

# 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.

# Guide To Essential Oils

**Dr. Josh Axe, Jordan Rubin, Ty Bollinger**

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

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*The Encyclopedia of Essential Oils* Julia Lawless, 2013-06-01 At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes John Steele American Aromatherapy Association The definitive AZ reference guide to essential aromatherapy oils Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils From commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertounge oakmoss cananga and angelica The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including The exact origins synonyms and related plants Methods of extraction the herbal folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses This easy to use volume lets you access essential information in a

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Practices Dilution chart for adults teens kids toddlers babies water and laundry detergent How to do an Essential Oil Patch Test to test for an allergy How to Tell If a Company Has Quality Essential Oils And Much Much More **Essential Oils: a Reference Guide** Marcella Long, 2016-07-19 A Reference Guide of Essential Oils will become your go to quick reference guide Essential oils are a natural way to improve your health and they have been used for centuries for medicinal and cosmetic purposes Included in this book are sections on Essential Oil Basics Essential Oil Precautions Methods of Use Diluting and Blending Essential Oils By Category Essential Oils By Notes Essential Oils By Properties Carrier Oils By Properties Essential Oils By Uses Carrier Oils By Uses Application Areas Essential Oils With INCI Names Carrier Oils With INCI Names Carrier Oil Usage Chart Making Infusions Tinctures and More Over 100 Essential Oil Profiles Over 40 Carrier Oil Profiles Over 40 Cleaning Recipes Over 120 Diffuser Recipes Over 75 Healing Blends [A Beginner's Guide to Essential Oils](#) Hayley Hobson, 2018-01-15 Discover the power of plant oils with this practical guide to their benefits with recipes included Every time you chop herbs for your salad or sprinkle cinnamon on your oatmeal you get to experience essential oil compounds In this guide internationally known speaker and wellness expert Hayley Hobson gives you the information you need to harness the benefits of essential oils by understanding how they work how to ensure quality and how to use them safely and effectively for specific purposes Hayley's program promotes a holistic path to wellness by incorporating the use of essential oils with a regimen of exercise healthy eating and mental and emotional practices Learn about Hayley's signature recipes created for specific purposes Helpful remedies Daily changes Safe handling and usage Using oils to create balance as part of a holistic lifestyle Why we get out of balance in the first place A 31 Day plan with daily inspiration [Aromatherapy](#) Valerie Gennari Cooksley, 1996 A lifetime guide to healing with essential oils *The Heart of Aromatherapy* Andrea Butje, 2017-01-17 Aromahead Institute founder Andrea Butje brings 40 essential oils to life in this guide to safe and effective aromatherapy From cardamom to lavender to yuzu each oil's aroma uses and safety tips are clearly defined while the core physical and emotional supportive properties are captured in expressive personality profiles Over 100 recipes are included to support skin care rest and relaxation respiratory health digestion pain relief meditation and contemplation and even natural cleaning Kid friendly adjustments accompany each recipe to ensure safe usage and a healthy home environment for all ages Take an up close and personal peek at essential oil distillers around the world as they describe the passion work and meticulous care they put into creating their homegrown products Andrea walks you through what you need to know to select quality essential oils from trustworthy sources By the end of this book you will know which oils you want to turn to for different needs whether physical or emotional and you will be able to personalize aromatherapy blends to perfectly complement your mood and spirit With only the most essential of resources you can invigorate your mind body heart and home [The Complete Illustrated Guide to Aromatherapy](#) Julia Lawless, 1997 Introduces aromatherapy and its contemporary uses profiles 65 oils and discusses stress management perfumery buying oils storage and more **Reference**

**Guide for Essential Oils** Abundant Health, Connie Higley, Alan Higley, 2001-02-01      *Essential Oils List and Benefits*  
Maggie Wallace, 2020-01-24 Starting out with Essential Oils and need a quick reference guide Essential Oils List and Benefits is a quick and easy reference guide covering the most common essential oils The concise information is informative yet easy to scan for quick reference The small size allows the option of carrying it in a handbag or backpack and take it everywhere you go Each Essential Oil entry within this guide gives a brief introduction to each oil and covers its main uses and benefits The key ingredients are also listed and the unique aromatic description Essential oils are the highly concentrated version of the natural oils in plants Getting essential oils from plants is done with a process called distillation most commonly distillation by steam or water where many parts of the plants are being used including the plant roots leaves stems flowers or bark After distillation the outcome is a highly concentrated portion of essential oil which will have the characteristic fragrance and properties of the plant from which it was extracted and contain the true essence of the plant it came from This includes the smell but also the plant's healing properties and other plant characteristics You can see how this highly potent extract of a plant or herb can be extremely useful for many purposes Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits I believe that for every illness or ailment known to man that God has a plant out here that will heal it We just need to keep discovering the properties for natural healing Vannoy Gentles Fite The aim of this guide is to provide a quick reference to the most common essential oils giving its readers better access to information on the move

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