

# Essential Oil

Properties & Uses (A-C)

Oil	Properties	Uses
 Anise	<ul style="list-style-type: none"><li>- anti-rheumatic</li><li>- antiseptic</li><li>- antispasmodic</li><li>- decongestant</li></ul>	<ul style="list-style-type: none"><li>- digestive</li><li>- expectorant</li><li>- sedative</li></ul> <p>Constipation, indigestion, flatulence, sleep disorders, stress, anxiety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.</p>
 Basil	<ul style="list-style-type: none"><li>- antiseptic</li><li>- antispasmodic</li><li>- antibacterial</li></ul>	<ul style="list-style-type: none"><li>- antiviral</li><li>- anti-inflammatory</li><li>- antidepressant</li></ul> <p>Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache</p>
 Bergamot	<ul style="list-style-type: none"><li>- antiseptic</li><li>- antispasmodic</li><li>- sedative</li></ul>	<ul style="list-style-type: none"><li>- analgesic</li><li>- antidepressant</li><li>- digestive</li></ul> <p>Stress, depression, anxiety, lack of focus and confidence, constipation, immune health, chest congestion, psoriasis, acne, eczema, premature skin aging, sallow complexion, muscle fatigue and pain.</p>
 Birch	<ul style="list-style-type: none"><li>- analgesic</li><li>- anti-inflammatory</li><li>- anti-rheumatic</li></ul>	<ul style="list-style-type: none"><li>- antiseptic</li><li>- antispasmodic</li></ul> <p>Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.</p>
 Black pepper	<ul style="list-style-type: none"><li>- anti-inflammatory</li><li>- expectorant</li></ul>	<ul style="list-style-type: none"><li>- analgesic</li><li>- good for blood circulation</li></ul> <p>Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.</p>
 Camphor	<ul style="list-style-type: none"><li>- anti-inflammatory</li><li>- antispasmodic</li><li>- antiseptic</li></ul>	<ul style="list-style-type: none"><li>- decongestant</li><li>- anaesthetic</li><li>- sedative</li></ul> <p>Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.</p>
 Carrot seed	<ul style="list-style-type: none"><li>- antiseptic</li><li>- anti-oxidant</li><li>- stimulant</li><li>- tonic</li></ul>	<p>Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.</p>
 Cedarwood	<ul style="list-style-type: none"><li>- antiseptic</li><li>- antispasmodic</li><li>- tonic</li></ul>	<ul style="list-style-type: none"><li>- astringent</li><li>- expectorant</li><li>- sedative</li></ul> <p>Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.</p>
 Cinnamon	<ul style="list-style-type: none"><li>- antibacterial</li><li>- antifungal</li><li>- antimicrobial</li></ul>	<ul style="list-style-type: none"><li>- astringent</li><li>- stimulant</li></ul> <p>Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scabies mites and lice.</p>
 Citronella	<ul style="list-style-type: none"><li>- antibacterial</li><li>- antidepressant</li><li>- antiseptic</li><li>- antispasmodic</li></ul>	<ul style="list-style-type: none"><li>- anti-inflammatory</li><li>- a very effective insect repellent</li></ul> <p>Muscle soreness, menstrual cramps, abdominal pain due to gas, respiratory congestion and cough, neuralgia, insect repellent, insect bites, viral and fungal skin infections, fatigue and depression.</p>

# Essential Oils For Healing Guide

**S Nieto**



## **Essential Oils For Healing Guide:**

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