

Essential Oils List – Benefits and Uses Chart







Essential oils *have gained widespread popularity for their natural healing properties and beauty benefits. From skincare to stress relief, these concentrated plant extracts offer a plethora of benefits. This article aims to provide an in-depth guide to essential oils, their benefits, and uses.*




Essential Oils List & Benefits Chart


Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Anise Star</u>	 Anise Star essential oil image showing several brown, star-shaped anise seeds and a small glass bottle of the oil.	Licorice-like, sweet, woody	Digestion, respiratory health, nervous system, oral health
<u>Basil Sweet</u>	 Basil Sweet essential oil image showing fresh green basil leaves and a small glass bottle of the oil.	Herbal, minty, licorice-like	Respiratory health, nervous system, skin care, circulation
<u>Bergamot</u>	 Bergamot essential oil image showing several green lemons, some sliced, and a small glass bottle of the oil.	Citrus, fruity	Relaxation, digestion







Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Cajeput</u>		Camphoraceous, fruity, sweet	Respiratory health, skin care, pain relief
<u>Camphor</u>		Pungent, camphoraceous	Respiratory health, pain relief, skin care
<u>Caraway</u>		Warm, sharp, peppery	Digestion, respiratory system, skin care, immune system
<u>Carrot Seed</u>		Dry, earthy, woody	Skin care, detoxification, women's health
<u>Cedarwood Virginian</u>		Woody, earthy, balsamic	Skin care, respiratory system, pain relief, nervous system
<u>Celery Seed</u>		Warm, spicy, herbaceous	Detoxification, digestion, women's health, pain relief







Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Chamomile German</u>		Sweet, apple-like, fruity	Skin care, women's health, digestion, nervous system
<u>Chamomile Roman</u>		Sweet, apple-like, herbaceous	Skin care, digestion, women's health, nervous system
<u>Cinnamon Bark</u>		Warm, spicy, woody	Circulation, immune system, digestion, skin care
<u>Cinnamon Leaf</u>		Spicy, sweet, musky	Skin care, women's health, immune system
<u>Citronella</u>		Grassy, lemony, sweet	Skin care, pain relief, immune system, <u>insect repellent</u>
<u>Clary Sage</u>		Earthy, nutty, bittersweet	Women's health, circulation, skin care, nervous system







Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Clove Bud</u>		Warm, spicy, woody	Oral care, immune system, pain relief, skin care
<u>Cypress</u>		Fresh, woody, evergreen	Circulation, respiratory system, skin care
<u>Elemi</u>		Spicy, fruity, balsamic	Skin care, respiratory system, pain relief, nervous system
<u>Eucalyptus Globulus</u>		Camphoraceous, fresh, woody	Respiratory system, immune system, pain relief
<u>Eucalyptus Radiata</u>		Camphoraceous, crisp, clean	Respiratory system, immune system, pain relief
<u>Fennel Sweet</u>		Licorice, earthy, sweet	Digestion, respiratory system, women's health

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Fir Needle</u>	 A photograph of a fir tree branch with green needles and purple cones, next to a small glass bottle of essential oil.	Fresh, woody, balsamic	Pain relief, respiratory system, immune system, nervous system
<u>Frankincense</u>	 A photograph of a frankincense tree in a desert landscape, next to a small glass bottle of essential oil.	Warm, sweet, woody	Skin care, pain relief, immune system, respiratory system, nervous system
<u>Geranium</u>	 A close-up photograph of bright pink geranium flowers, next to a small glass bottle of essential oil.	Floral, sweet, minty	Skin care, women's health, emotional health, pain relief
<u>Lavender</u>	 A photograph of lavender plants with purple flowers, next to a small glass bottle of essential oil.	Floral, herbaceous	Sleep, skin care, pain relief, nervous system
<u>Lemon</u>	 A photograph of several lemons, some whole and some sliced, next to a small glass bottle of essential oil.	Fresh, citrusy, sweet	Skin care, immune system, digestion, nervous system
<u>Lemongrass</u>	 A photograph of lemongrass stalks, next to a small glass bottle of essential oil.	Fresh, lemony, earthy	Pain relief, skin care, immune system, digestion

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Lime</u>		Fresh, citrusy, sweet	Skin care, immune system, respiratory system
<u>Mandarin</u>		Fresh, citrusy, sweet	Digestion, skin care, emotional health
<u>Marjoram</u>		Warm, herbaceous, spicy	Pain relief, sleep, immune system, digestion
<u>Melissa</u>		Fresh, lemony, green	Nervous system, immune system, emotional health
<u>Myrrh</u>		Warm, woody, balsamic	Skin care, oral care, immune system, respiratory system
<u>Myrtle</u>		Fresh, green, camphoraceous	Respiratory system, immune system, skin care

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Neroli</u>		Floral, citrusy, sweet	Emotional health, skin care, women's health
<u>Niaouli</u>		Sweet, fresh, camphoraceous	Respiratory system, immune system, skin care
<u>Nutmeg</u>		Spicy, warm, nutty	Pain relief, digestive system, nervous system
<u>Orange Sweet</u>		Fresh, citrusy, sweet	Skin care, immune system, emotional health
<u>Oregano</u>		Warm, herbaceous, spicy	Immune system, respiratory system, skin care
<u>Palmarosa</u>		Floral, sweet, herbaceous	Skin care, emotional health, immune system





Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Patchouli</u>		Earthy, woody, musky	Skin care, emotional health, immune system
<u>Peppermint</u>		Fresh, minty	Digestive system, respiratory system, nervous system
<u>Petitgrain</u>		Fresh, floral, herbaceous	Emotional health, skin care, nervous system
<u>Pine</u>		Fresh, woody, balsamic	Respiratory system, immune system, nervous system
<u>Ravensara</u>		Fresh, eucalyptus-like	Respiratory system, immune system, nervous system
<u>Rose Absolute</u>		Floral, sweet, rich	Skin care, women's health, emotional health

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Rosemary</u>		Fresh, herbaceous, camphoraceous	Digestive system, immune system, nervous system
<u>Rosewood</u>		Warm, sweet, floral, woody	Emotional health, skin care, immune system
<u>Sage</u>		Herbaceous, camphoraceous	Immune system, women's health, skin care
<u>Sandalwood</u>		Warm, woody, sweet	Skin care, emotional health, nervous system
<u>Spearmint</u>		Fresh, minty, sweet	Digestive system, respiratory system, skin care
<u>Tangerine</u>		Fresh, citrusy, sweet	Digestive system, emotional health, skin care

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Tea Tree</u>		Fresh, camphoraceous, medicinal	Immune system, skin care, respiratory system
<u>Thyme</u>		Herbaceous, spicy, warm	Immune system, respiratory system, digestive system
<u>Black Pepper</u>		Spicy, woody, pepper y	Circulation, pain relief, digestion, immune system
<u>Cardamom</u>		Spicy, sweet, balsamic	Digestion, respiratory system, nervous system, circulation
<u>Eucalyptus Citriodora</u>		Citrus, fresh, sweet	Immune system, respiratory system, skin care
<u>Ginger</u>		Warm, spicy, woody	Digestion, pain relief, immune system

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Grapefruit</u>		Fresh, citrusy, sweet	Skin care, nervous system, immune system
<u>Helichrysum</u>		Herbaceous, sweet, woody	Skin care, pain relief, immune system
<u>Jasmine Absolute</u>		Floral, exotic, sweet	Skin care, women's health, emotional health
<u>Juniper Berry</u>		Woody, sweet, piney	Pain relief, digestion, immune system, nervous system
<u>Lemon Eucalyptus</u>		Citrus, sweet, fresh	Respiratory system, pain relief, immune system
<u>Vetiver</u>		Earthy, woody, smoky	Nervous system, skin care, emotional health

Essential Oil	Oil Image	Aroma Description	Health Benefits
<u>Wintergreen</u>		Fresh, minty, sweet	Pain relief, skin care, respiratory system
<u>Yarrow</u>		Fresh, herbaceous, sweet	Skincare, pain relief, digestive system
<u>Ylang Ylang</u>		Floral, exotic, sweet	Emotional health, skin care, nervous system
Kanuka		Fresh, green, woody	Skincare, pain relief, respiratory system, oral health
Ho Wood		Fresh, clean, floral	Immune system, respiratory system, nervous system, skin care
Manuka		Herbaceous, earthy, woody	Skincare, oral health, respiratory system, immune system

Essential Oil	Oil Image	Aroma Description	Health Benefits
Spikenard		Woody, spicy, sweet	Skincare, circulation, sleep, stress
Citrus Mix		Citrus, fruity, sweet	Skincare, nervous system, immunesystem, circulation
Catnip		Minty, herbaceous	Nervous system, sleep, digestion, skin care
Calamus		Woody, earthy, bitter-sweet	Digestion, circulation, nervous system

How to Use Essential Oils

Methods of Use

Diffusion

- **What ItIs:** *Using an essential oil diffuser to disperse the oil into the air.*
- **Benefits:** *Good for aromatherapy, improving air quality, and mood enhancement.*
- **How toUse:** *Add a few drops of essential oil to water in a diffuser and let it run.*

Topical Application

- **What ItIs:** *Applying essential oils directly to the skin.*
- **Benefits:** *Targeted relief for skin issues, muscle tension, and more.*
- **How toUse:** *Always dilute the essential oil with a carrier oil before applying. Perform a patch test first to ensure no allergic reaction.*

Inhalation

- **What ItIs:** *Directly inhaling the oil from the bottle or a cloth.*
- **Benefits:** *Quick relief for respiratory issues and immediate mood enhancement.*

- **How to Use:** *Simply inhale the aroma directly or place a few drops on a cloth and breathe in.*

Safety Precautions

- **Dilution:** *Always dilute essential oils with a carrier oil for topical application.*
- **Patch Test:** *Perform a patch test to check for skin sensitivity before full application.*
- **Children and Pets:** *Be cautious when using essential oils around children and pets. Some oils can be toxic.*

Storage

Keep Away from Light: *Store in a cool, dark place away from direct sunlight.*

Tight Seal: *Ensure the bottle is tightly sealed to prevent oxidation.*

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