

Essential Oils List and Benefits: The Main Essential Oils and Their Physical Healing Properties

From <http://www.pureinsideout.com/essential-oils-list-benefits.html>

ESSENCE	PHYSICAL PROPERTY
Angelica root	Dull skin, gout, psoriasis, toxin build-up, water retention
Anise	Bronchitis, colds, coughs, flatulence, flu, muscle aches, rheumatism
Basil	Bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism and sinusitis.
Bay	Dandruff, hair care, neuralgia, oily skin, poor circulation, sprains and strains.
Bay laurel	Amenorrhea, colds, flu, loss of appetite, tonsillitis.
Benzoin	Arthritis, bronchitis, chapped skin, coughing, laryngitis
Bergamot	Acne, abscesses, anxiety, boils, cold sores, cystitis, halitosis, itching, loss of appetite, oily skin, psoriasis
Bois de rose (Rosewood)	Acne, colds, dry skin, dull skin, fever, flu, frigidity, headache, oily skin, scars, sensitive skin, stress, stretch marks
Cajeput	Asthma, bronchitis, coughs, muscle aches, oily skin, rheumatism, sinusitis, sore throat and spots.
Cardamom	Appetite loss of, colic, halitosis.
Carrot seed	Eczema, gout, mature skin, toxin build-up, water retention
Cedarwood Atlas	Acne, arthritis, bronchitis, coughing, cystitis, dandruff and dermatitis.

Cedarwood	Acne, arthritis, bronchitis, coughs, cystitis, dandruff, dermatitis, insect repellent, stress
German chamomile	Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, rheumatism, sores, sprains, strains, wounds.
Roman Chamomile	Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, wounds.
Cinnamon	Constipation, exhaustion, flatulence, lice, low blood pressure, rheumatism, scabies.
Citronella	Excessive perspiration, fatigue, headache, insect repellent, oily skin
Clary sage	Amenorrhea, asthma, coughing, gas, labour pains, sore throat.
Clove bud	Arthritis, asthma, bronchitis, immune system, rheumatism, sprains, toothache
Coriander	Aches, arthritis, colic, gout, indigestion, nausea, rheumatism
Cypress	Excessive perspiration, hemorrhoids, oily skin, rheumatism, varicose veins.
Elemi	Bronchitis, catarrh, extreme coughing, mature skin, scars, stress, wounds.
Eucalyptus Globulous	Arthritis, bronchitis, catarrh, cold sores, colds, coughing, fever, flu, poor circulation, sinusitis.
Fennel	Bruises, cellulite, flatulence, gums, halitosis, mouth, nausea, obesity, toxin build-up, water retention

Frankincense	Anxiety, asthma, bronchitis, extreme coughing, scars and stretch marks
Galbanum	Immune system abscesses, acne, boils, bronchitis, cuts, lice, mature skin, muscle aches, poor circulation, rheumatism, scars, sores, stretch marks, wounds
Geranium	Acne, cellulite, dull skin, lice, menopause, oily skin.
Ginger	Aching muscles, arthritis, nausea, poor circulation
Grapefruit	Cellulite, dull skin, toxin build-up, water retention.
Helichrysum	Abscesses, acne, boils, burns, cuts, dermatitis, eczema, irritated skin, wounds
Hyssop	Bruises, coughing, sore throat, respiratory system
Jasmine	Dry skin, labour pains, sensitive skin.
Juniper berry	Cellulite, gout, haemorrhoids, obesity, rheumatism, toxin build-up, urinary system
Lavender	Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labour pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, whooping cough
Lemon	Athlete's foot, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts
Lemongrass	Acne, athlete's foot, digestion, excessive perspiration, flatulence, insect repellent, muscle aches, oily skin, scabies, stress
Linden blossom	Headache, migraine, Acne, dull skin, oily skin, scars, spots, wrinkles.

Marjoram	Aching muscles, arthritis, cramps, migraine, neuralgia, rheumatism, spasm, sprains
Melissa	Flu, indigestion, herpes, nausea, shingles and cold sores
Myrrh	Amenorrhea, athlete's foot, bronchitis, chapped skin, gums, halitosis, itching, ringworm
Myrtle	Acne, asthma, coughs, haemorrhoids, irritated skin
Neroli	Mature skin, oily skin, scars, stretch marks
Niaouli	Acne, bronchitis, colds, coughs, dull skin, oily skin, sore throat, whooping cough
Nutmeg	Arthritis, constipation, muscle aches, nausea, neuralgia, poor circulation, rheumatism and slow digestion.
Bitter orange	Colds, constipation, dull skin, flatulence, flu, gums, mouth, slow digestion,
Oregano	Coughs, digestion, respiration
Parsley	Congestion, digestion, diuretic, immune system, kidney infections and stones
Patchouli	Acne, cellulite, chapped skin, dandruff, dermatitis, eczema, mature skin, oily skin.
Black pepper	Aching muscles, arthritis, detox, constipation, muscle cramps, poor circulation, sluggish digestion.
Peppermint	Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies, sinusitis, vertigo
Petitgrain	Rapid heartbeat, insomnia
Pine	Colds, congestion, cough, flu, lungs sinusitis
Rose	Eczema, mature skin

Rosemary	Aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation= and rheumatism.
Sandalwood	Bronchitis, chapped and dry skin, laryngitis, oily skin, strep throat, urinary tract problems
Spearmint	Asthma, exhaustion, flatulence, headache, nausea, scabies.
Thyme	Arthritis, bronchitis, candida, cuts, dermatitis, gastritis, laryngitis
Vetiver	Acne, arthritis, muscular aches, oily skin, rheumatism
Violet leaf	Bronchitis, insomnia, liver congestion, sluggish circulation, problem skin
Yarrow	Acne, arthritis, inflammation, hair care, hypertension, insomnia
Ylang Ylang	Hypertension, menopause and PMS symptoms, palpitations