Stocked Oils
Blank cells indicate the essential oil is not primarily used for this purpose

Common name	Botanical name	For Body Conditions	For Mental & Emotional Wellbeing	For Skin Care	Energetics & Personality	Smell Characteristics	Blends Well with	When should this oil not be used	In Stock
Basil	Osmium basilicum	Insect bites, a good insect repellent, gout, muscular aches, rheumatism, ear ache, sinusitis, flatulence, cramps, scanty periods, colds, fever, flu, infectious diseases	Anxiety, depression fatigue, migraines, nervous tension	Improves the tone and appearance of the skin	Warming, it tonifes yang and lifts the spirit. The scent of basil is uplifting, awakening, clarifying and stimulating	Fresh sweet spicy scent with balsamic undertone	Bergamot, clary sage, lime, geranium, hyssop, other green notes	Possible sensitisation in some individuals, do not use during pregnancy	Yes
Bay Leaf	Pimenta racemosa	Muscular aches and pains, bronchitis, coughs, cramps, flatulence, indigestion and colds		Recommended in hair care as a scalp stimulant, a hair rinse for dandruff and for greasy lifeless hair		Spicy medicinal odour	Pine, cypress, juniper, clary sage, rosemary, lavender, citrus and spice oils	Not to be used in pregnancy or by diabetics	Yes
Benzoin	Styrax benzoin	Cuts, chapped skin, arthritis, gout, poor circulation, rheumatism, asthma, bronchitis, colic, coughs, flu	Nervous tension and stress related complaints	Skin healing	It warms and tones the heart and circulation both physically and metaphorically	Rich sweet balsamic odour	Sandalwood, rose, jasmine, frankincense, myrrh, cypress, juniper, lemon, coriander and other spice oils		Yes
Bergamot	Citrus bergamia	Colic, flatulence and indigestion, cold sores, Sore throat, colds and flu	Nervous tension and stress related complaints	Acne, Eczema, Oil Complexion, Psoriasis, Spots	Has both cooling and warming properties, refreshing and uplifting. Helps to relax and let go. The green colour of bergamot has an affinity with the heart chakra and is useful when the heart chakra is affected by grief	Light, green citrus flowery note	Lavender, neroli, jasmine, geranium, juniper, coriander, chamomile, citrus oils, rose. Very much used as a top note in perfumery.	Bergamot is phototoxic, so do not use in prolonged exposure to the sun	Yes
Black pepper	Piper nigrum	Chillblains, arthritis, muscular aches and pains, poor circulation, rheumatism, sprains, stiffness, catarrh, colic, constipation, diarrhea, flatulence, heartburn and nausea. Colds, flu, infections and viruses		Black Pepper Essential Oil is generally not used in skincare	Black Pepper is a warming oil. Helps us 'to get a move on'	Dry woody warm spicy scent	Frankincense, sandalwood, lavender, rosemary, marjoram, spices and florals	Use in moderation	Yes
Cardamon	Elettaria cardamomum	All digestive problems	Mental fatigue and nervous strain	Cardamon is generally not used in skincare	It is a Qi tonic. It has warming qualities. It is ideal for persons burdened by worries that test our endurance	Sweet spicy, warming and woody balsamic undertone	Rose, orange, bergamot, cinnamon, clove, ylang ylang, cedarwood, neroli		Yes
Carrot Seed	Daucus carota	Hepatic and diuretic properties		Carrot Seed is an excellent cell regenerator for the skin		Dry, woody, earthy odour	Lavender and wheatgerm oil		Yes
Cedarwood	Cedras atlantica	Encourages lymphatic drainage. Good for coughs, and chronic bronchitis plus the urinary system	Lethargy and poor concentration, stress, anxiety and tension	Improves oily skin, acne and dandruff	Fortifying and strengthening	Sweet woody with a balsamic note	Rosewood, bergamot, cypress, jasmine, juniper, neroli, clary-sage, vetiver, rosemary, ylang ylang	Best avoided during pregnancy	Yes

Chamomile, German	Matricaria chamomilla	An effective overall children's remedy. Combats inflammation, digestion problems, eczema, cystitus	Insomnia, nervous tension and headaches	Calms sensitive skin	Calms the mind, brings out the child within you. Counteracts agitation or over-activity in any chakra	Sweet floral with a fruit note	Bergamot, Clary sage, jasmine, neroli, rose, geranium, lavender		Yes
Chamomile, Roman	Anthemis nobilis	Children's remedy for pain relief, colic, diarrhoea, indigestion	Anxiety, stress, migraines, headaches, insomnia	Calms sensitive, dry or red skin	Harmonising, peaceful and soothing to the spirit. It relates to the throat chakra and can be used to help individuals express their highest spiritual truth	Sweet floral with a fruit note	Bergamot, Clary sage, jasmine, neroli, rose, geranium, lavender		Yes
Cinnamon	Cinnamomum zeylanicum	Wasp stings and worts. Anorexia, sluggish digestion. Relieves aches and chills	Nervous depression, devitalised	Cinnamon is generally not used in skin care	Hot and stimulating, restores vigour	Warm spicy and sweet	Orange, mandarin, benzoin, Ylang ylang	Do not use in pregnancy. Possible irritant so do patch test first	Yes
Clary sage	Salvia sclarea	Overally woman's remedy; pms, menopause, asthma, throat infections	Depression, nervous tension and stress related conditions	Excess sweating, boils, dandruff, oily skin and hair, wrinkles	Strengthens Qi that is depleted, relaxes and improves flow of Qi	Sweet nutty herbaceous scent	Juniper, lavender, coriander, cardomon, geranium, sandalwood, cedarwood, pine, jasmine, frankincense, bergamot and other citrus oils	Avoid during pregnancy, do not use in conjunction with alcohol, it can exaggerate	Yes
Clove Bud	Syzygium aromaticum	Athletes foot, bruises, burns, cuts, insect repellent, toothache, ulcers and wounds. Arthritis, rheumatism, sprains, asthma, bronchitis. Colic, nausea, colds and flu	Anaesthetic effect, conversely can also ward off drowsiness	Not usually used in skincare	Warming and tonifies Qi	Sweet spicy odour with a fresh fruity top note	Rose, lavender, clary sage, bergamot, bay leaf, and ylang ylang	Potential dermal irritant. Use in moderation only in low dilution	No
Elemi	Canarium luzonicum	Eases congestion of the lungs and controls excess mucus	Encourages emotional healing; soothing, calming	Aged skin, inflammations and wrinkles	Assocated with stillness, contentment, compassion and peace	Fresh, lemon like peppery odour	citrus oils like bergamot, orange and grapefruit and other resin essential oils like frankincense and myrrh		Yes
Eucalyptus	Eucalyptus globulus	Insect bites, and other minor skin problems, muscular aches and pains, poor circulation, rheumatoid arthritis, sprains. Asthma, and other respiratory problems. Good immune system boost	Headaches, neuralgia and debility	Insect repellant, used to treat burns, blisters, cuts and wounds	A tonic for the long Qi and is used to enhance the breathing function, it restores vitality	Camphorius woody scent.	Thyme, rosemary, lavender, marjoram, pine, cedarwood and lemon	Not compatible with homeopathic treatments	Yes
Fennel, Sweet	Foeniculum vulgare	Bruises, cellulitis, oedema, rheumatism, excellent for the digestive and respiratory systems, can assist hormonal balance	Overthinking, overly intellectual	Dull, oily, mature complexions	Warming and drying. Related to earth and the intellect, the tendancy to be productive and creative	Very sweet anise like earthy, peppery scent	Geranium, lavender, rose, sandalwood	Narcotic in large doses. Not to be used by epileptics or during pregnancy, use in moderation	Yes
Frankincense	Boswellia Carteri	Respiratory conditions	Anxiety and other stress related conditions. Calms the mind, great for meditating	Blemishes, dry and mature complexions, scars, wounds		Fresh, sweet, woody and balsamic all at the same time. A most wonderful play on the senses	Rose, Sandalwood, Pine, Vetiver, Geranium, Lavender, Neroli, Bergamot, Basil, Black pepper, cinnmamon		Yes
Geranium	Pelargonium graveolens	Bruises, broken capillilaries, cellulitis, oedema, poor circulation, tonsillitis, sore throat, menopausal problems, pms	Nervous tension and stress related conditions	Acne, congested skin, eczema, good for mature skin, as well as oily complexion, promotes regenerates of the skin and balances sebum production	Cooling and moist, calms the mind and relaxes the body	Rosy sweet minty scent	Lavender, patchouli, clove, rose, neroli, sandalwood, jasmine, juniper, bergamot, and citrus oils		Yes

Ginger	Zingiber officinale	Arthritis, muscular aches and pains, poor circulation, rheumatism, sprains and strains, cattarr, sinusitis, sore throat, flatulence, indigestion, loss of apetite, nausea, travel sickness	Fatigue	Not usually used in skincare	Warming and stimulating	Warm spicy sweet earthy with a gingery uplifting note	Sandalwood, vetiver, patchouli, frankincense, rosewood, cedarwood, coriander, rose	It may cause sensitisation in some individuals	Yes
Grapefruit	Citrus paradisi	Lymphatic stimulant, cellulitis, muscle fatigue, stiffness, water retention, cold and flu	Depression, headaches, nervous exhaustion.	Acne, congested and oily skin, promotes hair growth, tones the skin	Cooling, cleansing and decongesting	Fresh sweet citrus aroma	Lemon, palmarosa, bergamot, neroli, rosemary, cypress, lavender, geranium and spices		No
Juniper	Juniperus communis	Diuretic, cellulitis, colds, flu, and infections	Anxiety, nervous tension and stress related conditions. Intellecutal fatigue	Acne, dermatitis, eczema, oily complexions	Warming and stimulating yang energy	Sweet fresh woody balsamic odour	Lavender, vetiver, sandalwood, cedarwood, cypress, clary sage, pine, rosemary, benzoin, geranium and all citrus oils	Slightly irritant, must not be used during pregnancy. Should not be used by those with kidney disease due to its nephrotoxic effect	Yes
Lavender	Lavendula angustifolia	The only oil apart from tea tree that can be used neat straight onto the skin, use for minor skin problems, as an immune system boost, and all respiratory problems. All round marvellous oil	Harmonising effect on the nervous system, good for nervous tension. Can exert a sedative or stimulating action	Can be used for all skin types	Soothes and supports the Qi of the heart	Sweet floral herbaceous scent with a balsamic woody undertone	Most oils		Yes
Lemon	Citrus limon	Excellent oil for circulatory problems, used in the treatments of colds, flu	Mental fatigue and nervous strain	Tones aging skin, beneficial in the treatment of acne and boils. Treats warts and verrucae	Cooling and drying, an excellent detoxifying oil	Citrus, light and fresh	Lavender, neroli, ylang ylang, rose, sandalwood, chamomile, benzoin, fennel, geranium, eucalyptus, juniper, other citrus oils	Can be phototoxic, apply in moderation as high quantities can become an irritant	Yes
Lemongrass	Cymbopogon citratus	The worlds answer to natural antibiotics, athletes foot, muscular pain, poor circulation, indigestion, infectious diseases, improves connective tissue	Mental fatigue and nervous strain	Acne, blemishes, lax skin	Uplifting and energising	Fresh grassy citrus scent, with an earthy note	Geranium, palmarosa, lavender, other citrus oils	Possible dermal irritation use with care	Yes
Lime	Citrus aurantifolia	Throat infections, flu, digestive problems, cellulite	Apathy, anxiety and depression	Good for oily skin and acne	Refreshing and uplifting	Sharp but sweet citrus. Very much used in perfumery as a fresh top note	Neroli, lavender, rosemary, clary-sage and all other citrus oils	Phototoxic – avoid being in the sun wearing this oil	Yes
Mandarin	Citrus reticulata	Fluid retention, eases digestive problems, the safest oils to be used in pregnancy and with children.	Insomnia and nervous tension	Acne, congested and oily skin, scars, spots, stretch marks	Helps us get in touch with our inner child	Sweet almost floral citrus scent. Delicious	Other citrus, and spices		Yes
Marjoram, Sweet	Origanum marjorana	Chilblains, bruises, arthritis, muscular aches and stiffness, rheumatism, sprains and strains, asthma, bronchitis and coughs, colic, constipation, flatulence, pmt, colds	Headaches, insomnia, migraine, all stress related conditions	Not usually used in skincare	Circulates Qi, calming and sedative	Warm woody spicy camphorius odour	Lavender, rosemary, bergamot, chamomile, cypress, cedarwood, tea tree, eucalyptus	Not to be used in pregnancy	Yes
May Chang	Litsea cubeba	Used to treat high blood pressure and coronary heart disease	Stress, anxiety and depression	Oily skin and acne, deodorant	Refershing and uplifting	Lemon-like sweet aroma	Basil, bergamot, clary sage, geranium, ginger, jasmine, lavender, petitgrain, rose, rosemary, ylang ylang and all citrus oils	Possible sensitisation in some individuals	Yes

Myrrh	Commiphora myrrha	Athletes feet, arthritis, asthma, and other respiratory problems. Loss of appetite	Stress, worry and mental distraction	Chapped and cracked skin, eczema, mature complexions,	Warming and drying	Warm rich spicy balsamic odour	Frankincense, sandalwood, benzoin, cypress, juniper, mandarin, geranium, patchouli, thyme, mint oils, lavender and spices	Do not use in pregnancy	Yes
Neroli	Citrus auriantium var amara	Children's remedy. Hypertension, palpitations, chronic diarrhoea, digestive issues	Insomnia, anxiety and depression	All skin types, reduces inflammation	Relaxes nerves and uplifts spirits	Fresh and delicate floral with a citrus note	Jasmine, benzoin, myrrh, rose, chamomile, coriander seed, geranium and all other citrus oils		Yes
Orange, Sweet	Citrus sinensis	Best all round oils for the digestive system, water retention, bronchitis, constipation, colds and flu	Stress related condictions	Good for dull and oily complexions, regenerative properties	Stimulates stagnant Qi	Sweet fresh fruity scent	Lavender, lemon, neroli, clary sage, myrrh and spices	Used in large quantities can be an irritant	Yes
Palmarosa	Cymbopogon martini	Acts as a tonic to the digestive system	Nervous exhaustion and stress related conditions	Acne, dermatitis, minor skin infections, scars, sores, wrinkles, excellent as a face oil as it stimulates cellular stimulation and regulates sebum production	Cooling and moistening. It clears heat and strenthens yin energy	Sweet floral with a woody undertone	Geranium, rosewood, sandalwood, cedarwood, and all floral oils		Yes
Patchouli	Pogostemon cablin	Fungal infections i.e. athlete's foot, injuries, scars	Nervous exhaustion and stress related complaints	Acne, cracked and chapped skin, dandruff, dermatitis, eczema, oily hair and skin, open pores, sores, wounds and wrinkles	Soothing, calming, grounding	Sweet peppery with a light herbaceous note	Vetiver, sandalwood, cedarwood, geranium, clove, lavender, rose, orange blossom, bergamot, myrrh, clary sage		Yes
Peppermint	Menthe piperita	Muscular pain, respiratory problems, excellent for the digestive system, immune system booster	Mental fatigue, migraine and vertigo	Reduces skin irritation and itching, refreshing skin tonic	Inspiring and stimulating	Grassy minty camphorius odour	Benzoin, lavender, marjoram, lemon, eucalyptus and other mints	Use in moderation. Not compatible with homeopathic treatments	Yes
Pettitgrain	Citrus auriantium var amara	Good for the digestion, controls nervous asthma	Insomnia, nervous tension and depression	Acne, excessive perspiration, greasy skin and hair	Revitalising, balancing, restoring	Similar to neroli but with a greener and sweeter note	Rosemary, lavender, geranium, bergamot, neroli, clary sage, jasmine, benzoin, palmarosa		Yes
Pine Needle	Pinus sylvestris	Stimulates circulation, good for rheumatism, arthritis and muscular aches and pains. Antiseptic	Fatigue and nervous exhaustion	Not usually used in skincare	Warming and drying, instills positivity	pine, fresh smell	Peppermint, rosemary and geranium	Possible sensitisation in some individuals	Yes
Rose	Rosa damascena	Effective for the soul, spirit and body. Poor circulation, coughs, hayfever, irregular menstruation, headaches, stress related complaints. Above all rose brings a feeling of wellbeing and happiness	Depression, stress related complaints; anger, fear, anxiety	Broken capillaries, dry skin, eczema, mature and sensitive complexions, wrinkles	The rose is associated with the heart chakra and love	Deep rich floral with a spicy undertone	Blends well with most oils and great for rounding off blends		Yes
Rosemary	Rosmarinus officinalis	Insect repellent, varicose veins. Gout, muscular pain, poor circulation, rheumatism, asthma, bronchitis, colitis, flatulence, colds, flu and infections	Nervous exhaustion and stress related disorders	Acne, dandruff, dermatitis, eczema, greasy hair, stimulates scalp	Rosemary is associate with the third eye charka, whereever there is a need for clarity or clear thought	Fresh minty herbaceous scent, with a woody balsamic undertone	Lavender, citronella, thyme, pine, basil, peppermint, cedarwood, petitgrain, cinnamon and other spice oils	Avoid during pregnancy, not to be used by epileptics, contraindicated in cases of high blood pressure	Yes
Rosewood	Aniba roseodora	Immune system booster	Balances the nervous system	Acne, dermatitis, scars, wounds, wrinkles	Calming effect associated with the crown chakra	Sweet and at the same time fresh woody smell with a floral note.	This oil blends well with everything, whenever a blend goes wrong, a couple of drops of Rosewood saves most blends.		Yes

Sage	Salvia officinalis	Promotes digestion, treats rheumatism and arthritis	General nervous debility	Acne, dermatitis,ezcema, dandruff and hairloss	Drying and astringent. Recommended for nervous exhaustion	Warm-herbaceous odour	Clary Sage, geranium, ginger, lavender, orange, vetiver, neroli, rosemary and tea tree		Yes
Sandalwood	Santalum album	Bronchitis, catarrh, coughs, sore throat, diarrhea, nausea, cystitis	Depression, insomnia, nervous tension and stress related complaints	Acne, dry and cracked skin, greasy skin	Links the base and crown chakras, faciliates spiritual development, used in meditation	Soft, sweet woody balsamic scent	Rose, clove, lavender, black pepper, bergamot, rosewood, geranium, benzoin, vetiver, patchouli, myrrh and jasmine		No
Spearmint	Menthe spicata	Same as peppermint but not as powerful making this oil excellent to use with children	Mental strain and fatigue	Acne, dermatitis and congested skin	Uplifting and simulating	Warm spicy herbaceous minty odour	Lavender, jasmine, eucalyptus, basil, rosemary and other mints	Not compatible with homeopathic treatments	No
Tea Tree	Melaleuca alternifolia	Respiratory system booster, great for infectious ailments		Most skin complaints	Invigorates the mind	Warm fresh spicy camphorius odour	Lavender, clary sage, pine, geranium, marjoram, spice oils		Yes
Thyme	Thymus vulgaris	Abscess, bruises, burns, cuts, insect bites, lice, gum infections, arthritis, cellulitis, gout, muscular aches and pains, oedema, poor circulation, rheumatism, sprains. Asthma, bronchitis, catarrh, coughs, sinusitis,sore throat, diarrhea, flatulence, cystitis, colds, flu, infectious diseases	Headaches, insomnia and stress related complaints	Acne, dermatitis, eczema, oily skin	Warms the lungs, tonifies yang Qi	Spicy herbaceous powerful odour	Bergamot, lemon, rosemary, melissa, lavender, marjoram, pine, and other alpine scents	Use in moderation as it can become an irritant, do not use in pregnancy or with high blood pressure	Yes
Vanilla	Vanilla planifolia	No aromatherapy use, used for its scent alone				Sweet, balsamic, vanilla like	Sandalwood, vetiver, benzoin and spice oils		Yes
Vetiver	Vetiveria zizanioides	Arthritis, muscular aches and pains, rheumatism, stiffness	Depression, insomnia, nervous tension, deeply relaxing, used in perfumery as a fixative	Acne, oily skin, stretch marks	Calming and grounding	Smokey earth woody odour with a sweet persistent undertone	Sandalwood, rose, violet, jasmine, patchouli, lavender, clary sage, ylang ylang	Use in moderation	Yes
Ylang Ylang	Cananga odorata	Palpitations, reducing high blood pressure	Aphrodisiac, nervous anxiety, feelings of anger, rage and frustration	Acne, dry and oily skin	Passionate and feminine, charismatic and sensual	A sweet oriental floral scent. Use in small dilutions	Rosewood, jasmine, vetiver, bergamot, rose	Use in small dilutions as its quite heady	Yes