

The Ingredients To Die For Essential Oil Therapeutic Reference Guide (Single Notes)

'At your Fingertips' Solutions to Everyday Issues



Essential Oil Therapeutic Reference Guide (Single Notes)

ANGER

Chamomile Cape • Chamomile Roman • Rose Otto • Vetiver • Ylang Ylang • Benzoin

ANTI-VIRAL

Cinnamon • Clove • Eucalyptus • Lavender • Lemon • Melissa • Monarda • Myrtle Lemon
MQV (Niaouli) • Oregano • Palmarosa • Ravensara • Rosemary • Sage • Tea Tree • Lemon Tea Tree
Thyme

ANTI-AGING

Carrot Seed • Frankincense • Jasmine • Lavender
Myrrh • Neroli • Palmarosa • Patchouli • Rose • Rosewood • Sandalwood • Ylang Ylang

APHRODISIAC

Cardamom • Champaca • Clary Sage • Coriander
Ginger • Jasmine • Neroli • Oak Moss • Patchouli • Rose • Sandalwood • Vanilla • Ylang Ylang

ATHLETE'S FOOT / FUNGUS

Cinnamon • Clove • Eucalyptus • Myrrh • MQV (Niaouli)
Myrtle Lemon • Oregano • Sage • Spikenard • Tagetes • Manuka • Tea Tree • Lemon Tea Tree • Thyme

BLEMISHES

Camphor White • Chamomile German • Lavender High Altitude • Lavender Tea Tree • Lemon • Tea Tree
• Thyme Linalol

11110 Metric Blvd. Ste D • Austin TX 78758

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Information Sheet

State of the art ingredients · fast friendly service

CALM

Chamomile Roman • Chamomile Cape • Mandarin Red • Neroli • Sage Clary • Ylang Ylang

CELLULITE

Cedar Atlas • Celery Seed • Cypress • Fennel • Geranium • Ginger
Grapefruit • Juniper Berry • Lemon • Lemongrass • Lime • Mandarin • Orange • Parsley • Rosemary
Camphor

CIRCULATION ENHANCEMENT / STIMULATION

Basil (All) • Cypress • Eucalyptus • Geranium • Ginger • Pine Sylvester • Rosemary • Spruce Black •
Thyme Linalol

COLD SORES

Hyssop • Lavender • Melissa • Ravensara • Tea Tree • Thyme Linalol • Lemon Tea Tree

CONCENTRATION

Basil (All) • Cedar Atlas • Cypress • Eucalyptus • Lemon • Peppermint • Rosemary

CONFIDENCE

Bergamot • Cardamom • Cedar Atlas • Coriander • Cypress

Jasmine • Petitgrain Bigarade • Pine Sylvester • Rose • Rosemary • Sage Clary • Tuberose • Ylang Ylang

CONGESTION

Elecampane (Inula) • Eucalyptus (All) • Fir (All) • Hyssop • Lavender Spike • Marjoram Sweet

Myrtle • Palmarosa • Peppermint Supreme • Pine (All) • Ravensara • Ravintsara • Rosemary • Sandalwood
• Tea Tree

COUGHS

Eucalyptus (All) • Fir (All) • Frankincense • Marjoram Sweet • Myrrh • Sandalwood • Thyme Linalol

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COURAGE

Cedar Atlas • Cinnamon • Cypress • Frankincense • Marjoram Sweet • Rosewood

CREATIVITY

Bergamot • Frankincense • Geranium • Jasmine

Juniper Berry • Mimosa • Narcissus • Neroli • Orange Sweet • Rose • Sandalwood

CUTS / BRUISES

Cistus (Rock Rose) • Frankincense • Immortelle (Everlasting/ Helichrysum) • Lavender High Altitude
Lavender Spike

DANDRUFF

Cedar Atlas • Cypress • Patchouli • Rosemary Cineol • Clary Sage • Manuka • Spikenard • Tea Tree
Lemon Tea Tree

DEPRESSION

Basil Sweet • Chamomile German • Chamomile Wild (Ormenis multicaulis)

Cinnamon Bark • Elemi • Fir Balsam • Geranium • Immortelle (Everlasting / Helichrysum) • Magnolia

Monarda • Palmarosa • Petitgrain Bergamot • Pine Sylvester (Scotch) • Rose • Sage Clary • Sandalwood
Ylang Ylang

DE-STRESS

Balsam Peru • Bergamot • Cedar Atlas • Chamomile (All) • Fir (All) • Frankincense

Geranium • Grapefruit • Jasmine • Lavender (Especially High Altitude) • Litsea (May Chang) • Mandarin

Monarda • Neroli • Patchouli • Petitgrain (All) • Rose • Sage Clary • Sandalwood • Spruce Black

Lemon Verbena • Ylang Ylang

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DIGESTION

Basil (All) • Cardamom • Celery Seed • Coriander • Dill • Fennel • Ginger • Nutmeg • Parsley • Pepper Black • Peppermint Supreme • Spearmint

ENERGY

Basil (All) • Cornmint (Mentha arvensis) • Eucalyptus Globulus • Ginger • Juniper Berry
Lemon • Myrtle Lemon • Pepper Black • Peppermint • Pine Sylvester (Scotch) • Rosemary (All)
Spearmint • Spruce Black

FEAR

Cypress • Lavender • Lemon • Neroli • Sandalwood • Vetiver

GRIEF

Benzoin • Frankincense • Marjoram Sweet • Rose • Spikenard • Vanilla

HAIR CARE

Chamomile (All) • Lavender (All) • Rosemary (All) • Manuka • Ylang Ylang

HEADACHE

Chamomile Roman • Lavender High Altitude • Marjoram Sweet • Melissa • Peppermint • Spearmint

INSECT BITES

Chamomile (All) • Lavender (All), especially Spike • MQV (Niaouli) • Tansy Blue • Tea Tree

INSECT REPELLENT

Cajeput (White Tea Tree) • Camphor White • Catnip • Cedar Atlas • Citronella • Lemongrass • Lemon Tea Tree • Manuka

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IMMUNE SUPPORT

Bay Laurel • Cinnamon (All) • Elecampane (Inula) • Eucalyptus Radiata

Fir Silver • Lemon • Pine Sylvester (Scotch) • Ravensara • Ravintsara • Rosemary Cineol • Tea Tree
Thyme Linalol

JOINTS / STIFF

Chamomile German • Marjoram Sweet • Nutmeg

Pepper Black • Pine Sylvester (Scotch) • Pine Cembra • Rosemary Camphor • Spruce Black

LONELINESS

Benzoin • Bergamot • Everlasting (Immortelle / Helichrysum) • Neroli

MEDITATION

Cedar Atlas • Champaca • Elemi • Frankincense

Myrrh • Patchouli • Rosewood • Sage Clary • Sandalwood • Spikenard • Vetiver

MENOPAUSE

Rose Otto • Fennel • Frankincense • Geranium • Lavender High Altitude • Sage Clary

MENSTRUAL CRAMPS

Anise • Chamomile German • Juniper Berry • Lavender High Altitude

Marjoram Sweet • Peppermint Supreme • Petitgrain Mandarin • Petitgrain Bigarade • Rosemary Camphor
• Sage Clary

MUSCLE ACHES / STRAIN

Birch • Chamomile Roman • Coriander • Eucalyptus (All) • Fir (All) • Ginger • Lavender (All)

Marjoram Spanish • Nutmeg • Pepper Black • Pine Sylvester (Scotch) • Pine Cembra • Rosemary
Camphor • Spruce Black • Vetiver

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PMS

Bergamot • Chamomile Roman • Frankincense • Geranium • Jasmine • Rose

POISON OAK / IVY

Chamomile German • Blue Tansy (Chamomile Moroccan) • Frankincense • Geranium

Lavender High Altitude • Lemongrass • Lemon Tea Tree • Monarda • Thyme Linalool • Vetiver

SADNESS

Bergamot • Frankincense • Geranium • Grapefruit Red • Jasmine • Lavender • Lemon • Mandarin Red

Neroli • Orange Sweet • PalmarosaPeppermint • Petitgrain Bigarade • Rose Otto • Sage Clary

• Sandalwood • Ylang Ylang

SCARS

Cistus (Rock Rose) • Frankincense • Immortelle (Everlasting /

Helichrysum) • Manuka • Neroli • Palmarosa • Patchouli • Petitgrain Mandarin • Rosewood • Yarrow

SKIN CARE (All Types)

Chamomile (All) • Geranium • Jasmine • Lavender High Altitude • Myrrh • Neroli

Orange Sweet • Palmarosa • Patchouli • Petitgrain Bigarade • Rose • Sandalwood • Spikenard • Vetiver
Yarrow

SKIN CARE (Mature / Wrinkles / Tightening / Tone)

Carrot Seed • Cistus (Rock Rose) • Frankincense • Galbanum

Myrrh • Neroli • Palmarosa • Patchouli • Rose • Rosewood • Sandalwood

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SKIN CARE (SENSITIVE)

Chamomile German • Chamomile Wild (Ormensis multicaulis) • Jasmine Sambac • Jasmine Grande
Lavender High Altitude • Mimosa • Neroli • Patchouli • Petitgrain Bigarade • Rose Otto • Rosewood
Sandalwood • Spikenard • Tansy Blue • Vetiver • Ylang Ylang (Extra and First)

SKIN RASHES

Carrot Seed • Chamomile ((All) Especially German) • Lavender High Altitude • Tansy Blue • Yarrow

SLEEP AIDS

Bergamot • Chamomile ((All) Especially Roman) • Frankincense • Lavender High Altitude

Mandarin Red • Marjoram Sweet • Melissa • Neroli • Petitgrain (All) • Sandalwood • Sage Clary • Ylang
Ylang

WORK-OUT (POST)

Birch • Chamomile Roman • Coriander • Eucalyptus (All) • Fir (All) • Ginger

Marjoram (All) • Nutmeg • Pepper Black • Pine Cembra • Pine Sylvester (Scotch) • Spruce Black • Vetiver

STAMINA

Basil (All) • Cardamom • Cinnamon • Clove • Ginger • Peppermint

SUNBURN

Chamomile (All) • Lavender High Altitude • Yarrow

The Ingredients To Die For Essential Oil Therapeutic Reference Guide (Single Notes) was created to help you find the essential oils that may be helpful to your, particular, application so that you can identify those that may be applicable. Please go to the, actual, essential oil page for further information, using the Essential Oil Therapeutic Reference Guide (Single Notes) as a starting point to the possible synergies for the therapeutic use of individual essential oils.

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The Ingredients To Die For Essential Oil Therapeutic Reference Guide (Single Notes) is for reference only and should not be construed or considered as medical advise. Always seek the advise of certified / registered Aromatherapist for the safe and effective use of essential oils when using them for their therapeutic benefits. Ingredients To Die For does not recommend the use of essential oils as a replacement for professional medical care. Neither the Essential Oil Therapeutic Reference Guide (Single Notes) or anything else on the Ingredients To Die for web site should be construed or considered as medical advise. Always seek medical attention from a qualified medical professional.

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