



Bergamot Essential Oil

Citrus bergamia

Product Summary

Bergamot essential oil is a popular and versatile oil derived from the peel of the bergamot orange (*Citrus bergamia*), a small citrus fruit. The bergamot orange is primarily grown in regions with a Mediterranean climate, such as southern Italy and parts of southern France.

The oil is extracted through a process called cold-pressing, where the oil is obtained by mechanically squeezing the peel to release its aromatic compounds. The result is a highly fragrant, clear to pale yellow essential oil with a sweet and citrusy aroma.

Research:

Bergamot:

<https://pubmed.ncbi.nlm.nih.gov/?term=bergamot+essential+oil>

Uses and Benefits

- **Aromatherapy:** The pleasant scent of bergamot essential oil is commonly used in aromatherapy to promote relaxation, reduce stress, and uplift mood. Inhaling the oil's aroma is believed to have a positive effect on emotional well-being.
- **Mood enhancer:** Bergamot oil is often used as a natural mood enhancer and is believed to help alleviate symptoms of anxiety, depression, and fatigue. Its aroma may stimulate the release of certain neurotransmitters, such as serotonin and dopamine, which are associated with positive emotions.
- **Antiseptic properties:** Bergamot oil contains compounds that have natural antiseptic and antibacterial properties. This makes it a valuable addition to skincare products and can help cleanse and protect the skin from harmful microorganisms.
- **Skin care:** Due to its antiseptic properties, bergamot essential oil is used in various skincare products to address skin issues such as acne, oily skin, and blemishes. It can help unclog pores, balance sebum production, and reduce inflammation.



Bergamot Essential Oil

Citrus bergamia

- Digestive support: Some people use bergamot oil to aid digestion and soothe gastrointestinal discomfort. It may help relax the muscles of the digestive tract and improve overall digestive function.
- Relaxant and sleep aid: The calming effects of bergamot oil make it useful for promoting relaxation and improving sleep quality. Diffusing the oil or adding a few drops to a warm bath before bedtime may help induce a sense of calm and aid in falling asleep.

Responsible cautions

- It's important to note that while bergamot essential oil offers several potential benefits, it should be used with caution. The oil contains compounds called furanocoumarins, which can increase the skin's sensitivity to sunlight and may cause photosensitivity or skin irritation when applied topically. If using bergamot oil on the skin, it's essential to dilute it properly and avoid sun exposure for at least 12 hours after application.
- As with any essential oil, it's advisable to consult with a qualified aromatherapist or healthcare professional before using bergamot essential oil, especially if you have any medical conditions or are taking medications. Pregnant and nursing women should also exercise caution when using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Eucalyptus

Product Information

Eucalyptus essential oil is a natural oil extracted from the leaves of various species of the eucalyptus tree, predominantly from *Eucalyptus globulus* or *Eucalyptus radiata*.

These trees are native to Australia, but they are now also cultivated in other parts of the world with suitable climates. The oil is obtained through a process of steam distillation, where the leaves are steamed to release the volatile compounds, which are then condensed into a liquid.

Eucalyptus essential oil is widely recognized for its refreshing and invigorating aroma, characterized by a strong, camphor-like scent with earthy and slightly sweet undertones. It has been used for centuries by indigenous Australian people for its medicinal properties and is now popular in aromatherapy and natural health practices worldwide.

The main active components of eucalyptus essential oil include eucalyptol (also known as cineole), alpha-pinene, and limonene, among others.

Research: Eucalyptus

<https://pubmed.ncbi.nlm.nih.gov/?term=Eucalyptus+>

Cineole

<https://pubmed.ncbi.nlm.nih.gov/?term=menthol+therapeutic>

Alpha-Pinene

<https://pubmed.ncbi.nlm.nih.gov/?term=alpha-pinene>

Uses and Benefits

1. **Respiratory support:** Eucalyptus oil is renowned for its ability to ease respiratory issues. When inhaled, it can help open up airways, relieve congestion, and alleviate symptoms of colds, coughs, sinusitis, and bronchitis.
2. **Antimicrobial properties:** Eucalyptus oil possesses potent antimicrobial properties, making it effective against a wide range of bacteria, viruses, and fungi. It can be used topically to disinfect wounds and cuts or as a natural household cleaner.
3. **Pain relief:** The oil's anti-inflammatory properties may help reduce pain and inflammation when applied topically to sore muscles or joints. It is often used in massage oils or ointments for this purpose.



Eucalyptus

4. Mental clarity and focus: The uplifting aroma of eucalyptus essential oil is believed to promote mental clarity and focus, making it useful in aromatherapy for increasing concentration and productivity.

5. Insect repellent: Eucalyptus oil has insect-repelling properties and can be used as a natural alternative to chemical-based repellents to keep insects like mosquitoes at bay.

Responsible cautions

- When using eucalyptus essential oil, it's important to do so with caution. While it is generally safe for most people when used correctly, it is highly concentrated and can cause skin irritation or allergic reactions in some individuals. Always dilute the oil with a carrier oil (like coconut or almond oil) before applying it to the skin, and perform a patch test on a small area first.
- Pregnant women, nursing mothers, and young children should consult a healthcare professional before using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Frankincense Essential Oil

Boswellia Sacra

Product Summary

Frankincense essential oil is derived from the resin of the Boswellia tree, specifically from *Boswellia carterii*, *Boswellia sacra*, or other related species. These trees are native to regions like the Arabian Peninsula, India, and parts of North Africa. Frankincense has been used for centuries in various cultural and religious practices and is highly regarded for its medicinal and aromatic properties.

Research:

Frankincense:

<https://pubmed.ncbi.nlm.nih.gov/?term=Boswellia+sacra>

Research:

Boswellia Sacra:

<https://pubmed.ncbi.nlm.nih.gov/?term=Boswellia+sacra>

Uses and Benefits

- **Aroma:** Frankincense oil has a rich, woody, and slightly sweet aroma with hints of citrus and spice. Its soothing scent makes it popular in aromatherapy and perfumery.
- **Aromatherapy:** The use of frankincense essential oil in aromatherapy is believed to have various benefits for emotional well-being. It is often used to promote relaxation, reduce stress and anxiety, and enhance meditation and spiritual practices.
- **Medicinal properties:** Frankincense oil has long been used in traditional medicine for its potential health benefits. Some studies suggest that it may have anti-inflammatory, analgesic (pain-relieving), and antimicrobial properties, though more research is needed to establish these claims definitively.
- **Skincare:** Due to its anti-inflammatory properties, frankincense oil is used in skincare products to soothe and rejuvenate the skin. It is believed to help reduce the appearance of fine lines and wrinkles and promote overall skin health.



Frankincense Essential Oil

Boswellia Sacra

- Respiratory health: Inhalation of frankincense oil vapors is thought to support respiratory health and ease congestion, making it useful in cases of respiratory issues like colds and coughs.
- Immune system support: Some studies suggest that frankincense oil may have immune-enhancing properties, potentially aiding the body's natural defense mechanisms.
- Meditation and spiritual practices: Frankincense has a long history of use in religious and spiritual ceremonies. Its aroma is believed to enhance focus, center the mind, and create a sacred atmosphere.

Responsible cautions

- It's important to note that while frankincense essential oil has many potential benefits, individual experiences may vary, and it should not be used as a substitute for medical treatment. If you plan to use frankincense essential oil for any specific health concern, it's advisable to consult with a qualified healthcare professional or an aromatherapist to ensure safe and appropriate usage.
- Additionally, pregnant women, nursing mothers, and individuals with certain medical conditions should exercise caution and seek professional advice before using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Geranium

Pelargonium graveolens

Product Information

Geranium essential oil is derived from the leaves and flowers of the Pelargonium graveolens plant, commonly known as the geranium plant. This aromatic oil is obtained through a process called steam distillation, which involves passing steam through the plant material to extract its volatile compounds.

The geranium essential oil is popularly used in aromatherapy and natural remedies due to its pleasant floral scent and various potential health benefits. Some of the primary chemical constituents found in geranium oil include citronellol, geraniol, linalool, and citronellyl formate, which contribute to its therapeutic properties.

Research:

Geranium

<https://pubmed.ncbi.nlm.nih.gov/?term=geranium+essential+oil>

Research:

Geraniol

<https://pubmed.ncbi.nlm.nih.gov/?term=geraniol%2C>

Uses and Benefits

1. reduce stress, anxiety, and promote relaxation. It is often used in aromatherapy to create a calming environment and alleviate tension.
2. Skin Care: Geranium oil is known for its beneficial effects on the skin. It has a balancing effect on both oily and dry skin, making it suitable for various skin types. It may help reduce inflammation, improve skin texture, and promote the healing of minor wounds.
3. Insect Repellent: The scent of geranium oil acts as a natural insect repellent, particularly against mosquitoes and ticks. It can be used topically or diffused to help keep pesky insects at bay. **Cont. next sheet**

Research:

Linalool

<https://pubmed.ncbi.nlm.nih.gov/?term=linalool>

Research:

Citronellyl formate

<https://pubmed.ncbi.nlm.nih.gov/?term=citronellyl+formate>



Grapefruit
Citrus paradisi

Product Information

Grapefruit essential oil is a natural, aromatic oil derived from the peel of the grapefruit (Citrus paradisi) fruit through a process known as cold-pressing or expression. It is one of the many essential oils extracted from citrus fruits and is well-known for its refreshing, uplifting, and citrusy aroma. The oil is widely used in aromatherapy and as a natural remedy due to its numerous therapeutic properties.

Research:
Grapefruit

<https://pubmed.ncbi.nlm.nih.gov/?term=grapefruit+essential+oil>

Uses and Benefits

- 1.Aroma: Grapefruit essential oil has a bright, fresh, and tangy citrus scent. The aroma is uplifting and invigorating, making it a popular choice for diffusing and creating a refreshing atmosphere in the home or office.
- 2.Aromatherapy benefits: The oil is known for its energizing and mood-lifting properties. It can help reduce stress, anxiety, and promote a sense of well-being. In aromatherapy, it is often used to enhance focus, concentration, and mental clarity.
- 3.Skincare: Grapefruit essential oil is commonly used in skincare products due to its astringent and antimicrobial properties. It can help cleanse and tone the skin, making it beneficial for acne-prone and oily skin types. However, it's important to dilute it properly before applying it to the skin, as it can be irritating if used undiluted.

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Grapefruit

Citrus paradisi

4. Digestive support: Grapefruit essential oil is believed to have digestive benefits, such as supporting digestion and relieving bloating or gas. Some people use it in aromatherapy or diluted in carrier oils and applied topically to the abdomen for these purposes.

5. Weight management: Some individuals believe that grapefruit essential oil can help with weight management. It is often included in weight loss blends, and it is believed to have an appetite-suppressing effect.

6. Cleaning and disinfecting: Due to its antimicrobial properties, grapefruit essential oil can be used as a natural cleaning agent. It is effective in freshening up the air and surfaces and eliminating unpleasant odors.

Responsible cautions

- Always dilute it with a suitable carrier oil before applying it to the skin
- Avoid direct sunlight or UV exposure after topical application,
- Consult a qualified aromatherapist or healthcare professional if you have any specific health concerns or conditions
- Additionally, pregnant or nursing women and young children should exercise extra caution and seek professional advice before using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Lavender

Lavandula angustifolia

Product Information

Lavender essential oil is a concentrated, aromatic oil extracted from the flowers of the lavender plant, scientifically known as *Lavandula angustifolia* or *Lavandula officinalis*.

Lavender is a popular and versatile herb known for its pleasant fragrance and various therapeutic properties. The essential oil is obtained through a process called steam distillation, where the lavender flowers are heated, and the steam is collected and condensed to separate the oil from the water.

The oil contains a complex mixture of chemical compounds, including linalool, linalyl acetate, 1,8-cineole, and camphor, among others, which are responsible for its distinct aroma and potential health benefits.

Research: Lavender

<https://pubmed.ncbi.nlm.nih.gov/?term=Lavender>

Research: Linalool

<https://pubmed.ncbi.nlm.nih.gov/?term=linalool>

Cineole

<https://pubmed.ncbi.nlm.nih.gov/?term=menthol+therapeutic>

Linalyl acetate

<https://pubmed.ncbi.nlm.nih.gov/?term=linalyl+acetate%2C>

Uses and Benefits

1. Relaxation and stress relief: Lavender oil is known for its calming properties, helping to reduce anxiety, stress, and promoting relaxation. Inhaling the aroma can have a positive impact on mood and mental well-being.
2. Sleep aid: Many people use lavender essential oil to improve sleep quality and alleviate insomnia. Diffusing the oil or adding a few drops to a pillow can create a calming environment conducive to restful sleep.
3. Pain relief: Topical application of diluted lavender oil may help alleviate minor pains and muscle aches due to its anti-inflammatory and analgesic properties.



Lavender

Lavandula angustifolia

4. Skin care: Lavender oil is known for its skin-soothing properties and is often used in skincare products to address issues such as dryness, irritation, and acne. However, it's essential to use it properly and with caution, especially when applying directly to the skin, as it may cause irritation in some individuals.
5. Insect repellent: Lavender oil has natural insect-repelling properties and can be used to deter mosquitoes, flies, and other pests.

Responsible cautions

- While lavender essential oil has numerous potential benefits, it's essential to use it safely and responsibly. Always perform a patch test before applying it to a larger area of the skin
- If you have any pre-existing health conditions or concerns, consult with a qualified healthcare professional or aromatherapist before using essential oils, including lavender, for therapeutic purposes.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Lemon Essential Oil

Citrus limon

Product Summary

Lemon essential oil is a concentrated liquid derived from the peel of lemons (Citrus limon). It is a popular essential oil known for its fresh, citrusy aroma and various therapeutic properties. The extraction process involves cold-pressing the outer peel of the lemon, which captures the natural aromatic compounds and other beneficial components.

The main chemical constituents found in lemon essential oil include limonene, beta-pinene, gamma-terpinene, alpha-pinene, and sabinene. These compounds contribute to the oil's distinctive fragrance and potential health benefits.

Research:

Limonene:

<https://pubmed.ncbi.nlm.nih.gov/?term=limonene>

Beta-pinene

<https://pubmed.ncbi.nlm.nih.gov/?term=beta-pinene>

Gamma-Terpinene

<https://pubmed.ncbi.nlm.nih.gov/?term=Gamma-Terpinene>

Uses and Benefits

- 1. Aromatherapy:** Lemon essential oil is commonly used in aromatherapy due to its uplifting, invigorating, and refreshing scent. The aroma can help improve mood, reduce stress, and promote mental clarity and focus.
- 2. Cleaning and Disinfecting:** Lemon essential oil possesses natural antibacterial and antiviral properties, making it a popular ingredient in DIY cleaning solutions. It can be used to clean surfaces, purify the air, and eliminate bad odors.
- 3. Immune Support:** The antimicrobial properties of lemon essential oil can help bolster the immune system and protect against certain infections.
- 4. Skin Care:** Lemon essential oil is sometimes used in skincare products due to its astringent and antiseptic properties. It may help clarify the skin, reduce excess oil, and combat acne.
- 5. Mood Booster:** The bright and fresh scent of lemon essential oil is known to have mood-enhancing effects. It may help reduce feelings of anxiety and depression and promote a more positive mindset.



Lemon Essential Oil

Citrus limon

Responsible cautions

- **Photosensitivity:** Lemon essential oil can make the skin more sensitive to sunlight, potentially leading to sunburn or skin irritation. Avoid sun exposure for at least 12 hours after topical application.
- **Skin Sensitivity:** Some individuals may be sensitive to essential oils, including lemon. Always perform a patch test before applying the oil directly to the skin.
- **Dilution:** Lemon essential oil is highly concentrated and should be diluted with a carrier oil (such as coconut oil or almond oil) before applying it to the skin.
- **Quality:** Use high-quality, pure lemon essential oil from a reputable source to ensure safety and effectiveness.
- **Always consult with a qualified aromatherapist or healthcare professional before using lemon essential oil or any essential oil, especially if you are pregnant, nursing, or have any underlying health conditions.**
- **Store away from sunlight, at room temperature, with the lid securely tightened.**

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Peppermint

Mentha piperita

Product Information

Peppermint essential oil is a highly concentrated, aromatic oil extracted from the leaves of the peppermint plant, scientifically known as *Mentha piperita*. The peppermint plant is a hybrid of watermint (*Mentha aquatica*) and spearmint (*Mentha spicata*) and is native to Europe but now cultivated worldwide.

The extraction process of peppermint essential oil typically involves steam distillation, where the plant's leaves are subjected to steam, and the resulting vapor containing the essential oil is collected and condensed. This method helps preserve the oil's natural compounds and fragrance.

Peppermint essential oil is known for its refreshing, minty scent and has been used for various purposes throughout history. It contains numerous active components, with the most prominent being menthol, menthone, and 1,8-cineole. These compounds give peppermint essential oil its characteristic cooling and invigorating properties

Research: Peppermint

<https://pubmed.ncbi.nlm.nih.gov/?term=peppermint+oil>

Menthol

<https://pubmed.ncbi.nlm.nih.gov/?term=menthol+therapeutic>

Cineole

<https://pubmed.ncbi.nlm.nih.gov/?term=menthol+therapeutic>

Uses and Benefits

1. **Aromatherapy:** The aroma of peppermint essential oil is widely used in aromatherapy for its invigorating and uplifting effects. Inhaling the scent may help to improve focus, alleviate stress, and boost energy levels.
2. **Respiratory Relief:** Peppermint oil can help ease congestion and open up the airways, making it useful for managing symptoms of respiratory issues like colds, coughs, and sinus congestion.

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Peppermint

Mentha piperita

3. Digestive Aid: It is believed that peppermint essential oil can help alleviate digestive discomfort and indigestion. It may relax the muscles of the gastrointestinal tract, promoting better digestion and reducing bloating.

4. Headache Relief: The cooling and soothing properties of peppermint oil may provide relief from headaches and migraines when applied topically or inhaled.

5. Muscle Relaxation: When diluted and applied topically, peppermint essential oil can help relax sore muscles and provide relief from muscle aches and tension.

6. Natural Insect Repellent: Peppermint oil's strong aroma acts as a natural repellent against certain insects like mosquitoes and ants.

Responsible cautions

- It's important to note that peppermint essential oil is potent and should be used with caution
- Always dilute it with a carrier oil before applying it to the skin, as it may cause irritation or allergic reactions in some individuals.
- Pregnant or nursing women, as well as young children, should consult a healthcare professional before using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Rose

Rosa damascena

Product Information

Rose essential oil is a highly prized and luxurious aromatic oil derived from the petals of the rose flower, scientifically known as *Rosa damascena* or *Rosa centifolia*. The oil is extracted through a process known as steam distillation, where rose petals are subjected to low-pressure steam, allowing the volatile compounds in the petals to be released and collected as essential oil.

The production of rose essential oil is quite labor-intensive and requires a large quantity of rose petals to produce a small amount of oil. For instance, it takes around 2,000 to 4,000 kilograms of rose petals to yield just one kilogram of essential oil. This is one of the reasons why rose essential oil is relatively expensive compared to other essential oils.

Rose essential oil is highly regarded for its pleasant and intoxicating fragrance, which is sweet, floral, and rich. The aroma is often associated with romance, love, and sensuality, making it a popular choice in perfumery, aromatherapy, and skincare products.

Uses and Benefits

1. Emotional and psychological effects: Rose essential oil is believed to have calming and uplifting properties that can help alleviate stress, anxiety, and depression. It is often used in aromatherapy to promote relaxation and improve mood.
2. Skin care: The oil is known for its skin-nourishing properties and is often used in skincare products to help moisturize and soothe the skin. It is believed to have anti-inflammatory and antioxidant effects, which can be beneficial for various skin conditions.
3. Aphrodisiac qualities: Rose essential oil has a reputation as an aphrodisiac due to its romantic aroma and the way it can enhance mood and create a sensual atmosphere.
4. Hormonal balance: Some sources suggest that rose essential oil may help balance hormones, particularly in women, and alleviate symptoms of menstrual discomfort.
5. Antimicrobial properties: Rose essential oil contains certain compounds that may have mild antimicrobial effects, which can be beneficial in skincare and personal care products.

Research:

Rose:

<https://pubmed.ncbi.nlm.nih.gov/?term=rosa+damascena+essential+oil>



Rose

Rosa damascena

Research on Properties of Rose

Research:

Citral:

<https://pubmed.ncbi.nlm.nih.gov/?term=Citral>

Eugenol:

<https://pubmed.ncbi.nlm.nih.gov/?term=eugenol>

Farnesol:

<https://pubmed.ncbi.nlm.nih.gov/?term=Farnesol+>

Methyl Eugenol:

<https://pubmed.ncbi.nlm.nih.gov/?term=Methyl+Eugenol+anticeptic>

Nerol:

<https://pubmed.ncbi.nlm.nih.gov/?term=nerol>

Responsible cautions

- Remember that essential oils are highly concentrated and potent substances, and they should be used with caution.
- Always dilute rose essential oil in a carrier oil (such as jojoba, almond, or coconut oil) before applying it to the skin.
- Additionally, if you plan to use rose essential oil for any therapeutic purposes, consult a qualified aromatherapist or healthcare professional to ensure safe and appropriate usage.
- Pregnant or nursing women, as well as young children, should consult a healthcare professional before using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Rosemary

Rosmarinus officinalis

Product Information

Rosemary essential oil is a concentrated oil extracted from the leaves of the rosemary plant (*Rosmarinus officinalis*) through a process known as steam distillation. Rosemary is an aromatic herb that is widely used in culinary and traditional medicine practices.

Uses and Benefits

- 1. Aroma:** Rosemary essential oil has a strong, fresh, and herbal scent with a woody undertone. Its invigorating aroma is often used in aromatherapy to promote focus, mental clarity, and uplift the mood.
- 2. Physical benefits:** Rosemary essential oil is believed to have various health benefits when applied topically or used in aromatherapy. It is known for its analgesic (pain-relieving), anti-inflammatory, and antibacterial properties. It may help alleviate headaches, muscle pain, and inflammation.

- 3. Cognitive benefits:** The aroma of rosemary essential oil is associated with improved cognitive function and memory retention. In studies, it has been shown to enhance cognitive performance and alertness, making it a popular choice for aromatherapy during periods of study or intense mental work.
- 4. Hair and scalp care:** Rosemary essential oil is often used in hair care products due to its ability to promote hair growth and improve the overall health of the scalp. It can stimulate hair follicles and help prevent dandruff and itchiness.
- 5. Respiratory support:** The oil's anti-inflammatory and antispasmodic properties may help ease respiratory issues, such as congestion, asthma, and bronchitis. Inhalation of rosemary essential oil vapor may provide relief from respiratory discomfort.
- 6. Circulation support:** Rosemary essential oil is believed to improve blood circulation when applied topically through massage. This improved circulation can aid in the relief of muscle tension and soreness.

Research:

Rosemary

<https://pubmed.ncbi.nlm.nih.gov/?term=rosemary+essential+oil>



Rosemary

Rosmarinus officinalis

Responsible cautions

- It's important to note that while rosemary essential oil has many potential benefits, individual reactions can vary.
- Some people may be sensitive to essential oils, so it's advisable to perform a patch test before using it extensively.
- Additionally, pregnant or nursing women, individuals with certain medical conditions, or those taking specific medications should consult a healthcare professional before using essential oils, including rosemary oil.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Sweet Orange

Citrus sinensis oil

Product Information

Sweet orange essential oil, also known as orange oil or Citrus sinensis oil, is a highly popular and versatile essential oil extracted from the peels of sweet oranges, a type of citrus fruit.

The oil is obtained through a process called cold-pressing, which involves mechanically squeezing the peel to extract the aromatic compounds without using heat. This method preserves the oil's natural fragrance and therapeutic properties.

The essential oil of sweet orange is characterized by its bright, fresh, and sweet citrus aroma, which is uplifting and invigorating to the senses. It is widely used in aromatherapy and the fragrance industry due to its pleasant scent and various beneficial properties.

Research:

Sweet Orange

<https://pubmed.ncbi.nlm.nih.gov/?term=sweet+orange+essential+oil>

Uses and Benefits

1. **Aromatherapy:** Sweet orange oil is commonly used in aromatherapy to promote relaxation, reduce stress, and uplift mood. The citrusy scent can help create a positive and refreshing atmosphere.
2. **Emotional well-being:** The oil is believed to have calming properties, which can help ease anxiety and improve overall emotional balance.
3. **Household cleaner:** Sweet orange essential oil's natural antibacterial and antifungal properties make it a popular ingredient in natural cleaning products. It can be used to clean surfaces and eliminate unpleasant odors.
4. **Skin care:** When properly diluted, sweet orange oil can be used in skincare products due to its skin-cleansing and purifying properties. It may help improve the appearance of dull or oily skin.



Sweet Orange

Citrus sinensis oil

5. Immune support: Some studies suggest that sweet orange essential oil may have immune-boosting properties, supporting the body's natural defense mechanisms.

6. Digestive aid: Sweet orange oil is sometimes used to aid digestion and relieve occasional digestive discomfort.

7. Flavoring: The food and beverage industry utilizes sweet orange essential oil to add a natural orange flavor to various products.

Responsible cautions

- It's essential to note that while sweet orange essential oil has numerous potential benefits, it should be used with caution.
- As with all essential oils, it is highly concentrated and can cause skin irritation if not properly diluted before use.
- It is also recommended to avoid direct sunlight or UV exposure after applying sweet orange oil to the skin, as it may increase photosensitivity.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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Tea Tree

Melaleuca alternifolia

Product Information

Tea tree essential oil, also known as melaleuca oil, is a popular essential oil derived from the leaves of the tea tree plant (*Melaleuca alternifolia*), native to Australia.

The oil has been used for centuries by indigenous Australian Aboriginals for its medicinal properties, and its popularity has since spread worldwide due to its numerous benefits and versatile applications.

Research:

Tea Tree

<https://pubmed.ncbi.nlm.nih.gov/?term=tea+tree+oil>

Terpene hydrocarbons

<https://pubmed.ncbi.nlm.nih.gov/?term=terpene+hydrocarbons>

Monoterpenes

<https://pubmed.ncbi.nlm.nih.gov/?term=terpene+hydrocarbons>

Sesquiterpenes

<https://pubmed.ncbi.nlm.nih.gov/?term=Sesquiterpenes>

Uses and Benefits

1. **Extraction:** Tea tree essential oil is extracted through steam distillation of the tea tree leaves. This process involves heating the leaves to release the oil vapors, which are then condensed and collected as a liquid.
2. **Aroma:** Tea tree oil has a fresh, medicinal, and slightly camphoraceous scent, which is often described as earthy and herbaceous. Some people may find the aroma strong or overpowering.
3. **Antimicrobial properties:** One of the most notable properties of tea tree oil is its potent antimicrobial activity. It contains various compounds, including terpinen-4-ol, which have demonstrated significant antiviral, antibacterial, and antifungal effects. As a result, it is commonly used in natural remedies for skin conditions like acne, fungal infections, and as a household cleaner.
4. **Skin care benefits:** Tea tree oil is a popular ingredient in skincare products due to its ability to combat bacteria and inflammation. It is often used to soothe and treat acne-prone skin, reduce redness and irritation, and help heal wounds and blemishes.



Tea Tree

Melaleuca alternifolia

5. Hair care: Tea tree oil is also utilized in hair care products, as it can help address dandruff, dry scalp, and itchiness. It is believed to promote a healthy scalp environment and contribute to overall hair health.

6. Aromatherapy: The refreshing and invigorating scent of tea tree essential oil makes it a popular choice for aromatherapy. Inhalation of the oil is believed to have a stimulating and uplifting effect on mood and mental clarity.

7. Dilution: While tea tree oil is generally safe for topical use, it is potent and can cause skin irritation or allergic reactions in some individuals. It is essential to dilute it with a carrier oil (e.g., coconut oil, almond oil) before applying it directly to the skin.

8. Caution: Tea tree oil should not be ingested as it can be toxic when taken orally. It should also be kept out of reach of children and pets.

9. Essential oil use: Tea tree oil can be used in a variety of ways, including aromatherapy, topical applications, and as an ingredient in homemade skincare or cleaning products. Always perform a patch test before applying it to a larger area of your skin, especially if you have sensitive skin or allergies.

Responsible cautions

- As with any essential oil, it's important to use tea tree oil responsibly and consult a healthcare professional or aromatherapist if you have any concerns or specific health conditions
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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