

Hydrosols

Artemesia

Artemesia vulgaris or *arborescens*

Use for cleanse or health maintenance.

CIRCULATION, MUSCLES, JOINTS: stimulates circulation, strengthens capillaries, general tonic.

DIGESTIVE SYSTEM: anti-parasitic.

NERVOUS SYSTEM: mildly sedative.

RESPIRATORY SYSTEM: mild expectorant.

SKIN CARE: cleanse.

EMOTIONS AND SPIRITUALITY: highly energetic.

Balsam Fir

Abies balsamea

General tonic.

CIRCULATION, MUSCLES, JOINTS: compress for neuralgic, rheumatic, arthritic, and joint pains; add to bath for circulation.

IMMUNE SYSTEM: supports it.

NERVOUS SYSTEM: reduces SAD (seasonal affected disorder).

RESPIRATORY SYSTEM: mucolytic, base for cough syrups.

EMOTIONS AND SPIRITUALITY: energetically expansive; promotes honesty of emotions.

Basil

Occimum basilicum

DIGESTIVE SYSTEM: aids digestion, helps release gas and bloating, stimulates peristalsis, calms nausea particularly when stress related.

NERVOUS SYSTEM: calming.

Bay

Lauris nobilis

Broad acting antiseptic, antibacterial.

CIRCULATION, MUSCLES, JOINTS: stimulates lymph and circulation.

DIGESTIVE SYSTEM: tones intestines and may relieve gas, mouthwash and gargle for infections, dental hygiene.

IMMUNE SYSTEM: excellent tonic and immune boost.

Black Spruce

Picea mariana

CIRCULATION, MUSCLES, JOINTS: compress or bath with Scotch Pine for pain and inflammation, stimulating and restorative body tonic.

GENITO-URINARY AND ENDOCRINE SYSTEMS: supports adrenals.

NERVOUS SYSTEM: daily care for high stress.

SKIN CARE: use with Peppermint for bust line, use on pets in bath or as spray for fleas and ticks.

Carrot

Daucus carota

Restorative and tonic.

CIRCULATION, MUSCLES, JOINTS: use as part of detoxification.

DIGESTIVE SYSTEM: use in colonics.

SKIN CARE: soothes rash and damaged skin, calms inflammation, treats acne and impetigo, use in face scrubs and masks, calms eczema and psoriasis, nice as aftershave.

Chamomile, German

Matricaria recutita

Anti-inflammatory.

DIGESTIVE SYSTEM: use in colonics for irritated bowel.

SKIN CARE: calms sensitive skin, rash, and itching; wash for fungal infections; excellent skin cleanser—use in masks, steams, and compresses.

EMOTIONAL AND SPIRITUAL: calming and emotionally comforting, highly vibrational, good for energy healing and meditation.

Chamomile, Roman

Anthemis nobilis or *Chamaemelum nobile*

Number one for baby care.

CIRCULATION, MUSCLES, JOINTS: reduces teething pain and inflammation in babies.

GENITO-URINARY AND ENDOCRINE SYSTEMS: douche for non-infectious inflammation.

DIGESTIVE SYSTEM: calms diarrhea.

NERVOUS SYSTEM: promotes sleep.

SKIN CARE: may be used as eye wash; compress for conjunctivitis; great for skin care; calms sensitive skin, burns, sunburn, razor rash, rosacea; wash for jock itch; mildly astringent.

EMOTIONAL AND SPIRITUAL: gently uplifting, de-stressing.

Clary Sage

Salvia sclarea

CIRCULATION, MUSCLES, JOINTS: antispasmodic and gently anti-inflammatory.

GENITO-URINARY AND ENDOCRINE SYSTEMS: calms cramps and PMS, balances hormones, helpful with menopause and hot flashes; relieves pain throughout labor.

NERVOUS SYSTEM: supports addiction withdrawal.

SKIN CARE: astringent and toning for oily skin.

EMOTIONAL AND SPIRITUAL: profoundly energetic, anti-depressant.

Cypress

Cupressus sempervirens

Avoid when kidney or urinary tract disease.

CIRCULATION, MUSCLES, JOINTS: combats water retention, very diuretic, stimulates circulation, useful in varicose and thread veins and couperose, spritz with Peppermint for aching legs.

DIGESTIVE SYSTEM: sitz bath for hemorrhoids.

SKIN CARE: cleanser for normal to oily skin.

Elder

Sambucus nigra

CIRCULATION, MUSCLES, JOINTS: stimulates circulation; use as compress for arthritis, rheumatism, and muscle or sports injuries.

Hydrosols

IMMUNE SYSTEM: helps prevent cold and flu, boosts immunity.
NERVOUS SYSTEM: some balancing action.
EMOTIONAL AND SPIRITUAL: reduces physical and mental stress.

Eucalyptus

Eucalyptus globulus

Combine with Inula for infections; strong anti-oxidant and free radical scavenger.

GENITO-URINARY AND ENDOCRINE SYSTEMS: supports liver.

RESPIRATORY SYSTEM: remedies colds, respiratory infections, and sore throat.

EMOTIONAL AND SPIRITUAL: stimulating to mind and body, useful when sick but unable to rest.

Everlasting or Immortelle

Helichrysum italicum

External use only.

DIGESTIVE SYSTEM: effective mouthwash for gingivitis and receding gums.

GENITO-URINARY AND ENDOCRINE SYSTEMS: combine with Rock Rose in douche for endometriosis.

SKIN CARE: powerful wound and scar healer, strong anti-hematoma, helps ingrown hairs from shaving, combine with Rock Rose and Carrot for aftershave or for powerful skin healing treatment.

Fennel

Foeniculum vulgare

Antiseptic; antispasmodic for digestive, respiratory, and muscular conditions. Avoid long term use, do not give to children under 6 years.

DIGESTIVE SYSTEM: strong digestive, calms stomach aches and gripe, stimulates peristalsis.

GENITO-URINARY AND ENDOCRINE SYSTEMS: may promote lactation in nursing mothers.

RESPIRATORY SYSTEM: helps lung congestion and catarrh.

Goldenrod

Solidago canadensis

Effective anti-inflammatory. Avoid when heart or kidney disease, best used topically.

CIRCULATION, MUSCLES, JOINTS: diuretic; seems to relax muscles; use in compress for stiff neck, aches, and pains; mild antispasmodic.

SKIN CARE: astringent.

EMOTIONAL AND SPIRITUAL: energetically opens solar plexus, 3rd chakra; calms and centers in low concentration, opposite effect in high dose.

Greenland Moss

Ledum groenandicum

Excellent post operative and for infections. Avoid when pregnant, epileptic, or under 6 years.

CIRCULATION, MUSCLES, JOINTS: fast acting detoxifier.

GENITO-URINARY AND ENDOCRINE SYSTEMS: supports liver function and health, use in synergy with Pygeum and Saw palmetto for prostate health.

IMMUNE SYSTEM: seems to strengthen.

NERVOUS SYSTEM: strongly sedative.

Inula or Elecampane

Inula graveolens

CIRCULATION, MUSCLES, JOINTS: seems to clean blood, may benefit heart.

GENITO-URINARY AND ENDOCRINE SYSTEMS: stimulates liver, douche for thrush or vaginitis.

RESPIRATORY SYSTEM: strong respiratory tonic, powerful mucolytic and expectorant.

SKIN CARE: balances oily skin, calms acne.

Juniper

Juniperus communis

Avoid in first trimester of pregnancy or when kidney disease.

CIRCULATION, MUSCLES, JOINTS: major diuretic, aids detoxification, stimulates circulation, excellent for cellulite, may ease arthritic or rheumatic pain, use with Goldenrod for inflammation.

GENITO-URINARY AND ENDOCRINE SYSTEMS: excellent for weight loss.

SKIN CARE: toner for oily skin, reduces puffiness.

EMOTIONAL AND SPIRITUAL: energetic and psychic protector.

Lavender

Lavandula angustifolia

For external use only.

DIGESTIVE SYSTEM: use in colonics for irritated bowel.

GENITO-URINARY AND ENDOCRINE SYSTEMS: cooling for hot flashes

NERVOUS SYSTEM: compress for headache.

SKIN CARE: soothing on damaged or fragile skin; antiseptic; nice in mask, cleanser, and toner for all skin types; calms sunburn and razor burn.

EMOTIONAL AND SPIRITUAL: great balancer for mind, body, and spirit.

Lemon Verbena

Lippia citriodora

General system tonic, anti-inflammatory.

GENITO-URINARY AND ENDOCRINE SYSTEMS: balancing and calming for PMS, menopause, and hot flashes.

NERVOUS SYSTEM: calms stage fright nerves.

SKIN CARE: toner for normal to combination skin.

EMOTIONAL AND SPIRITUAL: excellent for men both physically and mentally, highly energetic.

Lemon Balm

Melissa officianalis

Affordable alternative to the essential oil. Moderate anti-oxidant.

DIGESTIVE SYSTEM: digestive and anti-nausea.

NERVOUS SYSTEM: promotes relaxation, calming but not sedative, soothes exam jitters especially with Neroli.

SKIN CARE: cleanser for all skin types; good for baby bath, cradle cap, and wet wipes; eczema.

Hydrosols

Linden or Lime Flower

Tilia europea

NERVOUS SYSTEM: calms and relaxes, sedative; internal or external for shingles; compress or neat for headache or migraine; calms mental chatter; combats insomnia; calms babies and animals

EMOTIONAL AND SPIRITUAL: promotes lucid dream work, may provide emotional comfort.

Myrtle

Myrtus communis

NERVOUS SYSTEM: for mental alertness, combats fatigue, refreshing, reviving.

RESPIRATORY SYSTEM: mucolytic and strong expectorant, calms sore throats and coughs; use in bronchitis, allergies, and asthma.

SKIN CARE: useful as eye wash for irritated or tired eyes.

Neroli

Citrus aurantium ssp Aurantium

CIRCULATION, MUSCLES, JOINTS: antispasmodic.

NERVOUS SYSTEM: anti-stress, helps to stop caffeine jitters, can calm hysterics.

SKIN CARE: excellent for delicate, sensitive, or oily skin; very astringent; superb toner; clears acne and irritations.

EMOTIONAL AND SPIRITUAL: physical and emotional support in abstinence.

Oregano

Oreganum vulgare or *Oreganum compactum*

Strongly antiseptic and antibacterial. Safer than the essential oil.

DIGESTIVE SYSTEM: useful in colonics.

GENITO-URINARY AND ENDOCRINE SYSTEMS: good for douche or sitz bath.

IMMUNE SYSTEM: supports weakened immune system too delicate to handle essential oil, antiviral.

SKIN CARE: antifungal.

Peppermint

Mentha piperata

Cooling yet stimulating. Anti-inflammatory, mildly antiseptic.

Moderate anti-oxidant. Avoid when under 6 years.

DIGESTIVE SYSTEM: digestive, good mouthwash.

GENITO-URINARY AND ENDOCRINE SYSTEMS: great for hot flashes.

NERVOUS SYSTEM: coffee substitute.

SKIN CARE: bust line toner, combats itching and stings, calms razor burn, great aftershave.

Rock Rose

Cistus ladaniferus

Seems to function very specifically — experiment!

GENITO-URINARY AND ENDOCRINE SYSTEMS: effective douche for endometriosis.

IMMUNE SYSTEM: booster, good post operative.

SKIN CARE: use for cleaning wounds—stops bleeding, promotes healing; excellent and powerful anti-wrinkle treatment—micro-

cluster behavior plumps cells, smoothing fine lines; good aftershave.

EMOTIONAL AND SPIRITUAL: healing to mind, body, and spirit.

Rose Geranium

Pelargonium

SKIN CARE: great! balancing and adaptogenic for oily to dry to sensitive skin; mildly anti-inflammatory; promotes healing, especially on scabby knees; continued use combats rough elbows and callouses.

EMOTIONAL AND SPIRITUAL: balances male and female energies.

Rose

Rosa damascena

Divine! The ultimate beverage. Exquisite cologne.

GENITO-URINARY AND ENDOCRINE SYSTEMS: use for menopause with naturopathic remedies; combats PMS, cramps, moods.

SKIN CARE: use for dry, mature, sensitive, or devitalized skin.

EMOTIONAL AND SPIRITUAL: highly energetic, promotes emotional balance for male and female energies, helps resolve blocks, lets you love yourself.

Rosemary, Camphor

Rosmarinus officianalis CT1

Strong anti-oxidant. Avoid when pregnant or high blood pressure.

CIRCULATION, MUSCLES, JOINTS: mild circulatory stimulant.

DIGESTIVE SYSTEM: digestive, may ease hunger.

NERVOUS SYSTEM: mental and physical stimulant, coffee substitute, may support addiction withdrawal, compress for nerve pain.

SKIN CARE: great in hair products, toner for normal to oily skin.

Rosemary, Verbenone

Rosmarinus officianalis CT3

Anti-oxidant.

DIGESTIVE SYSTEM: digestive.

GENITO-URINARY AND ENDOCRINE SYSTEMS: possible benefits to prostate.

RESPIRATORY SYSTEM: mucolytic for children.

SKIN CARE: great for problem skin; calms irritations, bumps, and roughness; clarifies and brightens all complexions; soothes psoriasis; mildly antiseptic, anti-infectious.

Sage

Salvia officianalis

Strong anti-oxidant. Excellent in anti-aging treatments. Avoid when pregnant or high blood pressure.

CIRCULATION, MUSCLES, JOINTS: stimulates circulation, diuretic.

DIGESTIVE SYSTEM: digestive, may allay hunger and help weight loss.

GENITO-URINARY AND ENDOCRINE SYSTEMS: balances menstrual cycle, may be useful for fertility, restores vitality.

Hydrosols

Sandalwood

Santalum album

GENITO-URINARY AND ENDOCRINE SYSTEMS: possible douche for vaginitis or candida.

SKIN CARE: preserves skin cells; drying; good for delicate and mature skin; great aftershave; helps rosacea, eczema, psoriasis, couperose.

EMOTIONAL AND SPIRITUAL: balancing and calming mentally, highly energetic, good for meditation and touch therapy.

Scotch Pine

Pinus sylvestris

General system tonic. Antiseptic, antibacterial.

GENITO-URINARY AND ENDOCRINE SYSTEMS: mild hormone-like activity, may stimulate libido, stimulates adrenals.

NERVOUS SYSTEM: mentally calming.

RESPIRATORY SYSTEM: decongestant, moderate mucolytic.

SKIN CARE: anti-inflammatory.

Tea Tree

Melaleuca alternifolia

Stimulating. Can be used with pets in baths, sprays, or food for general health.

IMMUNE SYSTEM: good immune booster, antiviral.

RESPIRATORY SYSTEM: mildly mucolytic and expectorant.

SKIN CARE: antiseptic, antifungal; use on wounds, skin irritations, infections.

Thyme Linalool

Thymus vulgaris CT1

DIGESTIVE SYSTEM: excellent in colonics; add to pet's food for bad breath, digestive aid, or part of natural feeding program.

IMMUNE SYSTEM: antiviral.

SKIN CARE: antiseptic, antifungal, use to clean wounds, prevent infections, cleanser for normal to oily skin, enlarged pores, specific for bed sores.

Thyme Thymol

Thymus vulgaris CT6

Other uses as Thyme Linalool.

DIGESTIVE SYSTEM: gargle for sore throat, mouth ulcers, digestive aid, intestinal cleanser

GENITO-URINARY AND ENDOCRINE SYSTEMS: douche for discharge or infection.

IMMUNE SYSTEM: promotes healing, strongly antiviral.

SKIN CARE: strongly antiseptic, mildly antifungal.

Winter Savory

Satureja montana

DIGESTIVE SYSTEM: digestive, good gargle for throat and mouth infections, good in colonics.

GENITO-URINARY AND ENDOCRINE SYSTEMS: may enhance libido.

IMMUNE SYSTEM: booster, antiviral.

RESPIRATORY SYSTEM: steam for head or chest infections.

SKIN CARE: antifungal, antibacterial, cleanses acne skin.

EMOTIONAL AND SPIRITUAL: promotes mental and emotional focus.

Witch Hazel

Hamamelis virginiana

Powerful anti-inflammatory. Very strong anti-oxidant, free radical scavenger. Use in anti-age treatments. External use only.

CIRCULATION, MUSCLES, JOINTS: compress or sitz bath for varicose veins.

DIGESTIVE SYSTEM: compress or sitz bath for hemorrhoids.

SKIN CARE: effective antiseptic, antifungal, anti-infectious, astringent toner.

Yarrow

Achillea millefolium

CIRCULATION, MUSCLES, JOINTS: antispasmodic; mild diuretic; compress or sitz bath for varicose veins and cellulite.

DIGESTIVE SYSTEM: digestive; use for cleanse.

GENITO-URINARY AND ENDOCRINE SYSTEMS: PMS relief.

SKIN CARE: mildly antibacterial; antiseptic; cleanser for acne; anti-inflammatory and soothing for damaged skin.

EMOTIONAL AND SPIRITUAL: highly energetic, good for spiritual healing, combine with Juniper for auric cleansing and protection.