



Monographs, Module 3

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Bergamot

(Citrus aurantium ssp. Bergamia)

Aromatic profile:

Scent: exotic, fresh, sweet, sharp, citrusy, rich, strong with a spicy, herbaceous and balsamic dryout

Note: top

Blends well with: chamomile, clary sage, eucalyptus, frankincense, rose geranium, lavender, lemon, lemongrass, mandarin, orange, rosemary, tulsi, vetiver, ylang ylang

Safety: highly phototoxic

Overview:

Bergamot is a perennial, small sized tree, belonging to the Citrus genus and part of the Rutaceae family. The fruits of the bergamot tree are similar to blood orange but have lime green color, being most likely a natural occurring hybrid between Citrus limetta and Citrus aurantium. Bergamot is endemic to Italy, especially the Calabria region and Cote d'Ivoire.

Bergamot is one of the most popular fragrance in the cosmetic industry, being extensively used in perfumery and skin care. The oil is presumably named after the city of Bergamo, where it was pressed for the first time. Since then, it was also used therapeutically for various health problems, especially in skin conditions.

The essential oil is pressed out from the fruit peel, which has a yield of approximately 0.5% (it takes approximately 200 kg peel to obtain 1 kg oil). It has a lime green color that changes to yellow when exposed to air or aged. The essential oil has therapeutic properties, being a potent antibacterial, antifungal and antiviral agent. In aromatherapy is a highly regarded oil, with balancing, uplifting and warming properties. It is one of the greatest oils to be used in a blend, because it enhances the properties of other oils – for example with clary sage it is soothing and calming while with eucalyptus is energizing.

The pure essential oil is very potent thus caustic to the skin and phototoxic; a high dilution (maximum 0.5%) is recommended. Due to its popularity, bergamot oil is frequently adulterated.

Therapeutic Actions and Benefits:

Bergamot oil is known to have analgesic, antidepressant, antiseptic, antispasmodic, antiviral, anthelmintic, carminative, deodorant, digestive, decongestant, febrifuge and tonic properties. Bergamot has no affinity to a specific system yet is of great benefits to all of them. First and foremost, bergamot oil is deeply soothing to the nervous system. It fights stress and anxiety, helps in sleeping disorders and insomnia and promotes a deep, restful sleep. Second, the bergamot essential oil is a great adjuvant in stress-related conditions, such as digestive or skin problems. Topically applied it stimulates peripheral circulation and relieves joints and muscle pain and promotes musculoskeletal health. As any member

of the citrus family, bergamot oil also decongests airways and clear sinuses. Massaged on the abdomen, it stimulates digestion and considered an adjuvant in supporting the digestive transit. Used in aromatherapy it has a nervine yet tonic effect supporting emotional balance and encouraging mental alertness.

List of specific therapeutic actions

Endocrine / reproductive: soothes menstrual pain, supports the body during hormonal changes, helps in PMS and menopause, attenuates mood swings

Respiratory: clears airways and sinuses, decongestant

Circulatory: stimulates peripheral circulation, protects blood vessels

Immune: tonic, antibacterial, antifungal

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia

Energetic: uplifting, calming, fights mood swings, helps in mental fatigue, strengthens the mind, supports mental clarity, supports the spirit, promotes positive thinking, increases relaxation, reduces fear and anger.

Ayurveda:

In Ayurveda bergamot is considered useful in vata excess, in conditions associated with anger, excitability, irritation, spasm, seizures and tremors. It can also help soothe anger caused by excess pitta. Bergamot balances "phlegm," and implicitly sluggishness, complacency and melancholy. Its mood-uplifting qualities support heightened and brightened energy.

Traditional Chinese Medicine:

In TCM bergamot relaxes spirits, freshens and harmonizes shen (mind). It is indicated to regulate and balance the Liver Qi and encourage the Qi circulation.

Important Scientific Data

Bergamot essential oil is rich in monoterpenes, sesquiterpenes, esters and benefic alcohols. The main volatile components are limonene, linalool and linalyl acetate. A high dilution is always recommended as well as a precaution to photosensitive persons. Bergamottin, one of the non-volatile active ingredients is the one that contributes to the particular scent of bergamot. It is a furanocoumarin, a class of [organic chemical compounds](#) produced by a variety of plants. Many furanocoumarins are toxic and are produced by plants as a defense mechanism against various types of predators. This class of [phytochemical](#) is responsible for the [phytophotodermatitis](#) caused by bergamot and other citrus oils.

All the volatile compounds of the essential oil have very potent antibacterial, antifungal and antiviral properties, effective even against resilient bacteria and fungi.

The monoterpenes and sesquiterpenes have very potent antioxidant and antimutagen properties with great potential in anti-cancer therapy

Studies also shown that several active ingredients in bergamot essential oil are potent anti-inflammatory agents with relevant effects in inhibiting pre-inflammatory cytokines.

In a study assessing the effects of aromatherapy on inhibiting nausea in post-operative patients, bergamot ranked among highest out of 25 essential oils.

Another study on using aromatherapy a complementary treatment for chemotherapy patients placed bergamot on top of the list.

How To Use Bergamot Essential Oil:

Bergamot essential oil can be applied (always highly diluted, maximum 0.5%) topically, as a compress, in the bath, through direct inhalation, or diffuser. However, because it can sensitize the skin a patch test before using is recommended.

Bergamot essential oil in a properly diluted perfume mixture will calm, relax, and balance emotions and induce positive feelings.

Add 1 drop of bergamot essential oil in a carrier oil or a skin lotion to address nervous triggered skin conditions such as eczema and psoriasis and to soothe insect bites. Add 1-2 drops in 1 oz. carrier oil to obtain massage oil with great effects in enhancing peripheral circulation and soothing muscles. It is best to avoid using on the skin before going into direct sun.

Use 1-2 drops in the diffuser or for direct palm inhalation to uplift spirit, fight stress, calm anxiety, reduce anger and fear, support mental focus and balance emotions.

Bergamot Essential Oil Recipes:

Uplifting boost:

- 15 drops bergamot
- 5 drops rose geranium
- 3 drops lemon
- 2 drops frankincense

Diffuse as many times as preferred, or add 1-3 drops in 1 oz. carrier oil for massage.

Self confidence boost:

- 10 drops bergamot
- 6 drops palmarosa
- 6 drops spruce
- 3 drops patchouli

Diffuse blend or dilute 1-3 drops in a carrier oil.

Clove

(*Syzygium aromaticum*)

Part of plant used

Flower buds (dried, powder, tincture, essential oil)

Short description/Overview:

Cloves are the aromatic flower buds of an evergreen tree belonging to the Myrtaceae family. The lower buds change their color during the growth from pale to green, eventually turning pink to red when they are ready to harvest. Once harvested the flowers are dried and ready to use. Whole clove or powdered have been used as a spice and a food preservative for centuries in several Asian countries, in traditional cuisine. Multiple therapeutic utilizations are found mostly in the Ayurvedic, Chinese and Tibetan medicine.

Clove essential oil is produced out of clove buds through steam distillation. Clove bud essential oil is yellow to brown yellow, with middle notes, strong aroma, and a warm, spicy, woody, with a slightly pungent fruity top note aromatic profile. Due to its warming properties and multiple therapeutic uses, clove bud is an important aromatherapy oil.

Brief description of the therapeutic functions

The essential oil has been used as a topical painkiller that relieves toothache in dental medicine. Topically used it acts like a local anesthetic, stimulates peripheral circulation, relieves pain and strengthens the muscles, is antibacterial and antifungal. In aromatherapy clove oil aids in decongesting the airways and lungs, and also has an anti-anxiety effect.

Clove essential oil has a high content of eugenol, which is the main contributor to its therapeutic properties. It has antimicrobial, antifungal, antiseptic, antiviral, aphrodisiac, and stimulant properties that have been scientifically validated. Topically applied (always highly diluted) as compress, or massaged it supports the circulatory system, enhances peripheral circulation, soothes muscles and joints. When massaged in the upper abdomen it promotes a healthy digestion and regulates peristalsis. On the nervous system it has a tonic, uplifting action. Clove buds essential oil also has aphrodisiac properties.

List Of Specific Therapeutic Actions

Respiratory: clears airways, aids expectoration, adjuvant in colds and flu, decongestant

Circulatory: stimulates peripheral circulation, helps in water retention

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, helps in stiff and painful joints, helps in arthritis, promotes musculoskeletal health

Topical: antibacterial, antifungal, has antiseptic properties, promotes wound healing, insect repellent

Nervous: alleviates anxiety, has calming properties, fights stress, soothes nerves, fights sleep disorders and anxiety, sedative, enhances libido, aphrodisiac

Energetic: fights mental fatigue, tonic, helps in lethargy, encourages human interaction, supports creativity, cleanses energies, promotes positive thinking, increases relaxation, induces a feel-good mood

Ayurvedic medicine:

Taste: spicy, sweet, pungent

Post digestive: pungent

Potency: warm

Quality: light, oily, sharp

Tissues: blood, nerves

Channels: digestive, respiratory, circulatory

Traditional Chinese Medicine:

Clove (*ding xiang*) is considered acrid, warm, and aromatic, entering the stomach, and spleen meridians being efficient in warming the middle.

Important scientific data:

Clove bud essential oil has a high content of eugenol, totaling up to 90%. Studies have shown that eugenol is a potent antibacterial and antiviral agent, with great efficiency even against resilient and antibiotic resistant pathogens. The active ingredients in the clove essential oil have antibacterial and antifungal properties with efficiency against *E. coli*, *Listeria*, *Pseudomonas*, *Proteus*, *Salmonella*, and *Clostridium candida*, *aspergillus* and others.

Eugenol also contributes to slowing the inflammatory processes. In vitro studies showed that it inhibits pre-inflammatory cytokines.

Clove bud essential oil has anesthetic effects when used in pure state. Clinical studies showed great efficiency in addressing toothaches. However, pure clove bud essential oil is dermocaustic so applying it undiluted to the skin can cause chemical burns.

In a study assessing the antioxidant properties of 25 essential oils, clove oil ranked second (after thyme) when it came to antioxidant effects.

A randomized cross-over study on how aromatherapy and essential oil massage influence menstrual pain that used a blend of cinnamon, clove, rose and lavender diluted in almond oil, versus a placebo (almond oil) showed relevant positive results. These results suggest that aromatherapy and massage are effective in alleviating menstrual pain, its duration and excessive menstrual bleeding.

How To Use

Massage Oil: Clove essential oil should only be used in high dilution (1-2%). It can be massaged on the chest to enhance respiration, on the upper abdomen to promote a healthy digestion, on the lower abdomen to soothe menstrual pain and on sore muscle and joints to alleviate pain.

Diffuser: diffusing clove essential oil will warm the body and mind with the qualities of stimulating spice. Like other spices this oil will help to open the breath and relieve heaviness and lung discomfort. It will promote a uplifting, relaxed atmosphere that encourage emotions and interactions

Therapeutic Recipes:

Emotional Relief Blend

- 1 drop clove
- 6 drops lavender
- 3 drops clary sage

Diffuse the blend to reduce emotional and mental tension.

Cautions, Warnings and Contraindications:

Caution:

Due to its high eugenol content, clove oil is dermotoxic to the skin. Never apply clove oil undiluted to skin, always use in a high dilution. Before using it for the first time, a patch test is highly recommended.

Warnings:

Do not take clove essential oil internally.

Contraindications:

Pregnant women and infants should avoid use of the essential oil.

Eucalyptus

(Eucalyptus globulus)

Overview:

Eucalyptus is a perennial, large tree, belonging to the Myrtaceae family and native to various parts of the world. Eucalyptus is a resilient tree that thrives even in harsh conditions. There are over 700 eucalyptus species around the world. E. globulus, E. smithii, E. polybractea and E. radiata are primarily used for medical purposes due to their cooling and tonic properties. Other species such as E. citriodora, E. staigeriana. and E. macarthurii are used in the perfume industry because of their pleasant fresh scent. Eucalyptus globulus, also referred to as the “blue gum” tree is the most common eucalyptus variety and the main source for essential oil as it has a high (70-85%) eucalyptol content. Known for its strong medicinal qualities, this eucalyptus has an affinity for the respiratory tract and supporting a healthy inflammatory response in most of the body's systems.

Therapeutic Actions and Benefits:

Eucalyptus oil is tonic, refreshing, and stimulating to the senses and energetic channels of both body and mind. The eucalyptol content has anti-inflammatory, analgesic, antibacterial, antifungal, anti-rheumatic, antiseptic, antispasmodic, antiviral, decongestant, expectorant, febrifuge, and stimulant properties. Eucalyptus has an affinity for the respiratory system, fighting respiratory infections, colds, flu, aiding in a speedy recovery and promoting respiratory health. It boosts the immune system by decongesting the airways and allowing the lungs to enhance the oxygen intake.

Eucalyptus also supports cerebral and peripheral circulation, promotes muscle and joint health and protects the skin from bacterial and fungal infections. Eucalyptus has a tonic and stimulating effect on the mind, enhancing concentration and clearing thoughts. Emotionally, eucalyptus oil is associated with the alleviation of grief and sorrow, as well as opening the heart and intellect while equalizing emotions.

List of specific therapeutic actions

Respiratory: alleviates chronic and acute bronchitis, relieves sinusitis, aids in asthma, treats sore throat and infections, laryngitis, clears the head, unclogs sinuses, decongests airways, fights colds and flus

Circulatory: has stimulating properties, stimulates peripheral circulation, promotes cerebral circulation

Immune: boosts immunity, strengthens the immune response during respiratory infections

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism

Nervous: aids in neuralgia, relieves headaches, alleviates migraines

Skin: promotes skin health, fights fungal infection, supports wound healing, aids in varicose veins and leg ulcers, has antibacterial properties, great addition for massage oil

Energetic (aromatherapy): tonic, cooling, fresh, uplifting, clears negative emotions, stimulates the mind, aids concentration, balances energy, purifies energies, calms, and promotes clear thinking.

Ayurveda:

Used in Kapha excess conditions associated with congestion and convalescence. Cooling and light, it promotes clear thinking and enhances mental concentration.

Traditional Chinese Medicine:

In TCM eucalyptus is highly revered for its ability to clear lung phlegm and a potent tonic for lung Qi. Eucalyptus is used in respiratory ailments that congest the sinuses and airways. Emotionally, it helps the mind focus on the positive emotions, clearing negative thoughts.

Aromatic profile:

Scent: camphoraceous, clear, minty, herbaceous, spicy, woody undertone, with a light sweet note

Note: top note

Blends well with: thyme, rosemary, marjoram, geranium, lavender, cedar wood, sandalwood, melissa, lemon

Safety: Non-toxic, non-irritating

How To Use Eucalyptus Essential Oil:

Eucalyptus oil can be applied topically in dilution as a compress, in the bath, through direct inhalation, or diffuser.

For massage, eucalyptus essential oil must be diluted in a base oil. 3 – 6 drops in ½ oz carrier oil can be used as a chest rub for airways decongestion. 1 - 2% eucalyptus oil in a carrier oil can be used for local massage to enhance peripheral circulation and to relieve muscular and joint pain.

Add a few drops to water in to a spray bottle to reduce pet odors and freshen stale air.

For inhalations, use a diffuser or few drops on the palm to clear the sinuses, enhance oxygen intake and strengthen the mind.

A few drops in the water or in the diffuser can be used to repel insects.

Eucalyptus Oil Recipes:

Respiratory Support: in a pot of steaming water for inhalations or added in ½ oz. unscented ointment for chest rub:

- 4 drops eucalyptus
- 2 drops chamomile
- 4 drops silver fir

Decongestant and expectorant: in diffuser or in a pot of hot water for inhalations

- 2 drops eucalyptus
- 2 drops cedar
- 4 drops frankincense
- 4 drops juniper berry

Insect repellent: diluted in 4 oz. water for spraying

- 8 drops eucalyptus
- 8 drops lemongrass
- 8 drops African bluegrass
- 8 drops catnip oil
- 4 drops peppermint

Frankincense

(*Boswellia papyrifera*, *Boswellia serrata*, *Boswellia sacra*, *Boswellia fereana*)

Overview:

Frankincense is the resin of trees from the *Boswellia* genus, belonging to the Burseraceae family. Frankincense producing trees are native to east-central Africa, in countries such as Ethiopia, Yemen, Oman, Saudi Arabia, and Somalia. The trees are usually between 8-12 meters high with a white-brownish, papery bark.

Frankincense is perhaps the most important resin in the world. Its use goes back in history to ancient times where it was highly revered for its medical properties. It was vital to numerous religions around the world, as it was believed to purify the atmosphere and induce and facilitate meditation and connection to the spirit. Arabs used it extensively and referred to it as “al luban,” which can be translated as milk of the tree, a name that became “olibanum,” an alternative name of frankincense. Frankincense was one of the most highly traded goods in history.

Frankincense resin is a famous incense used in religious ceremonies and meditation. Recent research has shown that besides its symbolic meaning as a spiritual purifier, burning frankincense has hygienic functions, including antimicrobial effects.

Frankincense essential oil distilled from various species of *Boswellia* have common properties, but there are also subtle differences in fragrance and therapeutic effects. *Boswellia carterii* oil has a smooth, resinous aroma with the typical frankincense fragrance and pine notes. *Boswellia frereana* produces a more pungent, spicy and balsamic essential oil. *Boswellia neglecta* produces more complex, spicy, earthier and sweeter oil. *Boswellia papyrifera* oil is subtle, citrusy, with both enlivening and relaxing properties. *Boswellia rivae* produces a woody, soft and complex essential oil. *Boswellia serrata* produces citrusy, lemon and pine notes that make the essential oil easily recognizable.

Frankincense trees are endangered due to numerous factors, and the oil is frequently adulterated.

Therapeutic Actions and Benefits:

Frankincense essential oil is rich in monoterpenes and sesquiterpenes, active ingredients that have significant therapeutic properties. Scientific research shows that frankincense has antibacterial, antidepressant, anti-inflammatory, antiseptic, astringent, balsamic, carminative, expectorant, immune enhancer, nervine, and sedative properties.

Frankincense is a potent immune booster especially in stressful periods, during convalescence and through seasonal changes. In the respiratory system, frankincense oil decongests the airways allowing better oxygen flow and helping the body to recover from respiratory infections. The active ingredients of frankincense are also beneficial for

muscles, joints and skin. On the nervous system, the essential oil has a relaxing, reviving effect, fighting stress and depression and supporting the ability to focus.

List Of Specific Therapeutic Actions (resin and essential oil)

Respiratory / ENT: helps in respiratory and ENT infections, soothes sore throat, aids in airway decongestion, relieves toothaches and earaches

Digestive: controls acidity, prevents heartburns, soothes colic, regulates peristalsis, promotes a healthy digestion

Skin: promotes wound healing, has antioxidant and anti-aging properties, effective in wrinkle treatment, reduces scarring, promotes and supports gum health

Immune: has antiseptic, antibacterial and antifungal properties, boosts immunity, promotes natural healing

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles, aids in carpal tunnel and restless leg syndrome

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive, aids in sleep disorders and insomnia, helps in migraines and headaches

Energetic: has relaxing properties, soothes emotions and calms nerves, induces euphoria, supports meditation, fights negative and unproductive thoughts, boosts self-confidence, elevates spirits, encourage connection with the inner self and introspection

Ayurveda:

Frankincense is ideal for conditions associated with excess vata. It is considered good for the muscles and joints.

Traditional Chinese Medicine:

In TCM frankincense regulates the Qi energy flow through the body. It is used to boost immunity.

Aromatic profile:

Scent: fresh, slightly citrusy with pine notes, woody, rosy-floral, balsamic, slightly spicy, warm

Note: base to middle

Blends well with: Bergamot, Clary sage, Rose geranium, Frankincense, Lemon, Mandarin, Ylang ylang, patchouli, neroli

Safety: Non-toxic, non-irritating

How To Use Frankincense Essential Oil:

Frankincense oil can be used on the skin diluted in a carrier oil, in a diffuser, in bath water, and added in to various lotions and ointments.

2 - 4 drops in the bathwater will enhance respiratory functions and induce a relaxed, calm mood.

For massage of the muscle and joints and lymphatic drainage frankincense essential oil should be diluted in a carrier. Use 1-2 % in a massage oil for soothing muscles and joints and enhancing peripheral circulation.

Add 1-2 drops frankincense essential oil to skin lotion or cream to obtain anti-aging effects. Dilute 1-2 drops in a cup of water and use as gargle and mouth rinse.

Diffuse, use steam inhalation or direct inhalation for enhancing immunity and supporting the body and emotions during stress.

Diffuse frankincense with lavender for relieving headaches.

Frankincense Oil Recipes:

Respiratory Support blend:

- 8 drops frankincense
- 6 drops eucalyptus
- 3 drops rosemary
- 3 drops pine

Use the blend in the diffuser or dilute in 1 oz., carrier oil for topical application (chest rub) or direct inhalation

Meditation blend:

- 8 drops frankincense
- 6 drops sandalwood
- 3 drops cedar wood

Use the blend in the diffuser, for direct inhalation, or dilute in 1 oz carrier oil for anointing.

Lavender

(Lavendula angustifolia)

Overview:

Lavender is a perennial, shrubby plant, with gray-green leaves and purple flowers native to the Mediterranean area. There are over 20 species of lavender and many more varieties and cultivars. Lavender has been used from ancient times because of its pleasant, recognizable scent. It was used in baths, to scent laundry and protect it from moths, air freshener and insect repellent. Its perfume was also considered a cure for headaches, insomnia, anxiety and nervous stress. In the Middle Eastern cultures various forms of lavender preparations were medically used, especially with anti-inflammatory purposes. The herb's history is also linked to ancient Egypt where it was used as an insecticide and an embalment agent. Some cultures also use lavender as a food condiment.

Lavender is considered feminine, with an affinity to the female endocrine and reproductive systems. Its floral fragrance is unique and easily recognizable, making it one of the most popular cosmetic ingredients. Lavender essential oil is by far the most popular worldwide; unfortunately, this means that the lavender essential oil is also one of the most adulterated, with estimates ranging from 60 - 90% of products being affected – some of them obtained from similar species (mostly lavandin), some highly diluted and some completely synthetic. It is essential to make sure that the lavender essential oil comes from an organic, responsibly harvested source.

Therapeutic Actions and Benefits:

Lavender is rich in the esters, especially linalyl acetate and linalool. Lavender's medical properties are revered and acclaimed around the world. Lavender essential oil is used for antidepressant, anti-rheumatic, hypotensive, sedative, anti-inflammatory, anti-microbial, immunity-booster, hormone-balancing, calming, relaxing and cooling properties. The oil is used in a wide range of health problems and to promote overall health. It is highly compatible and excellent for the skin, especially in wound healing. It also has an affinity for the women's reproductive system with effects in PMS, menopause, and other hormonal imbalances. Lavender is one of the most potent aromas for the nervous system helping with stress, anxiety, restlessness, nervousness, insomnia, migraines and headaches. Due to being virtually nontoxic and its strong positive effects on the nervous system, lavender is excellent for children. It soothes, calms, enhances positive moods and helps in respiratory, ear, nose, and throat infections, as well as in motion sickness.

List Of Specific Therapeutic Actions

Respiratory: helps in respiratory and ENT infections (especially in children), soothes sore throat, aids in airway decongestion

Circulatory: has heart tonic properties, regulates the heartbeat, prevents palpitations linked to nervousness, lowers blood pressure

Skin: promotes wound healing, helps in skin infection and inflammations, soothes insect bites and stings, treats cold sores, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, reduces hair loss, treats dandruff, promotes skin and hair health

Immunity: boost immunity, speeds healing processes, especially with massage, has antibacterial, antifungal and antiseptic properties

Endocrine/Reproductive: relieves mood swings related to PMS, menopause and hormonal imbalances, has emenagogue properties, regulates menstruation

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive, aids in sleep disorders and insomnia

Energetic: has relaxing properties, soothes emotions and calms nerves, induces euphoria, supports clarity, gives peace of mind, promotes emotional balance, helps in moods swings, helps processing of intense emotions, normalizes emotions

Ayurveda:

Lavender pacifies the *vata* by calming and relaxing the nervous system, and cools the *pitta* due to its anti-inflammatory properties. In Ayurveda lavender is believed to bring mental peace through anxyolytic and soothing properties.

Traditional Chinese Medicine:

In TCM lavender is considered cool and used to treat ailments associated with heat, especially when connected with the liver meridian. Lavender also supports the Heart Qi by regulating pulse and preventing rhythm disorders associated with stress and anxiety.

Aromatic profile:

Scent: Fresh, floral, sweet, herbaceous

Note: medium

Blends well with: bergamot, orange, lemon, geranium, clary sage, pine, neroli, rose and any other essential oil.

Safety: Non-toxic, non-irritating

How To Use Lavender Essential Oil:

Lavender can be applied (pure or diluted) topically, as a compress, in the bath, through direct inhalation, or diffuser.

For massage of the muscle and joints, and lymphatic drainage lavender essential oil should be diluted in a base oil. A dilution of 5% lavender oil in a carrier oil can be used for local massage to enhance peripheral circulation and to relieve muscular and joint pain.

Use a couple drops lavender oil on the bed linens, or diffuse in the bedroom to promote restful sleep.

Use a couple drops directly on skin to repel insects.

To relax and sooth the nervous system add a couple of drops in the bath water.

Blend lavender oil with a massage oil to uplift mood, and ease head and shoulder tension from daily stress.

Diffuse lavender to calm and relax the whole family and to create a euphoric atmosphere.

Lavender Oil Recipes:

Sleep facilitator:

- 4 drops lavender
- 6 drops clementine
- 2 drops chamomile
- 1 drop cedarwood

Diffuse the blend or dilute in ½ oz. (15ml) marula oil and lightly massage on skin.

Skin lotion (wound healing support):

- 4 drops lavender
- 4 drops helichrysum
- 2 drops rose

The blend can be applied pure or diluted in 15ml aloe vera gel

Stress Blend (for diffuser):

- 6 drops clary sage
- 2 drops lemon
- 3 drops lavender

Tea Tree

(Maleuca alternifolia)

Overview:

Tea tree is a perennial evergreen tree belonging to the Myrtaceae family, with bluish-green, cypress-like leaves and small flowers native mostly to Australia. Tea tree is not related to tea (*Camellia sinensis*). Anecdotal, the name of the tree came from British explorers that boiled the leaves of the tree and consumed it in order to prevent scurvy. Australian aboriginal natives have been using various forms of tea tree leaves for centuries, especially to boost immunity.

Tea tree oil is one of the most medically researched essential oil. Due to its chemical properties tea tree oil is excellent in a wide variety of medical conditions. The use of tea tree preparations has been documented for centuries for its antiviral and antibacterial properties. Scientific studies seem to validate the potent therapeutic properties of tea tree essential oil.

In aromatherapy tea tree essential oil is revered as one of the most cleansing and clarifying scents. It is essential to make sure that the essential oil comes from an organic, responsibly harvested source in order to avoid artificial and adulterated products.

Therapeutic Actions and Benefits:

Tea tree oil is rich in monoterpenes, sesquiterpenes and beneficial alcohols that are very medically effective. Studies have shown that tea tree oil has antibacterial, antiviral and antifungal properties including working against *Candida albicans*. It also has anti-inflammatory and anti-septic properties. Tea tree has an affinity for the respiratory system: it acts like an expectorant and decongestant and is effective in both acute and chronic conditions. Tea tree oil is one of the most beneficial active ingredients in skin care. It helps in acne treatment, balances the sebum production and promotes overall health of skin, hair and nails. While the oral consumption of pure tea tree essential oil is considered toxic, in dilutions it is effective in several digestive ailments caused by bacteria. Tea tree also boosts immunity, especially in stressful, intense periods and during cold seasons.

List of specific therapeutic actions

Respiratory: helps in respiratory infections, supports healing in colds and flu, helps in ear infections, soothes sore throat, aids in airway decongestion

Digestive: helps in the treatment of bacterial infections of the GI tract, relieves colic, helps in diarrhea, has anthelmintic properties, soothes sore throat and mouth ulcers, strengthens gums

Skin: helps in skin infection and inflammations, soothes insect bites and stings, treats cold sores, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, treats dandruff, strengthens nails, fights nail fungal infections, promotes skin and hair health

Immunity: boost immunity, helps the body cope with stressful periods and seasonal changes

Endocrine/Reproductive: helps in vaginal infections such as Candida, helps in the treatment of leucorrhea

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Nervous: tonic, fights stress and anxiety, helps concentration, supports the mind in stressful conditions

Energetic: induces clarity, uplifts the mind from negative thoughts, boosts self-esteem and self-confidence

Ayurveda:

Tea tree is efficient in high kapha and excess pitta: infections, fever, inflammation. It is considered to have cooling and tonic properties.

Traditional Chinese Medicine:

In TCM, tea tree can be regarded as a Qi tonic, supporting the body during convalescence, boosting energy in cases of lethargy and exhaustion.

Aromatic profile:

Scent: Fresh, medicinal, spicy

Note: mid to top

Blends well with: Bergamot, Roman chamomile, Eucalyptus, Pine, Lemon, Lemongrass, Peppermint, Rosemary

Safety: in pure form may be irritant to the skin and mucous, a patch test before using is recommended

How To Use Tea tree Essential Oil:

Tea tree can be applied (diluted) topically, as a compress, in the bath, through direct inhalation, or diffuser.

Use 1-2 drops of tea tree essential oil in skin lotions, gels and ointment to promote a healthy skin. Use 2-5% tea tree oil diluted in a carrier for nail and scalp massage. Local compresses can also be used to treat local problems: use a soaked cloth in a dilution of 5 drops of oil in 2 oz of water and apply topically.

For mouthwash and gargle dilute 2 drops of essential oil in 2 oz. water. Use to treat sore gums and throat and to support gums health.

Diffuse tea tree to clear respiratory airways and to protect the body from catching colds and flu. For direct inhalation dilute the oil or use it in a blend.

Dilute a couple drops of tea tree essential oil in water and spray it in the room for a

pleasant smell and clean atmosphere.

Tea Tree Oil Recipes:

Sinus decongestion:

- 2 drops tea tree
- 2 drops eucalyptus

Use the blend in a diffuser or add in a carrier for direct inhalation.