

Aroma Apothecary Proprietary Five Element Essential Oil Blends ™

Five element essential oils may be applied topically on the corresponding internal organs, on the foot or hand reflex points, acupressure points, diffused, made into a room spritzer or perfume. Do not use in the bath.



FIRE (Heart & Small Intestine)

Rose *Rosa damascena*

Possible Uses: Depression, eczema, frigidity, mature skin, menopause, stress.

Precaution: Not suggested for children under 14 years old, phyto-estrogen.

Palmarosa *Cymbopogon martini*

Possible Uses: Fever, immune stimulant, nervous and stress-related complaints, aids digestive system, sore and stiff muscles, acne, dermatitis, preventing scarring, rejuvenating, and regenerating the skin, minor skin infections, sore tired feet, and athlete's foot.

Precaution: None noted.

Lavender *Lavendula officinalis*

Possible Uses: Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, dysmenorrhea, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labor pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, and whooping cough.

Precaution: Not for use with low blood pressure or pregnancy.

Jasmine *Jasminum officinalis*

Possible Uses: Depression, dry skin, exhaustion, labor pains, and sensitive skin.

Precaution: Some people may experience an allergic reaction to Jasmine essential oil.

Mandarin, Red *Citrus reticulata*

Possible Uses: Dull skin, insomnia, oily skin, sedative, stomachic, tonic, stress, and wrinkles.

Precaution: Photosensitivity, do NOT use in the bath. Mix with carrier oil before topical application, skin sensitivity possible.



EARTH (Stomach, Spleen & Pancreas)

Vetiver *Vetiveria zizanioides*

Possible Uses: Acne, arthritis, cuts, depression, exhaustion, insomnia, muscular aches, oily skin, rheumatism, sores, and stress.

Precaution: Mix with carrier oil before topical application.

Fenugreek seed *Trigonella foenumgraecum*

Possible Uses: Aids in digestion, soothing and relaxing inflamed tissues, relieves congestion, reduces inflammation and fights infection, alleviates coughing, reduces fevers, allergies, and bronchitis. Used in poultices for reducing boils and cysts.

Precaution: None noted.

Grapefruit *Citrus paradisi*

Possible Uses: Cellulites, dull skin, toxin build-up, and water retention.

Precaution: Phototoxic, do NOT use in the bath.

Frankincense *Boswellia carterii*

Possible Uses: Anxiety, asthma, bronchitis, extreme coughing, scars, stress, stretch marks.

Precaution: None noted.



METAL BLEND (Lungs & Large Intestine)

Cypress *Cupressus sempervirens*

Possible Uses: Excessive perspiration, hemorrhoids, menorrhagia, oily skin, rheumatism, and varicose veins.

Precaution:

Black Spruce *Picea mariana*

Possible Uses: Coughing, depression, water retention, and grounding.

Precaution: Mix with carrier oil before topical application, skin sensitivity possible.

Tea Tree *Melaleuca alternifolia*

Possible Uses: Acne, athlete's foot, Candida, chicken pox, cold sores, colds, corns, cuts, flu, insect bites, itching, migraine, oily skin, ringworm, sinusitis, sores, spots, warts, and whooping cough.

Precaution: Mix with carrier oil before topical application, skin sensitivity possible.

Marjoram *Origanum majorana*

Possible Uses: Aching muscles, amenorrhea, bronchitis, chilblains, colic, coughing, excessive sex drive, flatulence, hypertension, muscle cramps, neuralgia, rheumatism, sprains, strains, stress, ticks.

Precaution: Avoid during pregnancy.

Peppermint *Mentha piperita*

Possible Uses: Asthma, colic, exhaustion, fever, flatulence, headache, nausea, sinusitis, and vertigo.

Precaution: Very cooling. Avoid during pregnancy and epilepsy. Do NOT use in the bath. Mix with carrier oil before topical application, skin sensitivity possible especially on the face. Do not use when taking homeopathic remedies.



WATER BLEND (Kidneys, bladder, and sexual organs)

Ginger *Zinger officinale*

Possible Uses: Aching muscles, arthritis, nausea, and poor circulation.

Precaution: Slightly phototoxic.

Cedarwood, Himalayan *Cedrus deodora*

Possible Uses: Relieves anxiety and nervous tension. Acne, oily skin, as well as for hair and dandruff, chest and urinary infections, acts as a general tonic and has a pronounced effect on mucus membranes. It is also of value in cases of arthritis and rheumatism.

Precaution: In high concentration, cedarwood oil may irritate the skin and it should be avoided in pregnancy.

Thyme *Thymus vulgaris var. linalool*

Possible Uses: Arthritis, colds, cuts, dermatitis, flu, insect bites, laryngitis, lice, and muscle aches, oily skin, poor circulation, scabies, and sore throat.

Precaution: Avoid in cases of hypertension. Mix with carrier oil before topical application: moderate dermal irritant and strong mucous membrane irritant.



WOOD BLEND (Liver and gall bladder)

Yarrow *Achillea millefolium*

Possible Uses: Fever, hair care, hemorrhoids, hypertension, indigestion, insomnia, migraine, scars, stretch marks, varicose veins, wounds.

Precaution: Neurotoxin (toxic to the nerves). Avoid in pregnancy. Avoid orally in pregnancy, epilepsy, fever (no essential oil should be taken internally without the guidance of a qualified aromatherapy practitioner).

Roman Chamomile *Anthemis nobilis*

Possible Uses: Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds.

Precaution: Mix with carrier oil before topical application, skin sensitivity possible.

Orange *Citrus sinensis*

Possible Uses: Colds, constipation, dull skin, flatulence, flatulence, flu, gums, mouth, slow digestion, and stress. The Happy oil!

Precaution: Photosensitivity, do NOT use in the bath. Mix with carrier oil before topical application, skin sensitivity possible.

Bergamot *Citrus bergamia*

Possible Uses: Acne, abscesses, anxiety, boils, cold sores, cystitis, depression, halitosis, itching, loss of appetite, oily skin, psoriasis, and stress.

Precaution: Phototoxic (do not apply before going out in the sun).