

List of Essential Oils

Essential oils are used extensively in aromatherapy and various traditional medicinal systems. Due to the numerous health benefits of essential oils, they are being explored by the scientific community for treating a variety of diseases including cancer, HIV, asthma, bronchitis, heart strokes, etc.

There are more than 90 essential oils each having its own health benefits. Every essential oil blends well with many other essential oils enabling herbalists prepare a number of aromatic preparations.

Given below is a list of essential oils. Most of these oils are strong in nature and can cause side effects, if they are not taken in appropriate manner and quantities. Further, their benefits are indicative and therefore consult a medical practitioner before using these oils, internally or topically. In some cases, the benefits of the herb are also given.

Allspice Essential Oil

Properties: Anaesthetic, analgesic, anti oxidant, anti septic, carminative, relaxant, rubefacient, stimulant and tonic.

Health Benefits: Induce numbness, pain relief, relaxes body and mind, brings redness in skin, and stimulates functions

Angelica Essential Oil

Properties: Anti spasmodic, carminative, depurative, diaphoretic, digestive, diuretic, hepatic, emenagogue, expectorant, febrifuge, nervine, stimulant, stomachic and tonic

Health Benefits: Relaxes spasm, removes gases, purifies blood, promotes perspiration, promotes digestion, increase urination & removes toxins, good for liver, opens obstructed menstruations, expels phlegm and catarrh, reduces fever, cures nervous disorders, stimulates functions, good for stomach, tones up body.

Anise Essential Oil

Properties: Anti epileptic and anti hysteric, anti rheumatic, anti septic, anti spasmodic, aperient, carminative, cordial, decongestant, digestive, expectorant, insecticide, sedative, stimulant and vermifuge.

Health Benefits: Treats rheumatism and arthritis, protects against septic, relaxes spasm, purgative, removes gases, warming, clears congestion & eases breathing, facilitates digestion, expels phlegm and catarrh, kills and repels insects, worms and lice, nervous afflictions, stimulates functions

Basil Essential Oil

Properties: Carminative, anti spasmodic, analgesic, anti bacterial, ophthalmic.

Health Benefits: Skin care, indigestion, respiratory problems, infections, stress disorder, blood circulation, pain relief, vomiting.

Bay Essential Oil

Properties: Anti septic, anti biotic, anti neuralgic, anti spasmodic, analgesic, aperitif, astringent, cholagogue, emenagogue, febrifuge, insecticide, sedative, stomachic, sudorific and tonic.

Health Benefits: Protects against septic, inhibits microbial growth, gives relief from pain of neuralgia, relaxes spasm, pain relief, increases appetite, tightens gums & muscles and helps stop hair fall and hemorrhage, promotes bile secretion, opens obstructed menstruations, reduces fever, kills and repels insects, sedates inflammations & nervous afflictions, good for stomach, increases perspiration & removal of toxins, tones up body.

Benzoin Essential Oil

Properties: Anti depressant, carminative, cordial, deodorant, disinfectant, relaxant, diuretic, expectorant, anti septic, vulnerary, astringent, anti inflammatory, anti rheumatic and sedative.

Health Benefits: Uplifts mood and fights depression, removes gases and

does not let them build up, warming for the respiratory system, drives away body odour, cures infections, relaxes, promotes urination and removal of toxins, protects wounds, strengthens gums and stops haemorrhage, cures inflammation, improves circulation and removes toxins like uric acid and helps cure arthritis, calms anxiety and tension.

Bergamot Essential Oil

Properties: Deodorant, vulnerary, vermifuge, anti biotic, anti septic, anti spasmodic, sedative, analgesic, anti depressant, disinfectant, febrifuge, cicatrisant, digestive.

Health Benefits: Removes body odour, gives relief from spasm, suppresses pain, brings hope and fights depression, heals cuts and scars, promotes digestion.

Birch Essential Oil

Properties: Tonic, disinfectant, stimulant & anti depressant, analgesic, detoxifying, anti rheumatic and anti arthritic, diuretic, anti septic, astringent, febrifuge, germicide and insecticide, depurative.

Health Benefits: Stimulates functions, fights depression, reduces pain, promotes urination, protects wounds from being septic, reduces fever, kills germs and insects, and purifies blood.

Bitter Almond Essential Oil

Properties: Vermifuge, febrifuge, bactericidal, germicidal, fungicidal, sedative, anesthetic, aperient, diuretic, anti intoxicating, anti spasmodic, cure for hydrophobia

Health Benefits: Kills worms, reduces fever, kills bacteria, germs and fungi, sedates and reduces inflammation, brings numbness and desensitizes, purgative, increases urination and helps remove excess water, salt, toxins and fat from the body, counters effects of intoxicants, cure spasm, helps cure hydrophobia

Black Pepper Essential Oil

Properties: Digestive, diaphoretic, carminative, aperient, anti spasmodic, anti rheumatic and anti arthritic, anti bacterial, anti oxidant.

Health Benefits: Aids digestion, increases perspiration and helps remove toxins from body, helps remove gases from intestines and does not let them form, acts as a purgative, cures spasm, helps cure arthritis and rheumatism by removing uric acid and other toxins, inhibits Bacterial growth, anti aging and neutralizes free radicals.

Boldo Essential Oil

Properties: Anti inflammatory, anti rheumatic, anti septic, cholagogue, digestive, diuretic, hepatic, insecticide, narcotic, stimulant and vermifuge.

Health Benefits: Sedates inflammations, treats rheumatism & arthritis, protects against septic, promotes bile secretion, facilitates digestion, increases urination & removal of toxins, good for liver, kills and repels insects, intoxicating, stimulates functions, kills worms.

Buchu Essential Oil

Properties: Anti septic, anti rheumatic and anti arthritic, carminative, digestive, diuretic, insecticide and tonic.

Health Benefits: Protects against septic, treats rheumatism and arthritis, removes gases, facilitates digestion, increases urination and removal of toxins, kills and repels insects, tones up body.

Cajuput Essential Oil

Properties: Anti septic, cosmetic, bactericide, insecticide, decongestant, analgesic, expectorant, febrifuge, vermifuge, anti spasmodic, anti neuralgic, carminative, stimulant, tonic, sudorific, emenagogue.

Health Benefits: Protects wounds from septic, takes care of skin, kills bacteria and insects, cures congestion in respiratory system, reduces pain, cures coughs, reduces fever, cures spasm, gives relief from pain of neuralgia, removes gases and does not let them form, stimulates secretions and nerves, tones up organic systems, increases

perspiration, gives relief from obstructed menses and makes them regular.

Calamus Essential Oil

Properties: Anti rheumatic, anti spasmodic, cephalic, circulatory, memory boosting, nervine, stimulant and tranquilizing.

Health Benefits: Treats rheumatism & arthritis, relaxes spasm, inhibits microbial growth, good for brain & boosts memory, increases blood & lymph circulation, cures nervous disorders, stimulates functions, induce sleep.

Camomile Essential Oil

Properties: Anti spasmodic, anti septic, anti biotic, anti depressant, anti neuralgic, anti phlogistic, carminative, cholagogue, cicatrisant, emenagogue, analgesic, febrifuge, hepatic, sedative, nervine, digestive, tonic, anti spasmodic, bactericidal, sudorific, stomachic, anti inflammatory, anti infectious, vermifuge, vulnerary.

Health Benefits: Cures spasm, protects wounds from being septic and infection, checks biotic growth or infections, fights depression and uplifts mood, cures neuralgic pain by reducing swelling in the vessels, soothes inflammation due to fever, removes gases, promotes discharge of bile, helps fading away of scars and after-marks, opens up obstructed menses and regularises them, cures pain, reduces fever, good for liver, sedates inflammation and hyper-reactions, restores health of nervous system, aids digestion, tones up all aspects of health, cures spasm, kills bacteria, increases perspiration, improves functioning of stomach, soothes inflammation, fights infections, kills worms, promotes healing up of wounds.

Camphor Essential Oil

Properties: Stimulant, anti spasmodic, anti septic, decongestant, anesthetic, sedative, nervous pacifier, anti neuralgic, anti inflammatory, disinfectant, insecticide.

Health Benefits: Stimulates discharges and other systems, cures spasm,

protects wounds from infections, opens up congestion, desensitizes and acts as local anaesthetic, calms down nervous disturbances, cures neuralgic pain, soothes inflammation, fights infections, kills insects.

Caraway Essential Oil

Properties: Galactagogue, anti histaminic, anti septic, cardiac, anti spasmodic, carminative, digestive, stomachic, disinfectant, diuretic, emenagogue, expectorant, aperitif, astringent, insecticide, stimulant, tonic, vermifuge

Health Benefits: Increases milk in the breasts, curbs histamine to fight cough, protects wounds against septic, good for heart, cures spasm and cramps, removes gases, promotes digestion, maintains stomach health, fights infections, increases urination and helps remove toxins from body, makes menstruations regular and clear, cures coughs, increases appetite, contracts gums and muscles, kills insects, stimulates secretions and other functions, tones up health.

Cardamom Essential Oil

Properties: Anti spasmodic, neutralizes adverse effects of chemotherapy, reduces nausea, anti septic, anti microbial, aphrodisiac, astringent, digestive, stomachic, stimulant, diuretic.

Health Benefits: Cures spasm, fights nausea, protects wounds and incisions, checks microbial growth, increases libido, contracts gums, promotes digestion, maintains stomach health, stimulates secretions and other functions, increases urination and thereby removes extra salt, bile, water, toxins and fat from the body.

Carrot seed Essential Oil

Properties: Anti septic, disinfectant, detoxifier, anti oxidant, carminative, depurative, diuretic, emenagogue, stimulant, cytophylactic, tonic.

Health Benefits: Protects wounds from septic, fights infections, removes toxins from body, neutralises free radicals and reverses effects of oxidation, removes gases and does not let them form,

purifies blood by removing toxins, increases urination, opens and regularises menses, stimulates secretions and other functions, promotes generation of new cells and growth, tones up health, kills worms.

Cassia Essential Oil

Properties: Anti diarrhoea, anti depressant, anti emetic, anti galactagogue, anti microbial, anti rheumatic & anti arthritic, astringent, anti viral, carminative, circulatory, emenagogue, febrifuge and stimulant.

Health Benefits: Stops loose motions, fights depression and uplifts mood, stops vomiting, reduces milk flow, inhibits microbial growth, treats rheumatism and arthritis, tightens gums and muscles and helps stop hair fall and haemorrhage, fights viral infections, removes gases, improves blood and lymphatic circulation, opens obstructed menstruations, reduces fever, stimulates functions.

Catnip Essential Oil

Properties: Anti spasmodic, carminative, diaphoretic, emenagogue, nerve, stomachic, stimulant, astringent.

Health Benefits: Fights spasm, removes gases, promotes sweating, opens obstructed menses and regularises them, strengthens nervous system, maintains stomach health, stimulates systems functioning in the body, contracts gums.

Cedar wood Essential Oil

Properties: anti seborrhoeic, anti septic, anti spasmodic, tonic, astringent, diuretic, emenagogue, expectorant, insecticide, sedative, fungicide.

Health Benefits: Helps cure seborrhoea, heals wounds, fights spasm, tones up health, cause contractions in gums, muscles, tissues, skin and blood vessels, promotes urination and removal of toxins, water, salt and fat from body, promotes menstruations, cures coughs and

cold, kills insects, sedates inflammations and nervous disturbances, inhibits fungal growth and infections.

Cinnamon Essential Oil

Properties: Anti bacterial, anti fungal, anti microbial, astringent, anti clotting, stimulating, cooling, carminative.

Health Benefits: Brain tonic, respiratory problems, skin infections, blood impurity, blood circulation, infections, healing, pain relief, birth control, menstruation problems, breastfeeding, heart disorders, diabetes, colon cancer, indigestion, mouth freshener

Citronella Essential Oil

Properties: Anti bacterial, anti depressant, anti septic, anti spasmodic, anti inflammatory, deodorant, diaphoretic, diuretic, febrifuge, fungicidal, insect repellent, stomachic, stimulant, tonic and vermifuge.

Health Benefits: Inhibits bacterial, microbial, viral and fungal infections and kills insects, protects wounds from being septic, relaxes spasm, sedates inflammations, drives away body odour, promotes perspiration, increases urination and removal of toxins, reduces fever, repels insects, good for stomach, stimulates functions, tones up body.

Clary Sage Essential Oil

Properties: Anti depressant, anti convulsive, anti spasmodic, anti septic, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, emenagogue, euphoric, hypotensive, nervine, sedative, stomachic, uterine.

Health Benefits: Fights depression and uplifts mood, stops convulsions by sedating nervous disturbances, relaxes spasm, protects wound from septic, cures sexual weakness and increases libido, causes contractions, kills bacteria and checks Bacterial growth, removes gases, drives body odour, improves digestion, opens obstructed menstruations, creates happy feeling, lowers blood pressure, makes nervous system healthy, sedates emotions and anxiety, maintains good health of stomach, restores health of uterus.

Clove Essential Oil

Properties: Anti microbial, anti fungal, anti septic, anti viral, aphrodisiac, stimulating

Health Benefits: Dental care, toothache, cavity, infections, skin care, stress, headache, respiratory problems, earache, indigestion, nausea, blood circulation, blood purification, diabetes, immune system, premature ejaculation, cholera, sty.

Coriander Essential Oil

Properties: Analgesic, aphrodisiac, anti spasmodic, carminative, depurative, deodorant, digestive, fungicidal, lipolytic, stimulant, stomachic.

Health Benefits: Reduces pain, increases libido, clears spasm, removes gas, purifies blood, drives away body odour, promotes digestion, inhibits fungal growth and infection, reduces fat by breaking it down by hydrolysis, stimulates functions, and maintains good health of stomach.

Cumin Essential Oil

Properties: Bactericidal, carminative, digestive, diuretic, anti septic, anti spasmodic, detoxifier, emenagogue, stimulant, nervine, tonic

Health Benefits: Kills bacteria and inhibits bacterial infection, removes gas from intestine, promotes digestion, increases urination, protects wounds against septic, clears spasm, removes toxins from blood, regularises menstruations, stimulates functions, good for nerves, tones up health.

Cypress Essential Oil

Properties: Astringent, anti septic, anti spasmodic, deodorant, diuretic, haemostatic, hepatic, styptic, sudorific, vasoconstrictor, respiratory tonic, sedative.

Health Benefits: Strengthens gums and contracts muscles, protects wounds against infections, clears spasm, removes body odour,

increases urination, promotes perspiration, tones up respiratory system, sedates inflammations, anxiety etc

Davana Essential Oil

Properties: Anti depression, anti septic, anti viral, disinfectant, emenagogue, expectorant, relaxant and vulnerary.

Health Benefits: Fights depression & uplifts mood, protects against septic, fights viral infections, opens obstructed menstruations and makes them regular, expells phlegm & catarrh, relaxes body and mind, heals wounds.

Dill Essential Oil

Properties: Anti spasmodic, carminative, digestive, disinfectant, galactogogue, sedative, stomachic, sudorific.

Health Benefits: Clears spasm, removes gases, promotes digestion, prohibits infections, increases secretion of milk, and sedates hypersensitivity and anxiety, good for stomach, increases perspiration.

Elemi Essential Oil

Properties: Anti septic, analgesic, expectorant, stimulant and tonic.

Health Benefits: Protects against septic, pain relief, expells phlegm and catarrh, stimulates functions, tones up body.

Eucalyptus Essential Oil

Properties: Anti inflammatory, anti spasmodic, decongestant, deodorant, anti septic, anti bacterial, stimulating.

Health Benefits: Respiratory problems, wounds, muscle pain, mental exhaustion, dental care, skin care, diabetes, fever, intestinal germs.

Fennel Essential Oil

Properties: Anti septic, anti spasmodic, aperitif, carminative, depurative, diuretic, emenagogue, expectorant, galactogogue, laxative,

stimulant, stomachic, splenic, tonic, vermifuge.

Health Benefits: Protects wounds against septic, clears spasm, increases appetite, removes gases and does not let them form, purifies blood, increases urination, promotes menstruations, fights cough and cold, increases milk secretion, helps clear bowels and constipation, stimulates systems, good for stomach's health, good for spleen, tones up health, kills worms.

Frankincense Essential Oil

Properties: Anti septic, disinfectant, astringent, carminative, cicatrisant, cytophylactic, digestive, diuretic, emenagogue, expectorant, sedative, tonic, uterine, vulnerary.

Health Benefits: Protects wounds against septic, fights infections, induces contractions in gums, muscles and blood vessels, removes gases, heals scars, keeps cells healthy and promotes their generation, promotes digestion, increases urination, promotes menstruations, cures cough and cold, sedates anxiety and inflammations, tones up body, ensures good health of uterus, promotes healing of wounds.

Galbanum Essential Oil

Properties: Anti arthritic and anti rheumatic, anti spasmodic, cicatrisant, circulatory, decongestant, detoxifier, emollient, insecticide, anti parasitic and vulnerary.

Health Benefits: Treats rheumatism and arthritis, relaxes spasm, clears scars and spots, increases blood and lymph circulation, clears congestion and eases breathing, removes toxins, skin care, kills and repels insects, eliminates parasites, heals wounds.

Geranium Essential Oil

Properties: Astringent, haemostatic, cicatrisant, cytophylactic, diuretic, deodorant, styptic, tonic, vermifuge, vulnerary.

Health Benefits: Induces contractions in gums, muscles, skin and blood vessels and stops haemorrhage, heals scars and after marks, promotes

growth of cells, increases urination, stops body odour, tones up body, kills intestinal other worms, heals wounds.

Ginger Essential Oil

Properties: Analgesic, anti emetic, anti septic, anti spasmodic, bactericidal, carminative, cephalic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific and tonic.

Health Benefits: Cures pain, stops vomiting, protects from septic, relaxes spasm, inhibits bacterial growth, removes gas, good for brain and memory, expels phlegm and catarrh, cures fever, clears bowels, brings redness to skin, stimulates, good for stomach, promotes sweating and removes toxins, tones body.

Grapefruit Essential Oil

Properties: Diuretic, disinfectant, stimulant, anti depressant, anti septic, aperitif, lymphatic, tonic.

Health Benefits: Increases urination, fights infections, stimulates functions, fights depression and uplifts mood, protects wounds from being septic, appetizer, promotes removal of toxins, tones up health.

Helicrysum Essential Oil

Properties: Anti spasmodic, anti coagulant, anti allergenic, anti microbial, anti haematoma, anti phlogistic, nervine, anti inflammatory, anti tussive, cicatrisant, expectorant, febrifuge, anti septic, cholagogue, emollient, mucolytic, fungicidal, hepatic, diuretic, splenic, cytophylactic.

Health Benefits: Clears spasm, maintains fluidity of blood, fights allergies, inhibits microbial infections, dissolves and clears blood clots, reduces inflammation due to fever, good for nervous health, reduces other inflammations, clears phlegm and reduces coughs, heals scars, reduces fever, protects wounds from being septic, promotes proper bile discharge into stomach, makes skin smooth and young, dissolves mucus, kills fungus, good for liver, promotes

urination, good for spleen, promotes generation of new cells and cell health.

Hyssop Essential Oil

Properties: Astringent, stimulant, anti spasmodic, anti rheumatic, anti septic, anti spasmodic, carminative, cicatrisant, digestive, diuretic, emenagogue, expectorant, hypertensive, nervine, sudorific, tonic, febrifuge, vermifuge, vulnerary.

Health Benefits: Induces contractions in gums, muscles, skin and blood vessels, clears spasm, removes gas, heals scars and after-marks, promotes digestion, increases urination, promotes menstruations, treats phlegm and cough, increases blood pressure, good for nerves, promotes sweating, tones up body, reduces fever, kills worms, heals wounds.

Jasmine Essential Oil

Properties: Anti depressant, anti septic, aphrodisiac, anti spasmodic, cicatrisant, expectorant, galactogogue, emenagogue, parturient, sedative and uterine.

Health Benefits: Fights depression and uplifts mood, protects wounds, cures sexual weakness and increases libido, cures spasm, heals scars and after marks, gives relief from phlegm and coughs, increases breast milk, opens obstructed menstruations and makes them regular, eases delivery and labor pain, sedates inflammations and nervous disturbances, good for uterine health.

Juniper Essential Oil

Properties: Anti septic, sudorific, anti rheumatic, depurative, anti spasmodic, stimulating, stomachic, astringent, carminative, diuretic, rubefacient, vulnerary and tonic.

Health Benefits: Protects wounds against septic, increases sweating, cures rheumatism & arthritis, purifies blood, clears spasm, stimulates functions, good for stomach, makes gums stronger and stops

haemorrhage, removes gases, promotes urination, brings reddishness in skin, promotes healing of wounds, tones up health.

Lavandin Essential Oil

Properties: Anti depressant, anti septic, analgesic cicatrisant, expectorant, nervine, vulnerary.

Health Benefits: Fights depression, protects wounds from infections, reduces pain, heals scars and after marks, clears phlegm and cures coughs, strengthens nerves, helps heal wounds.

Lavender Essential Oil

Properties: Calming, sleep inducing, analgesic, disinfectant, anti inflammatory, anti septic, anti fungal.

Health Benefits: Nervous system, insomnia, pain relief, urine flow, respiratory disorders, skin care, hair care, blood circulation, indigestion, immunity.

Lemon Essential Oil

Properties: anti septic, anti viral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative, tonic.

Health Benefits: Protects from septic, inhibits viral and bacterial growth, strengthens gums, stops hair fall, lifts skin, induce firmness in muscles, stops haemorrhage, fights infections, cures fever, heals damages, tones body.

Lemongrass Essential Oil

Properties: Analgesic, anti depressant, anti microbial, anti pyretic, anti septic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative, tonic.

Health Benefits: Reduces pain, fights depression, inhibits microbial growth, reduces high fever, protects wounds from being septic, strengthens gums and hair and stops haemorrhage, kills bacteria,

removes gases, drives away body odour, promotes urination, reduces fever, stops fungal infections, increases milk, kills insects, strengthens nerves, sedates inflammations and nervous disturbances, tones up whole body.

Lime Essential Oil

Properties: Anti septic, anti viral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative, tonic.

Health Benefits: Protects wounds from being septic, protection against viral infection, boosts appetite, kills bacteria, fights infections, reduces fever, stops haemorrhage, restores health and heals wears and tears, tonic for health.

Mandarin Essential Oil

Properties: Anti septic, anti spasmodic, circulatory, cytophylactic, depurative, digestive, hepatic, nervous relaxant, sedative, stomachic and tonic.

Health Benefits: Protects against septic, relaxes spasm, increases blood and lymph circulation, promotes growth & regeneration of cells, purifies blood, facilitates digestion, good for liver, sedates inflammations & nervous afflictions, good for stomach, tones up body

Manuka Essential Oil

Properties: Anti dandruff, antidote to insect bites and stings, anti bacterial, anti fungal, anti inflammatory, anti histaminic, anti allergenic. cicatrisant, cytophylactic, deodorant and nervous relaxant

Health Benefits: Treats dandruff, counters venom, inhibits bacterial and fungal infections, sedates inflammations, checks production of histamine and cures allergic symptoms, clears scars and spots, promotes growth & regeneration of cells, drives away body odour, relaxes nerves.

Marjoram Essential Oil

Properties: Analgesic, anti spasmodic, an aphrodisiac, anti septic, anti viral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emenagogue, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, vasodilator, vulnerary.

Health Benefits: Reduces pain, clears spasm & cures cramps, enhances libido, protects from septic, inhibits viral and Bacterial growth, removes gases from intestines, cures headache, warming, increases perspiration, promotes digestion, increases urination, opens up obstructed menses, cures cough and cold and dilutes phlegm, kills fungus, lowers blood pressure, cures constipation, good for nerves, sedates disturbances, good for stomach, widens and relaxes blood vessels, heals wounds.

Melissa Essential Oil

Properties: Anti depressant, cordial, nervine, emenagogue, sedative, anti spasmodic, stomachic, anti bacterial, carminative, diaphoretic, febrifuge, hypotensive, sudorific, tonic.

Health Benefits: Drives away depression, warming, cures nervous disorders, opens blocked menses, sedates inflammation, clears spasm, good for stomach, inhibits bacteria, removes gas, increases perspiration & removes toxins, reduces fever, lowers blood pressure, boosts health and immunity.

Mugwort Essential Oil

Properties: Cordial, digestive, diuretic, emenagogue, nervine, stimulant, uterine, vermifuge.

Health Benefits: Warming facilitates digestion, increases urination and removal of toxins, treats nervous disorders, stimulates functions, maintains uterine health, and kills worms.

Mullein Essential Oil

Properties: Analgesic, anti inflammatory, anti septic, disinfectant, diuretic, expectorant, febrifuge, relaxant and tranquilizing.

Health Benefits: Pain relief, sedates inflammations, protects against

septic, fights infections, increases urination & removal of toxins, expells phlegm & catarrh, reduces fever, relaxes body & mind, and brings sleep.

Mustard Essential Oil

Properties: Stimulant, irritant, appetizer, anti bacterial, anti fungal, insect repellent, hair vitalizer, cordial, diaphoretic, anti rheumatic and tonic

Health Benefits: Stimulates discharges and other systems, causes irritations, increases appetite, inhibits Bacterial growth and fungal growth, keeps insects away, boosts hair growth and stops hair loss, warming, increases perspiration, stimulates circulation and helps cure rheumatism, boosts health and immunity.

Myrrh Essential Oil

Properties: Anti microbial, astringent, expectorant, anti fungal, stimulant, carminative, stomachic, anti catarrhal, diaphoretic, vulnerary, anti septic, immune booster, circulatory, tonic, anti inflammatory, anti spasmodic.

Health Benefits: Checks microbial growth, tightens gums and muscles and stops haemorrhage, helps cure cough and cold, stops fungal growth, stimulates discharges and systems, removes gases, good for stomach, gives relief from phlegm, promotes sweating, helps wounds heal quickly and protects them from infection, boosts protection against diseases, improves circulation and protects from rheumatism and arthritis, boosts health and immunity, sedates inflammation, clears spasm.

Myrtle Essential Oil

Properties: Anti septic, astringent, deodorant, expectorant, sedative.

Health Benefits: Protects wounds and ulcers against infections, tightens gums and muscles and stops haemorrhage, stops body odour, fights cough and cold, and soothes inflammations and nervous disturbances.

Neroli Essential Oil

Properties: Anti depressant, aphrodisiac, anti septic, bactericidal, cordial, carminative, cicatrisant, cytophylactic, disinfectant, anti spasmodic, deodorant, digestive, emollient, sedative, tonic.

Health Benefits: Uplifts mood and fights depression, enhances libido, protects wounds against infections, kills bacteria, warming, gives relief from gases, fades scars & after marks, promotes cell growth, fights infection, clears spasm, drives away body odour, improves digestion, takes care of skin, sedates anxiety & inflammations, tones up body functions.

Niaouli Essential Oil

Properties: Analgesic, anti rheumatic, anti septic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge and vulnerary.

Health Benefits: Pain relief, treats rheumatism and arthritis, protects against septic, inhibits bacterial growth, boosts health, clears scars and spots, clears congestion and eases breathing, expels phlegm and catarrh, reduces fever, kills and repels insects, stimulates functions, kills worms, heals wounds.

Nutmeg Essential Oil

Properties: Analgesic, anti emetic, anti oxidant, anti rheumatic, anti septic, anti spasmodic, anti parasitic, aphrodisiac, cardiac, vermifuge, laxative, prostaglandin inhibitor, stimulant and tonic.

Health Benefits: Pain relief, stops vomiting, counters aging, treats rheumatism and arthritis, protects from septic, relaxes spasm, kills parasites and worms, enhances libido, good for heart, clears bowels, stops prostrate enlargement, stimulates, tones up body.

Oak moss Essential Oil

Properties: Anti septic, demulcent, expectorant and restorative.

Health Benefits: Protects against septic, soothing, expells phlegm and catarrh, heals damages and restores health.

Orange Essential Oil

Properties: Anti inflammatory, anti depressant, anti spasmodic, anti septic, aphrodisiac, carminative, diuretic, tonic, sedative and cholagogue.

Health Benefits: Soothes inflammations, fights depressions and uplifts mood, protects against septic, enhances libido and cures sexual disorders, gives relief from gas, increases urination and removes toxins, tones up health and immune system, sedates emotional and nervous disturbances, increases discharges and secretions from glands.

Oregano Essential Oil

Properties: Anti viral, anti bacterial, anti fungal, anti parasitic, anti oxidant, anti inflammatory, digestive, emenagogue, anti allergenic

Health Benefits: Inhibits viral, Bacterial, fungal and parasitic infections, heals damages done by oxidation, soothes inflammations, promotes digestion, opens up obstructed menstruations, helps cure allergy.

Palma Rosa Essential Oil

Properties: Anti septic, anti viral, bactericide, cytophylactic, digestive, febrifuge and hydrating.

Health Benefits: Protects against septic, inhibits viral and bacterial growth, promotes growth and regeneration of cells, facilitates digestion, and reduces fever.

Parsley Essential Oil

Properties: Anti microbial, anti rheumatic and anti arthritic, anti septic, astringent, carminative, circulatory, detoxifier, digestive, diuretic, depurative, emenagogue, febrifuge, hypotensive, laxative, stimulant,

stomachic and uterine.

Health Benefits: Inhibits microbial growth, treats rheumatism and arthritis, protects against septic, tightens gums & muscles and helps stop hair fall & haemorrhage, removes gases, improves circulation of blood & lymph, removes toxins, facilitates digestion, increases urination and removal of toxins, purifies blood, opens obstructed menstruations, reduces fever, reduces blood pressure, clears bowels, stimulates functions, good for stomach, restores uterine health.

Patchouli Essential Oil

Properties: Anti depressant, anti phlogistic, anti septic, aphrodisiac, astringent, cicatrisant, cytophylactic, deodorant, diuretic, febrifuge, fungicide, insecticide, sedative, tonic.

Health Benefits: Fights depression and uplifts mood, soothes inflammation resulting from high fever, does not let wounds go septic, increases libido and cures sexual disorders, tightens gums, muscles and stops haemorrhage, heals scars and after marks, promotes cell growth, drives away body odour, increases urination and removes toxins, cures fever, kills fungus and insects, sedates emotional and nervous disturbances, tones up body functions.

Pennyroyal Essential Oil

Properties: Anti hysteric, anti microbial & anti bacterial, anti rheumatic and anti arthritic, anti septic, astringent, cordial, decongestant, depurative, digestive, emenagogue, insecticide and stomachic.

Health Benefits: Sedates hysteric feats, inhibits microbial and bacterial growth, treats rheumatism & arthritis, protects against septic, tightens gums and muscles and helps stop hair fall and haemorrhage, warming, clears congestion and eases breathing, purifies blood, facilitates digestion, opens obstructed menstruations & makes them regular, kills and repels insects, good for stomachic.

Peppermint Essential Oil

Properties: Analgesic, anesthetic, anti septic, anti galactogogue, anti phlogistic, anti spasmodic, astringent, carminative, cephalic, cholagogue, cordial, decongestant, emenagogue, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, sudorific, vasoconstrictor and vermifuge

Health Benefits: Pain relief, induce numbness, protects from septic, reduces milk flow, reduces discharges, relaxes spasm, strengthens gums, stops hair fall, lifts skin, induce firmness in muscles, stops haemorrhage, removes gas, good for brain and memory, promotes bile discharge, warming, clears congestion and eases breathing, opens obstructed menstruations, expells phlegm and catarrh, reduces fever, good for liver, good for nerves, stimulates, good for stomach, promotes perspiration, contracts blood vessels, kills worms.

Petit grain Essential Oil

Properties: Anti septic, anti spasmodic, anti depressant, deodorant, nervine and sedative.

Health Benefits: Protects against septic, relaxes spasm, fights depression and uplifts mood, drives away body odour, treats nervous disorders, sedates inflammations and nervous afflictions.

Pimento Essential Oil

Properties: Anaesthetic, analgesic, anti oxidant, anti septic, carminative, relaxant, rubefacient, stimulant and tonic

Health Benefits: Induce numbness, pain relief, fights aging, protects against septic, removes gases, relaxes body & mind, brings redness in skin, and stimulates functions, tones up body.

Pine Essential Oil

Properties: Anti bacterial, analgesic, diuretic, is energizing, anti septic, aromatic.

Health Benefits: Skin care, cosmetics, increases metabolism, pain relief, stress disorder, mental fatigue, urinary tract infections, and respiratory problems.

Ravensara Essential Oil

Properties: Analgesic, anti allergenic, anti bacterial and anti microbial, anti depressant, anti fungal, anti septic, anti spasmodic, anti viral, aphrodisiac, disinfectant, diuretic, expectorant, relaxant and tonic.

Health Benefits: Pain relief, cures allergies, inhibits bacterial, viral, fungal and microbial growth, fights depression & uplifts mood, protects against septic, relaxes spasm, enhances libido, fights infections, increases urination and removal of toxins, expels phlegm and catarrh, relaxes body and mind, tones up body.

Rose Essential Oil

Properties: Anti depressant, anti phlogistic, anti septic, anti spasmodic, anti viral, aphrodisiac, astringent, bactericidal, cholagogue, cicatrisant, depurative, emenagogue, haemostatic, hepatic, laxative, nervine, stomachic, uterine.

Health Benefits: Fights depression and uplifts mood, soothes inflammation due to fever, protects wounds against septic, clears spasm, fights viral infections, enhances libido and cures sexual disorders, tightens gums, muscles and stops haemorrhage, inhibits Bacterial growth, promotes discharges and secretions, heals scars, purifies blood, opens up obstructed menses, stops haemorrhage, boosts liver health, cures constipation, cures nervous disorders, good for stomach, good for uterine health.

Rosemary Essential Oil

Properties: Stimulating hair growth, disinfectant, anti septic, anti inflammatory, carminative, anti bacterial, analgesic

Health Benefits: Hair care, skin care, mouth care, anxiety, mental disorders, depression, pain, headache, rheumatism, respiratory problems, bronchial asthma, indigestion, and flatulence.

Rosewood Essential Oil

Properties: Analgesic, anti depressant, anti septic, aphrodisiac, anti bacterial, cephalic, deodorant, insecticide, stimulant.

Health Benefits: Reduces pain, fights depression, protects wounds from being septic, enhances libido and promotes arousal, kills bacteria, good for brain and cures headaches, drives away body odour, kills insects, stimulates discharges and functions.

Rue Essential Oil

Properties: Anti arthritic and anti rheumatic, anti bacterial, anti fungal, insecticidal, nervous affliction deterrent, digestive.

Health Benefits: Neutralizes effects of poison, improves circulation and removal of uric acid, inhibits Bacterial and fungal infections, kills insects, keeps nerves steady and sedates nervous afflictions, promotes digestion, sedates epileptic and hysteric attacks and helps cure them.

Sage Essential Oil

Properties: Anti fungal, anti microbial, anti bacterial, anti septic, anti oxidant, anti inflammatory, anti spasmodic, cholagogue and cholaretic, cicatrisant, depurative, digestive, disinfectant, emenagogue, expectorant, febrifuge, laxative, stimulant

Health Benefits: Inhibits viral, Bacterial, fungal and parasitic infections and thus protects wounds against being septic, heals damages done by oxidation, soothes inflammations, clears spasm, increases production of bile, promotes digestion, fights infections, opens up obstructed menstruations, cures cough and cold, reduces fever, helps clear bowels, stimulates discharges and functions.

Sandalwood Essential Oil

Properties: Anti septic, anti inflammatory, anti phlogistic, anti spasmodic, astringent, cicatrisant, carminative, diuretic, disinfectant, emollient, expectorant, hypotensive, memory booster, sedative and tonic.

Health Benefits: Protects wounds from infections, soothes inflammations due to fever and otherwise, clears spasm, tightens

gums and muscles and helps stop hair fall and haemorrhage, heals scars and after marks, gives relief from gas, increases urination, fights infections, keeps skin smooth and free from infections, cures cough and cold, reduces blood pressure, increases memory, sedates nervous afflictions and inflammations, boosts health and immunity.

Spearmint Essential Oil

Properties: Anti septic, anti spasmodic, carminative, cephalic, emenagogue, insecticide, restorative, stimulant.

Health Benefits: Protects wounds from being septic, clears spasm, gives relief from gas, good for brain, opens up obstructed menses, kills insects, restores health and heals wears and tears, stimulates discharges and functions.

Spikenard Essential Oil

Properties: Anti bacterial, anti fungal, anti inflammatory, deodorant, laxative, sedative and uterine.

Health Benefits: Inhibits bacterial and fungal growth, sedates inflammations, drives away body odour, clears bowels, sedates inflammations and nervous afflictions, and restores uterine health.

Tagetes Essential Oil

Properties: Anti biotic, anti microbial, anti parasitic, anti septic, anti spasmodic, disinfectant, insecticide and sedative.

Health Benefits: Inhibits biotic, microbial & other parasitic growth, protects against septic, relaxes spasm, fights infections, kills and repels insects, sedates inflammations & nervous afflictions.

Tangerine Essential Oil

Properties: Anti septic, anti spasmodic, cytophylactic, depurative, sedative, stomachic and tonic.

Health Benefits: Protects against septic, relaxes spasm, promotes growth & regeneration of cells, purifies blood, and sedates

inflammations and nervous afflictions, good for stomach, tones up body.

Tansy Essential Oil

Properties: Anti bacterial, anti fungal, anti inflammatory, anti histaminic, anti viral, febrifuge, insecticide, hormone stimulant, sedative and vermifuge.

Health Benefits: Inhibits bacterial, fungal and viral growth, sedates inflammations, checks production of histamine and gives relief from allergic symptoms, reduces fever, kills and repels insects, stimulates production of hormones, sedates inflammations and nervous afflictions, kills worms.

Tarragon Essential Oil

Properties: Anti rheumatic, aperitif, circulatory, digestive, deodorant, emenagogue, stimulant and vermifuge.

Health Benefits: Treats rheumatism & arthritis, enhances appetite, improves circulation of blood and lymph, facilitates digestion, drives away body odour, opens obstructed menstruations & makes them regular, stimulates functions, kills worms.

Tea Tree Essential Oil

Properties: Anti bacterial, anti microbial, anti viral, fungicide, insecticide, anti septic, balsamic, cicatrisant, expectorant, stimulant, sudorific.

Health Benefits: Inhibits Bacterial, microbial, viral & infections and kills insects, protects wounds from being septic, promotes absorption of nutrients, heals scars and after marks, cures cough and cold, stimulates functions and discharges, promotes sweating.

Thuja Essential Oil

Properties: Anti rheumatic, astringent, diuretic, emenagogue, expectorant, insect repellent, rubefacient, stimulant, tonic and

vermifuge.

Health Benefits: Treats rheumatism and arthritis, tightens gums and muscles and helps stop hair fall and haemorrhage, increases urination and removal of toxins, opens obstructed menstruations and makes them regular, expells phlegm and catarrh, repels insects, brings redness to skin, stimulates functions, tones up body, kills worms.

Thyme Essential Oil

Properties: Anti spasmodic, anti rheumatic, anti septic, bactericidal, bechic, cardiac, carminative, cicatrisant, diuretic, emenagogue, expectorant, hypertensive, insecticide, stimulant, tonic, vermifuge.

Health Benefits: Clears spasm, gives relief from rheumatism by removing toxins, protects wounds from being septic, kills bacteria, helps cure chest infections and cough and cold, good for heart's health, gives relief from gas, heals scars and after marks, increases urination, makes menstruations regular, cures cough and cold.

Tuberose Essential Oil

Properties: Aphrodisiac, deodorant, relaxing, sedative and warming.

Health Benefits: Enhances libido, drives away body odour, relaxes body & mind, and sedates inflammations and nervous afflictions, warming.

Vanilla Essential Oil

Properties: Anti oxidant, aphrodisiac, anti carcinogenic, febrifuge, anti depressant, sedative, tranquilizing, relaxing

Health Benefits: Neutralizes effects of free radicals & oxidants and repairs damages due to oxidation, enhances libido and promotes arousal, inhibits growth of cancerous cells, reduces fever, fights depression and uplifts mood, sedates inflammation and nervous afflictions, promotes sleep, gives relief from anxiety and stress.

Vetiver Essential Oil

Properties: Anti inflammatory, anti septic, aphrodisiac, cicatrisant, nervine, sedative, tonic and vulnerary.

Health Benefits: Sedates inflammations, protects against septic, enhances libido, clears scars and spots, cures nervous disorders, sedates inflammations and nervous afflictions, tones up body, and heals wounds.

Wintergreen Essential Oil

Properties: Analgesic, anodyne, anti rheumatic and anti arthritic, anti spasmodic, anti septic, aromatic, astringent, carminative, diuretic, emenagogue and stimulant

Health Benefits: Pain relief & relaxation of body and mind, treats rheumatism & arthritis, relaxes spasm, protects against septic, spreads fragrance, tightens gums and muscles and helps stop hair fall & haemorrhage, removes gases, increases urination and removal of toxins, opens obstructed menstruations and makes them regular, stimulates functions.

Wormwood Essential Oil

Properties: Anti helmitic, cholagogue, deodorant, digestive, emenagogue, febrifuge, insecticide, narcotic, vermifuge and tonic.

Health Benefits: Kills worms and larva, promotes secretion of bile and other discharges, drives away body odour, facilitates digestion, opens obstructed menstruations and makes them regular, reduces fever, kills and repels insects, intoxicating, tones up body.

Yarrow Essential Oil

Properties: Anti inflammatory, anti rheumatic, anti septic, anti spasmodic, astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, haemostatic, hypotensive, stomachic, tonic.

Health Benefits: Soothes inflammations, improves circulation & removes uric acid and gives relief from rheumatism, protects against septic, clears spasm, tightens gums and muscles and stops haemorrhage, gives relief from gas, heals scars and after-marks,

increases perspiration, promotes digestion, gives relief from cough and phlegm, stops haemorrhage, lowers blood pressure, good for stomach, tones up health and immunity.

Ylang Ylang Essential Oil

Properties: Anti depressant, anti seborrhoeic, anti septic, aphrodisiac, hypotensive, nervine and sedative.

Health Benefits: Fights depression & uplifts mood, stops sebum secretion, protects against septic, increases libido and cures sexual disorders, reduces blood pressure, cures nervous disorders, sedates inflammations and nervous afflictions.