



Botanical Therapeutic Categories, Safety

Flowers, Medicinal

Low dermatotoxic potential

Often used for skin conditions

Can sometimes be applied neat

Chamomile, German (*Matricaria chamomila*)

Chamomile, Roman (*Anthemis nobilis*)

Clary Sage (*Salvia sclarea*)

Geranium, Rose (*Pelargonium graveolens*, vr. *roseum*)

Helichrysum (*H. italicum*)

Lavender (*L. augustifolia*)

Rhododendron (*Rhododendron anthopogon*)

Flowers, Exotic

Low dermatotoxic potential

Often used for skin conditions

Champa (*Michelia champaka*)

Geranium Sur Fleur Rose (geranium-rose co-distillation)

Jasmine Dawn Blooming (*J. grandiflorum*)

Jasmine Night Blooming (*J. sambac*)

Lotuses (*Nelumbo*, *Nymphae*)

Neroli (*Citrus aurantium*)

Rose (*Rosa damascena*)

Ylang Ylang, (*Cananga odorata*)

Citrus

High phototoxic potential

Pressed oils more phototoxic than distilled

Use highly diluted

Avoid direct exposure to UV light for 8 hours after application

Clementine, (*Citrus clementine*)

Bergamot (*Citrus bergamia*)

Grapefruit (*Citrus paradisi*)

Grapefruit, Zeste (*Citrus paradisi*)

Lemon (*Citrus limomum*)
Lime (*Citrus aurantifolia*)
Mandarin (*Citrus reticulate*)
Orange, sweet (*Citrus sinensis*)
Petitgrain, clementine (*Citrus clementine*)

Spices

High dermatotoxic potential
Use highly diluted
Basil, Sweet (*Ocimum basilicum* ct. linalool)
Black Pepper (*Piper nigrum*)
Cardamom (*Elettaria cardamomum*)
Cinnamon, Himalayan (*C. cecidodaphne*)
Cinnamon Bark (*Cinnamomum Zeylanicum*)
Clove Bud (*Syzygium aromaticum*)
Fennel (*Foeniculum vulgare*)
Ginger (*Zingiber officinale*)
Marjoram (*Origanum marjorana*)
Mint, Himalayan (*Mentha arvensis*)
Oregano (*Origanum vulgare*)
Peppermint (*Mentha piperita*)
Peppermint (*Mentha piperita*)
Rosemary, Spanish (*R. officinale*)
Rosemary, Verbenone (*R. officinale*)
Spearmint (*Mentha Spicata*)
Tulsi, Holy Basil Oil (*Ocimum sanctum*)
Thyme (*Thymus vulgaris*)

Sacred Scents (woods and resins)

Low dermatotoxic potential
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Can sometimes be applied neat
Agarwood
Cedar (*Cedrus*)
Frankincense (*Boswellia carterii*)
Frankincense (*Boswellia Frereana*)
Frankincense (*Boswellia Neglecta*)
Frankincense (*Boswellia papyrifera*)
Frankincense (*Boswellia rivaie*)
Frankincense (*Boswellia serrata*)
Frankincense-Myrrh Co-distillation
Sandalwood (*Santalum spicatum*)
Sandalwood (*Santalum paniculata*)

Sandalwood (*Santalum austrocaledonicum*)

Medium dermatotoxic potential

Avoid undiluted uses

Palo Santo (*Bursera graveolens*), Ecuador

Respiratory (eucalypti and conifers)

Low to medium dermatotoxic potential

Can sometimes be applied neat

Eucalyptus (*E. globulus*)

Eucalyptus (*E. macarthurii*)

Eucalyptus (*E. radiata*)

Fir, Silver (*Abies alba*)

Juniper, Rocky Mountain (*Juniperus scopulorum*)

Juniper, Dwarf (*Juniperus communis*, vr. *Nana*)

Pine (*Pinus sylvestris*)

Pinion Juniper Co-distillation

Pinon Pine (*Pinus edulis*)

Spruce (*Picea mariana*)

Medium dermatotoxic potential

Avoid undiluted uses

Eucalyptus (*E. citriodora*)

Eucalyptus (*E. dives*)

Unique Antimicrobials

Medium to high dermatotoxic potential

Use highly diluted

Manuka (Lemon Scented Tea Tree; *Leptospermum citratum*)

Niaouli (*Melaleuca quinquenervia*)

Ravensare (*Ravensara Aromaticum*)

Tea Tree (*Melaleuca alternifolia*)