



PHYTO-FORCE

ESSENTIAL STIMULANTS

ALLEN'S CREWLET

FIND AN ESSAY IN OIL FOR KORN LUMINA





Phyto-Force

ESSENTIAL OILS

Phyto-Force Aromatherapy Essential Oils, previously known as Meadowbank Essential Oils, have been on the market for over twenty years. Phyto-Force, manufacturers of Western Herbal Medicine, has always been known to be able to source the finest quality plant material including Essential and Carrier oils, ensuring the plants used are grown without fertilizers and pesticides thus eliminating the dangers of chemicals. Our Essential oils are imported from various countries and we prefer to use steam distilled oils. These products adhere to strict criteria for stability, safety and efficacy and are approved and offered for sale only when these criteria are met. Our mission is to maintain the high quality standards and provide literature in order for you to be able to use Aromatherapy oils safely and effectively by bringing you this educational information leaflet on Aromatherapy oils and their uses.

HISTORY OF AROMATHERAPY

For thousands of years, plants have been used for healing and improving health. Oils from plants were used in embalming, as offerings to the gods in the temples, as aromatic and massage oils in the bath houses by the Greeks and Romans and in the Middle East, plants were used widely for their medicinal and therapeutic properties. Oils and aromatic medicines were brought to Europe from the Middle East and aromatherapy was developed during the Middle Ages in Europe into one of the most sought-after forms of natural healing.

WHAT ARE ESSENTIAL OILS

Essential oils occur widely in the plant kingdom, they are minute drops of liquid occurring in glands, hairs or veins of flowers, leaves, seeds, bark and wood, resin, roots or fruit peel of the plant. These liquids give the plant its very specific scent and are a mixture of complex, organic compounds. They are mostly extracted by steam distillation or cold pressed. When they are extracted, they are highly concentrated and volatile, which means that they turn quickly from a liquid into a gas at room temperature and higher.

HOW ESSENTIAL OILS WORK

Essential oils enter the body by the skin and the nose and they leave the body efficiently leaving no toxins behind. When inhaled, essential oils come into contact with the olfactory system located in the nose and behind the eyes. Oils are also absorbed quite easily through the pores and hair follicles in the skin, directly into the blood stream. They have a positive effect on blood circulation, helping to bring oxygen and nutrients to the tissues while assisting in the disposal of carbon dioxide and other waste materials. This is called aromatherapy, a holistic way of addressing the mind, body and soul. Essential oils have a therapeutic effect on the skin, circulation, muscles and joints, the respiratory system, the digestive system, the genito-urinary and endocrine systems, the immune system, nervous system and the mind.

GUIDELINES WHEN USING ESSENTIAL OILS

Because essential oils are highly concentrated, it is important to follow the recommended dosages. More is not better, on the contrary it can have an adverse effect. The difference in the effect between one and two drops can be substantial.

1. GENERAL CAUTIONS

- Do not take internally.
- Keep out of reach of children.
- Avoid using essential oil near eyes and other sensitive areas.
- Always read the precautions and contra-indications on the bottle before using.
- Use only 100% essential oils.
- Keep oils away from any naked flame.
- Store oils well-sealed in a cool, dark place.
- Never use neat.

2. SAFETY PRECAUTIONS

• **Pregnancy**

Use essential oils in half the usual stated amount. Take note of the following essential oils to be avoided during pregnancy: Basil, Cedar, Aurantiumwood, Clary sage, Clove, Cypress, Fennel, Jasmine, Juniper, Lemongrass, Marjoram, Peppermint, Rosemary and Thyme.

• **High Blood Pressure**

Avoid the following oils in cases of high blood pressure: Hyssop, Rosemary, Sage (all types) and Thyme.

• **Epilepsy**

Avoid the following oils: Fennel, Hyssop, Rosemary and Sage.

• **Kidney Disease**

Avoid the following oils: Sage, Thyme, Cypress and Rosemary oil.

• **Drinking Alcohol**

Do not use Clary sage.

• **Depression**

Do not use Hops.

• **Newborn babies**

Do not use essential oils on newborn babies.

• **Photo-sensitization**

(Increasing the risk of sunburn) Do not use the following oils before going outdoors or into the sun: Bergamot, Ginger, Lemon, Lemon verbena, Lime, Mandarin and Orange.

• **Sensitive skins**

The following oils should not be used on sensitive skins: Basil, Fennel, Lemongrass, Lemon, Lemon verbena, Melissa, Orange, Peppermint and Thyme.

• **Driving**

If having to drive a long distance after a massage, do not use Clary sage, Marjoram or Ylang ylang. These oils can cause drowsiness.

3. DOSAGES

Babies and Children: Use with care, in accordance with age.

- **Babies (3 - 12 months)**

Use 1 drop of lavender, rose, chamomile or mandarin diluted in 1 teaspoon base oil for massage or bathing.

- **Infants (1 - 5 years)**

Use 2 - 3 drops of 'safe' essential oils (non-toxic and non-irritant to the skin), diluted in 1 teaspoon base oil for massage or bathing.

- **Children (6 - 12 years)**

Use as for adults but in half the stated amount.

- **Teenagers (over 12 years)**

Use as directed for adults.

4. METHODS OF APPLICATION

There are various ways to administer aromatherapy oils, namely:

- **Aromatherapy Massage**

Blend your chosen essential oils into your choice of carrier oil, and massage in firm, sweeping strokes. There are also other ways to massage which makes it much more relaxing and enjoyable and these methods are described in various other forms of literature.

- **Inhalation**

Add 5 - 7 drops of essential oils into a bowl of steaming hot water. Create a tent by placing a towel over the head to capture the steam. Close your eyes and inhale until the water cools and you stop smelling the oil. Repeat these steps every four hours, if necessary.

- **Humidifier**

Add 3 - 9 drops of your chosen essential oils into the water of the humidifier and run overnight, or add the essential oils two or three times a day, if running continuously.

- **Bath**

Add 5 - 10 drops of your chosen essential oils to a bath of warm water and swish to disperse in the water.

- **Compress**

For an effective way to ease pain of strained muscles or menstrual cramps etc., add 4 - 7 drops of essential oils to a bowl of warm water. Swish the surface of the water with a cloth, wring out the cloth and apply to the affected area while still warm. Repeat when cloth cools.

- **Facial Steam**

Add 5 - 6 drops of your chosen essential oils into a pot of steaming hot water. Create a tent by placing a towel over the head to capture the steam. Make sure not to lean too close to the steam or you will scald yourself. Keep your face in the steam tent for about 5 minutes and then rinse your face with cool water.

- **Facial Masque**

Add 3 - 5 drops of your chosen essential oils to moistened clay, honey, mashed avocado, egg white etc. Apply to face and leave to absorb for 15 - 30 minutes. Rinse off with warm water.

5. BENEFITS OF AROMATHERAPY MASSAGE

The purpose of aromatherapy massage is to aid the penetration of essential oils into the body and to treat problem areas.

Massage can be stimulating or relaxing depending on the oils used and the technique applied. It is an effective way to relieve stress, anxiety and tension. Aromatherapy massage combines the balancing properties of the essential oils with the relaxing benefits of touch. As the oils are absorbed into the skin and the muscles relax, the therapeutic benefits manifest

themselves. Psychologically, massage promotes a wonderful feeling of lightness and wellbeing. Massage is a valuable gift to give a friend and not only soothes the mind and body but it has numerous other benefits.

A good aromatherapy massage will:

- Increase metabolism
- Speed up the healing process
- Enhance the removal of toxins
- Increase muscle and joint mobility
- Improve skin tone
- Aid relaxation by calming the nervous system
- Improve circulation of blood and lymph
- Relieve mental and physical tiredness
- Reduce aches, pains, spasms and stiffness
- Improve digestion.

This information is intended for educational purposes only and should not be seen to replace the advice of a qualified Aromatherapist, Phytotherapist or Health Practitioner.

Another superior quality range of Natural Plant products brought to you by Phyto-Force Herbal Laboratories.





Phyto-Force
ESSENTIAL OILS

AILMENTS CHART

FIND AN ESSENTIAL OIL FOR YOUR AILMENT

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the right essential oil for your requirements.

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a competent Health Care Professional's advice or treatment.***

TREATMENT ABBREVIATIONS

AM Abdominal massage

CC Cold compress

CWB Cottonwool balls

FR Friction rub massage

H&CC Hot and cold compress

HG Hot gargle or mouthwash

M Massage

PP Pulse Point massage

SzB Sitz Bath

SFS Spritz facial spray

B Bath

CM Chest massage

FB Footbath

HB Hand bath

H&FB Hand and footbath

ICC Ice cold compress

N Neat

RS Room spray

SI Steam Inhalation

ThB Therapeutic Bath

C Compress

CR Cream

FM Face massage

HC Hot compress

H&FM Hand and foot massage

L Lotion

P Perfume

SB Skin brushing

SM Scalp Massage

TI Tissue inhalation

AILMENT	ESSENTIAL OIL THAT MAY ASSIST	TREATMENT
Abdominal pain	Peppermint, Chamomile, Marjoram, Fennel	M, B
Abscesses	Lavender, Tea tree, Chamomile	HC
Dental Abscess	Tea tree, Lavender	HG
Acne	Patchouli, Lavender, Roman chamomile, Rose geranium / Geranium blend	FM
Anxiety & Stress	Basil, Sandalwood, Bergamot, Frankincense, Cypress, Lavender, Neroli, Patchouli, Orange, Rose	B, M, TI, P, PP
Arthritis & Rheumatism	Cypress, Fennel, Lemon, Ginger, Frankincense, Eucalyptus, Pine, Lavender, Rosemary	ThB, SI, M, H&CC
Athlete's foot	Tea tree, Lavender, Rose geranium / Geranium blend, Patchouli	FB
Backache	Chamomile, Lavender, Frankincense	M, B
Billious attack	Rosemary, Fennel	N
Black eye	Lavender	CC
Bleeding (external)	Rose geranium / Geranium blend, Lemon, Chamomile, Cypress	ICC
Blisters	Chamomile, Lavender	N, SS, ICC
Broken capillaries	Chamomile, Cypress, Rose, Lavender, Lemon	B, M, C
Bruises	Lavender, Fennel, Rose geranium / Geranium blend, Cypress	M, ICC

AILMENT	ESSENTIAL OIL THAT MAY ASSIST	TREATMENT
Bunions	Chamomile, Melissa, Peppermint, Lavender, Cypress, Lemon	FB, M, H&CC
Burns	Lavender	N, SS, ICC
Cellulite	Cypress, Lavender, Fennel, Rose geranium / Geranium blend, Grapefruit, Rosemary	M, SB
Chapped lips	Chamomile, Rose geranium / Geranium blend	CR
Circulation & chilblains	Cypress, Ginger, Rosemary, Marjoram, Eucalyptus, Rose geranium / Geranium blend, Lavender	H&FB, H&FM
Colds and flu	Lemon, Eucalyptus, Tea tree, Pine, Thyme	THB, RS, TI
Cold sores (herpes)	Melissa, Bergamot, Rose geranium / Geranium blend, Lavender, Tea tree, Patchouli	N, C, L
Constipation & digestive problems	Rosemary, Lemon, Peppermint, Lemongrass, Orange (slow digestion)	C, AM
Corns	Lemon	N
Coughs	Eucalyptus, Thyme	SI, CM
Cystitis	Sandalwood, Bergamot, Tea tree	AM, SB
Dandruff	Cedarwood, Lavender, Rosemary, Rose geranium / Geranium blend, Tea tree, Sandalwood	HC, SM
Dermatitis & psoriasis	Frankincense, Chamomile, Rose geranium / Geranium blend, Lavender, Rosewood, Bergamot	B, M, C, L, CR

Diarrhoea	Peppermint, Eucalyptus, Chamomile, Tea tree, Lavender, Rose geranium / Geranium blend	AM
Earache	Chamomile, Lavender, Tea tree	CWB
Eczema (dry)	Chamomile, Rose geranium / Geranium blend, Patchouli	B, M, C, L, CR
Eczema (weeping)	Bergamot, Juniper, Melissa	B, C, L, CR
Fatigue	Rose geranium / Geranium blend, Peppermint, Rosemary, Basil, Clary sage	B, FB, TI
Fluid retention	Cypress, Fennel, Grapefruit, Juniper, Rose geranium / Geranium blend, Bergamot	C, L, THB
Foot blisters	Chamomile, Lavender, Tea tree	N
Fungal infection	Rose geranium / Geranium blend, Lemongrass, Tea tree, Lavender, Patchouli	HB, P, L, C
Haemorrhoids	Patchouli, Rose geranium / Geranium blend, Chamomile	C, SB
Hair loss	Lavender, Rosemary, Clary sage, Ylang ylang	SM
Halitosis	Peppermint, Lemon, Tea, tree, Lavender, Thyme	HG
Hay fever	Chamomile, Lemon, Lavender	SI, P, PP
Headaches (migraines)	Lavender, Lemongrass, Marjoram, Peppermint, Rose, Rosewood, Vetivert	P, PP
Hiccups	Lavender, Lemon	FR, TI, M (abdomen, throat, & solar plexus)

AILMENT	ESSENTIAL OIL THAT MAY ASSIST	TREATMENT
High blood pressure	Bergamot, Cedarwood, Citronella, Clary sage, Frankincense, Lavender, Lemon	M
Indigestion	Peppermint, Ginger, Lemongrass	AM
Inflammation	Sweet marjoram, Lavender, Eucalyptus, Peppermint, Rosemary, Thyme, Clary sage, Juniper, Ginger, Frankincense, Vetivert	TB, M, H&CC, SI
Insomnia	Lavender, Orange, Lemon, Mandarin, Rose, Sandalwood, Vetivert, Ylang ylang, Rose geranium / Geranium blend, Neroli, Jasmine	TI, M, B
Itching skin	Chamomile, Cedarwood, Bergamot, Lavender, Patchouli, Lime	B, M, L
Mosquito repellent	Eucalyptus, Peppermint, Citronella, Rose geranium / Geranium blend	RS, L
Muscular aches	Rosemary, Eucalyptus, Basil, Lavender, Clary sage	M, B, C
Muscular stiffness	Rosemary, Neroli, Melissa, Cypress, Peppermint	M, B, C
Muscular tone	Lavender, Lemongrass, Marjoram, Neroli	M, B, C
Nausea	Peppermint, Basil, Fennel, Ginger	M, SI
PMT	Clary sage, Orange, Lemon, Chamomile, Rose geranium / Geranium blend, Neroli, Mandarin	M, B
Respiratory congestion	Rosemary, Eucalyptus, Frankincense, Pine, Chamomile, Patchouli	M, TI
Shingles	Rose geranium / Geranium blend, Bergamot, Chamomile	N, C

Sinusitis	Rosemary, Eucalyptus, Peppermint, Lemon, Pine	SI, P, PP
Smelly feet	Cedarwood, Cypress, Citronella	P, FB, CWB (in shoes)
Snoring	Thyme	FR
Sore throat	Eucalyptus, Lime, Tea tree, Thyme, Frankincense	SI, M, HG (throat & neck)
Sprains	Eucalyptus, Chamomile, Lavender	C
Sunburn	Lavender, Peppermint, Tea tree, Chamomile	SS, CC (on head)
Toothache	Chamomile, Lemon, Peppermint, Tea tree	HG
Varicose veins	Cypress, Lemon, Rosemary, Lavender, Rose geranium / Geranium blend	M, C, B
Warts	Lemon, Lavender	N





Phyto-Force
ESSENTIAL OILS

ESSENTIAL & CARRIER OILS CHART

WHAT AILMENTS EACH ESSENTIAL & CARRIER OIL TREATS

This information is intended to assist you in finding
the right essential oil for your requirements.

***This educational information is not intended to substitute
a competent Health Care Professional's advice or treatment.***

ESSENTIAL OIL

MAY ASSIST WITH

Arnica

Arnica montana

Use under the guidance of an Aromatherapist. Sprains, bruises, rheumatic pain and painful inflammatory skin conditions on unbroken skin. Muscular aches and pains.

Basil

Ocimum basilicum

Insect bites (mosquito, wasp), insect repellent. Gout, muscular aches and pains, rheumatism. Bronchitis, coughs, earache, sinusitis. Dyspepsia, flatulence, nausea. Cramps, scanty periods. Colds, fever, 'flu, infectious disease. Anxiety, depression, fatigue, insomnia, migraine, Nervous tension. Best aromatic nerve tonic: It clears the head, relieves intellectual fatigue and gives the mind strength and clarity.

Benzoin

Styrax benzoin

Cuts, chapped skin, inflamed and irritated conditions. Arthritis, gout, poor circulation, rheumatism. Asthma, bronchitis, chills, colic, cough, laryngitis. 'Flu, nervous tension, stress related complaints. It warms and tones the heart and circulation, both physically and metaphorically.

Bergamot

Citrus bergamia

Acne, boils, cold sores, eczema, insect repellent and insect bites, oil complexion, psoriasis, scabies, spots, varicose ulcers, wounds. Halitosis, mouth infections, sore throat, tonsillitis. Flatulence, loss of appetite. Cystitis, leucorrhoea, pruritis (severe itching without a rash), thrush. Colds, fever, 'flu, infectious diseases. Anxiety, depression, stress related conditions, having a refreshing and uplifting quality.

Black Pepper

Piper nigrum

Fungal infections, infections ('flu, dysentery and toothache), fatigue, arthritis, digestive problems (diarrhoea, heartburn, nausea, flatulence, indigestion, colic). Muscle and nerve pain, toothache, sprains, boosts metabolism, viruses, vomiting, vertigo, stimulates endocrine system.

Cajeput

Melaleuca cajuputi

Insect bites, oily skin and spots. Arthritis, rheumatism. Asthma, colds, catarrh, coughs, sinusitis, headaches, throat infections, chronic laryngitis and bronchitis, viral infections. Toothache, sore and aching muscles, fever (cholera), various skin diseases. To expel roundworm. Cystitis, urethritis, urinary infection. Western herbal tradition, known for producing a sensation of warmth and quickening the pulse.

Camphor

Cinnamomum camphora

White camphor can be used for: Acne, inflammation, oily conditions, spots, also for insect prevention (flies, moths etc.). Arthritis, muscular aches and pains, rheumatism, sprains etc. Bronchitis, chills, coughs, colds, fever, 'flu infectious disease.

Caraway

Carum carvi

Colds, Bronchitis, coughs, laryngitis, dyspepsia, colic, flatulence, gastric spasm, nervous indigestion, poor appetite.

Carrot Seed

Daucus carota

Dermatitis, eczema, psoriasis, rashes, revitalizing and toning, mature complexions, wrinkles. Accumulation of toxins, arthritis, gout, oedema, rheumatism. Anaemia, anorexia, colic, indigestion, liver congestion. Amenorrhoea, dysmenorrhoea, glandular problems. PMT.

Cedarwood

Cedrus atlantica

Acne, dandruff, dermatitis, eczema, fungal infections, greasy skin, hair loss, skin eruptions, ulcers. Arthritis and rheumatism. Bronchitis, catarrh, congestion, coughs. Cystitis, leucorrhoea, pruritis (severe itching with no rash). Nervous tension and stress related conditions.

ESSENTIAL OIL

MAY ASSIST WITH

Chamomile Ger.

Matricaria recutita

Acne, allergies, boils, burns, cuts, chilblains, dermatitis, ear-ache, eczema, hair care, inflammations, insect bites, rashes, sensitive skin, teething pain, toothache, wounds. Arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains. Dyspepsia, colic, indigestion, nausea. Dysmenorrhoea, (painful cramps during menstruation) menopausal problems, menorrhagia (heavy and prolonged bleeding during menstrual cycle). Headache, insomnia, nervous tension, migraine and stress-related complaints.

Chamomile Rom.

Chamaemelum nobile

Acne, allergies, boils, burns, cuts, chilblains, dermatitis, ear-ache, eczema, hair care, inflammations, insect bites, rashes, sensitive skin, teething pain, toothache, wounds. Arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains. Dyspepsia, colic, indigestion, nausea. Dysmenorrhoea, (painful cramps during menstruation) menopausal problems, menorrhagia (heavy and prolonged bleeding during menstrual cycle). Headache, insomnia, nervous tension, migraine and stress-related complaints.

Cinnamon leaf

Cinnamomum zeylanicum

Lice, scabies, tooth and gum care, warts and wasp stings. Poor circulation, rheumatism. Anorexia, colitis, diarrhoea, dyspepsia, intestinal infection, sluggish digestion, spasm. Childbirth (stimulates contractions), frigidity, leucorrhoea (vaginal discharge), metrorrhagia (uterine bleeding occurring at irregular intervals), scanty periods. Chills, colds, 'flu, infectious diseases. Debility, nervous exhaustion and stress-related conditions.

Citronella

Cymbopogon nardus

Excessive perspiration, oily skin, insect repellent. Colds, 'flu and minor infections. Fatigue, headaches, migraine, neuralgia.

Clove Leaf*Syzygium aromaticum*

Acne, athlete's foot, bruises, burns, cuts, insect repellent (mosquito), toothache, ulcers, wounds. Arthritis, rheumatism, sprains. Asthma, bronchitis, colic, dyspepsia, nausea. Colds, 'flu, minor infections.

Coriander*Coriandrum sativum*

Accumulation of fluids or toxins, arthritis, gout, muscular aches and pain, poor circulation, rheumatism, stiffness. Anorexia, colic, diarrhoea, dyspepsia, flatulence, nausea, piles, spasm. Colds, 'flu, infections (general), measles. Debility, migraine, neuralgia, nervous exhaustion.

Clary Sage*Salvia sclarea*

Acne, boils, dandruff, hair loss, inflamed conditions, oily skin and hair, ophthalmia (inflammation of the eye), ulcers and wrinkles. High Blood Pressure, muscular aches and pains. Asthma, throat infections, whooping cough. Colic cramp, dyspepsia, flatulence. Amenorrhoea (absence of a menstrual period), labour pain, dysmenorrhoea (painful menstrual cramps), leucorrhoea (vagina discharge).

Cypress*Cupressus sempervirens*

Haemorrhoids, oily and over-hydrated skin, excessive perspiration, insect repellent, pyorrhoea (bleeding of the gums), varicose veins, wounds. Cellulitis, Muscular cramp, oedema, poor circulation, rheumatism. Asthma, bronchitis, spasmodic coughing. Dysmenorrhoea(painful cramps during menstruation), menopausal problems, menorrhagia (heavy and prolonged bleeding during menstrual cycle). Nervous tension and stress-related conditions.

Eucalyptus*Eucalyptus globulus*

Burns, blisters, cuts, herpes, insect bites, insect repellent, lice, skin infections, wounds. Muscular aches and pains, poor circulation, rheumatoid arthritis, sprains etc. Asthma, bronchitis, catarrh, coughs, sinusitis, throat infections. Cystitis, leucorrhoea (vaginal discharge). Chickenpox, colds, epidemics, 'flu, measles. Debility, headaches, neuralgia.

ESSENTIAL OIL

MAY ASSIST WITH

Fennel

Foeniculum vulgare

Bruises, dull, oily, mature complexions, pyorrhoea (inflammation of the gum and tooth sockets). Cellulitis, obesity, oedema, rheumatism. Asthma, Bronchitis, anorexia, colic, constipation, dyspepsia, flatulence, hiccough, nausea, Amenorrhoea, insufficient milk in nursing mothers, menopausal problems.

Frankincense

Boswellia serrata

Blemishes, dry and mature complexions, scars, wounds, wrinkles. Asthma, bronchitis, catarrh, coughs, laryngitis. Cystitis, dysmenorrhoea (painful cramps during menstruation), leucorrhoea (vaginal discharge), metorrhagia (heavy and prolonged bleeding during menstrual cycle). Colds, 'flu. Anxiety, nervous tension and stress-related conditions. Frankincense has the ability to slow down and deepen the breath.

Geranium Blend

Pelargonium graveolens

Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, haemorrhoids, lice, oily complexion, mature skin, mosquito repellent, ringworm, ulcers and wounds. Cellulitis, engorgement of breasts, oedema, poor circulation. Sore throat, tonsillitis. Adrenocortical glands and menopausal problems, PMT. Nervous tension, neuralgia and stress-related conditions.

Ginger

Zingiber officinale

Arthritis, fatigue, muscular aches and pains, poor circulation, rheumatism, sprains, strains etc. Catarrh, congestion, coughs, sinusitis, sore throat. Diarrhoea, colic, cramp, flatulence, indigestion, loss of appetite, nausea, travel sickness. Chills, colds, 'flu, fever, infectious diseases. Debility, nervous exhaustion.

Grapefruit

Citrus paradisi

Acne, congested and oily skin, promotes hair growth, tones the skin and tissues. Cellulitis, exercise preparation, muscle fatigue, obesity, stiffness, water retention. Chills, colds, 'flu. Depression, headaches, nervous exhaustion, performance stress.

Jasmine blend

Jasminum officinale

Dry, greasy, irritated, sensitive skin. Muscular spasm, sprains. Catarrh, coughs, hoarseness, laryngitis. Dysmenorrhoea, frigidity, labour pains, uterine disorders. Depression, nervous exhaustion and stress-related conditions. It produces a feeling of optimism, confidence and euphoria. It is most useful in cases where there is apathy, indifference and listlessness.

Juniper

Juniperus communis

Acne, dermatitis, eczema, hair loss, haemorrhoids, oily complexions, as a skin toner, wounds. Accumulation of toxins, arteriosclerosis, cellulitis, gout, obesity, Rheumatism. Colds, 'flu, infections. Amenorrhoea (absence of menstrual period), cystitis, dysmenorrhoea (painful cramps during menstruation), leucorrhoea (vaginal discharge). Anxiety, nervous tension, and stress-related conditions.

Lavender

Lavandula angustifolia

Abscesses, acne, allergies, athlete's foot, boils, bruises, burns, dandruff, dermatitis, ear-ache, eczema, inflammations, insect bites and stings, insect repellent, lice, psoriasis, ringworm, scabies, sores, spots, all skin types, sunburn, wounds. Lumbago, muscular aches and pains, rheumatism, sprains. Asthma, bronchitis, catarrh, halitosis, laryngitis, throat infections, whooping cough. Abdominal cramps, colic, dyspepsia, flatulence and nausea. Cystitis, Dysmenorrhoea (painful cramps during menstruation), leucorrhoea (vaginal discharge). 'Flu. Depression, headache, hypertension, insomnia, migraine, nervous tension and stress-related conditions, PMT, sciatica, shock, vertigo.

Lemon

Citrus limon

Acne, anaemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, varicose veins, warts. Arthritis, cellulitis, High blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism. Asthma, throat infections, bronchitis, catarrh. Dyspepsia. Colds and 'flu, infections.

ESSENTIAL OIL

MAY ASSIST WITH

Lemongrass

Cymbopogon citratus

Acne, athlete's foot, excessive perspiration, insect repellent (fleas, lice and ticks), open pores, pediculosis (infestation of lice), scabies, tissue toner. Muscular pain, poor circulation, and muscle tone, slack tissue. Colitis, indigestion, gastro-enteritis. Fevers, infectious disease. Headaches, nervous exhaustion and stress-related conditions.

Lemon verbena

Aloysia triphylla

Cramps, indigestion and liver congestion. Helps to restore liver after a binge. To help digest fats. Reduces fever, sedative. Inhaled for stress, insomnia, depression, nervous fatigue. Asthma attacks, bronchitis, sinus congestion.

Lime

Citrus aurantifolia

Acne, anaemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, varicose veins, warts. Arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism. Asthma, throat infections, bronchitis, catarrh. Dyspepsia. Colds, 'flu, fever and infections.

Marjoram, Sweet

Origanum majorana

Chilblains, bruises, ticks. Arthritis, lumbago, muscular aches and stiffness, rheumatism, sprains, strains. Asthma, bronchitis, coughs. Colic, constipation, dyspepsia, flatulence. Amenorrhoea, dysmenorrhoea, leucorrhoea, PMT. Colds. Headache hypertension, insomnia, migraine, nervous tension and stress-related conditions.

Melissa

Melissa officinalis

Calms the nerves, sedative, depression, hysteria, panic, helps to slow the heartbeat, high blood pressure, heart tonic, PMT and period pains. Digestion, nausea, vomiting, flatulence, dyspepsia and dysentery. Cooling effect on fevers, migraines associated with colds. Topical treatment for cold sores (Herpes simplex). Fungal infections. Helps to counteract baldness and hair loss.

Myrrh

Commiphora myrrha

Athlete's foot, chapped and cracked skin, eczema, mature complexions, ringworm, wounds, wrinkles. Arthritis, Asthma, bronchitis, catarrh. Coughs, gum infections, Gingivitis, mouth ulcers, sore throat, voice loss. Diarrhoea, dyspepsia, flatulence, haemorrhoids, loss of appetite. Amenorrhoea, leucorrhoea, pruritis, thrush. Colds.

Neroli Blend

Citrus aurantium

Chronic anxiety, depression, fear, shock. Beneficial to the digestive tract. Intestinal spasms, diarrhoea, colitis. Insomnia, headaches, neuralgia and vertigo. Good general tonic and convalescence. Helps to prevent ugly scar tissue, regenerates skin cells, promotes a smoother skin, fights stretch marks and broken capillaries.

Niaouli

Melaleuca viridiflora

Acne, boils, burns, cuts, insect bites, oily skins, sports, ulcers, wounds. Muscular aches and pains, poor circulation, rheumatism. Asthma, bronchitis, catarrhal conditions, coughs, sinusitis, sore throat, whooping cough. Cystitis, urinary infection. Colds, fever, flu'.

Nutmeg

Myristica fragrans

Arthritis, gout, muscular aches and pains, poor circulation, rheumatism. Flatulence, indigestion, nausea, sluggish digestion. Bacterial infection. Frigidity, impotence, neuralgia, nervous fatigue.

Orange

Citrus sinensis

Dull and oily complexions, mouth ulcers. Obesity, palpitations, water retention. Bronchitis, chills. Constipation, dyspepsia, spasm. Cold's flu'. Nervous tension and stress related conditions.

ESSENTIAL OIL

MAY ASSIST WITH

Patchouli

Pogostemon cablin

Acne, athlete's foot. Cracked and chapped skin, dandruff, dermatitis, weeping eczema, fungal infections, hair care, impetigo, insect repellent, sores, oily hair, oily skin, open pores, wounds, wrinkles. Frigidity, nervous exhaustion and stress-related complaints.

Palmarosa

Cymbopogon martinii

Acne, dermatitis and minor skin infections, scars, sores, wrinkles, moisturizes the skin, stimulates skin regeneration, regulates sebum production. Anorexia, digestive atonia, intestinal infections, acts on the pathogenic intestinal flora in particular on the colibacillus, the Eberth bacillus and bacillus of dysentery. Nervous exhaustion, stress related conditions.

Peppermint

Mentha piperita

Acne, dermatitis, ringworm, scabies, toothache. Neuralgia, muscular pain, palpitations. Asthma, bronchitis, halitosis, sinusitis, spasmodic cough. Colic, cramp, dyspepsia, flatulence, nausea. Colds, fevers, 'flu. Fainting, headache, mental fatigue, migraine, nervous stress, vertigo.

Petitgrain

Citrus aurantium

Acne, excessive perspiration, greasy skin and hair, toning. Dyspepsia, flatulence. Convalescence, insomnia, nervous exhaustion and stress related conditions.

Pine

Pinus sylvestris

Cuts, lice, excessive perspiration, scabies, sores. Arthritis, gout, muscular aches and pains, poor circulation, rheumatism. Asthma, bronchitis, catarrh, coughs, sinusitis, sore throat. Cystitis, urinary infection. Cold's, 'flu. Fatigue, nervous exhaustion and stress-related conditions, neuralgia.

Ravensara

Ravensara aromatica

Infections of the throat and lung, bronchitis, sinusitis, viral infections, herpes, hepatitis, rhino pharyngitis, mononucleosis, muscle fatigue, insomnia. Asthma, bladder, bunions, cancer, colds, ears, 'flu', lungs, nerves, pneumonia, wounds and adrenal glands.

Rose Geranium*Pelargonium graveolens*

Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, haemorrhoids, lice, oily complexion, mature skin, mosquito repellent, ringworm, ulcers and wounds. Cellulitis, engorgement of breasts, oedema, poor circulation. Sore throat, tonsillitis. Adrenocortical glands and menopausal problems, PMT. Nervous tension, neuralgia and stress-related conditions.

Rosehip*Rosa mosqueta*

Stretch marks, UV damage from over-exposure to the sun, scars from surgery, burns and acne. Eczema, psoriasis, wrinkles and premature skin ageing, fine crows-feet lines around the eyes, dermatitis. Burns including those from radiation and the sun, age spots, brittle nails, dry and damaged hair.

Rosemary*Rosmarinus officinalis*

Acne, dandruff, dermatitis, eczema, greasy hair, insect repellent, promotes hair growth, regulates seborrhoea, scabies, stimulates scalp, lice, varicose veins. Arteriosclerosis, fluid retention, gout, muscular pain, palpitations, poor circulation, rheumatism. Asthma, bronchitis, whooping cough. Colitis, dyspepsia, flatulence, hepatic disorders, hypercholesterolaemia, jaundice. Dysmenorrhoea, leucorrhoea. Colds, flu, infections. Debility, headaches, hypotension, neuralgia, mental fatigue, nervous exhaustion and stress-related disorders.

Rosewood*Aniba rosaeodora*

Acne, dermatitis, scars, wounds, wrinkles and general skin care: dry, sensitive, dull, combination oily/dry etc. Colds, coughs, fevers, infections, stimulates the immune system. Frigidity, headaches, nausea, nervous tension and stress-related conditions.

Sage*Salvia officinalis*

Use under the guidance of an Aromatherapist. Respiratory, mouth, tongue and throat infections. Menstrual and digestive difficulties.

ESSENTIAL OIL

MAY ASSIST WITH

Sandalwood Blend

Santalum album

Acne, dry cracked and chapped skin. Aftershave (barber's rash), greasy skin, moisturizer. Bronchitis, catarrh, coughs (dry, persistent), laryngitis, sore throat. Diarrhoea, nausea. Cystitis. Depression, insomnia, nervous tension and stress-related complaints.

Spearmint

Mentha spicata

The properties of spearmint oil resemble those of peppermint but its effects are less powerful. It is better adapted to children's maladies. Acne, dermatitis, congested skin. Asthma, bronchitis, catarrhal conditions, sinusitis. Colic, dyspepsia, flatulence, hepatobiliary disorders, nausea, vomiting. Cold's, fevers, flu. Fatigue, headache, migraine, nervous strain, neurasthenia, stress.

Tangerine

Citrus reticulata

Kills bacteria in wounds and reduces swelling and redness, rashes, acne, stretch marks and oily skin, soothes dry, cracked skin. Muscle cramps, stiff and painful joints. Purifies the blood and removes toxins, aids digestion, eases constipation, diarrhoea and flatulence. Soothes respiratory system and nervous system. Reduces fever, stress, anxiety and depression.

Tea Tree

Melaleuca alternifolia

Abscess, acne, athlete's foot, blisters, burns, cold sores, dandruff, herpes, insect bites, oily skin, rashes (nappy rash), spots, veruccae, warts, infected wounds. Asthma, bronchitis, catarrh, coughs, sinusitis, tuberculosis, whooping cough. Thrush, vaginitis, cystitis, pruritis. Colds, fever, 'flu. Infectious illnesses such as chickenpox.

Thyme

Thymus vulgaris

Abscesses, acne, bruises, burns, cuts, dermatitis, eczema, insect bites, lice, gum infections, oily skin, scabies. Arthritis, cellulitis, gout, muscular aches and pains, obesity, oedema, poor circulation, rheumatism, sprains, sports injuries. Asthma, bronchitis, catarrh, coughs, laryngitis, sinusitis, sore throat, tonsillitis. Diarrhoea, dyspepsia, flatulence. Cystitis, urethritis. Chills, colds, 'flu, infectious diseases. Headaches, insomnia, nervous debility and stress-related complaints. Helps to revive and strengthen the body and mind.

Vetivert

Vetiveria zizanioides

Acne, cuts, oily skin, wounds. Arthritis, muscular aches and pains, rheumatism, sprains and stiffness. Debility, depression, insomnia, nervous tension. Deeply relaxing.

Ylang Ylang

Cananga odorata

Acne, hair growth, hair rinse, insect bites, irritated and oily skin, general skin care. High blood pressure, hyperpnoea (abnormally fast breathing), tachycardia, palpitations. Depression, frigidity, impotence, insomnia, nervous tension and stress-related disorders. Soothes anger from frustration.

CARRIER OIL	DESCRIPTION
Apricot Kernel <i>Prunus armeniaca</i>	Faint aroma, medium viscosity, Oily texture. Good for use in massage and massage oil blends. Avoid if allergic to nuts. Yellow in colour.
Avocado Clear <i>Persea americana</i>	Sweet, fatty and nutty aroma, thick viscosity. Leaves a fatty almost waxy feel on the skin. Deep olive green in colour.
Avocado Crude <i>Persea americana</i>	Sweet, fatty and nutty aroma, thick viscosity. Leaves a fatty almost waxy feel on the skin. Deep olive green in colour.
Calendula Blend <i>Calendula officinalis</i>	Warm, earth, floral aroma, thick viscosity. Yellow to orange in colour.
Evening Primrose <i>Oenothera biennis</i>	Light and sweet aroma, thin viscosity. Medium yellow in colour. Leaves a trace of oil on the skin.
Grape Seed <i>Vitis vinifera</i>	Virtually odourless but can be light, sweet, nutty aroma, thin viscosity. Fine and non-greasy feel on the skin. Ideal for skins that do not absorb oil easily. Leaves the skin feeling satiny soft. Also has astringent properties which will help tone the skin. Clear colour with pale yellow green tinge.
Groundnut <i>Arachis hypogaea</i>	Light, nutty and fatty aroma, thick viscosity. Leaves a heavy, oily film on the skin. Virtually clear colour. Avoid if allergic to nuts.

Jojoba*Simmondsia chinensis*

Light to medium, distinct by clear aroma, medium viscosity. Absorbs well. Golden yellow colour.

Sesame*Sesamum indicum*

Faint with a distinctively nutty sweet sesame aroma, medium viscosity. Leaves an oily film on the skin. Pale yellow in colour.

Sweet Almond*Prunus amygdalus*

Light, sweet and nutty aroma, medium viscosity. Leaves a slight hint of oil on the skin. Absorbs semi-quickly. Virtually clear with yellow tinge in colour. Avoid if allergic to nuts.

Wheatgerm*Triticum durum*

Heavy aroma, thick viscosity. Readily absorbed nourishing oily sensation. Dark in colour. Avoid if allergic to wheat or gluten.

OILS THAT SHOULD NOT BE USED BY PEOPLE WITH EPILEPSY

Fennel	<i>Foeniculum vulgare</i>
Hyssop	<i>Hyssopus officinalis</i>
Rosemary	<i>Rosmarinus officinalis</i>

OILS THAT SHOULD NOT BE USED DURING PREGNANCY

Basil	<i>Ocimum basilicum</i>
Birch	<i>Betula alba</i> , <i>B. lenta</i> , <i>B. Alleghaniensis</i>
Cedarwood	<i>Cedrus atlantica</i>
Clary sage	<i>Salvia sclarea</i>
Cypress	<i>Cupressus sempervirens</i>
Geranium	<i>Pelargonium asperum</i>
Hyssop	<i>Hyssopus officinalis</i>
Jasmine	<i>Jasminum officinale</i>
Juniper	<i>Juniperus communis</i>
Marjoram	<i>Origanum majorana</i>
Myrrh	<i>Commiphora myrrha</i>

Nutmeg	<i>Myristica fragrans</i>
Peppermint	<i>Mentha piperata</i>
Rosemary	<i>Rosmarinus officinalis</i>
Tarragon	<i>Artemisia drunculus</i>
Thyme	<i>Thymus vulgaris</i>

OILS TO AVOID DURING THE FIRST THREE MONTHS OF PREGNANCY

These oils should be avoided during the first three months of pregnancy and used cautiously during the remaining months. Use in small amounts and well diluted (1% to 2% for massage: 3 – 4 drops added to a carrier oil for baths). If there is any previous history of miscarriage, do not use at all.

Chamomile	<i>Anthemis nobilis</i> , <i>et al.</i>
Geranium	<i>Pelargonium asperum</i>
Lavender	<i>Lavendula vera</i>
Rose	<i>Rosa centifolia v damascena</i>









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