

Aromatherapy Quick Guide

This guide has been put together by a qualified Aroma-therapist and Naturopath.

Aggression: bergamot, chamomile, rosemary, juniper, lemon, marjoram, ylang ylang

Anger: jasmine, palma rose, rose, marjoram, rosemary, chamomile, ylang ylang

Anxiety: chamomile, neroli, lavender, orange, sandalwood

Apathy: jasmine

Apetite (loss of): palmarosa

Aphrodisiac: sandalwood, ylang ylang

Arthritis: black pepper, marjoram, pine, lavender, ginger, juniper, rosemary, wintergreen

Asthma: clary sage, cypress, frankincense, rosemary

Athlete's foot: myrrh, lemongrass, patchouli, tea tree

Anxiety: bergamot, lavender, rosewood, pititgrain, ylang ylang

Bleeding Gums: myrrh, cypress, tea tree

Blood pressure (high): ylang ylang

Broken Capillaries: rose

Bronchitis: basil, decarwood, frankincense, sandalwood, tea tree

Bruises: arnica, , geranium, fennel, hypericum lavender

Breast Feeding - Insufficient Milk: fennell

Burns, minor: avocado, chamomile, lavender, hypericum, wheatgerm

Cellulite: bergamot

Central Nervous System Stimulant: rosemary

Chest Cough: basil

Chest Infections: myrrh

Chillblains: arnica, black pepper, ginger, juniper, marjoram, rosemary

Child Birth: jasmine, lavender

Children - hyperactivity: lavender, tangerine

- **restlessness:** lavender

- **sleeplessness:** tangerine

Circulation: aniseed, basil, citronella, cypress, eucalyptus, ginger, grapefruit, lavender, lemon, lemongrass, lime, myrrh, tea tree, thyme lavender, lemon, orange, peppermint, pine, rosemary, lemongrass, lime, myrrh, niaouli, orange, peppermint, pine, tea tree, thyme

Colds: eucalyptus, lemon, peppermint, rosemary, tea tree

Coldsores: bergamot, lavender, rosewood, eucalyptus, tea tree, basil

Colic: chamomile, fennell, ginger, mandarin, peppermint, spearmint

Confidence, lack of: jasmine

Constipation: fennell, orange

Corns: lemon

Coughs: aniseed, cajuput, eucalyptus, frankincense, ginger, grapefruit, lavender, jasmine, myrrh, niaouli, pine, sandalwood, cedarwood, thyme

Cuts and Abrasions: hypericum, geranium, lavender, calendula, carrot, niaouli, tea tree

Dandruff: jojoba, patchouli, cedarwood, rosemary

Dermatitis: chamomile, palmarosa, lavender

Diarrhoea: ginger

Digestive tonic: tangerine

Disappointment: bergamot, jasmine, orange, cypress, peppermint, frankincense, rose

Dyspepsia: basil, chamomile, fennel.

Eczema: bergamot, evening primrose, melissa, palmarosa, geranium, jojoba, lavender, rosehip, chamomile, Wheatgerm,

Eye strain: carrot

Fainting: peppermint

Fear: cedarwood, fennel, ginger, patchouli, sandalwood, thyme, ylang ylang

Fatigue (emotional and mental): basil, clary sage, coriander, ginger, jasmine, juniper, orange, peppermint, rosemary, thyme, palmarosa, vetiver, ylang ylang

Femininity - support of: rose

Fever: eucalyptus, niaouli, peppermint, rosemary

Fibrositis: wintergreen

Flatulence: basil, benzoin, black pepper, mandarin, fennel, ginger, peppermint, ylang ylang

Fluid Retention: cypress, fennel, geranium, ginger, grapefruit, juniper

Foot Odour: cedarwood, cypress, lemongrass, lime Frigidity: jasmine, palmarose, ylang ylang

Frustration: ylang ylang

Genital Thrush: myrrh

Gingivitis/Bleeding Gums: cypress,myrrh, tea tree

Gout: juniper, rosemary

Grief: bergamot, chamomile, jasmine, marjoram, neroli, rose

Gum Disorders: myrrh

Haemorrhoids: cypress, hypericum, myrrh

Hair Loss: rosemary, burdock, nettle

Halitosis (Bad Breath): bergamot, lemon, peppermint

Hangover: fennel, peppermint, spearmint

Hay Fever: lavender

Headache: basil, chamomile, clary sage, melissa, peppermint, eucalyptus, lavender, rosemary

Hiccups: tangerine

Hormone Irregularity: geranium

Hot Flushes: geranium

Hysteria: chamomile, lavender, neroli, orange tea tree

Impatience: chamomile, clary sage, frankincense, lavender

Impetago: frankincense, patchouli

Immune Deficiencies: lemon

Indecision: basil, clary patchoulie,sage, cypress, jasmine, peppermint

Indigestion: black pepper, orange, peppermint, chamomile, fennel, ginger, mandarin, spearmint

Indifference: jasmine

Insect Bites and Stings: chamomile, lavender, patchouli, tea tree, ylang ylang

Insecurity: rose

Insomnia: benzoin, chamomile, lavender, marjoram, neroli, petitgrain

Intestinal Infection: palmarosa

Jealousy: jasmine, rose

Jet Lag: peppermint, rose, rosewood

Joint Pain: ginger

Laryngitis: benzoin, cajuput, niaouli, thyme

Lethargy: jasmine, rosemary

Loneliness: benzoin, marjoram

Lumbago: lavender, marjoram, wintergreen

Meditation: frankincense

Menstruation - Irregular: fennel, geranium, rose
- **painful:** chamomile, clary sage, geranium, marjoram, rose

Mental Fatigue: basil, peppermint

Migraine: basil, chamomile, marjoram, lavender, melissa, peppermint

Morning Sickness: ginger, rosemary, spearmint

Mouth Ulcers: bergamot, frankincense, myrrh, orange, tea tree

Muscular Aches and Pains: basil, black pepper, eucalyptus, ginger, cajuput, clary sage, lavender, marjoram, peppermint, pine, rosemary, wintergreen

Nausea and Travel Sickness: ginger, peppermint, rosemary, spearmint

Nervous Exhaustion: chamomile, clary sage, lavender, palmarosa

Nervousness: chamomile, frankincense, neroli, clary sage, coriander, orange, vetiver

Nervous Tension: cedarwood, lavender, neroli, sandalwood

Nurturing - need for: rose

Panic: chamomile, clary sage, geranium, jasmine, juniper, lavender, neroli, ylang ylang

Perspiration, Excessive: cypress, lemongrass, petitgrain

PMS/PMT: bergamot, chamomile, clary sage, evening primrose, geranium, mandarin, marjoram, neroli, rose

Post Natal Stress: jasmine, rose

Psoriasis: evening primrose, jojoba, lavender

Respiratory Congestion: cedarwood (see 'Coughs')

Rheumatism: black pepper, cajuput, chamomile, ginger, juniper, lavender, marjoram, niaouli, peppermint, pine, rosemary, wintergreen

Ringworm: lavender, lemongrass, myrrh, tea tree, thyme

Sadness: benzoin, jasmine, rose, rosewood

Scars: frankincense, neroli

Shock: lavender, neroli, rose, tea tree

Shortness of Breath: benzoin, frankincense, melissa, thyme

Shyness: black pepper, ginger, jasmine, patchouli, peppermint, rose, neroli, ylang ylang

Sinusitis: cajuput, cedarwood, eucalyptus, lavender, lime, niaouli, peppermint, pine, rosemary

Skin Care

- **Chafed:** palmarossa
- **Cracked:** myrrh, palmarossa
- **Dry:** chamomile, frankincense, jasmine, myrrh, neroli, rose, sandalwood
- **Dull:** orange
- **Greasy:** lemon
- **Irritation:** jasmine, ylang ylang
- **Mature:** frankincense, myrrh
- **Oily:** bergamot, cypress, jasmine, palmarosa, cedarwood, orange, ylang ylang
- **Rashes:** chamomile, palmarosa, sandalwood
- **Sensitive:** jasmine, neroli, rose
- **Sores:** chamomile, eucalyptus, lavender, palmarosa, tea tree, thyme
- **Toner:** tangerine

Sore Throats: benzoin, cajuput, clove, eucalyptus, lemon, lime, myrrh, niaouli, sandalwood, tea tree, thyme

Sprains: chamomile, eucalyptus, ginger, hypericum, marjoram, wintergreen

Stamina (loss of): basil, clary sage, peppermint, rosemary

Stomach Cramps: clary sage, ginger

Strains: basil, hypericum, wintergreen

Stress and Tension (relief of): basil, bergamot, cedarwood, chamomile, clary sage, frankincense, geranium, lavender, marjoram, melissa, neroli, orange, palmarosa, patchouli, petitgrain, rose, rosewood, sandalwood, ylang ylang

Sunburn: lavender

Suspicion: jasmine, lavender

Teething: chamomile, lavender, myrrh

Tension: chamomile, clary sage, cypress, frankincense, geranium, lavender, lemon, jasmine, marjoram, neroli, orange, sandalwood, rose, rosewood, ylang ylang

Throat Infections: lemon, myrrh

Thrush: tea tree

Tinea/Athletes Foot: lemongrass, myrrh, patchouli, tea tree

Tired and Aching Legs: cypress, rosemary, juniper, wheatgerm

Toothache: clove

Travel Sickness: ginger, peppermint

Urinary Tract Infections: bergamot, juniper

Uterine Disorders: jasmine, rose

Varicose Veins: lemon

Warts: lemon, tea tree

Wounds: bergamot, frankincense, hypericum, lavender, niaouli, eucalyptus, myrrh, tea tree

Wrinkles: frankincense

A Guide to skin care essential oils

Acne: Bergamot, Cedarwood, Chamomile, Geranium, Grapefruit, Everlasting, Juniper, Lavender, Lemon, Lemongrass, Lime, Neroli, Palmarosa, Patchouli, Petitgrain, Rose, Rosemary, Petitgrain, Rosewood, Sandalwood, Tea Tree, Thyme

Aging Skin: Bergamot, Cypress, Chamomile, Everlasting, Jasmine, Juniper, Geranium, Lavender, Lemon, Lemongrass, Neroli, Palmarosa, Petitgrain, Patchouli, Rosewood, Rosemary, Rose, Sandalwood, Ylang Ylang

Dry Skin: Bergamot, Chamomile, Cedarwood, Clary Sage, Everlasting, Fennel, Geranium, Jasmine, Lavender, Neroli, Palmarosa, Patchouli, Rosemary, Rose, Sandalwood, Thyme, Ylang Ylang

Oily Skin: Basil, Bergamot, Cedarwood, Cypress, Geranium, Grapefruit, Geranium, Jasmine, Juniper, Lemon, Lime, Lavender, Neroli, Palmarosa, Patchouli, Petitgrain, Rose, Rosemary, Rosewood, Sandalwood, Thyme, Tea Tree, Ylang Ylang

Normal/Combination Skin: Bergamot, Cedarwood, Chamomile, Clary Sage, Geranium, Lavender, Rose, Chamomile, Geranium, Jasmine* Mandarin, Neroli, Orange, Patchouli, Palmarosa, Petitgrain, Rose, Rosemary, Sandalwood, Ylang Ylang

Fat and Cellulite: Basil, Cedarwood, Cypress, Fennel, Juniper, Lavender, Lemongrass, Fennel, Grapefruit, Lemon, Pine, Mandarin, Rosemary

Eczema, Dermatitis & Psoriasis: Bergamot, Chamomile, Cypress, Cedarwood, Fennel, Geranium, Lavender, Juniper, Orange, Palmarosa, Patchouli, Rose, Rosemary, Sandalwood, Tea Tree, Thyme

Varicose Veins: Cypress, Everlasting, Lemon, Lavender, Juniper

Herpes & Cold Sores: Bergamot, Geranium, Lavender, Lemon, Eucalyptus, Chamomile

Deodorizing: Bergamot, Cypress, Clary Sage, Lavender, Petitgrain, Lemon, Tea Tree, Patchouli, Peppermint

Hair Care

Normal Hair: Lavender, Lemon, Geranium, Chamomile, Rosemary, Basil, Thyme, Palmarosa, Ylang Ylang

Dry Hair: Lavender, Rosemary, Geranium, Sandalwood, Chamomile, Cedarwood, Clary Sage

Oily Hair: Lavender, Rosemary, Cypress, Lemon, Basil, Thyme, Cedarwood, Juniper

Dandruff: Basil, Cypress, Cedarwood, Rosemary, Patchouli, Juniper, Lavender, Mandarin, Thyme, Tea Tree

Hair Loss: Rosemary, Basil, Grapefruit, Lavender, Lemon, Cypress, Cedarwood, Thyme, Juniper, Geranium, Neroli, Chamomile*, Ylang Ylang

Cradle Cap: Chamomile*, Lavender

Emotional Care

Calming: Chamomile, Lavender, Lemon, Rosewood, Patchouli, Neroli, Sandalwood, Mandarin, Ravensara, Tangerine, Ylang Ylang.

Relaxing: Angelica, Chamomile, Citronella, Geranium, Jasmine, Basil, Bergamot, Lavender, Lemon, Lemongrass, Mandarin, Neroli, Orange, Palmarosa, Patchouli, Peppermint, Rosewood, Tangerine, Ylang Ylang.

Regenerating: Angelica, Anise, Bergamot, Chamomile, Cinnamon, Clary Sage, Cypress, Everlasting, Eucalyptus, Geranium, Lemon, Lime, Grapefruit, Lavender, Jasmine Juniper, Lavender, Neroli, Orange, Patchouli, Peppermint, Tangerine, Rose*, Rosemary, Sandalwood, Spearmint, Ylang Ylang

Stress: Angelica, Basil, Cypress, Cedarwood, Everlasting, Geranium, Lavender, Lemon, Orange, Tarragon, Mandarin, Petitgrain, Chamomile, Patchouli, Palmarosa, Neroli, Tangerine, Rose* Jasmine*, Ylang Ylang

Refreshing: Cypress, Eucalyptus, Juniper, Grapefruit, Lemon, Lime, Orange, Peppermint, Tangerine, Mandarin, Rosemary, Ylang Ylang

Uplifting: Basil, Bergamot, Cypress, Cinnamon, Lavender, Geranium, Grapefruit, Juniper, Neroli, Orange, Rose, Mandarin, Palmarosa, Peppermint, Rosemary, Tangerine, Thyme, Tarragon, Lemon, Petitgrain, Eucalyptus, Ylang Ylang

Romance: Anise, Cedarwood, Cinnamon, Jasmine, Lemon, Neroli, Patchouli, Rose, Rosewood, Sandalwood, Ylang Ylang

Well Being

Sleeplessness Anise, Chamomile, Basil, Citronella, Clary Sage, Juniper, Jasmine, Lavender, Lemon, Neroli, Orange, Rose, Rosewood, Sandalwood, Mandarin, Petitgrain, Tangerine

Nausea: Basil, Chamomile, Ginger, Lavender, Lemon, Rose, Peppermint, Dill, Sandalwood

Circulation: Cypress, Ginger, Juniper, Geranium, Lavender, Lemon, Neroli, Peppermint, Rosemary, Rose, Thyme

Memory: Basil, Bergamot, Cinnamon, Juniper, Rosemary, Thyme, Ylang Ylang

Swelling: Chamomile, Cypress, Cinnamon, Eucalyptus, Fennel, Geranium, Grapefruit, Lavender, Lemon, Rosemary, Peppermint, Rose*, Juniper, Petitgrain, Ylang Ylang

PMS: Bergamot, Chamomile, Cedarwood, Citronella, Cypress, Geranium, Clary Sage, Fennel, Grapefruit, Lavender, Lemon, Jasmine, Juniper, Neroli, Orange, Pine, Rose, Sandalwood, Tarragon

Hormone Havoc: Angelica, Bergamot, Chamomile*, Clary Sage, Fennel, Geranium, Lavender, Ravensara, Sandalwood, Spearmint, Ylang Ylang

Endometriosis: Clary Sage, Cypress, Eucalyptus, Geranium,

Menopause : Angelica, Basil, Bergamot, Cypress, Chamomile, Clary Sage, Fennel,

Geranium, Jasmine, Lavender, Orange, Sandalwood, Rose

Hot Flashes: Clary Sage, Chamomile, Fennel, Geranium, Lavender

Stretch Marks: Lavender, Rosemary, Rosewood, Patchouli, Chamomile

Pregnancy: Ylang Ylang, Neroli*, Mandarin, Petitgrain, Tangerine, Lavender

Labor and Delivery: Geranium, Lavender, Jasmine, Neroli, Rose, Ylang Ylang

Postpartum: Bergamot, Clary Sage, Fennel, Geranium, Grapefruit, Lavender, Patchouli, Ravensara, Rose

Child Care

Newborns Only Use: Chamomile, Lavender

3 Months to 5 years Only Use: Chamomile, Lavender, Mandarin, Dill, Eucalyptus, Tangerine, Lemon

5 Years + All of the above plus: Peppermint, Rosemary, Geranium, Petitgrain, Lime Taming the Wild Child Lemon, Lavender, Chamomile, Mandarin Colic Dill, Chamomile*, Lavender

More Properties

Antibacterial: Bergamot, Chamomile, Cinnamon, Cypress, Everlasting, Geranium, Lavender, Lemon, Lime, Patchouli, Palmarosa, Pine, Rose, Sandalwood, Eucalyptus, Thyme, Basil, Tea Tree

Antiviral: Cinnamon, Eucalyptus, Palmarosa, Tea Tree, Thyme, Tarragon

Antifungal: Cedarwood, Cypress, Eucalyptus, Lemon, Lemongrass, Patchouli, Peppermint, Sandalwood, Thyme, Tea Tree, Basil

Antiseptic: Basil, Bergamot, Cedarwood, Chamomile, Cinnamon, Clary Sage, Eucalyptus, Grapefruit, Geranium, Ginger, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Lime, Orange, Palmarosa, Patchouli, Peppermint, Pine, Rosemary, Rosewood, Sandalwood, Tea Tree, Thyme, Mandarin, Neroli, Petitgrain

Anti-Inflammatory: Chamomile, Citronella, Everlasting, Eucalyptus, Geranium, Ginger, Lavender, Rose, Patchouli, Spearmint, Peppermint, Sandalwood

Anti-Yeast Growth: Chamomile, Eucalyptus, Lavender, Geranium, Patchouli, Rosemary, Thyme, Tea Tree

Immune Stimulant: Cinnamon, Everlasting*, Geranium, Lavender, Lemon, Rose*, Rosemary, Tea Tree

Oils of the Earth

BASIL (herb) *ocimum basilicum* - A fortifying oil with a warm & spicy aroma. It has a refreshing

& toning effect on skin.

BENZOIN (trees) styrax benzoin - Benzoin's penetrating qualities are useful in massage for easing tired muscles. It has a sweet, warm & soothing fragrance.

BERGAMOT (rind of the fruit) citrus bergamia - Good for skin preparations & its fresh citrus aroma has a stabilising effect on the emotions. This light, uplifting fragrance blends well with other essential oils

BLACK PEPPER (peppercorns) piper nigrum - One of the oldest known spices, Black Pepper is useful in massage to relax tired muscles. It is a Penetrating oil & has a warm, stimulating effect.

CHAMOMILE (flowers) anthemis nobilis - This light fragrance is sweet & soothing. An excellent oil for use

in skin care, soft & gentle

CARDOMEN (seed) elettaria cardamomum - A warming oil that is useful in the bath to fight fatigue. With stimulating properties, it has a sweet & spicy aroma

CARROT SEED (seed) daucus carota - Nourishing & toning to the skin. It is cleansing and has a sweet, dry aroma.

CEDARWOOD Virginia (trees) juniperus virginiana - A smoothing & harmonising oil which is particularly beneficial for oily skin. It has a dry, woody fragrance.

CITRONELLA (grass) cymbopogon nardus - A powerful lemony aroma, useful as an air freshener or insect repellent. Its deodorant & stimulating qualities are excellent for tired, sweaty feet!

CLARY SAGE (herb) salvia sclarea - It has euphoric properties to induce a sense of well being. It has a warm, nutty scent.

CORIANDER (dried fruits) coriandrum sativum - A stimulating oil that helps to combat fatigue & lethargy. With warming properties, Coriander has a sweet, spicy fragrance.

CYPRESS (leaves of the tree) cupressus sempervirens - A natural astringent & deodorant, with a pleasing woody fragrance. The properties of Cypress make it an effective foot bath.

DAMIANA (leaves) turnera diffusa - A sweet, spicy & sensual oil that is generally balancing & uplifting.

EUCALYPTUS (leaves of the tree) eucalyptus globulus - This is a fresh, stimulating & penetrating oil, which is clearing when used as an inhalant. It is wonderfully antiseptic & is useful in massage blends for muscular

FENNEL (herb) foeniculum vulgare - It has a powerful anise-like aroma & has effective cleaning & toning properties.

FRANKINCENSE (tree resin) boswellia thurifera - It brings a rejuvenating & toning quality to mature skin.

It has an antiseptic, soothing effect on the lungs & a haunting, woody fragrance.

GERANIUM (leaves) pelargonium graveolens - It has a mild tonic action, suitable for all skin types. It is a cleansing & refreshing & has a delicious floral fragrance.

GINGER (root of the plant) zingiber officinale - With its warm, spicy aroma, Ginger is useful in massage blends as a fortifying tonic for tired muscles.

GRAPEFRUIT (rind of the fruit) citrus paradisi - An oil with a highly revitalising & elevating

effect on the emotions. It has a sharp, zesty fragrance

JUNIPER (berries) *juniperus communis* - An astringent used in skin preparations. It has a clear, refreshing aroma.

KANUKA (foliage) *leptospermum ericoides* - With anti-bacterial & anti-fungal properties, Kanuka is a good alternative to Tea-Tree. It has a fresh bracing aroma & is useful in skin care preparations

LAVENDER (flowers) *lavandula angustifolia* - It is a most versatile & soothing oil. It is wonderfully relaxing & its rejuvenating properties make it useful in skin preparations. Blends well with other oils.

LEMON (rind of fruit) *citrus limonum* - Refreshing & cooling, lemon is beneficial in skin preparations for its cleansing properties. It has a delightfully clean & tangy fragrance.

LEMONGRASS (grass) *cymbopogon citratus* - With a stronger & sweeter aroma than Lemon, Lemongrass

is deodorising & excellent for tired, aching feet. It is an effective antiseptic.

LIME (rind of the fruit) *citrus latifolia* - It has a refreshing & sweet aroma & blends well with other oils. A general tonic, uplifting to a tired mind.

MANDARIN (rind of the fruit) *citrus reticulata* - A calm & gentle stimulant with a cheering fragrance. Useful in massage blends for care of the skin, particularly where there are stretch marks.

MARJORAM Spanish (herb) *thymus mastichina* - A spicy, warming oil, useful for tired muscles. It is comforting to the emotions.

MAY CHANG (fruit) *litsea cubeba* - This oil has astringent & toning properties. Its sweet & fruity fragrance makes it an invigorating tonic.

MYRRH (tree resin) *commiphora Myrrha* - A soothing oil with astringent properties. Myrrh is excellent for various skin conditions, particularly for the mature skin. Its unusual aroma is smoky & musky.

NEROLI (leaf of the tree) A clearing oil, Neroli is useful in skin care preparations, particularly on problem skin.

ORANGE (rind of the fruit) *citrus sinensis* - With a delicious tangy fragrance, Orange is a refreshing & mildly relaxing oil.

PATCHOULI (herb) *pogostemon cablin* - A relaxant with an earthy, sensual fragrance. It is a balancing oil & is helpful in skin care, particularly for mature skin.

PEPPERMINT (herb) *mentha piperita* - Soothing, Refreshing & invigorating, Peppermint is useful in massage for muscle fatigue.

PETITGRAIN (orange tree leaf) *citrus aurantium* - A delicate, woody aroma & is a refreshing deodorant. Having astringent properties, it is frequently used as an ingredient in skin care.

PINE (trees) *pinus sylvestris* - A stimulating oil with antiseptic properties. It has a fresh, sharp aroma & is an effective deodorant & air freshener.

ROSEMARY (herb) *rosmarinus officinalis* - An invigorating & penetrating oil. Useful to promote mental stimulation & relieve muscular fatigue. It is beneficial in hair care preparations.

ROSEWOOD (tree) *aniba rosaeodora* - A sweet & subtle woody fragrance, Rosewood is perfect

for relaxation

SANDLEWOOD (tree) *santalum album* - A relaxant with sensual properties. Promotes a feeling of well-being with a warm, distinctive fragrance. In skin care, Sandalwood is useful for all skin types.

TEA-TREE (leaves of the tree) *melaleuca alternifolia* - A deep cleaning & stimulating oil with strong anti-bacterial properties.

VETIVER (grass) *vetiveria zizanoides* - This has a woody, earthy aroma and has a subtle relaxing effect. It is a comforting tonic

YLANG YLANG (flowers) *cananga odorata* - A soothing and sensual oil with a floral and exotic fragrance. Excellent for both oily and dry skin.

ROSEWOOD (tree) *aniba rosaeodora* - A sweet & subtle woody fragrance, Rosewood is perfect for relaxation