

Essential Oils & Blends *Quick Usage Chart*



| Single Oil Name | Adult | | | Child/Sensitive | | | Pregnancy | | | Common Uses (see the Single Oils chapter for additional uses) |
|-----------------|---------|----------|----------|-----------------|----------|----------|-----------|----------|----------|---|
| | Topical | Aromatic | Internal | Topical | Aromatic | Internal | Topical | Aromatic | Internal | |
| Arborvitae | ● | ● | ● | ● | ● | ● | × | × | × | Antibacterial, Antifungal, Calming, Repellent |
| Basil | ● | ● | ● | ● | ● | ● | ● | ● | × | Autism, Bronchitis, Earache, Cramps/Spasms, Bug Bites, Wounds |
| Bergamot** | ● | ● | ● | ● | ● | ● | ● | ● | ● | Brain Injury, Colic, Depression, Respiratory Infection, Stress |
| Birch | ● | ● | × | ● | ● | × | × | × | × | Muscle Aches, Pain |
| Black Pepper | ● | ● | ● | ● | ● | ● | ● | ● | ● | Addictions, Cooking, Circulation |
| Cardamom | ● | ● | ● | ● | ● | ● | ● | ● | ● | Coughs, Inflammation, Muscle Aches, Nausea, Respiratory Ailments |
| Cassia | ● | ● | × | ● | ● | ● | ● | ● | × | Antibacterial, Antiviral, Disinfectant, Warming |
| Cedarwood | ● | ● | ● | ● | ● | ● | × | × | × | Calming, Tension, Tuberculosis, Urinary Infection, Yoga |
| Cilantro | ● | ● | ● | ● | ● | ● | ● | ● | ● | Anxiety, Cooking |
| Cinnamon | ● | ● | × | ● | ● | ● | ● | ● | × | Antibacterial, Antifungal, Diabetes, Mold, Respiratory Infection, Warming |
| Clary Sage | ● | ● | ● | ● | ● | ● | ● | ● | ● | Cholesterol, Cramps, Hot Flashes, PMS, Respiratory Infection |
| Clove | ● | ● | ● | ● | ● | ● | ● | ● | ● | Antifungal, Antioxidant, Antiviral, Corns, Hypothyroidism, Toothache |
| Coriander | ● | ● | ● | ● | ● | ● | ● | ● | ● | Cartilage Injury, Muscle Aches, Muscle Development, Whiplash |
| Cypress | ● | ● | ● | ● | ● | ● | × | × | × | Aneurysm, Carpal Tunnel, Concussion, Muscle Fatigue, Pain, Stroke |
| Dill | ● | ● | ● | ● | ● | ● | ● | ● | ● | Cholesterol, Cooking, Flavoring |
| Eucalyptus | ● | ● | ● | ● | ● | ● | × | × | × | Inflammation, Neuralgia, Pain, Respiratory Issues, Shingles |
| Fennel | ● | ● | ● | ● | ● | ● | ● | ● | ● | Blood Clots, Bruises, Digestive Support, Skin, Wrinkles |
| Frankincense | ● | ● | ● | ● | ● | ● | ● | ● | ● | Arthritis, Inflammation, Mental Fatigue, Respiratory Issues, Skin, Warts |
| Geranium | ● | ● | ● | ● | ● | ● | ● | ● | ● | Air Purification, Bleeding, Diabetes, Dry Skin, Vertigo, Wrinkles |
| Ginger* | ● | ● | ● | ● | ● | ● | ● | ● | ● | Digestive Issues, Morning Sickness, Nausea, Rheumatic Fever |
| Grapefruit | ● | ● | ● | ● | ● | ● | ● | ● | ● | Anorexia, Appetite Suppressant, Cellulite, Hangover |
| Helichrysum | ● | ● | ● | ● | ● | ● | ● | ● | ● | Antiviral, Bleeding, Cholesterol, Earache, Herpes, Sciatica, Wounds |
| Juniper Berry | ● | ● | ● | ● | ● | ● | ● | ● | ● | Acne, Alcoholism, Dermatitis/Eczema, Kidney Stones, Tinnitus |
| Lavender | ● | ● | ● | ● | ● | ● | ● | ● | ● | Allergies, Boils, Burns, Calming, Itching, Pain, Skin, Sleep, Wrinkles |
| Lemon* | ● | ● | ● | ● | ● | ● | ● | ● | ● | Anxiety, Cleansing, Depression, Disinfectant, Grease, Heartburn, Stress |
| Lemongrass | ● | ● | ● | ● | ● | ● | ● | ● | ● | Air Purification, Cholesterol, Cramps, Joint Injuries, Tissue Repair |
| Lime* | ● | ● | ● | ● | ● | ● | ● | ● | ● | Bacterial Infections, Fever, Gum/Grease Removal, Skin |
| Marjoram | ● | ● | ● | ● | ● | ● | ● | ● | ● | Arthritis, Cramps, Muscle Ache/Spasm, Neuralgia, Whiplash |
| Melaleuca | ● | ● | ● | ● | ● | ● | ● | ● | ● | Acne, Antifungal, Boils, Cold Sores, Disinfectant, Sore Throat, Wounds |
| Melissa | ● | ● | ● | ● | ● | ● | ● | ● | ● | Antiviral, Calming, Cold Sores, Viral Infection |
| Myrrh | ● | ● | ● | ● | ● | ● | ● | ● | ● | Allergies (Skin), Gum Disease, Infection, Skin Wounds/Problems |
| Orange* | ● | ● | ● | ● | ● | ● | ● | ● | ● | Anxiety, Digestion, Fear, Insomnia, Menopause, Nervousness, Uplifting |
| Oregano | ● | ● | ● | ● | ● | ● | ● | ● | ● | Antifungal, Candida, Muscle Aches, Parasites, MRSA, Warts |
| Patchouli | ● | ● | ● | ● | ● | ● | ● | ● | ● | Diuretic, Fever, Mosquito Repellent, Termite Repellent |
| Peppermint | ● | ● | ● | ● | ● | ● | ● | ● | ● | Alertness, Allergies, Cooling, Headache, Indigestion, Nausea, Sinusitis |

Essential Oils & Blends *Quick Usage Chart*



| Single Oil Name | Topical | | | Aromatic | | | Internal | | | Common Uses (see the Single Oils chapter for additional uses) |
|-----------------|---------|-----------------|-----------|----------|-------|-----------|----------|------------|-----------|--|
| | Adult | Child/Sensitive | Pregnancy | Adult | Child | Pregnancy | Adult | Child (6+) | Pregnancy | |
| Roman Chamomile | ● | ● | ● | ● | ● | ● | ● | ● | ● | Allergies, Diaper Rash, Dry Skin, Insomnia, Neuritis, Shock, Stings |
| Rose | ● | ● | ● | ● | ● | ● | ● | ● | ● | Aphrodisiac, Poison Ivy/Oak, Scarring (Prevention) |
| Rosemary | ● | ● | ✗ | ● | ● | ✗ | ● | ● | ✗ | Antioxidant, Arthritis, Diabetes, Flu, Headache, Memory, Sinusitis |
| Sandalwood | ● | ● | ● | ● | ● | ● | ● | ● | ● | Back Pain, Clarity, Laryngitis, Meditation, Rashes, Sunscreen, Yoga |
| Spearmint | ● | ● | ● | ● | ● | ● | ● | ● | ● | Cooking, Indigestion |
| Thyme | ● | ● | ✗ | ● | ● | ✗ | ● | ● | ✗ | Antibacterial, Antifungal, Colds, Dermatitis, Respiratory Infections |
| Vetiver | ● | ● | ● | ● | ● | ● | ● | ● | ● | ADD/ADHD, Balance, Termite Repellent, Vitiligo |
| White Fir | ● | ● | ● | ● | ● | ● | ● | ● | ● | Cleansing, Bronchitis, Bursitis, Energizing, Muscle Fatigue/Pain |
| Wintergreen | ● | ● | ✗ | ● | ● | ✗ | ✗ | ✗ | ✗ | Arthritic Pain, Bone Pain, Dandruff, Joint Pain/Inflammation, |
| Ylang Ylang | ● | ● | ● | ● | ● | ● | ● | ● | ● | Calming, Crying, High Blood Pressure, Hyperpnea, Relaxing, Stress |

| Oil Blend Name | Topical | | | Aromatic | | | Internal | | | Common Uses (see the Oil Blends chapter for additional uses) |
|-----------------------|---------|---|---|----------|---|---|----------|---|---|--|
| Anti-aging Blend | ● | ● | ● | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | Aging, Chapped/Cracked Skin, Dry Skin, Revitalizing, Wrinkles |
| Calming Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | ADD/ADHD, Anxiety, Calming, Insomnia, Sedative, Stress, Tension |
| Cleansing Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Air Pollution, Allergies, Boils, Deodorizing, Infection, Mildew, Stings |
| Cellular Complex | ● | ● | ● | ● | ● | ● | ● | ● | ● | Aging, Antioxidant, Atherosclerosis, Cancer, Cellular Vitality, Tumors |
| Detoxification Blend* | ● | ● | ● | ● | ● | ● | ● | ● | ● | Cleansing, Endocrine Support, Hormonal Balance, Tissue Support |
| Digestive Blend | ● | ● | ● | ● | ● | ● | ● | ● | ● | Bloating, Cramps, Gastritis, Heartburn, Nausea, Parasites, Sinusitis |
| Focus Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | ADD/ADHD, Anxiety, Concentration, Focus, Hyperactive, Stress |
| Grounding Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Anxiety, Back Pain, Balance, Depression, Energy, Mood Swings, Seizure |
| Headache Relief Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Headaches, Migraines, Muscle Tension, Tension Headaches |
| Invigorating Blend* | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Calming, Depression, Eating Disorders, Mastitis, Sedative |
| Joyful Blend* | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Anxiety, Depression, Energizing, Grief/Sorrow, Stress, Uplifting |
| Massage Blend | ● | ● | ● | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | Anxiety, Muscle Aches/Pain, Muscular Dystrophy, Relaxation, Tension |
| Metabolic Blend | ● | ● | ● | ● | ● | ● | ● | ● | ● | Appetite Suppressant, Cellulite, Obesity, Weight Loss |
| Protective Blend | ● | ● | ● | ● | ● | ● | ● | ● | ● | Air Pollution, Antibacterial, Antifungal, Antiviral, Cleansing, Disinfecting |
| Respiratory Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Antiviral, Asthma, Congestion, Cough, Influenza, Pneumonia, Sinusitis |
| Repellent Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Bug/Insect Repellent |
| Soothing Blend | ● | ● | ● | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | Arthritis, Back Pain, Inflammation, Joint Pain, Muscle Aches/Pain, Tension |
| Topical Blend | ● | ● | ● | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | Acne, Callouses, Dermatitis, Impetigo, Oily Skin |
| Women's Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Hormonal Balance, Perfume |
| Women's Monthly Blend | ● | ● | ● | ● | ● | ● | ✗ | ✗ | ✗ | Hot Flashes, Hormones (Balancing), Menopause, Menstruation, PMS |

- Safe to use without dilution as directed.
- Safe to use with moderate dilution.
- Safe to use with heavier dilution—consult with a physician before using if pregnant or ill.

- ✗ Not a generally recommended use.
- ☀ Avoid sunlight for several hours after topical use.
- ☀☀ Avoid sunlight for 12–24 hours after topical use.