

Essential Oil	TREATMENT
Basil	Bronchitis, Headache, Migraine, Digestive Aid, Mouth Ulcer, Gum Infection
Bergamot	Cystitis, Anxiety, Skincare, Urethritis, Appetite Regulator, Digestive Aid, Acne
Black Pepper	Digestive Tract, Antispasmodic, Kidneys, Muscle Pain, Stiff Joints, Anaemia
Cajeput	Infection, Cold, Catarrh, Sinusitis, Headaches, Pain Killing, Sore Throats
Cedarwood	Antiseptic, Bronchitis, Catarrh, Cystitis, Urinal and Vaginal Infections
Chamomile	Stomach Upsets, Anti-inflammatory, Eyes, Insomnia, Sprains, Earaches, Hair, Soothing
Clary Sage	Muscle Relaxant, Asthma, Digestive, Tonic, Stress, Tension, Menstrual, Cramps
Coriander	Stimulates Appetite, Analgesic, Flatulence, Rheumatic Pains, Aids Digestion
Cypress	Astringent, Antiseptic, Circulation, Asthma, Menstrual Regulation, Haemorrhoids
Fennel	Carminative, Digestive, Flatulence, PMT, Regulates Menstrual Cycle, Detoxifying
Frankincense	Anxiety, Respiratory Infections, Soothing, Asthma, Uterine Tonic
Garlic	High Blood Pressure, Heart Disease, Cough, Blood Circulation, Colds, Cholesterol
Geranium	Antidepressant, Astringent, Diuretic, Haemostatic, Promotes Healing, PMT
Ginger	Catarrh, Diarrhoea, Rheumatism, Colds, Flu, Cramps, Nausea, Travel & Morning Sickness
Jasmine	Uterine, Menstrual Pain, Antidepressant, Cramps, Coughs, Childbirth, Chest
Juniper	Diuretic, Detoxifying, Astringent, Tonic, Eczema, Cystitis, Purifying
Lavender	Analgesic, Antibiotic, Antiviral, Headache, Menstrual Pain, Acne, Anti-inflammatory
Eucalyptus	Decongestant, Antiviral, Colds, Influenza, Antiseptic, Wounds, Burns, Muscular Pain
Lemon	Stimulates Immune System, Corns, Warts, Bleeding Gums, Digestive & Circulatory Tonic
Lemon Grass	Infections, Fever, Digestive, Tonic, Headache, Deodorant, Footbaths
Marjoram	Respiratory Problems, Cold, Insomnia, Blood Pressure, Rheumatism, Arthritis
Marigold	Dry Skin, Nappy Rash, Promotes Healing, Varicose Veins, Chronic Ulcers
Melissa	Eczema, Skin, Allergies, Coughs, Shock, Menstrual Regulations, Blood Pressure
Myrrh	Promotes Healing, Stomach, Eczema, Acne, Anti-inflammatory, Mouth Ulcers, Digestive
Myrtle	Astringent, Acne, Catarrh, Bronchial, Chest, Haemorrhoids, Urinary Infections
Neroli	Antidepressant, Antispasmodic, Insomnia, Gentle Sedative, Shock, Gums, Mouth
Nutmeg	Circulation, Heart, Digestion, Bad Breath, Rheumatic Pain, Appetizer
Pine	Chest Infections, Colds, Sore Throats, Circulation, Rheumatic Pains, Lungs
Orange	Antispasmodic, Stomach, Mild Sedative, Constipation, Chronic Diarrhoea
Patchouli	Antidepressant, Antiseptic, Astringent, Fluid Retention, Anti-inflammatory, Stings
Peppermint	Colic, Diarrhoea, Indigestion, Vomiting, Stomach Pain, Cold, Fever, Headache
Rose	Antidepressant, Anorexia, Regulating Menstrual, Confidence Improving
Rosemary	Heart, Liver, Colds, Gallbladder, Catarrh, Speech, Sinusitis, Asthma, Sight, Memory
Sandalwood	Antiseptic, Dry Skin, Sore Throat, Cystitis, Bronchitis, Urinary Infection
Tea Tree	Influenza, Fungi, Viruses, Warts, Ringworm, Cold Sores, Blisters, Acne
Ylang Ylang	Relieves Sexual Anxiety, High Blood Pressure, Slows Breathing, Antidepressant