

# Spa Index Essential Oil Glossary

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Essential Oils are natural substances extracted from grasses, flowers, herbs, shrubs, trees, resins and spices, usually through a process called steam distillation. Oils can soothe, relax, rejuvenate, heal, energize or relieve pain, thereby affecting the body's physical, psychological and emotional levels. Essential Oils used in this manner is traditionally called aromatherapy.

Essential Oils should never be applied directly to the skin, and should always be diluted by adding 1-4 drops of Essential Oil to 2-4 ounces of carrier oil (jojoba, calendula, or sweet almond). Once diluted, they can be used for local applications on the body, added to the bath, or used in compresses. They can also be mixed with alcohol and water for a refreshing room or linen spray. Most high-quality health food stores will carry Essential Oils.

The properties of each essential oil are listed in the order of the strongest property. If one oil indicates it is a "muscle relaxant and skin conditioner" and another oil indicates it is a "skin conditioner and muscle relaxant," those two oils share similar properties, in different degrees.

## A

**Angelica:** Strengthens, restores, and anchors. Avoid use in full sun.

**Aniseed:** Reduces cramping and indigestion. Do not use if pregnant.

**Armoise:** Emollient and muscle relaxant. Do not use if pregnant.

## B

**Basil:** Soothes and tones. Use sparingly.

**Bay:** Stimulates and energizes. Can irritate skin.

**Bergamot:** Conditions skin, soothes. Antiseptic. Photo toxic.

**Birch Tar:** Muscle relaxant, soothing agent. Do not use if pregnant.

**Black Currant Seed:** Relieves PMS. High in Vitamin C.

**Black Pepper:** Muscle relaxant.

## C

**Cabreuva:** Calming, increases alertness.

**Cajeput:** Stimulates, mood enhancer, antiseptic.

**Camphor:** Soothes, conditions skin, muscle relaxant. Do not use if pregnant or epileptic. See Hazards, below.

**Cananga:** Skin conditioner, deodorant.

**Caraway:** Muscle relaxant.

**Cardamom:** Muscle relaxant, skin conditioner, soothing agent.

**Carrot Seed:** Muscle relaxant, soothing agent, skin conditioner.

**Cedarwood:** Antiseptic, skin conditioner, deodorant, soothing agent.

**Celery Seed:** Toner.

**Chamomile Moroc:** Muscle Relaxant, skin conditioner.

**Chamomile Roman:** Muscle Relaxant, skin conditioner.

**Cinnamon Bark:** Skin conditioner, anti-inflammatory. Can cause skin irritation.

**Citronella:** Skin conditioner, insect repellent.

**Clary Sage:** Skin conditioner, astringent, soothing agent, muscle relaxant. Do not use if pregnant or if drinking alcohol.

**Clove Bud:** Muscle relaxant, soothing agent. Can irritate skin.

**Copaiba Balsam:** Increases circulation, reduces stress.

**Coriander:** Muscle relaxant, soothing agent. Use sparingly.

**Costus Root:** Calming agent.

**Cumin:** Stimulating. Can irritate skin. Use sparingly.

## **E**

**Eucalyptus:** Antiseptic, soothing agent, skin conditioner, sinus clearing.

**Evening Primrose:** Moisturizes dry skin and treats eczema.

## **F**

**Sweet Fennel:** Muscle relaxant, soothing agent, antiseptic.

**Frankincense:** Skin conditioner, soothing agent.

## **G**

**Geranium:** Skin refresher, muscle relaxant.

**Ginger:** Astringent.

**Grapefruit:** Soothing agent, astringent, skin conditioner.

## H

**Hyssop:** Soothing agent, skin conditioner. Do not use if pregnant, epileptic, or have high blood pressure.

## J

**Jasmine Absolute:** Emollient, soothing agent, antiseptic.

**Juniper:** Skin detoxifier, astringent, soothing agent. Flammable.

## L

**Lavandin:** Soothing agent, muscle relaxant, skin conditioner, astringent.

**Lavender:** Muscle relaxant, skin conditioner, soothing agent, astringent.

**Lemon:** Soothing agent, antiseptic.

**Lemongrass:** Skin conditioner, soothing agent, muscle relaxant, antiseptic.

**Lime:** Soothing agent, skin conditioner, astringent.

## M

**Mandarin:** Soothing agent, skin conditioner, astringent.

**Manuka:** Relieves aches and pains, healing to the skin.

**Myrrh:** Anti-inflammatory, emollient, antiseptic. Use in moderation if pregnant.

## N

**Neroli:** Antiseptic, emollient.

**Nutmeg:** Antiseptic, soothes irritated skin, muscle relaxant.

## O

**Orange:** Astringent, soothing agent, skin conditioner.

**Origanum:** Increases energy.

## **P**

**Palmarosa:** Skin conditioner, soothing agent, emollient, muscle relaxant.

**Peppermint:** Emollient, antiseptic, muscle relaxant.

**Pine:** Antiseptic

## **R**

**Rose Absolute:** Skin conditioner

**Rose Otto:** Astringent

**Rosemary:** Antiseptic, muscle relaxant, soothing agent, skin conditioner.  
Do not use if pregnant or have high blood pressure.

**Rosewood:** Muscle relaxant.

## **S**

**Sage:** Soothing agent. Do not use if pregnant or epileptic.

**Sandlewood:** Antiseptic, emollient, soothing agent, skin conditioner.

**Spearmint:** Emollient, astringent, soothing agent. Use sparingly.

## **T**

**Tarragon:** Astringent

**Tea Tree:** Antiseptic, acne fighter, dandruff fighter

**Thyme:** Antiseptic, toner

## **V**

**Vanilla:** Emollient

**Vetiver:** Emollient, reduces blood pressure

**Violet Leaf:** Soothing agent, skin conditioner

## **Y**

**Yarrow:** Reduces scarring

**Ylang-Ylang:** Reduces stress and tension

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**POTENTIALLY HAZARDOUS ESSENTIAL OILS**

This list contains essential oils that some aromatherapy practitioners believe should not be used in aromatherapy without the express administration by a qualified aromatherapy practitioner, and some should not even be used by a qualified practitioner. While we have done our best to compile this list, do not assume that an oil is safe for you to use if it is absent from this list. This information is for general educational purposes only, and is not considered complete nor guaranteed to be accurate. We recommend you contact one of the companies listed below for more information, or, consult the **Illustrated Encyclopedia of Essential Oils by Julia Lawless**, which contains 160 detailed essential oil profiles complete with beautiful color photos

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| Ajowan<br>Trachyspermum copticum             | Deertongue<br>Carphephorus odoratissimus | Pennyroyal<br>Mentha pulegium                               |
| Almond, Bitter<br>Prunus dulcis var. amara   | Garlic<br>Allium sativum                 | Rue<br>Ruta graveolens                                      |
| Arnica<br>Arnica Montana                     | Horseradish<br>Armoracia rusticana       | Sassafras<br>Sassafras albidum                              |
| Birch, Sweet<br>Betula lenta                 | Jaborandi<br>Pilocarpus jaborandi        | Thuja<br>Thuja occidentalis                                 |
| Boldo Leaf<br>Peumus boldus                  | Melilotus<br>Melilotus officinalis       | Wintergreen<br>Gaultheria procumbens                        |
| Broom, Spanish<br>Spartium junceum           | Mugwort<br>Artemisia vulgaris            | Wormseed<br>Chenopodium ambrosioides<br>var. anthelminticum |
| Calamus<br>Acorus calamus var.<br>angustatus | Mustard<br>Brassica nigra                | Wormwood<br>Artemisia absinthium                            |
| Camphor<br>Cinnamomum camphora               | Onion<br>Allium cepa                     |   |