

TART / LEMONY

ALDEHYDES

Antiviral (Citral)
Skin irritant
Anti-inflammatory
Sedative
Calming

- Citronella
- Eucalyptus Citridora
- Lemongrass **F**
- Lemon Verbena **F**
- Litsea Cubeba (May Chang)
- Melissa

KETONES

Cell regenerative (wound healing)
Strong skin irritant
Mucolytic
Dermatophilic
Lipophilic
Potentially neurotoxic
Abortive
(Avoid in pregnancy, asthma, or any serious illness)

- Mugwort
- Pennyroyal
- Sage
- Thuja

BLUE OILS

SESQUITERPENES

Strong anti-inflammatory
Antihistamine
Anti-viral
Cooling

- Blue Chamomile (Azulene)
- German Chamomile (Chamazulene)
- Helichrysum italicum var. serotinum (Corsican only)

FLOWER OILS

ESTERS

Antispasmodic
Fungicidal (Candida alb.)
Anti-inflammatory
CNS nerveine
Anxiolytic
Safe for Children
Sense of well-being
Releasing tension
Relaxing

- Cardamom **F M**
- Chamomile, Roman
- Clary Sage
- Jasmine **F**
- Lavender **F M**
- Palmarosa
- Ylang Ylang **F**

PHENOLS

Strongest anti-microbial
Potential skin irritant
Antiviral
Antibacterial
Antifungal
Invigorating
Immunostimulant

- Thyme thymol **F M**
- Oregano **F M**

ALCOHOLS

Immune stimulant
Antibacterial
Antifungal
Antiviral
Energizing
Vitalizing
Diuretic

- Eucalyptus Radiata **M**
- Fennel **F M**
- Rose Geranium **F M**
- Marjoram, Sweet **M**
- MQV (Niaouli)
- Neroli **F M**
- Peppermint **F M**
- Ravintsara **M**
- Rose otto **F M**
- Rosemary Cineol **F M**
- Tea Tree **M**
- Thyme Linalol **F M**
- Vanilla **F**
- Vetiver

PHENYL-PROPANES

Antibacterial
Antiviral
Antifungal
Strong skin irritant
Warming
Invigorating
Immunostimulant

- Cinnamon Bark **F M**
- Clove

PHENYL-PROPANE ETHERS

Mentally stimulating
Anti-spasmodic
(Cramps/Asthma)

- Anise **F M**
- Basil, Linalol **F M**

TERPENES

Possibly photosensitizing
Potential skin irritant
Mild diuretic
Antiseptic
Stimulant
Antiviral

CITRUS

- Bergamot **F M**
- Grapefruit **F M**
- Lemon **F M**
- Lime **F M**
- Orange **F M**

PINES

- Cypress **M**
- Fir, Doug
- Pine, Wild Scotch **M**