

A Quick Guide to Spa Essential Oils

<p>Antispasmodic (cramps, cough)</p> <ul style="list-style-type: none"> • Cypress • Eucalyptus • Fennel • Sweet Orange • Ginger • Lavender • Black Pepper • Red Mandarin • Rosemary 	<p>Muscle Pain</p> <ul style="list-style-type: none"> • Sweet Birch • Cypress • Eucalyptus) • Peppermint • Geranium • Lavender • Nutmeg • Black Pepper • Rosemary - AA & RA • Black Spruce
<p>Swelling</p> <ul style="list-style-type: none"> • Sweet Birch • Grapefruit • Lavender • Nutmeg 	<p>Anti Inflammatory</p> <ul style="list-style-type: none"> • Sweet Birch • Fennel • Geranium • Lavender • Nutmeg
<p>Circulation</p> <ul style="list-style-type: none"> • Cypress • Sweet Birch • Eucalyptus • Fennel • Geranium • Ginger • Grapefruit • Peppermint • Lavender • Black Pepper • Rosemary – No High BP • Black Spruce • Juniper – Detox 	<p>Respiration Colds</p> <ul style="list-style-type: none"> • Cedarwood • Cypress • Ginger • Peppermint • Sweet Orange • Grapefruit • Lavender • Rosemary • Black Spruce • Eucalyptus
<p>Headache</p> <ul style="list-style-type: none"> • Ginger • Peppermint • Lavender • Juniper – Hangover 	<p>Relaxation Sedative</p> <ul style="list-style-type: none"> • Cedarwood • Rose • Lavender • Black Pepper – Comforting • Red Mandarin – Calming • Juniper – Meditation
<p>Stress</p> <ul style="list-style-type: none"> • Geranium • Ginger • Sweet Orange 	<p>Stimulant</p> <ul style="list-style-type: none"> • Fennel -Digestive • Geranium • Ginger - Digestive

<ul style="list-style-type: none"> • Lavender • Red Mandarin • Black Spruce • Rose 	<ul style="list-style-type: none"> • Lavender • Peppermint • Black Pepper –Digestive • Rosemary - No Epilepsy • Black Spruce
<p>Skin Care</p> <ul style="list-style-type: none"> • Cedarwood <i>Oily</i> • Fennel <i>Oily</i> • Geranium Both • Sweet Orange <i>Dry</i> • Grapefruit <i>Oily</i> • Lavender Both • Rosemary <i>Oily</i> • Red Mandarin <i>Dry</i> • Juniper <i>Oily</i> • Rose <i>Both</i> 	<p>Spot Treatments</p> <ul style="list-style-type: none"> • Hair- Cedarwood • Sweaty Feet- Cypress • Vericosus Veins- Cypress • Adrenal - Geranium • Joints- Rosemary • Digestive Problems - Red Mandarin • Joints- Black Spruce • Hangover- Juniper • Cold Sores- Eucalyptus
<p>Cooling</p> <ul style="list-style-type: none"> • Geranium • Grapefruit • Peppermint • Red Mandarin • Lavender 	<p>Warming</p> <ul style="list-style-type: none"> • Cypress • Ginger -AA not RA • Lavender • Peppermint • Black Pepper • Rosemary • Nutmeg
<p>Perfumery Note</p>	
<p>Top</p> <ul style="list-style-type: none"> • Lavender (<i>lavandula officinalis</i>) • Peppermint (<i>Mentha piperita</i>) • Ginger (<i>Zingiber officinale</i>) • Sweet Orange (<i>Citrus sinensis</i>) • Red Mandarin (<i>Citrus reticulata</i>) • Rosemary (<i>Rosemarinus officinalis</i>) • Black Spruce (<i>Picea mariana</i>) <p>Base</p> <ul style="list-style-type: none"> • Cedarwood (<i>Cedrus alantica</i>) • Cypress (<i>Cupressus sempervirens</i>) 	<p>Middle</p> <ul style="list-style-type: none"> • Sweet Birch (<i>Betula lenta</i>) • Black Pepper (<i>Piper nigrum</i>) • Cedarwood (<i>Cedrus alantica</i>) • Cypress (<i>Cupressus sempervirens</i>) • Fennel (<i>Foeniculum vulgare</i>) • Geranium (<i>Pelargonium graveolens</i>) • Ginger (<i>Zingiber officinale</i>) • Grapefruit (<i>Citrus x paradisi</i>) • Juniper (<i>Juniperus communis</i>) • Lavender (<i>lavandula officinalis</i>) • Red Mandarin (<i>Citrus reticulata</i>) • Eucalyptus (<i>Eucalyptus radiata</i>) • Nutmeg (<i>Myristica fragrans</i>) • Rose (<i>Rosa damascena</i>)

