



Primary Functions Of Botanical Therapeutic Categories

Flowers, Medicinal

Relaxing to mood and mind, anti-anxiety
Calming to nervous system
Uplifting, antidepressant
Cooling, anti-inflammatory
Support female hormonal balance
Low dermatotoxic potential
Beneficent for the skin
Anti-infectious

Flowers, Exotic

Same overall properties as medicinal flowers
Stronger mood uplifting and antidepressant effect
Stronger relaxant and anxiolytic effect
Stronger sensual aphrodisiac effect
Stronger effect on female hormonal balance

Citrus

Phototoxic, high risk
Mood elevating
Gently relaxing
Supportive anti-infectious properties

Spices

Generally high dermatotoxic risk
Stimulating and energizing to mind
Antidepressant
Warming to circulation
Strongly anti-infectious and anti-microbial
Appetizing
Beneficial for respiratory and digestive systems

Sacred Scents (woods and resins)

Low to medium dermatotoxic potential
Mood elevating

Anxiolytic, calming
Support meditation
Anti-infectious and antimicrobial
Support respiratory system
Beneficial to mind and nervous system

Respiratory (eucalypti and conifers)

Low dermatotoxic potential
Expectorant, decongestant and anti-tussive
Tridoshic for respiratory problems
Antimicrobial, anti-infectious and purifying
Uplifting and clarifying to mind
Beneficial for musculoskeletal issues

Unique Antimicrobials

Low to high dermatotoxic potential
Significant anti-infectious and antimicrobial powers