

Oils and their Uses

A brief guide to some useful Essential Oils and their health-giving properties and qualities.

<p>Basil Antiseptic. Nerve Tonic. Lifts fatigue, anxiety and depression. Combined with other oils such as Thyme it also acts as a powerful antiseptic. Avoid during pregnancy.</p>	<p>Bergamot Antiseptic. Good for skin and respiratory infections. Sedative. Uplifting and refreshing. Avoid using neat on skin or in direct sunlight.</p>	<p>Cedarwood Good for skin complaints such as acne, alopecia, dandruff and eczema. Respiratory problems. Diuretic for help in urinary infections. Blends well with Cypress, Juniper and Rose.</p>
<p>Chamomile Soothes inflammation. Relieves aches, pains and dry skin. Sedative. Antidepressant.</p>	<p>Clary Sage Nerve tonic. Sedative. Good for nervous depression. Helps ease painful periods. Promotes childbirth. Aphrodisiac.</p>	<p>Cypress Astringent. Circulatory conditions. Coughs, colds, flu. Haemorrhoids. Menstrual and menopausal problems. Varicose veins. Sedative to soothe nervous conditions.</p>
<p>Eucalyptus Helpful for asthma, bronchitis, flu, sinusitis, skin infections and sores. Reduce fever. Head clearing.</p>	<p>Fennel Diuretic. Mild laxative. Effective for colic, constipation, digestive problems, nausea and obesity. Helps in increasing milk yield during breast feeding.</p>	<p>Frankincense Astringent. Relieves catarrh. Soothing. Rejuvenating. Uplifting. Aids concentration. Often combined with Myrrh, and blends well with oils such as Basil and Sandalwood</p>
<p>Geranium Skin cleanser and tonic. Mild diuretic. Uplifting. Sedative. Nerve tonic.</p>	<p>Jasmine Sedative. Antidepressant. Antispasmodic. Relieves painful periods. Promotes childbirth. Euphoric. Aphrodisiac.</p>	<p>Juniper Diuretic. Antiseptic. Relieves skin inflammation and burns. Relieves stomach complaints. Sedative. Relaxing. The most useful all-round oil.</p>
<p>Lavender Antiseptic. Relieves skin inflammation and burns. Relieves stomach complaints. Sedative. Relaxing. The most useful all-round oil.</p>	<p>Lemon Astringent. Antiseptic. Skin complaints including boils and warts. Relieves digestive problems.</p>	<p>Lemongrass Anti-bacterial. Skin complaints, sore throats and respiratory problems. Relieves headaches.</p>
<p>Marjoram Nerve tonic. Aids digestion. Relieves muscle spasm. Lowers blood pressure. Blends will with Bergamot, Lavender and Rosemary. Avoid during pregnancy.</p>	<p>Melissa Tonic. Antidepressant. Relieves hysteria and palpitations. Regulates menstrual cycle. Uplifting.</p>	<p>Neroli Regenerates the skin. Relieves diarrhoea. Sedative. Antidepressant. Calming. Aphrodisiac.</p>
<p>Orange Refreshing. Sedative. Tonic for anxiety and depression. Stimulates digestive system. Mouth ulcers.</p>	<p>Patchouli Stimulant. Astringent. Aids mental clarity. Aphrodisiac.</p>	<p>Peppermint Aids digestion. Decongestant. Use for colds, flu, flatulence, headaches, nausea, toothache and sunburn.</p>
<p>Pine Antiseptic. Relieve cystitis, arthritis and muscular aches and pains. Valuable in treating the respiratory tract, for bronchitis, catarrh, colds and sinusitis.</p>	<p>Rose Antiseptic. Cleansing. Soothing. Promotes circulation. Strengthens digestive system. Relieves stress. Good for mature, dry skin. Aphrodisiac.</p>	<p>Rosemary Antiseptic. Stimulant. Aids mental clarity. Heart tonic. Clears dandruff. Cleansing. Relieves headaches as well as general aches and pains.</p>
<p>Sage Nerve tonic. Diuretic. Relieves general aches and pains.</p>	<p>Sandalwood Relieves dry, inflamed skin, sore throats and coughs. Sedative. Aphrodisiac. Antidepressant. Antispasmodic. Blends well with Neroli and Rose.</p>	<p>Tea Tree Disinfectant. Antiseptic. Ideal for skin complaints including athlete's foot, burns, cold sores, mouth ulcers, thrush and warts.</p>
<p>Thyme Antiseptic. Nerve Tonic. Relieves headaches and general aches and pains. Stimulates circulation. Invigorating.</p>	<p>Ylang Ylang Lowers blood pressure. Good for oily skin. Aphrodisiac. Sedative. Euphoric. Blends well with Bergamot, Melissa, Sandalwood and Jasmine. Use only in small quantities.</p>	<p>Verissima Natural Skincare 16 Craig St, Mundaring WA 6073 p: 08 9295 6473 www.verissima.com.au info@verissimahouse.com</p> 