

# Exploring the complex world of organic oils

The world of essential oils is intricate and often awe-inspiring for those unfamiliar with the subject. John Brebner, S&D Aroma, supplies a list of some of the most popular essential oils that are available on the market. Anthony C. Dweck, *Personal Care* technical editor, gives details about their use and folklore.

ESSENTIAL OILS: WHERE THEY COME FROM, WHAT THEY ARE CALLED AND WHAT THEY DO.				
Common name	Latin name	Part extracted	Country	Traditional use and ethnobotany
Aniseed	<i>Pimpinella anisum</i>	seed	Spain	"Anise oil is useful in destroying body lice, head lice and itching insects, where the oil can be used by itself, so is useful for pediculosis, the skin condition caused by lice. It may be used for scabies, where it may be used externally in an ointment base. It used either in oil or ointment base as a stimulating liniment and against vermin."
Angelica root	<i>Angelica archangelica</i>	root	Europe	"A decoction of the root can also be used for scabies or itching and also for wounds. As a compress in gout. The tea is a good eye tonic."
Angelica seed	<i>Angelica archangelica</i>	seed	Europe	"In the form of an ointment it has a soothing effect on skin complaints, arthritis and rheumatism."
Anthopogon	<i>Rhododendron anthopogon</i>	leaf/flower	Nepal	Alpine Rosebay - no data.
Artemisia	<i>Artemisia vulgaris</i>	leaf/flower	Nepal	"Used in fomentations for skin diseases and ulcerative sores. The entire plant is often made into a decoction and used as a wash for all sorts of wounds and skin ulcers. The boiled leaves are used as a poultice to allay headaches and nervous twitching of the skin and muscles. The dried leaves cut into small fragments are used to help induce more rapid scarring of unhealed wounds. Practitioners also use the leaves in eczema, herpes and purulent scabies."
Basil French	<i>Ocimum basilicum</i>	flowering plant	Nepal	"It is called <i>tulasi</i> in India and used for ayurvedic medicine. Sacred to Krishna and Vishnu. The leaves are heart shaped and are considered a love symbol in Italy. The oil clears the head and is uplifting. It is useful in nervous conditions: good for anxiety, depression, hysteria, indecision and nervous debility. It is good for earache, colds, sinus, migraine, muscular spasm. It is good for sluggish and congested skin and is an insect repellent."
Basil Sweet	<i>Ocimum basilicum</i>	flowering plant	South Africa	see above
Basil Tropical	<i>Ocimum basilicum</i>	flowering plant	Madagascar	see above
Bergamot	<i>Citrus bergamia</i>	peel	Italy	"It is used for oily skin, acne, seborrhea of the scalp, herpes, psoriasis, ulcers and wounds. Bergamot is an antidepressant and gentle relaxant and has a refreshing, uplifting quality."
Black Pepper	<i>Piper nigrum</i>	seeds	Indonesia	"It is anti-inflammatory, anticatarrhal, expectorant, supportive to the digestive glands, and traditionally used for rheumatoid arthritis. Considered an aphrodisiac and sexual stimulant."
Calamus (Sweet flag)	<i>Acorus calamus</i>	rhizome	Nepal	"In Arabia and Iran it is used as an aphrodisiac. In Japan the leaves were used as a bathing agent to make 'Sweet Flag bath water'. It is an aquatic perennial, which emits a smell rather like that of mandarin oranges. Used for treating rheumatism, fever and lumbago."
Cardamom	<i>Elettaria cardamomum</i>	seed	Guatemala	"Good for nervous exhaustion and mental fatigue. Used as a flavouring, and also for its carminative and stimulating properties. Properties are antiseptic and stimulative. Used for its aphrodisiac effect, also has an uplifting effect, helping to clear the mind of noise and confusion. Makes an excellent bath oil, light, refreshing and stimulating."
Cardamom large	<i>Amomum subulatum</i>	seed	Nepal	"Larger or Greater Cardamom or Nepal Cardamom. Medicinally, the seeds are credited with stimulant and astringent properties. It is used in gastrointestinal and genito-urinary complaints. It is correctly described by the Arabian physicians under the name Hil-Bawa."

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Cassia Bark	<i>Cinnamomum cassia</i>	bark	Indonesia	"It yields Cassie oil for barbers shops, was one of the holy anointing oils mentioned in Exodus as being used by Moses on sacred occasions. The dried bark is used. Cassia is chiefly used to scent potpourri and to flavour chocolate; but in China it is given as an antiseptic and as a digestive tonic, and it flavours other medicines. The bark is stronger and less delicate than real cinnamon."
Catnip (lemon)	<i>Nepeta cataria</i>	plant	France	"The tops and leaves are medicinal; they have a strong, characteristic odour and a peculiar, bitterish taste. It is very much liked by cats. Its sedative action on the nerves adds to its generally relaxing properties."
Cedarwood	<i>Cedrus atlantica</i>	wood	France	"Good for stress related disorders. Said to soothe acne, eczema, arthritis and rheumatism. One of the most ancient oils traditionally used as a fixative in the perfume industry. Soothing woody aroma – helpful for oily skin and itchy scalp. Add to a fragrance jar in a wardrobe to repel moths. A very calming oil for respiratory problems "
Chamomile Cape	<i>Eriosephalus punctulatus</i>	flower	South Africa	"It has a fine fruity fragrance, with Roman chamomile-like notes. It has been suggested that the oil can be used as an alternative to Roman chamomile, and experts have suggested it could add a whole new dimension to the flavour and fragrance industry. The leaves are used in baths for its relaxing and invigorating scent. Used in pillows, the scent encourages pleasant dreams. Anti-inflammatory and soothing."
Chamomile German	<i>Matricaria recutita</i>	flower	South Africa	"Antispasmodic, antiseptic/wound healing, sedative, anti-inflammatory, tonic, soothing for conjunctivitis/sore eyes. Has been used for helping skin conditions such as dermatitis, boils, acne, rashes, and eczema as well as for hair care, burns, cuts, toothaches, teething pains, inflamed joints, menopausal problems, insomnia, migraine headaches and stress related complaints."
Chamomile German	<i>Matricaria chamomilla</i>	flower	Nepal	see <i>Matricaria recutita</i>
Chamomile Roman	<i>Chamaemelum nobile</i>	flower	South Africa	"May help with insomnia, muscle tension, cuts, scrapes and bruises. It is useful against infections and is used extensively in Europe for skin disorders. Soothing and calming, especially on nervously excited children."
Chamomile Roman	<i>Chamaemelum nobile</i>	flower	England	see above
Cinnamon Bark	<i>Cinnamomum zeylanicum</i>	bark	Sri Lanka	"The refreshing and cooling quality of the bark is due to the presence of methyl amyl ketone. Cinnamon oil has antifungal, antiviral, bacteriicidal and larvicidal properties. "
Cinnamon Leaf	<i>Cinnamomum zeylanicum</i>	leaf	Nepal	see above
Cinnamon Leaf	<i>Cinnamomum zeylanicum</i>	leaf	Sri Lanka	see above
Citronella (Java type)	<i>Cymbopogon winterianus</i>	herb	Nepal	"Citronella oil has been used as a flavouring for foods and beverages. In traditional medicine, the oil has been used as an aromatic tea, as a vermifuge, diuretic and antispasmodic. Perhaps the most widely recognised use for the oil is as an insect repellent. It is sometimes incorporated into perfumes and soaps. Citronella candles have been promoted as an effective way to repel mosquitoes "
Clary Sage	<i>Salvia sclarea</i>	flowering tops	France	"Anti-spasmodic oil, good for menstrual difficulty, high blood pressure, muscle cramps, respiratory problems, emotional and physical tensions. The seeds become mucilaginous in water and may be used to extract foreign bodies from the eye. The essential oil, which is known as sage clary or Muscatel oil is obtained by steam distillation. An ointment made with clary leaves will help draw out inflammation and bring boils and spots to a head."
Clove Bud	<i>Syzygium aromaticum</i>	bud	Indonesia	"Bacteriicidal and insecticidal. Oil of cloves is used as a disinfectant and dental analgesic, and in alcohol as a stimulant. Applied externally it can produce local anaesthesia. Externally used on sores and infected areas and also used as a mosquito and moth repellent. "
Clove Stem	<i>Syzygium aromaticum</i>	stem	Indonesia	see above
Commint/Peppermint	<i>Mentha arvensis</i>	fresh leaves	Nepal	"Cornmint oil, field mint oil, Japanese mint oil, marsh mint oil. Internal use of mint oil for flatulence, functional gastrointestinal and gallbladder disorders, catarrhs of the upper respiratory tract, and external use for myalgia and neuralgic ailments. Mint oil is official in the Indian Pharmacopoeia as a carminative. It is official in the Chinese pharmacopoeia as an aromatic, flavoring agent, and carminative, for application to the skin or mucous membrane, and to relieve pain or discomfort. In Germany, it is taken internally as a carminative or cholagogue, inhaled as a secretolytic, and applied externally for its cooling property. Menthol, derived from mint oil, is widely used as an antipruritic component of OTC preparations to treat burns and sunburn, poison ivy rash, athlete's foot, and as a counterirritant in external analgesic preparations."
Coriander Seed	<i>Coriandrum sativum</i>	seed	Ukraine	"The oil is said to have anti-inflammatory and sedative properties. Coriander has been used as a flavoring and medicine since ancient times. Seeds have been found in the tombs of Pharaohs, and the Roman legions carried coriander as they progressed through Europe, using it to flavour their bread. Externally it has been used as a lotion to treat rheumatic pains."
Curcuma zedoaria	<i>Curcuma zedoaria</i>	rhizome	Nepal	"It is a highly aromatic species related to turmeric. Known as zedoary it is native to India and Indonesia. During the 6th Century it was brought to Europe by Arab traders and had some success in medicine and as a source of perfume, reaching the height of its popularity in the Middle Ages. Aromatic, stimulant. Used in a similar manner to ginger. The rhizome is used to treat certain types of tumour in China."

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Cypress	<i>Cupressus sempervirens</i>	branch	France	"It is used externally as a vasoconstrictor and as a foot deodorant. Internally it is an astringent, a vasoconstrictor, venous tonic, antispasmodic, antisudorific, antirheumatic, diuretic, general nervous system restorative. Helps decongest the circulatory and lymphatic systems and may help with edema, cellulite, varicose veins and water retention. It is anti-infectious, antibacterial and antimicrobial."
Dill weed	<i>Anethum graveolens</i>	whole plant	France	"Dill is a sedative herb and a good remedy for sleeplessness, acting as a mild tranquilliser. Flatulent pain in infants. Chewing dill seeds will help to sweeten the breath. Carminative and local anodyne."
Eucalyptus	<i>Eucalyptus globulus</i>	leaf	Nepal	"Characteristic aromatic camphoraceous odour and a pungent camphoraceous cooling taste. Eucalyptus oil taken by mouth for catarrh and used as an inhalation often in combination with other volatile substances. Eucalyptus oil has also been applied as a rubefacient. Has local antiseptic, expectorant, deodorant and refreshing effects."
Eucalyptus	<i>Eucalyptus globulus</i>	leaf	Portugal	see above
Eucalyptus	<i>Eucalyptus globulus</i>	leaf	Spain	see above
Eucalyptus radiata	<i>Eucalyptus radiata</i>	leaf	Australia	"Anti-infectious, antibacterial, antiviral, anticatarrhal, expectorant, anti-inflammatory. E. radiata with its richness in alcohols is more suitable for infectious conditions, either viral or bacterial. Though it works on the respiratory system, preferred use for higher infections than E. globulus."
Eucalyptus smithii	<i>Eucalyptus smithii</i>	leaf	South Africa	"Anticatarrhal, expectorant, excellent liquefaction of the secretions, digestive stimulant (internally), anti-infectious, antiviral, antibacterial, parasiticide, antirheumatic, analgesic, antineuralgic, febrifuge, stimulant and calming, balancing."
Fennel sweet	<i>Foeniculum vulgare dulce</i>	seed	France/Corsica	"Antispasmodic, antiseptic and stimulating to the cardiovascular and respiratory systems. Topically fennel is good for conjunctivitis, and blepharitis (as eyewash). Useful as an oil when rubbed onto affected parts to relieve rheumatic pains. The essential oil is used in tinctures as a gargle and eyewash and in carminative preparations."
Fir, grand	<i>Abies grandis</i>	needle	France	see below
Fir, silver	<i>Abies alba</i>	leaf	France	"Fir has traditionally been used to help reduce symptoms of arthritis, rheumatism, bronchitis, coughs, sinusitis, colds, flu and fevers. It has been found to be a useful antiseptic, anticatarrhal, antiarthritic and stimulating."
Geranium Bourbon	<i>Pelargonium graveolens</i>	flowering plant	S.Africa/Malawi	"It was used by the ancients as a remedy for wounds and tumours. It makes a very refreshing and relaxing bath oil with a delightful light rose perfume and a fresh green note. Said to balance sebum levels. Also good for sluggish, congested and oily skins and is a good skin cleanser."
Ginger	<i>Zingiber officinale</i>	root	India	"Externally it is a rubefacient and used for rheumatic pains and stimulant of peripheral circulation in bad circulation, e.g. chilblains and cramps. It is diaphoretic (promotes sweating). Ginger baths decrease muscle soreness and muscle stiffness. Used also in morning sickness and travel sickness."
Gingergrass	<i>Cymbopogon martinii var. sofa</i>	plant	Nepal	"Very close relative of the delightful Palmarosa oil, but with a hint of ginger and a different chemotype known as Gingergrass. Said to be anti-inflammatory and to have insect repellent properties."
Grapefruit	<i>Citrus paradisi</i>	peel	Argentina	"Grapefruit oil is a good astringent when used as a facial toner. It has a cooling, refreshing and stimulating effect on lifeless skin and jaded senses. When inhaled, grapefruit is an anti-depressant and helps relieve anxiety. It can be effective in treating symptoms of pre-menstrual syndrome and menopause. It is also a good addition to air freshener preparations and proves to be especially effective against kitchen smells and odours."
Helychrysum	<i>Helichrysum angustifolia</i>	flowering plant	France/Corsica	"The plant is known as Everlasting or Immortelle and has a fresh, earthy almost herbaceous aroma. It is said to be good for stretch marks and particularly useful in cases of damaged and problematic skin conditions. Said to reduce skin redness, skin bruises and good for acneic skins."
Hyssop	<i>Hyssopus officinalis</i>	flowering plant	Spain	"The essential oil is spicy, fresh, warm and woody. The scent uplifts the mood, provides direction and suggests purity and clarity of spirit. It has the ability to inspire, increase concentration and focus on difficult tasks. Hyssop is believed to bring quick relief to the pain and bruising of a black eye."
Inula	<i>Inula graveolens</i>	flowering plant	Corsica	This is a powerful respiratory oil and mostly used for clearing congestion and easing breathing. It is said to be good for chest infections. The common name stinkweed or stinkwort is not particularly pleasant! Some aromatherapists use it for backache and muscle cramps.
Jatamansi	<i>Nardostachys grandiflora</i>	rhizome	Nepal	"Cooling, and used to reduce fevers. Soothing for the skin, excellent for skin irritations and allergies. Said to be good for wounds that do not heal. Helps to promote restful sleep, reduces stress and aids relaxation. Can assist in reducing inflammation. It is a member of the Valerian family."
Juniper Berry	<i>Juniperus spp.</i>	berry	Nepal	"Stimulates circulation. Good for acne and eczema. Said to be good for anxiety and stress. Some references say good for hangovers. Cleansing. Juniper when applied externally is a good penetrator of the skin and is useful in cases of rheumatism, sciatica and dermatitis."

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Juniper Berry	<i>Juniperus communis</i>	berry	Spain	as above
Juniper	<i>Juniperus communis</i>	needle/wood	France	as above
Laurel leaf	<i>Laurus nobilis</i>	dried leaves & branchlets	Europe	"Bay leaf oil is used externally for sprains, bruises, etc., and was sometimes dropped into the ears to relieve pain. Use with care and never more than 1.25%. The oil is used as a food flavouring as well. Mildly narcotic, said to be good for promoting hair growth and ridding the scalp of dandruff."
Lavandin abrialis	<i>Lavandula hybrida</i>	flowering plant	France	It is a lavender oil derived from a hybrid plant that combines the properties of Aspic and true Lavender. It is said to be more effective than any of the other lavender types in reducing skin redness. Good for muscle aches and sprains and said to improve skin circulation.
Lavandin grosso	<i>Lavandula hybrida</i>	flowering plant	France	This is a hybrid between <i>Lavandula officinalis</i> and <i>L. latifolia</i> and has a more herbaceous smell (some would say harsher) than some lavenders. It has the same skin calming and sedative properties of all lavenders.
Lavandin sumian	<i>Lavandula hybrida</i>	flowering plant	France	This is another hybrid and in this case the lavender is more camphoraceous with an exciting woodiness. It is more rounded and smoother than some lavandins. This soft oil has the same calming and sedative properties possessed by all lavender oils.
Lavandin super	<i>Lavandula hybrida</i>	flowering plant	France	see above
Lavender	<i>Lavandula angustifolia</i>	flowering plant	Bulgaria	"A few drops in a foot bath will banish fatigue. Applied to the body it will act as a strong stimulant and may relieve various neuralgic pains, sprains and rheumatism, while in France it is used to treat painful bruises. Sedative to restless children and sleepless adults, a few drops on the pillow will bring sleep more easily."
Lavender	<i>Lavandula angustifolia</i>	flowering plant	France	see above
Lavender	<i>Lavandula angustifolia</i>	flowering plant	India	see above
Lavender spike	<i>Lavandula latifolia</i>	flowering plant	Spain	"It yields a higher quantity of oil than the <i>L. angustifolia</i> , but the quality of the oil is perhaps inferior in odour. The oil is still sedative and has all the properties associated with lavenders."
Lemon	<i>Citrus limon</i>	peel	Italy	"Refreshing, revitalising and stimulating. This oil is used wherever a fresh, awakeing and invigorating property is needed in foam baths, shower gels or massage oils."
Lemon Myrtle	<i>Backhousia citriodora</i>	leaves	N.Africa/Europe	"The essential oil distilled from the leaf has strong anti-bacterial, anti-fungal and anti-viral properties. It has a fine, rounded lemon scent with a somewhat spicy undertone. Its anti-bacterial qualities are more powerful than tea tree oil."
Lemongrass	<i>Cymbopogon citratus</i>	cut herb	S.Africa/Malawi	"With its lemony aroma, it is an excellent general skin tonic and antiseptic. It is also believed to soothe fevers, and to help relieve migraine. Said to normalise overactive oil glands and so good for acne and open pores. Makes a good skin tonic."
Lemongrass	<i>Cymbopogon flexuosus</i>	cut herb	Nepal	It is known as cochin lemongrass or British Indian lemongrass and has similar properties to the above. The aroma definitely stimulates the brain and facilitates the logical thinking process. It is useful where clear thinking and powers of concentration are required and will refresh a weary traveller.
Lemon Tea Tree	<i>Leptospermum petersonii</i>	leaves	South Africa	"Has antiseptic, antimicrobial, carminative and sedative properties. It is used in aromatic blends to combat coughs and colds. It is also successfully used as a powerful insect repellent. Used for years by the Maoris the oil has qualities similar to Tea Tree Oil. Calms and reduces stress and tension, helps relieve aches and pains, relaxes tight muscles. Healing to the skin."
Lemon Verbena	<i>Aloysia triphylla</i>	fresh herb	Corsica	The alternative name is <i>Lippia citriodora</i> and this essential oil should not be used as a fragrance ingredient according to the latest legislation.
Lime	<i>Citrus aurantifolia</i>	peel	USA	"Acts like lemon and the other citrus oils, beautiful tangy, fresh stimulating aroma. Warning: do not use lime on the skin in direct sunlight, however if the essential oil of lime is distilled rather than expressed, then it does not have a phototoxic effect. The aroma enhances and enlivens the mood and energises and can help relieve fatigue and stimulate mental activity and memory."
Lippia	<i>Lippia rehmanni</i>	leaves	South Africa	"Similar to <i>Lippia citriodora</i> , check the legal status. Specific data not available."
Mandarin red	<i>Citrus reticulata</i>	peel	Italy	"A sweet citrus, fruity essential oil with the typical oriental orange smell. Used in aromatherapy for acneic skin types"
Mandarin green	<i>Citrus reticulata</i>	peel	Italy	see above
Mandarin red	<i>Citrus reticulata</i>	peel	Sicily	see above
Marjoram	<i>Origanum marjorana</i>	flowering plant	S.Africa/Malawi	"A slightly sweet, but definitely herbaceous, woody and camphorous if not slightly medicinal odour. It is used for aching muscles, sprains, cramps, rheumatism and other conditions where its relaxing effects are needed. "
Marjoram	<i>Origanum marjorana</i>	flowering plant	Spain	see above
Mastic tree	<i>Pistacia lentiscus</i>	leaf/branch	Corsica	"The resin that oozes when the tree is tapped is known as mastic and smells like turpentine. It is widely employed in dentistry as a cement for filling decayed teeth, and is also used in varnishes. In the East it is used as a breath sweetener."

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Melissa True	<i>Melissa officinalis</i>	leaf	South Africa	"Steam-distilled from the tops of <i>Melissa officinalis</i> and is known as lemon balm or bee balm. The whole plant is fragrant with a strong lemony scent. The aroma is particularly effective for headaches, depression, nervous anxiety and insomnia. It is said to bring serenity of mind and peace. It is used in massage oil to reduce stress, anxiety and also of use for the relief of aches and pains."
Melissa True	<i>Melissa officinalis</i>	leaf	Spain	see above
Myrtle lemon	<i>Backhousia citriodora</i>	flowering twig	England	"The essential oil distilled from the leaf has strong anti-bacterial, anti-fungal and anti-viral properties. It has a fine, rounded lemon scent with a somewhat spicy undertone. It is antibacterial."
Neroli	<i>Citrus aurantium</i>	flower	Morocco	"Essential oil extracted from the fragrant flower of the bitter sour, or Seville orange tree, also known as <i>Citrus bigaradia</i> . The therapeutic properties are effective in treating the nervous system. For insomnia the oil has an almost hypnotic effect and a few drops into a warm bath prior to bedtime will help give a good night's sleep. The Queen of all essential oils."
Niaouli	<i>Melaleuca viridiflora</i>	leaf	Madagascar	"This oil has a sweet, fresh fragrance with a hint of tea tree. It is strongly antiseptic and so useful for treating acne, boils and other skin irritations. It is used as a chest rub and also has analgesic properties."
Nutmeg	<i>Myristica fragrans</i>	fruit	Sri Lanka	"The inhaled aroma is stimulating and effective in fighting mental fatigue. High concentrations of this potent oil, however, can produce sedative effects. Warning: Nutmeg oil is toxic if used in large quantities, and can be stupefying. Use with caution on the skin."
Orange Sweet	<i>Citrus sinensis</i>	peel	Italy	"The essential oil of orange is warm, radiant, sweet, uplifting and best described as alive. It is uplifting to the mood, while promoting relaxation and being calming. It is also calming and brightening to dull complexions."
Orange Bitter	<i>Citrus aurantium amara</i>	peel	Egypt	as above
Oregano, green	<i>Origanum vulgare</i>	flowering top	France	"A warming oil, it assists improvement of circulation, digestion, mental clarity and alertness. It is used to relieve muscle aches and pains and is said to assist in increasing physical endurance and energy. It may assist in reducing cellulite. In China it is used additionally to treat itchy skin conditions."
Palmarosa	<i>Cymbopogon martinii</i>	cut herb	Nepal	"This oil is floral, fresh and sweet with the characteristic smell of geranium oil, but with a rose-overtone – hence the alternative name rose geranium. It helps with skin problems such as candida, rashes, scaly and flaky skin. It is antimicrobial, antibacterial, antifungal and antiviral. It is also used as an insect repellent and a carminative. It has been used on cuts, as an insect repellent and to relieve headaches."
Palmarosa	<i>Cymbopogon martinii</i>	cut herb	Madagascar	as above
Patchouli	<i>Pogostemon cablin</i>	plant	Indonesia	"Strongly and a characteristic oriental and musty odour. It helps reduce skin oiliness, soothes skin problems and burns, reduces inflammation and is mildly antiseptic. It is a nerve sedative and anti-depressant. is very beneficial for the skin and may help prevent wrinkles or chapped skin. It is also said to regenerate tissue and helps relieve itching from hives and other pruritic conditions."
Peppermint	<i>Mentha piperita</i>	fresh leaves	S.Africa/Malawi	"Typical minty fragrance with mentholic undertones. It has a clean, clearing, penetrating odour. Invigorating – ideal travel companion, calms the stomach. Used to bathe tired and sweaty feet. A good insect repellent. Has a cooling effect on the body. Stimulating, used for headaches and nausea, very cooling. Breath freshener."
Peppermint	<i>Mentha arvensis</i>	fresh leaves	Nepal	see above
Petitgrain	<i>Citrus aurantium amara</i>	leaf/twig	Egypt	"Made from the twigs and buds of the orange tree, similar properties and aroma to neroli (see above), but not quite as sophisticated or floral."
Pine, Douglas	<i>Pseudotsaga menziesii</i>	needle	France	"Distilled from the needles. Clearing and deodorising. It is an excellent air-freshener and has antiseptic properties that give it good disinfectant properties. It is stimulating, good for circulation and useful for colds, flu, and bronchitis conditions, especially decongestant baths. High quality oils do not smell as basic as toilet cleaners and have a lighter more delicate aroma."
Pine Lariccio	<i>Pinus laricio</i>	needle	Corsica	see above
Pine	<i>Pinus nigra</i>	needle	France	see above
Pine Scotch	<i>Pinus sylvestris</i>	needle	France	see above
Ravensara	<i>Ravensara aromatica</i>	leaf	Madagascar	"The smell is slightly medicinal with a camphoraceous or eucalyptus-like note with a very slightly sweet back note of fruitiness. In Madagascar it is known as 'the oil that heals' because of its antiseptic activity and for its useful properties in respiratory problems. It has anti-infectious, antiviral and antibacterial properties. It has shown to help with insomnia and muscle fatigue."
Ravensara	<i>Ravensara aromatica</i>	leaf	France	as above
Rhododendron	<i>Rhododendron anthopogon</i>	leaves/flowers	Nepal	No data. A sweetly herbal note.

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Rosemary	<i>Rosmarinus officinalis</i>	flowering plant	Portugal	"The typical fragrance is sweetly herbal and slightly medicinal with a hint of camphor. Rosemary is forthright and strong, helping to improve mental clarity aiding concentration and used to enhance meditation. It may be beneficial for problem skin conditions and dandruff. It is anti-catarthal, anti-infectious, antispasmodic and is a useful component in decongestant baths. It helps overcome mental fatigue."
Rosemary	<i>Rosmarinus officinalis</i>	flowering plant	South Africa	see above
Rosemary	<i>Rosmarinus officinalis</i>	flowering plant	Spain	see above
Sage	<i>Salvia officinalis</i>	flowering plant	France	"It has been used in Europe for skin conditions such as eczema, acne, dandruff and hair loss. It has been recognised for its benefits in relieving mental fatigue. The aromatherapy benefits are said to be uplifting and relaxing. There are many different sages and each has a unique aroma."
Savory, mountain	<i>Satureja montana</i>	flowering plant	France	"Savory oil is sometimes used as a local application to carious teeth, for relieving toothache; and its tincture is a valuable carminative. It is an antiseptic oil with antibacterial and antifungal properties and so would be useful in problem acneic skin conditions"
Spikenard	<i>Nardostachys grandiflora</i>	rhizome	India	"Cooling, and used to reduce fevers. Soothing for the skin, excellent for skin irritations and allergies. Said to be good for wounds that do not heal. Helps to promote restful sleep, reduces stress and aids relaxation. Can assist in reducing inflammation. It is a member of the Valerian family."
Spearmint	<i>Mentha spicata</i>	fresh leaves	South Africa	"The aroma of spearmint is not as sharp and intense or vital as peppermint, as it contains no menthol. It is often described as minty with a slightly fruity aroma. Used for colic, indigestion, flatulence, intestinal cramps, fevers, nausea, anti-depressant, relieves mental strain and helps to soothe headaches."
Tagetes	<i>Tagetes minuta</i>	flowering herb	South Africa	"Insect and flea repellent, used to protect clothes."
Tangelo	<i>Citrus tangelo</i>	peel	USA	"No data - the tangelo is another mandarin, tangerine, clementine type orange fruit."
Tangerine	<i>Citrus reticulata</i>	peel	USA	"The odour is the traditional oriental, slightly spicy orange that reminds us of Christmas. The oil is described as calming, sedating, anti-inflammatory, and is said to help with anxiety, dizziness, and nervousness. It has a warming freshness."
Tea Tree	<i>Melaleuca alternifolia</i>	leaves	South Africa	"The smell of tea tree is well known, a combination of medicinal, eucalyptus and woody citrus notes. The oil is antibacterial, used for cold sores, acne skin washes, and decongestant baths when a cold is coming on. Good for spots and other skin infections."
Thyme, thymol	<i>Thymus vulgaris</i>	flowering plant	France	"The essential oil is found to be useful for overcoming fatigue and physical weakness after illness. It is antimicrobial, antibacterial, antifungal, antiviral and is strongly germicidal. It is used for joint pain, backache and sciatica in a hot bath. Inhaled, thyme oil uplifts the spirit, relieves depression and is an excellent decongestant and cold treatment."
Thyme, thymol	<i>Thymus zygis</i>	flowering plant	Spain	see above
Turpentine	<i>Pinus roxburghii</i>	resin	Nepal	"Turpentine and its related products have a long history of medicinal use, where they have been employed as topical counter-irritants for the treatment of rheumatic disorders and muscle pain. A gum derived from turpentine was used in a traditional Chinese medicine to relieve the pain of toothache."
Vanilla	<i>Vanilla plantifolia</i>	pod	New Hebrides	"Vanilla is comforting, calming and soothing. The fragrance relaxes and softens anger, frustration and irritability when used in massage oils. It is also considered to be an aphrodisiac by many."
Valerian	<i>Valeriana officinalis</i>	rhizomes/roots	Nepal	"Very soothing and relaxing, especially during difficult times. Encourages sleep and restfulness, calms the nerves during sleep. The oil has a very characteristic musty odour."
Verbena	<i>Lippia citriodora</i>	fresh herb	France/Spain	The alternative name is <i>Lippia citriodora</i> and this essential oil should not be used as a fragrance ingredient according to the latest legislation.
Vetiver	<i>Vetiveria zizanioides</i>	root	Madagascar	"A scented grass with a woody, sultry almost smoky aroma. Deeply relaxing, the essential oil is sedating and ideal in massage oil or bath. Traditionally used in men's toiletries."
Wintergreen	<i>Gaultheria fragrantissima</i>	leaves	Nepal	"It has been described as a fresh, cleansing minty aroma, but the smell is better known as the characteristic smell of Germolene and the typical smell of many embrocations. It is the methyl salicylate that gives it the characteristic smell. Used for its muscle relaxing and decongestant properties. The oil is employed in a rub used externally for rheumatic and muscular pains and to flavour dental preparations."
Xanthoxylum	<i>Xanthoxylum armatum</i>	dried berries	Nepal	No data
Ylang Ylang complete	<i>Cananga odorata</i>	flower	Indian Ocean	"Ylang Ylang is extremely effective in calming and bringing about a sense of relaxation. It is antispasmodic, balances equilibrium, said to help with sexual disabilities and frigidity and has been used traditionally to balance heart function. Ylang Ylang in the Malayan language means 'flower of flowers.' The scent is very sensual, sweet and reminiscent of almonds. It is mentally relaxing and soothing. It is useful in treating insomnia, anger, anxiety and low self-esteem. It is said to relax facial muscles, and a massage with Ylang Ylang helps to ease tension headaches."