

Selection of Appropriate Essential Oils

Presenting Symptoms

Condition 1	
Condition 2	
Condition 3	

Corresponding oils

Essential Oil	Latin Name	Condition 1	Condition 2	Condition 3
Basil	Ocimum basilicum			
Benzoin	Styrax benzoin			
Bergamot	Citrus Bergamia			
Black pepper	Piper nigrum			
Carrot seed	Daucus Carota			
Cedarwood	Cedrus atlantica			
Chamomile German	Matricaria recutita			
Chamomile Roman	Chamaemelum nobile			
Clary sage	Salvia Sclarea			
Coriander	Coriandrum sativum			
Cypress	Cupressus sempervirens			
Eucalyptus	Eucalyptus globulus			
Fennel	Foeniculum vulgare var dulce			
Frankincense	Boswellia carteri			
Geranium	Pelargonium graveolens			
Ginger	Zingiber officinale			
Grapefruit	Citrus paradise			
Jasmine	Jasminum officinale			
Juniper	Juniperus communis			
Lavender	Lavandula augustifolia/ officinalis			
Lemon	Citrus limon			
Lemongrass	Cymbopogon citrus			
Lime	Citrus aurantifolia			
Mandarin	Citrus reticulata			
Marjoram	Origanum majorana			
Melissa	Melissa officinalis			
Myrrh	Commiphora myrrh			
Neroli	Citrus aurantium var amara			
Niaouli	Melaleuca vindiflora			
Orange	Citrus sinensis			
Palmarosa	Cymbopogon martinii var martinii			
Patchouli	Pogestemon cablin			
Peppermint	Mentha piperita			
Petitgrain	Citrus aurantium var amara			
Pine	Pinus Sylvestris			
Rose Damask	Rosa damascena			
Rose otto/cabbage	Rosa centifolia			
Rosemary	Rosmarinus officinalis			
Rosewood	Aniba rosacodora			
Sandalwood	Santalum album			
Tea tree	Melaleuca alternifolia			
Vetiver	Vetiveria zizanoides			
Ylang Ylang	Cananga odorata			