

# Essential Oil

Properties & Uses (G-J)

Oil	Properties	Uses	
 Galbanum	<ul style="list-style-type: none"><li>- anti-arthritic</li><li>- anti-rheumatic</li><li>- antispasmodic</li></ul>	<ul style="list-style-type: none"><li>- stimulant</li><li>- decongestant</li></ul>	Joint and muscle pain, arthritis, rheumatism, spondylitis, swollen extremities, sluggish circulation, coughing, chest infection and congestion, sinusitis, nasal congestion.
 Geranium	<ul style="list-style-type: none"><li>- antifungal</li><li>- analgesic</li><li>- antidepressant</li></ul>	<ul style="list-style-type: none"><li>- antiseptic</li><li>- astringent</li><li>- antibacterial</li></ul>	Dermatitis, psoriasis, eczema, rosacea, sunburns, acne, premature skin aging, boils, sores, muscle pain, degenerative joint diseases, stress, depression, nervous tension, anxiety, sleep disorders, loss of muscle tone.
 Ginger	<ul style="list-style-type: none"><li>- analgesic</li><li>- antiseptic</li><li>- antispasmodic</li></ul>	<ul style="list-style-type: none"><li>- expectorant</li><li>- stimulant</li><li>- tonic</li></ul>	Cough, pulmonary issues, nasal and lung congestion, sore throat, throat infections, arthritis, rheumatism, muscle strain, sprains, joint pain, abdominal cramping, digestive issues, lack of confidence, depression, lethargy.
 Grapefruit	<ul style="list-style-type: none"><li>- antidepressant</li><li>- antiseptic</li><li>- astringent</li></ul>		Cold, flu, respiratory congestion, swollen feet, edema, insomnia, stress, depression, lack of focus and concentration, low self-esteem and confidence, acne, dermal oiliness.
 Helichrysum	<ul style="list-style-type: none"><li>- antispasmodic</li><li>- antimicrobial</li><li>- anti-inflammatory</li></ul>	<ul style="list-style-type: none"><li>- expectorant</li><li>- anti-septic</li><li>- diuretic</li></ul>	Stress, despair, anger and anguish, irritability, emotional pain, insomnia, restlessness, skin aging, dry skin, inflammatory skin disorders, dermatitis, psoriasis, eczema, rosacea, cold, cough, allergic rhinitis, muscle and joint pain, nerve pain, tinnitus, boils, sores, open wounds.
 Hyssop	<ul style="list-style-type: none"><li>- astringent</li><li>- stimulant</li><li>- antispasmodic</li><li>- anti-rheumatic</li><li>- antiseptic</li></ul>	<ul style="list-style-type: none"><li>- digestive</li><li>- diuretic</li><li>- expectorant</li><li>- hypertensive</li></ul>	Swelling and inflammation due to muscular and joint strain and pain, chronic fatigue, restlessness, nerve pain, brain fog, stress, hot flashes, rheumatism, scars, respiratory infection, fever.
 Jasmine	<ul style="list-style-type: none"><li>- antidepressant</li><li>- antiseptic</li><li>- aphrodisiac</li></ul>	<ul style="list-style-type: none"><li>- antispasmodic</li><li>- expectorant</li><li>- sedative</li></ul>	Muscle pain, cough, chest congestion, brooding, nervousness, stress, anxiety, lack of sex drive, insomnia, menstrual problems, exhaustion, circulatory issues.
 Juniper	<ul style="list-style-type: none"><li>- anti-rheumatic</li><li>- antiseptic</li><li>- antispasmodic</li><li>- astringent</li></ul>	<ul style="list-style-type: none"><li>- anti-arthritic</li><li>- circulatory stimulant</li></ul>	Acne, edema, swelling, buildup of toxins, hemorrhoids, cellulitis, gout, cold, flu, rheumatism, arthritis, renal problems, sluggish liver, digestive issues, stress, tension.

# Essential Oils Guide

**Paola Douglas**



## Essential Oils Guide:

**Essential Oils Guide Book** Olivia Banks,2018-09-12 Looking for books on essential oils and aromatherapy You've come to the right place Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know You'll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it's all here Here's a quick preview of what's inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils *The Beginner's Guide to Essential Oils* Dr. Josh Axe, Jordan Rubin, Ty Bollinger,2019-12-17 The safe natural alternative to the dangers of prescription meds conventional personal care products and common household cleaners In their quest to help people around the world discover healing and a vibrant life health experts and bestselling authors Dr Josh Axe Jordan Rubin and Ty Bollinger have joined forces to share this **Essential Oils** Paola Douglas,2015-10-05 Essential Oils FREE Bonus Included The Complete Essential Oils Guide Essential Oils For Beginners Benefits of Essential Oils Aromatherapy And Essential Oil Recipes Essential oils are crucial when you want to improve your day to day living and spruce it up to be excellent The aroma that they give out has a positive impact on your spirit body and mind The wide range of the essential oils and their benefits will ensure that your skin and body are also taken care of by using them Here is what you will learn after reading this book Types of essential oils that will guide you as a beginner in their usage Aromatherapy benefits that accompany the use of the different essential oils How essential oils are extracted and the sources from which they are gotten from The qualities of oils that are preferred to give the highest qualities of essential oils Strategies that are used to extract oil from plants and the process of making them pure Benefits of using the oils and how they can enhance the care of your skin and other body parts Places where some of the materials used to make essential oils are found and grown How different essential oils blend to form a perfume or fragrance that is appealing in terms of scent and aroma Various applications of the essentials always that are in the book and how useful they are in the creation of different products Products that are created with the use of the essential oils that have been mentioned in this book Types and parts of a plant that will give the best result in producing pure and high quality oil Dangers of exposing your skin after applying some of the essential oils Getting Your FREE Bonus Read this book and find BONUS Your FREE Gift chapter right after the introduction or after the conclusion **Essential Oils Guide** J.D. Rockefeller,2014-09-10 The uses for essential oils are considerable They can be used for medicine for the home for cleaning for pets and much more Some can be consumed orally while others are topical only Some are also poisonous and should never be used in any circumstances This essential oils guide will help you to maximize all of the benefits and ensure

that you know when and where to use each of the different essential oils that you buy

**Reference Guide for Essential Oils** Connie Higley, Alan Higley, 2013

**Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)** Julia Lawless, 2012-11-22 This is one of the bestselling aromatherapy books of all time with vital information on plant origins medical herbalism and the properties and actions of herbs and essential oils It covers 165 oils their actions characteristics principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike

**Essential Oil for Beginners** Olivia Banks, 2018-02-23

Essential Oil for Beginners is your ultimate one stop shop to diving in to the world of aromatherapy and essential oils Olivia Banks takes you through the most important aspects of essential oils that all beginners need to know She discusses the history of essential oils the benefits of essential oils household uses of essential oils safety tips for beginners how to pick out your first set of essential oils essential oils for energy essential oils for anxiety essential oils for sleep essential oils for headaches and so much more Grab your copy today and join the millions of people who are already using these oils for natural health and loving every minute of it

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**Best Essential Oils Guide** Mary Muller,2016-03-24 This book will teach you everything you need to know about essential oils If you are interested in learning more about what essential oils are how they can benefit you and how you can even have your own essential oil business Essential oils have become popular because they really do work Find out why and the answers to many of your questions in this book

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and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life

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**A Complete Essential Oils Reference Guide** Nancy Connor,2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more

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