

## Basic Essential Oils Kit

### Chamomile Roman (*Chamaemelum nobile*)

Chamomile is powerfully soothing and relaxing.

**Possible Uses:** Allergies, blood cleansing, pain relief, fevers, menstrual problems, skin problems, cystitis, pain, toothache, colic, muscular spasms, migraine headaches, depression, nervousness, rheumatoid arthritis, earache, hair care, inflammation, insomnia, inflamed joints, stress.

**Cautions:** Occasionally listed for pregnancy caution.

**Common Usage:** Inhale, diffuse, apply to the base of the neck, on the temples, and over the liver. Effective in the tub or as a compress.

### Clove (*Syzygium aromaticum*)

The aroma of clove is heartwarming. It may influence healing, improve memory, and protect from negative energy.

**Possible Uses:** bad breath, bronchitis, colds, depression, diarrhea, exhaustion, flatulence, flu, headache, insect bites, nausea, parasites, rheumatism, ringworm, scabies, skin problems, smoking (stop desire for), stress, toothaches, warts

**Cautions:** Avoid if pregnant. Dilute well. Can irritate sensitive skin. Too strong to use in the bath. Repeated use can cause contact sensitization and allergic reactions.

**Common Usage:** Inhale or apply, diluted well, to areas of pain or inflammation. Rub on the gums around a painful tooth.

### Lavender (*Lavendula officinalis*)

Regarded as the most universal and flexible oil – fits a multitude of needs; calming and healing.

**Possible Uses:** anxiety, arthritis, blisters, bronchitis, burns, colic, cramps, dandruff, dermatitis, eczema, edema, fainting, fatigue, flatulence, headache, indigestion, insect bite, insomnia, irritability, migraine, muscle aches and pains, nausea, panic, psoriasis, rashes, rheumatism, scars, sprains, stress, stretch marks, sunburn, tension, thrush, wounds

**Cautions:** Generally calming; can be stimulating in too great a quantity – especially with babies and small children.

**Common Usage:** Diffuse, inhale, or apply to areas of the body.

### Lemon (*Citrus limonum*)

Is uplifting and refreshing and brings clarity of thought.

**Possible Uses:** anti-ageing, anxiety, asthma, blisters, boils, bronchitis, (dissolving) cellulite, cleanser, cuts, depression, digestion, fever, flu, gallstones, liver and lymphatic cleanse, memory, sinusitis, skin care, sore throat, warts, water purification

**Cautions:** Lemon is photo-toxic. Avoid sunlight or UV rays on skin to which lemon oil has been applied.

**Common Usage:** Diffuse, inhale, or dilute well to avoid irritation and apply to any area of the body.

### Peppermint (*Mentha piperata*)

Is like a relaxing rush of fresh energy to the system.

**Possible Uses:** apathy, arthritis, breath freshener, circulation, colds, colic, depression, diarrhea, digestion, fatigue, fever, flatulence, flavoring, flu, headache, heartburn, inflammation, itching, migraine, morning sickness (very small amounts), muscle aches, nausea, pest repellent, rheumatism, shock, stomach cramps, vomiting

**Cautions:** Use caution if pregnant or dealing with high blood pressure. Soothing in small amounts; stimulating in large.

**Common Usage:** Inhale or dilute very well before applying to the body. Too strong for the bath.

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### Rosemary (*Rosmarinus officinalis*)

One of the best loved blends.

**Ingredients:** lavender, patchouli, sweet orange, lime, ylang ylang, geranium, blue tansy, palmarosa, chamomile German

**Affinity for:** nervous system, circulation, emotional stability

**Possible Uses:** relaxation, anxiety, stress, tension and depression; developing inner strength, patience and understanding; quelling a rebellious spirit; insomnia; migraine headache; osteoporosis; panic attacks

**Common Usage:** inhale, diffuse, or place under nose, on back of neck, on the feet, in bath water (3 or 4 drops)

### Tea Tree (*Melaleuca alternifolia*)

Recognized for centuries as anti-bacterial, anti-fungal, and antiseptic.

**Possible Uses:** acne, athlete's foot, boils, candida, colds, cold sores, cough, cuts, diarrhea, eczema, fungal infection (nails and skin), insect bites, rashes, ringworm, sinusitis, sore throat, tissue regeneration, vaginal thrush (dilute very well), wounds **Cautions:** Begin using this oil with caution if you have sensitive skin. Just a few drops in a bath will suffice.

**Common Usage:** Inhale or diffuse. Dilute before applying to the skin, except in the case of insect bites where it is best applied neat. Very effective for killing air-borne bacteria.

### Thyme (*Thymus zygis*)

Historically used for respiratory problems and digestive complaints and for infection. Strong antiseptic and antiviral.

**Possible Uses:** asthma, bronchitis, colds, colitis, coughs, depression, fatigue (general), flu, gas and bloating, headache, immune system, insomnia, nerves, stress, urinary infection

**Caution:** Use with great caution when not part of a blend, especially with children. May be somewhat irritating to mucous membranes and skin. Avoid during pregnancy.

**Common Usage:** Diffuse to purify the air during cold and flu season. (Add other oils for a better aroma.) Dilute well when applying to the skin.

Oils in this kit were selected according to Valerie Worwood's *The Complete Book of Essential Oils and Aromatherapy*.

**General Use of Essential Oils:** Do not take internally without consulting an appropriate health professional. Do not apply undiluted to the skin. Use extreme caution when using oils with children. Give them only the gentlest oils at very low doses. Use a skin patch test prior to using any new oil.

**Important Note:** Data on this card is based on traditional usage of an essential oil, or oils in a blend. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease or health condition. Earth Sonnets LLC does not necessarily agree with such traditional usage. Content is for reference purposes only and is not intended to substitute for advice given by a physician or other licensed health-care professional. This data is not considered complete or guaranteed to be accurate. In purchasing essential oils from our company you agree to indemnify and hold Earth Sonnets LLC harmless from consequences of use or misuse.