

ESSENTIAL OILS MENU

Apple	Nervous system conditions , stimulating
Basil	Nervous system conditions , migraine, Muscle & Joint pain, Respiratory conditions
Cinnamon	Nervous system conditions , faintness
Eucalyptus ¹	Respiratory conditions , invigorating
Frankincense	Nervous system conditions
Grapefruit	Nervous system conditions : performance stress, headaches Immune System : cold, flu, stimulates lymphatic system
Jasmime	Muscle spasm, strains, Genito-urinary system : labor pains, uterine disorders Nervous system conditions
Lavendar ¹	Nervous system conditions , antibacterial properties
Lemon	Respiratory conditions , increases circulation, Immune System : infections
Lemongrass	Immune System : infections, Muscle pain, low muscle tone, Nervous system conditions , headaches
Orange	Nervous system conditions pain, fatigue
Peppermint	Muscle & Joints pain, Respiratory conditions , Immune System : infections, antibacterial, Nervous system : fainting, headache
Pine	Immune System :: cold, cough, nasal congestion, Nervous system : sleep disorders, stimulatory
Rosemary ¹	Respiratory conditions , myofascial pain, refreshing, stimulating
Sandlewood	Respiratory conditions , coughs (dry persistent), Nervous system conditions
Tea Tree ¹	Respiratory conditions , Genito-urinary system : Thrush, vaginitis, cystitis Immune System :: colds, flu
Vetiver	Circulatory System: stimulates production of Red blood cells Muscles & Joints: Arthritis, muscular pain, rheumatism, sprains, stiffness Nervous system conditions
Ylang ylang ¹	Nervous system conditions

Nervous system conditions: depression, anxiety, insomnia, nervousness, nervous exhaustion, stress

¹Do **NOT** use this if undergoing chemotherapy, pregnant, high/low blood pressure, epilepsy