

Herbs Used as Oils/EO Used From Herbs©

by Jeanne Rose

These are all Herbs Used by Herbalists Whose Essential Oils are Used by Aromatherapists.

Herb & Herb Part	Herb Use, briefly	Its Essential Oil from what part?	Essential Oil Use, briefly
1. Agnus castus <i>Vitex agnus castus</i>	Women's herb for PMS, menstruation and menopause; total woman's tonic	SD from seeds and leaves	Used by direct application to aching breasts
2. <i>Ammi visnaga</i>	Tincture or extract can be taken internally for allergic asthma	Seeds SD, herb & vegie scent	EXT. - can be placed directly on the nose; anti-spasmodic; coronary dilator; bronchodilator, for allergic asthma
3. Angelica <i>Angelica archangelica</i>	For asthma and lung conditions; digestive and heart stimulant, helps with anorexia.	Roots and stems are SD. Seeds can also be SD, herb & spicy scent	INH. - can also be added to perfume for holy thought; sedative; carminative; for anorexia, asthma. Root and seed oil used in liquors like gin and Benedictine
4. Anise <i>Pimpinella anisum</i>	Tea of seeds as Culinary, as a digestive aid to stimulate peristalsis. Used in flavor & food industry	Seeds SD, spicy scent Holiday Kit	INH. - for lungs, and Antispasmodic by ING. for digestive system; estrogen like - stimulates menses, aids childbirth; emmenagogue; galactagogue
5. Artemisia, greater <i>Artemisia arborescens</i>	Has Native American uses in a variety of ways. Wash to clear skin, infused oil for aiding sore muscles.	Flowers & tops SD herb/camphor scent A Bevy of Blue Oils Kit	Anti-inflammatory, antihistamine; mucolytic; EXT. - combine in 1% solution with <i>Aloe vera</i> gel for sunburn; neat on raised moles
6. Artemisia Owyhee <i>Artemisia ludoviciana</i>		Flowers & tops SD fruity scent	INH. to relax, APP. for skin care, it is soothing and anti-inflammatory.
7. Balm of Gilead <i>Populus candicans</i> and other genus and species	Tea made from buds is a stimulating expectorant, also for respiratory complaints. Buds can be simmered in oil as a dressing for burns, sunburns, skin diseases	Buds of <i>P. balsamifera</i> are SD or ABS.	EXT. for skin care, very healing. T for muscle spasm or injury, aching joints.
8. Balsam of Peru <i>Myroxylon balsamum</i>	Fragrance in soaps and lotions, used as a stimulant and expectorant in cough syrups, EXT. on sores and scabies.	Balsam is SE	INH. - respiratory and immune stimulant; antibacterial, anti parasitic, expectorant; can reduce scars
9. Basil tops <i>Ocimum basilicum</i>	Culinary use; in shampoos and rinses, with Lavender for hair growth: perfume for body and hair	Top third SD Sports Relief Kit	INH. - mental stimulant; stimulates hair growth; in massage oils, good for heart, nerves, sinews and tendons; diuretic; emmenagogue
10. Bay Laurel & Hydrosol <i>Laurus nobilis</i>	Culinary uses; stimulating; antiseptic; Hydrosol is a lymphatic cleanser; Men's cologne scent	Bay leaves SD	Respiratory system as a mucolytic and expectorant; culinary uses; antiviral for colds; for aphthae ulcers
11. Benzoin <i>Styrax benzoin</i>	Resin used in incense and in alcohol extracts for preservation of food or skin care	Resin	INH. - respiratory conditions, expectorant, APP. - antiseptic, deodorant
12. Bergamot <i>Citrus bergamia</i>	Mashed with sugar & eaten for stomach and nervous conditions	Peel EXP. Stress Relief Kit	An antiseptic for skin care; soothes nerves, anxiety and depression; gargle for sore throat
13. Birch <i>Betula lenta</i>	Commercial use as oil of wintergreen, oil has astringent properties. Tea made from leaves is a diuretic, and can break up kidney stones. The tea is also a gentle sedative/analgesic, especially with Verbena	Bark - destructive distillation Hypertension Kit	INH. - hypertension; EXT. - massage for aching joints; diuretic
14. Black Pepper <i>Piper nigrum</i>	Culinary, infused in oil for aching joints or muscles	Berries Culinary Kit	ING. - expectorant; M., aphrodisiac; T. for toothache; INT. - digestive distress from spicy foods
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15. Black Spruce <i>Picea mariana</i>	Tea for colds, provides vitamin C; dries nasal mucus	Needles SD Colds & Flu Kit	Inhaled as a respiratory stimulant; has bactericidal and disinfectant properties; can relieve aching joints and anxiety; adrenal and thymus stimulant
16. Cade <i>Juniperus oxycedrus</i>	In therapeutic soaps, ointments and salves for eczema, psoriasis	Bark	Skin disease, eczema, dandruff
17. Cajuput <i>Melaleuca minor</i>	Oil is a powerful germicide; it can also be used for frostbite.	Fresh leaves and twigs SD	Antiseptic; treats genital herpes; hemorrhoids
18. Caraway <i>Carum carvi</i>	Seed tea for dyspepsia; facial steam to stimulate the complexion	Seeds SD	INH - mucolytic, eases bronchitis; INT. - insufficient bile
19. Cassia <i>Cinnamomum cassia</i>	Culinary uses; used in incense and potpourris; Used in hair rinses and dyes for its brown color	Bark SD Holiday Kit	As stomachic and carminative; germicide
20. Catnip <i>Nepeta cataria</i>	Tea for nervousness, headache, colds or hysteria; infused with black tea for compress for swollen eyes	Tops SD (part of the oil sinks in water)	Very attractive and rather stupefying when inhaled by cats. Hydrosol added to tea for insomnia.
21. Cedarwood <i>Cedrus atlantica</i>	Needle tea is healing for diseased lungs	Wood SD Meditation Kit Holiday Kit	T., M., APP., INH. For coughs, colds, bronchitis; skin eruptions or hair care; lymph tonic
22. Cedarwood <i>Juniperus virginiana</i>	Wood used to line chests and repel vermin	Wood is SD	M for nervous tension. INH. respiratory. Hydrosol repels ants and vermin.
23. Ceylon Cinnamon <i>Cinnamomum zeylanicum</i>	Used in cosmetics for astringent properties; added to hair products for brown color; infusion is a good skin wash; potpourris and incense.	Leaves, twigs and dried inner bark SD	Anti spasmodic, antifungal and antiviral; for toothache, respiratory problems; male impotence; vaginitis
24. Camomile, wild <i>Chamaemelum mixtum</i>	Root tea for toothache; infusion on face, in facial steam to reduce puffy skin and cleanse pores	Flowers SD Blue Oils Kit	EXT. and INT. - anti-inflammatory; liver and stomach problems; anti parasitic
25. Camomile, German <i>Matricaria recutita</i>	Facial steams, skin and hair care; shampoo and hair rinse for light hair; tea as digestive, for insomnia, for anxiety	Blue Camomile eo from flowers picked in the a.m.SD Blue Oils Kit	Anti-inflammatory, skin care, INT.- for gall bladder and liver regeneration; antidepressant
26. Camomile, Roman <i>Chamaemelum nobile</i>	Flower heads used in potpourris; massage oils; infusion is a soothing compress for eyes; in hair products for light-colored hair	Flowers SD Blue Oils Kit	Anti-inflammatory; asthma; all skin-care uses. The easiest choice with Lavender for all needs.
27. Cistus/Labdanum <i>Cistus ladanifer</i>	In perfumery, it is a powerful fixative, used as a replacement for ambergris	Labdanum resin from Dried and fresh leaves and twigs	Ritual work for past life recall, or buried memories; in skin care for mature skin; INH - coughs and bronchitis
28. Citronella <i>Cymbopogon nardus</i>	In candles for bug repellent; perfumes	Above ground plant SD	Anti-inflammatory; cleanser - 5 drops EO an 1 ounce vinegar for counters and stoves
29. Clary Sage <i>Salvia sclarea</i>	In the bath; aromatic astringent; warming; seeds clear eyes of foreign substances	Top third of plant SD Woman's Kit	Woman's herb, estrogenic; INH - eases depression, hot flashes, soothes PMS; in colognes and toilet waters, regenerative for aging skin
30. Clove <i>Syzygium aromaticum</i>	Commercially used in dental preparations	Dried flower buds SD	analgesic for Tooth problems; antifungal
31. Coriander <i>Coriandrum sativum</i>	Tea for leaves or seeds stomachache	Leaf or seed SD	Neat for blackheads and oily skin; in massage oil for arthritis, migraine headaches; insomnia
32. Cumin <i>Cuminum cyminum</i>	Ritual us to protect home, and for internal protection; in massage oil for lymphatic congestion, poor circulation	Seeds SD Culinary Kit	Calming; powerful antispasmodic, especially for gas and gut spasms
33. Cypress <i>Cupressus sempervirens</i>	Leaf infusions for lungs; fruit is a disinfectant and balsamic	Ends of branches, needles, twigs and cones SD Sports Relief Kit	APP - cellulite rub, aching muscles, good foot rub; for oily skin and hair, to reduce overactive sweat and oil glands; respiratory problems; soothing/uplifting
34. Dill <i>Anethum graveolens</i>	Tea for flatulence and to promote lactation	Leaf or seed SD Culinary Kit	Culinary use for flavoring. INH for sleep, ING as galactogogue
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35. Douglas Fir <i>Pseudotsuga menziesii</i>	Needle tea for colds; in herb pillows	Leaves (needles and twig ends) SD Colds & Flu Kit	INH - a respiratory antiseptic; sedating and can be used as a nervous system tonic
36. Elecampane <i>Inula helenium</i>	Root tea mixed with black tea is a potent bronchodilator, a very powerful mucolytic	dried Root SD	INH- via nebulizer it is one of the most powerful EO's used in a respiratory crisis; for bronchitis or lung infections with copious mucus. Do not use on skin.
37. Eucalyptus <i>Eucalyptus spp.</i>	It has antiseptic properties; cough drops for treating sore throats; as a salve for wounds or sores; scalp treatment	Leaves SD Kid's Kit Colds & Flu Kit First Aid & Travel Kit	INH - for respiratory and sinus problems, colds, flus, sinus infections; has antiseptic, antibacterial and stimulant properties; INH - or used as a chest rub or for sore joints, or in the bath
38. Fennel <i>Foeniculum vulgare</i>	Herb tea is a mild carminative, used as an aperitif.	Seed and herb SD	INH - to aid child-birth, lactation, menstrual problems; eases breathing; culinary use for flavoring
39. Fir needles <i>Abies spp.</i>	Needle tea helps reduce excess mucus, but should not be taken more than 3-5 days	Needles SD Colds & Flu Kit	Refreshing; cleans air; powerful antiseptic for respiratory, urinary and intestinal systems; APP - for bronchitis as a chest rub; stimulates adrenal cortex, EXT. - repels bugs
40. Frankincense <i>Boswellia carteri</i>	Incense is good for meditation, 6th chakra, psychic healing, for grief or fear; facial steams; can be inhaled for sore throat or laryngitis	Resinoid -vacuum SDistilled Mediation Kit	INH- sore throats and laryngitis; aging skin; depression; meditation and ritual use; opens 6th chakra; immune stimulant
41. Galbanum <i>Ferula gummosa</i>	Incense	Galbanum resin vacuum SDistilled Mediation Kit	Warms aching hands and feet; represents air element; clears pineal gland; rejuvenates aging skin
42. Geranium, Bulgarian <i>Geranium macrorrhizum</i>	Astringent herb used for cleansing, body care, in the bath for skin and hair; douche and bolus	Zdravetz EO SD from flowers and tops,	Used as tonic for health problems and as an anti-tumor
43. Geranium, Rose <i>Pelargonium graveolens</i>	Astringent herb used for cleansing, body care, balances oil glands; in the bath for skin and hair, facial masks, hair rinses; potpourris; stimulating tea	Top third of plant. SD & Hydrosol Woman's Kit	Adrenal stimulant and cellular regenerative; antidepressant and emotional care, menstrual care - to relieve hot flashes and menstrual cramps. Hydrosol for skin care; skin care
44. Ginger <i>Zingiber officinale</i>	Culinary uses; decoction can be used as mouthwash; tea is a good digestive	SD from sun-dried rhizomes or 'hands' Culinary Kit	Digestive system tonic; for gut spasms, motion sickness. A drop of EO in ginger ale for a tonic digestive
45. Grapefruit peel & fruit <i>Citrus paradisi</i>	Used in baths and cosmetics	Grapefruit Peel EO is expressed from peel Woman's Kit	For the gall bladder and digestive system; fever reducer for cold, can reduce hot flashes; astringent and facial toner; herpes remedy; reduces cellulite, anti-obesity
46. Hyssop <i>Hyssopus officinalis</i>	Fresh leaves in the bath are a potent diuretic; in a facial steam for cleansing; leaves infused in oil for massage	Leaves and plant tops SD	Viricide, antibacterial - useful against strep, pneumonia, bronchitis; INT. - a drop in a warm water or vinegar for tonsillitis; oil used in liquors such as Chartreuse
47. Jasmine <i>Jasminum officinale</i>	Infused oil for frigidity; bath oil to smooth skin; flowers in white wine as an aphrodisiac	Jasmine absolute flowers SE Love & romance Kit	INH - soothes body; facilitate childbirth. EXT. - stimulates brain; aids headaches; aphrodisiac; used in skin creams, lotions and oils
48. Juniper <i>Juniperus spp.</i>	Tea with Fennel and Rosemary for detoxification; foot soaks	Berries SD Sports Relief Kit	Antiseptic; external cleanser; cellulite rub; muscle aches; INT. - in small amounts as a diuretic for cystitis or detox
49. Labdanum - see Cistus			
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50. Lavender many species and chemotypes	Teas and baths for headache and body care; gargle; antiseptic; aromatic astringent; facial steams; potpourris and sachets; for all body care preparations	Lavender tops EO SD Flight of Lavenders Woman's Kit Kid's Kit Stress Relief Kit First Aid & Travel Kit	Calming; soothing but stimulating; antibacterial - for skin conditions; antispasmodic; anti-convulsive; antidepressant; decongestant; aphrodisiac. Hydrosol great for skin care.
51. Lavender Spanish <i>Lavandula stoechas</i>		Flower tops SD	Anti-infectious, especially against Pseudomonas bacteria; earaches; chronic sinusitis
52. Lemon peel & juice <i>Citrus limon</i>	PL. - aromatic astringent for bath or steam herb mixtures; juice to herpes; light hair shampoo, rinse for oily hair or dandruff; men's cologne. Hot tea with lemon and honey is a well known herbal remedy	Lemon Peel EO expressed from peel Sports Relief Kit	Antibacterial, antiseptic, can be used a sore throat gargle; used for digestive or liver problems; astringent in skin care, cellulite; relieves aches; insect repellent and dispels intestinal parasites; reduces fever; diuretic
53. Linden <i>Tilia europaea</i>	Sedating, as a tea or in the bath; flowers have cooling and relaxing properties.	Flowers are SE	Hydrosol used in skin care, can be sprayed for shingles. SE oil used in perfumery.
54. Marjoram <i>Origanum majorana</i>	Sweet type is powdered and used as sneezing powder to clear head and sinuses or in culinary mixtures	Herb tops SD Hypertension Kit	Anti-aphrodisiac; pain relieving; INH - respiratory infections; reduce pain or distress; INT. - digestive
55. Melissa <i>Melissa officinalis</i>	Herb tea for stomach cramps, indigestion, nausea, tea for	Tops & leaves are SD b4 flower.& Hydrosol	Calming; sedative; hypnotic for insomnia
56. Myrrh <i>Commiphora molmol</i>	Incense smoke expands awareness; cools emotions, calms fears; in mouthwashes, tooth powders; aromatic astringent. Resin is a fixative	SD or CO2 from the Resinoid Mediation Kit	Skin revitalize; regulates secretions; for hyperthyroid conditions; INH - cools the air and emotions.
57. Oakmoss <i>Evernia prunastri</i>	Resin is used as a fixative in perfumery; Powdered, it is the basis of a body powder called Chypre	SE from the dried lichen	INH - headache, sinus infection; in perfumes as a fixative or a base for Chypre; ritual use for spiritual depth
58. Orange Flowers <i>Citrus aurantium</i>	Cold infusion of flowers for massage oil; macerated in oil for body care; face packs are hydrating.	Neroli is SD from Flowers Love & romance Kit	INH - for grief and depression, soothing calming, sedating; INT. - a drop in honey with Marjoram tea for insomnia; in skin care for dry, sensitive skin; lightly hypnotic aphrodisiac; for 2nd and 4th chakras
59. Orange peel <i>Citrus sinensis</i>	Drinks; hair and body; antiseptic aromatic; face packs for oily skin	Peel EXP. Holiday Kit Culinary Kit	Tonic blender; antidepressant and nerve sedative; aids digestive system including kidney and gall bladder
60. Patchouli	Used as a bug repellent, rejuvenating bath or deodorant. Very important raw material in perfumes	Leaves SD Mediation Kit	INH- antidepressant, eases confusion, soothes nerves; seductive aphrodisiac
61. Peppermint <i>Mentha x piperita</i>	Refreshing and cooling tea; facial and bath herb; antiseptic and emollient properties	Top third of the plant SD Travel & First Aid Kit Kid's Kit	INT. - in water for gas or to reduce nausea, reduces respiratory system spasms; antiseptic skin cleanser; muscle rub; reduces hot flashes. INH - to reduce jet lag
62. Pine needles <i>Pinus spp</i>	In the bath for colds and flus, muscle aches and pains; in lotions and soaps for eczema, psoriasis and other skin conditions. Needle tea is high in vitamin C	Needles SD Colds & flu Kit	Very refreshing, stimulates the adrenal cortex; air cleanser; for the respiratory, urinary and intestinal systems; powerful antiseptic; APP - for bronchitis; EXT. - bug repellent
63. Ravensara <i>Ravensara aromatica</i>	Seed kernels, leaves and bark are popular spices in Madagascar; bark used to make rum	Leaves, fruit and bark Colds & Flu Kit	For flu and bronchitis, viricide; a drop on a sugar cube for congestion or sore throat
64. Rose - all kinds <i>Rosa spp.</i>	Astringent, deodorant; cleansing; for body care; Rosewater	Rose petals SD & SE Love & romance Kit	All skin types, especially aging skin; aphrodisiac; culinary
65. Rose Hips <i>Rosa eglantheria</i>	Very high in Vitamin C	Pressed seeds or 'hips' SE, INF	Skin care, with vegetable oil to promote tissue regeneration, treat scars, burns, wrinkles
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66. Rosemary <i>Rosmarinus officinalis</i>	Stimulates memory and rekindles energy; tonic, astringent, diaphoretic; has skin care and culinary uses; anti-aging; anti-oxidant properties	Top third of various types of <i>Rosemary</i> CT Travel & First Aid Kit Colds & Flu Kit Kit	EO is specific to the sinus and for sinus drainage; add to salt water for a gargle; INH - stimulate 6th chakra and mind; Massage for joint and muscle pain; in body care for skin and hair
67. Sage <i>Salvia officinalis</i>	Alcohol infusion for deodorant; foot soaks; tea for mental stimulation; smudge sticks for ritual use	Top third of plant Sports Relief Kit	Calming and restorative; nervous system stimulant; deodorant; disinfectant; antiseptic; internal tonic; reduce mucus; helps with oily skin; aids gallbladder and digestion
68. Sandalwood <i>Santalum album</i>	Cosmetic and skin care for fragrance & as a fixative; incense; decoction of wood for fevers, indigestion, inflammations and skin disease; wood chips in bath herb blends is an antiseptic	SD from wood, best quality is SD from roots and heartwood	APP - disinfectant, antiseptic for skin sores and wounds, good on staph infections; INH - sedative; in meditation to open third eye; INT. - for cystitis and impotence;
69. Sassafras <i>Sassafras albidum</i>	Tea is a good wash for skin eruptions; can be mixed with Rosewater for an eye-wash; bark decoction to ease poison oak itch	SD from dried bark of the root	In dentistry as a disinfectant in root canal surgery; ** Not to be used internally, considered highly toxic
70. Savory <i>Satureia hortensis</i> <i>S. montana</i>	Culinary uses; fresh summer savory leaf on a bee sting; mixed with Lavender and Rosemary for a stimulating bath or tea	Whole herb	Eases diarrhea; anti parasitic and disinfectant properties - esp. against amoebae and candida; EXT. - rheumatoid arthritis, inflamed lymph nodes
71. Seaweeds	Cosmetic uses as emollient, demulcent or emulsifying agents; can be used on abscesses, skin diseases and inflammations; powdered and mixed with baking soda and salt is a soothing, cooling bath	Plant Woman's Kit	APP - neat to hollow of throat to stimulate thyroid and assist in weight loss
72. Spearmint <i>Mentha spicata</i>	Tea is stomachic; refreshing for culinary use; in baths to strengthen nerves and muscles; facial steams	Top third of the plant Culinary Kit Stress Relief Kit	INH - headache, fatigue; 'a happy oil'; systemic tonic; warm cooler; mild antiseptic; stomach compress to aid digestion.
73. Tarragon <i>Artemisia dracunculus</i>	Culinary uses as flavoring; anti parasitic, esp. against worms	Leaves SD	To balance nervous system - helps PMS, chronic fatigue, stress induces digestive problems, anorexia; convulsions
74. Tea Tree (leaves) <i>Melaleuca alternifolia</i>	Tea for colds; cleansing washes. The hydrosol is especially useful for the cleaning of all external injuries and itches	Tea Tree SD branches and leaves First Aid & Travel Kit Kid's Kit	Neat to pimples; dilute for hot spots on animals; with hydrosol for deep wounds; powerful bactericidal; mildly anesthetic; diffuse to cleanse air.
75. Terebinth <i>Pinus spp.</i>	The essence of Turpentine, antiseptic; in liniments for muscle pain	Leaves SD	INH - for fainting spells; used in France to oxygenate the blood after ozone therapy; respiratory disinfectant
76. Thuja <i>Thuja occidentale</i>	Bark and needles in bath mixtures for mental unwinding, muscle soothing and stimulant effect	Leaf	Oil used in soap for aroma; EXT. - applied neat to warts, can be mixed with olive oil for skin eruptions
77. Thyme <i>Thymus vulgaris</i> many CT's	Thyme water can be used as a deodorant, mouthwash, aftershave or rinse for scabies - it is antiseptic, disinfecting and stimulating; Herb used in bath mixtures, hair rinses; combined with Licorice & Comfrey as a herb pack or steam for psoriasis, eczema and other skin problems	Leaves of many CT are used in different ways	ING, INH - Anti-infectious, works against viral, fungal, staph, and other bacterial infections; for reproductive and urinary system infections. T -venereal warts. APP-vaginitis. ING-cystitis, prostatitis
78. Vanilla <i>Vanilla planifolia</i>	Infused in massage oil as an aphrodisiac; culinary uses; potpourris	Vanilla CO ₂ from pod, also SD Love & Romance Kit Culinary Kit	Warming; soothing; aphrodisiac. Used by APP, ING, INH
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79. Valerian <i>Valeriana officinalis</i>	Tea or capsules for nervous tension, insomnia or headache	SD from roots, preferred method is SE	INH for anxiety, agitation. M-Mix with Petitgrain to improve aroma.
80. Verbena, Lemon <i>Aloysia triphylla</i>	Tea for Crohn's disease, other digestive disorders, & for insomnia. Hydrosol as a spray for skin care and to make more alert while driving; tea is a sedative and febrifuge.	Prior to flowering the leaves are SD	INH, T-Has hormone-like action on thyroid and pancreas; T-cold sores. M with other oils for stress, depression, insomnia
81. Ylang-Ylang flowers <i>Cananga odorata</i>	Infused oil for massage or hair; flowers can be rubbed into hair	Flowers SD and EO is divided by length of time distilled Love & Romance Kit Stress Relief Kit Woman's Kit Hypertension Kit	Xtra = powerful aphrodisiac; parts 1-3 for dry scalp or skin; antidepressant; soothing; insomnia; nervous depression; euphoric; reduces anxiety, rage; aids low self-esteem

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Initials:

SD = steam-distilled	CT = chemotypes	INH. = inhale
SE = solvent extracted	VAR = variety	M = massage (whole body)
CO ₂ = carbon dioxide	LB = Latin <i>binomial</i>	T = topical
EXP. = expressed	EO = essential oil	APP = application
ABS. - absolute	PL. = peel	EXT. = externally used (spot)
	ING. = ingest	
	INT. = internal	

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 219 Carl St., San Francisco, CA 94117. PH 415/564-6785 and FAX 415/564-6799.
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