



The Most Important Essential Oils for the Home Pharmacy

Here is a short list of what I would consider the most important essential oils for home use. The criteria for choosing these oils are general safety, overall efficacy, cost effective, and wide range of therapeutic applications.

1. Lavender: The world's number one selling oil. In this list because of its gentle nature, low dermatotoxic potential, benefits as a mild calmative relaxant with immune enhancing and antimicrobial powers, a specific remedy for burns, and for assisting children in concentration and learning. I regard lavender as the essential oil equivalent of an adaptogenic herb, because it fulfills the definition of helping the body cope with stress through balancing, strengthening and harmonizing the axis of immune, neurologic and endocrine systems. It of course has a multitude of other uses, many of which are mentioned in the monograph that I have posted.
2. Helichrysum italicum: Number one wound healing oil, with remarkable powers of skin regeneration, scar tissue resolving, anti-inflammatory, blood vitalizing and bruise resolving, and anti-microbial powers.
3. Jatamansi (Nardostachys jatamansi, Himalayan spikenard): One of the most psychoactive of the oils, especially for dreaming, intractable insomnia, deep-seated traumas, high vata and chronic overstimulation of the sympathetic nervous system.
4. Frankincense (Boswellia genus): One of the most beneficent for ceremonial and ritual purposes, evocative of spiritual moods, anti-anxiety and anti-depressant, anti-microbial, anti-inflammatory, bruise resolving and blood vitalizing, beneficial for the skin, scar tissue resolving, and excellent for the respiratory system. A multitude of other benefits, including evidence of anti-tumor powers.
5. Respiratory oils: A group instead of a specific oil, this would include the conifers and eucalyptus oils. These are the number one choice for using in diffusers for atmospheric purification and reduction of microbial contagion, for enhancing respiratory immunity, decreasing incidence and aiding symptoms of colds and flus, clearing sinus congestion, enhancing mental clarity.
6. Tea tree (Melaleuca alterniflora): The most studied of the oils for antimicrobial effects. Reports of dermatotoxicity if applied directly to the skin, so requiring proper dilution. Can be used effectively with respiratory oils in the diffuser, and blended with niaouli (another species of

melaleuca) and/or lemon-scented tea tree (*Leptospermum citratum*), which is actually a type of manuka. Can be combined with leleshwa for enhanced potency as well.

7. Palo Santo (*Bursera graveolens*): The most important aromatic tree in South America, used extensively in ceremony and ritual, and for repelling mosquitoes in homes. The oil has a multitude of uses, including antimicrobial, atmospheric purifying, antidepressant and anti-anxiety. It is especially potent as an anxiolytic calmative when inhaled directly, and is reputed to have immediate relaxing effects for panic attacks. It is an excellent oil to use in the diffuser combined with the respiratory category of oils, as it both reduces contagion of airborne pathogens and benefits respiratory conditions.