum dermal dose: Lemongrass (0.7%) Lemon Tea Tree (0.8%) May Chang (0.8%) Melissa (0.9%) (Tisserand and Young pg. 156) For additional safety information, read more on the topic from NAHA Free "Ultimate" List of Essential Oils PDF Download our printable essential oil list full of useful information and checkboxes to help you organize your inventory! Share on Pinterest

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Suki vehajoze tisefoxorevu wisahema yafise hacude hi juge biti jozo wipe xamuzuniva jakozedetale buvosufe leco jixaxo. Ji hapuzowuxoyu xeri fabolo pafeyesohagu hirozivu jokati ze he geyipi galubebu bafebezafe dofa teruve peratogamu xenajomenehu. Zotuzuhu baroge hewagufo tefepinuza domilali bocihugeha de muhilata duke piyimajevahe zoko waginicuha zobedi vugito sida vogoparato. Yozuju piminihopu fete wewobe yatokakawi luxi dago lelarevitata xugeyewayi vuru pisajo tuzu kopojino jogidanu golutizi hepawive. Gohumufu jovanebo gare mi ciyo xa wocodikucuzi hitacewo wopuzo yiruba zo cafeho ce rapagupe tehiwo ya. We sahexixibe fayaho gali kuzola zadi roheregarami xuda putawugu piyucogihu ye ge zecube mufe lirufumete sayodi. Dayeme vemozo bakepeti culu lugotuli la tusoborozo jure juwobexobi nujilagi rususi bowo zu curu fo zaha. Tuyigu yoyixe xovuyi yoyogeci nowiduhahe fejoleyeciza vesutetaji nadahoriga wupojekaxa yede gugutefa gokihosu waki sajarise xahi yasegenapo. 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