

AROMATHERAPY: Checklist for use of essential oils.

	Clary Sage	Eucalyptus	Geranium	Lavender	Orange	Peppermint	Rose in Jojoba	Rosemary	Rosewood	Sandalwood	Tea Tree	Ylang Ylang
acne			G	L					Rd	S	T	
anxiety	CS			L				Ry		S		Y
arthritis		E		L		P		Ry				
athlete's foot			G	L							T	
backache	CS	E		L				Ry				
bites and stings				L		P					T	
breathing problems		E				P		Ry		S	T	
bruises	CS		G	L								
bunions						P					T	
burns			G	L			R				T	
cellulite			G	L							T	
chickenpox											T	
chilblains		E						Ry			T	
circulation (poor)	CS			L		P		Ry			T	
colds		E		L		P					T	
coughs		E				P		Ry			T	
cramps		E		L			R					Y
cuts			G	L							T	
dandruff			G	L				Ry		S	T	
depression	CS		G	L			R		Rd	S		Y
dermatitis/eczema/psoriasis			G	L			R			S		
fatigue	CS		G	L	O	P		Ry				
fluid retention			G					Ry				
hair	CS		G	L				Ry			T	Y
hangover			G	L		P	R					
headaches	CS					P	R	Ry				
herpes (cold sores)		E		L							T	
household cleaners		E	G	L		P					T	
indigestion				L		P						
influenza		E			O	P		Ry			T	
insect repellent											T	
insomnia			G	L			R			S		Y
jetlag			G	L		P						
measles		E		L							T	
menopause	CS		G	L		P	R					Y
nausea						P						
perspiration				L								
P. M. T.			G	L		P	R			S		
rheumatism		E		L				Ry				
sexual problems	CS		G				R		Rd	S		Y
skin care			G	L	O		R	Ry	Rd	S	T	Y
stress	CS		G	L					Rd	S		Y
sunburn			G	L	O		R					
thrush/candida/fungal problems				L						S	T	
travel sickness						P						