



ESSENTIAL OIL	SOURCE	PRIMARY PURPOSE	OTHER PURPOSE	BLENDS WELL WITH
Bergamot	Italy	Reduce melancholy	Increase humour, lighten the mood.	Blends well with many different oils, "lifting" a blend to make it appear more energetic and lively. Neroli, Ylang Ylang, Patchouli, Palmarosa, Geranium, Rose, and many others.
Citronella	Indonesia	Anti Inflammatory	Insect repellent, skincare for inflammation.	Blends with lavender, rosemary, lemongrass for mosquito repellent. Is often blended into skincare products where inflammation is an issue and used in massage or bath blends with marjoram & ginger for stiffness and joint inflammation where both are a factor.
Eucalyptus	China	Energises and refreshes mind & body	Antiviral, motivation, good for reducing coughs	Blends well with most herbs, like lavender and rosemary, cedarwood, frankincense, and others.
Frankincense	Somalia	Calming. Serves as an amplifier for other oils.	Great for mature skin. Invokes inner	Blends well with citrus oils,

			reflection. Has been traditionally used for meditation and spiritual growth	bergamot, neroli, lavender, clary sage, patchouli, vetiver, and sandalwood.
Geranium	India	Balancing.	Combine with rosemary, jasmine, patchouli and lavender according to your liking to make your own hair care blend	Blends well with almost everything, clary sage, lavender, chamomile, rosemary, basil, thyme, cedarwood, spices,
Ginger	India	stimulating, warming, digestion, nausea, lethargy & nervous exhaustion	Great in a warm bath to soothe tired muscles (blended with half & half, honey or vinegar before adding to the water to prevent the oil from floating to the top). Ginger adds zest and heat to a blend.	Ginger blends really well with many other oils, depending on the situation. For depression and melancholy, combine it with sweet orange and bergamot. For grief or feelings of loss, blend ginger with marjoram and lavender. Ginger blends well with lime & rosemary where loss of memory from exhaustion or stress related anxiety.
Lavender	France	Rejuvenate and inspire a tired person or relax, soothe and slow down someone who is stressed or tense.	Lavender is a multi tasker to the extreme. It heals & rejuvenates skin at cellular level - and is often used in skincare because of this, lavender helps with high level anxiety & assists with deep restful sleep - particularly when combined with marjoram.	Almost anything depending on the intended purpose, but also extreme effective on its own.

Lemon	Italy	Refreshing and rejuvenating. Its aroma inspires and brings fresh energy, clears the mind.	Lemon has antibacterial properties and can be used around the home as a boost to cleaning products, people enjoy the fresh scent that lemon leaves on your surfaces - but often fail to appreciate the added antibacterial protection. Use Lemon & Eucalyptus as your invisible shield of protection when colds are going around!	Blends well with other citrus oils in an uplift blend, with Eucalyptus for refreshing and improve motivation, with lime to reduce feelings of negativity and boost energy.
Lemongrass	India	Reduce stress and overwhelm. Delivers focus to people who really need to rest but feel they need to carry on.	Lemongrass delivers focus to people who really need to rest but feel they need to carry on. Good for situations of hypertension & high stress.	Blends well with ginger & bergamot if fatigue has set in and melancholy feelings have been established. Blend with lime, rosemary & lemon for memory focus and sharpness of thoughts. Blend with mandarin & marjoram where the mind starts racing & it's difficult to rest.
Lime	Mexico	Inspires and brings fresh energy, clears the mind, reduces feelings of anxiety and dispels negativity.	Lime guards against negativity, helps with memory alertness and is great for self assertiveness in a situation where you may be feeling anxious.	Blends well with Mandarin in situations that involve worry and negativity. Blends well with ginger to lift feelings of self worth. Blends with other citrus oils for overall lighting on mood and reduction of stress.
Mandarian Red (Red Mandarin)	Italy	Allays worry, restlessness & mild anxiety	Mandarin helps with tension related headaches, helps slow down the	Mandarin will blend well with other citrus oils for mood elevation, with

			thoughts when your mind is racing & inspires a feeling of caring - reducing inward facing thoughts and enabling a wider perspective.	marjoram for tension headaches, with lavender for anxiety & heightened worry.
Peppermint	USA	Promotes clear thinking & stimulates the brain.	Helps with sluggish digestion, has antispasmodic & analgesic qualities that help with low level pain like toothache. Peppermint is good for motion sickness & anything related to digestive disorders. Peppermint clears the sinuses very effectively when inhaled.	Blends really well with ginger for digestion or nausea (do not use for pregnancy related nausea), with marjoram for concentration and calm focus, with lavender for repair & recovery & with rosemary for the rocket fuel start to a sluggish day.
Rosemary	Spain	Calms apprehension while stimulating the spirit.	Stimulates the central nervous system, so is excellent for sluggish days when you just can't wake up	Blends well with bergamot to wake you up and get you going. Is dynamite with peppermint on those can't get going days.
Sweet Marjoram	USA	Nurturing, warming & despondence	Marjoram is like a big hug for the spirit. It can assist with general calmness, is fantastic as a sleeping aid where deep sleep is required & works well in a grief related situation	Blends well with lavender in calming anxiety, with peppermint to add focus and calm to productivity, with orange and mandarin for lifting melancholic spirits and with ginger for elevating low level despondence or grief.
Sweet Orange	USA	Creative open minded thinking	Sweet orange is often added to blends for its positive, open vibe. It works well in reducing mid anxiety and assisting with sleep disruption. Works well for	Blends well with geranium and lavender for balance and calm at the end of a busy day. Blends with peppermint and marjoram to add

			social situations to get people chatting.	creativity to focused working situations and with Lime in a situation where stress levels or negative challenges could potentially escalate.
Tea Tree	Australia	Picks up the spirits, while also defends against infection and viruses. Emotional and physical booster.	Effective in relieving the sting in insect bites, reducing the discomfort from minor skin inflammations & grazes, works well to reduce inflammation in congested acne prone skin and is a great gargle for sore throat or mild gingivitis.	Blends really well with eucalyptus in a breathe easy blend to relieve bronchial discomfort from chest and head colds.
Ylang Ylang	Philippines	Lifts the mood and dissolves resentment.	Ylang Ylang brings calm and contentment to the heart, it enables a calming, supportive energy. Soothes and quietens hyperactivity, palpitations & blood pressure. Also functions as an anti depressant, effective in reducing anger & hypertension. In skincare, ylang ylang is an effective balancer	Blends with many oils and is effective on its own. Blend with Mandarin for anxiety, with orange for lightness of spirit and with marjoram & frankincense for deep calmness or respite from high levels of stress.