

Essential Oil

Properties & Uses (G-J)

Oil	Properties	Uses	
 Galbanum	<ul style="list-style-type: none">- anti-arthritic- anti-rheumatic- antispasmodic	<ul style="list-style-type: none">- stimulant- decongestant	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">- antifungal- analgesic- antidepressant	<ul style="list-style-type: none">- antiseptic- astringent- antibacterial	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">- analgesic- antiseptic- antispasmodic	<ul style="list-style-type: none">- expectorant- stimulant- tonic	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">- antidepressant- antiseptic- astringent		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">- antispasmodic- antimicrobial- anti-inflammatory	<ul style="list-style-type: none">- expectorant- anti-septic- diuretic	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">- astringent- stimulant- antispasmodic- anti-rheumatic- antiseptic	<ul style="list-style-type: none">- digestive- diuretic- expectorant- hypertensive	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">- antidepressant- antiseptic- aphrodisiac	<ul style="list-style-type: none">- antispasmodic- expectorant- sedative	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">- anti-rheumatic- antiseptic- antispasmodic- astringent	<ul style="list-style-type: none">- anti-arthritic- circulatory stimulant	Acne, edema, swelling, buildup of toxins, hemorrhoids, cellulitis, gout, cold, flu, rheumatism, arthritis, renal problems, sluggish liver, digestive issues, stress, tension.

Essential Oils Guide

Julia Lawless



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