



AROMATHERAPY CHART

OIL	CONQUER COLDS	REST & RELAX	HEAL WOUNDS	BEAT THE BLUES	ENERGY BOOST	HALT HEADACHE	SLEEP EASY	MANAGE PAIN	RELEASE STRESS
Basil	Yes	No	No	Yes	Yes	Yes	No	No	No
Bergamot	No	Yes	No	Yes	No	No	No	No	Yes
Atlas Cedar	Yes	Yes	No	No	No	No	No	No	Yes
Clary Sage	No	Yes	No	Yes	No	Yes	No	No	Yes
Eucalyptus	Yes	No	Yes	No	No	Yes	No	Yes	No
Frankincense	No	Yes	No	Yes	No	No	No	Yes	Yes
Geranium	No	Yes	No	Yes	Yes	No	No	Yes	Yes
Juniper Berry	Yes	No	No	No	Yes	No	No	Yes	No
Lavender	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Lemon	Yes	Yes	No	No	No	No	No	No	No
Sweet Marjoram	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Orange	No	Yes	No	No	No	No	Yes	No	Yes
Peppermint	Yes	No	No	No	Yes	Yes	No	Yes	No
Rose	No	No	No	Yes	No	No	Yes	No	Yes
Rosemary	Yes	No	No	Yes	Yes	Yes	No	Yes	No
Sandalwood	No	Yes	No	Yes	No	No	Yes	No	Yes
Tea-Tree	No	No	Yes	No	No	No	No	No	No
Ylang Ylang	No	Yes	No	Yes	No	No	Yes	No	Yes

Use aromatherapy oils with caution. Seek professional advice if pregnant or experiencing long term or chronic health challenges.

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