



Women's Health Synergies and Formulas

Symptom Specific Oils:

Dysmenorrhea: chamomile, citruses, clary sage, fennel, frankincense, geranium, jatamansi, lavender, lemongrass, patchouli, peppermint, tulsi, vetiver, ylang ylang

Amenorrhea: clary sage, fennel, geranium, ginger, jatamansi, citruses

PMS: bergamot, chamomile, clary sage, fennel, frankincense, geranium, ginger, helichrysum, jatamansi, lavender, mandarin, patchouli, peppermint, vetiver, ylang ylang

Methods

Abdominal massages

Abdominal compresses

Direct inhalation

Diffusers

Aromatic baths

Blending Proportions(Fragrance intensity & dermatotoxic potential)

4 parts: bergamot, citruses, clary sage, fennel, frankincense, lavender, mandarin

2 parts: chamomiles, geranium, lemongrass, vetiver, ylang ylang

1 part: jatamansi, patchouli, peppermint, tulsi,

Blending Harmonies (from modules 1 – 10)

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

Chamomiles blend well with frankincense, lemon

Clary sage blends well with: bergamot, Roman chamomile, fennel, frankincense, rose geranium, ginger, jatamansi, lavender, mandarin, patchouli, peppermint, tulsi, vetiver, ylang ylang

Rose geranium blends well with: grapefruit, mandarin, orange, lime, bergamot, angelica, carrot seed, tulsi, rose, jasmine, lavender

Fennel blends well with: geranium rose, rose, ylang-ylang, lavender, grapefruit, orange, lime, bergamot, mandarin, sandalwood, cypress, sage

Frankincense blends well with lemon

Ginger blends well with black pepper, clove, lemongrass, helichrysum, lemon, grapefruit

Helichrysum blends well with: Roman chamomile, geranium, ginger, lavender, lemongrass, mandarin, lemon, grapefruit, orange, vetiver

Lavender blends well with almost all oils

Peppermint Blends well with: lavender, lemon, eucalyptus, fir, lemongrass, pine, tea tree

Rose blends well with: vetiver, sandalwood, bergamot, geranium rose, jasmine, grapefruit, orange, lemon, mandarin, neroli, ylang ylang

Ylang ylang blends well with: bergamot, orange, lemon, grapefruit, petitgrain, neroli, lavender, sandalwood, vetiver