SINGLE ESSENTIAL OILS
QUICK REFERENCE CHART

	One of Many Uses	APPLICATION			SKIN SENSITIVITY		
		AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE
Basil *Ocimum basilicum*	Respiratory care	A	T	I	N		
Bergamot *Citrus bergamia*	Depression	A	T	I		S	
Cassia *Cinnamomum cassia*	Circulation	A	T	I			D
Cinnamon *Cinnamomum zeylanicum*	Diabetes	A	T	I			D
Clary Sage *Salvia Sclarea*	Nerves	A	T	I	N		
Clove Bud *Eugenia caryophyllata*	Toothache	A	T	I			D
Coriander *Coriandrum sativum*	Digestion	A	T	I	N		
Cypress *Cupressus sempervirens*	Diuretic	A	T		N		
Eucalyptus *Eucalyptus radiata*	Decongestant	A	T			S	
Frankincense *Boswellia frereana*	Tonic	A	T		N		
Geranium *Pelargonium graveolens*	Anti-parasitic	A	T		N		
Ginger *Zingiber officinale*	Stomach	A	T	I		S	
Grapefruit *Citrus X paradisi*	Lymphatic	A	T	I	N		
Helichrysum *Helichrysum italicum*	Anticoagulant	A	T		N		
Lavender *Lavandula angustifolia*	Sinus	A	T		N		
Lemon *Citrus limon*	Antiviral	A	T	I	N		
Lemongrass *Cymbopogan flexuosus*	Insecticidal	A	T			S	
Marjoram *Origanum majorana*	Vasodilator	A	T	I	N		
Melaleuca *Melaleuca alternifolia*	Expectorant	A	T		N		
Myrrh *Commiphora myrrha*	Thyroid	A	T		N		
Oregano *Origanum vulgare*	Allergies	A	T	I			D
Peppermint *Mentha piperita*	Memory	A	T	I		S	
Roman Chamomile *Anthemis nobilis*	Calming	A	T		N		
Rosemary *Rosmarinus officinalis*	Rheumatism	A	T	I	N		
Sandalwood *Santalum album*	Hypertension	A	T		N		
Thyme *Thymus vulgaris*	Cardio health	A	T	I			D
Vetiver *Vetiveria Zizanoides*	Aphrodisiac	A	T		N		
White Fir *Abies alba*	Antiinflammatory	A	T		N		
Wild Orange *Citrus sinensis*	Cleaning	A	T	I	N		
Wintergreen *Gaultheria procumbens*	Arthritis	A	T			S	
Ylang Ylang *Cananga odorata*	Sedative	A	T		N		

Essential Oil Usage Guide

Didier Musso

Essential Oil Usage Guide:

The Enigmatic Realm of **Essential Oil Usage Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Essential Oil Usage Guide** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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Table of Contents Essential Oil Usage Guide

1. Understanding the eBook Essential Oil Usage Guide
    - The Rise of Digital Reading Essential Oil Usage Guide
    - Advantages of eBooks Over Traditional Books
2. Identifying Essential Oil Usage Guide
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Essential Oil Usage Guide
    - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Oil Usage Guide
    - Personalized Recommendations
    - Essential Oil Usage Guide User Reviews and Ratings
    - Essential Oil Usage Guide and Bestseller Lists

5. Accessing Essential Oil Usage Guide Free and Paid eBooks
    - Essential Oil Usage Guide Public Domain eBooks
    - Essential Oil Usage Guide eBook Subscription Services
    - Essential Oil Usage Guide Budget-Friendly Options
6. Navigating Essential Oil Usage Guide eBook Formats
    - ePub, PDF, MOBI, and More
    - Essential Oil Usage Guide Compatibility with Devices
    - Essential Oil Usage Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Essential Oil Usage Guide
    - Highlighting and Note-Taking Essential Oil Usage Guide
    - Interactive Elements Essential Oil Usage Guide
8. Staying Engaged with Essential Oil Usage Guide
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Essential Oil Usage Guide
9. Balancing eBooks and Physical Books Essential Oil Usage Guide
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Essential Oil Usage Guide
10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
11. Cultivating a Reading Routine Essential Oil Usage Guide
    - Setting Reading Goals Essential Oil Usage Guide
    - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Essential Oil Usage Guide
    - Fact-Checking eBook Content of Essential Oil Usage Guide
    - Distinguishing Credible Sources
13. Promoting Lifelong Learning

    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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