

Aromatherapy A Complete Guide To Essential And Carrier Oils Their Application And Therapeutic Use

Essential Oil	SCENT	HOW TO USE	BEST FOR	CAUTION	CONTRAINDICATIONS
Almond	Sweet, nutty	Massage, bath, steam, diffuser	Relaxation, stress relief, skin care	None	None
Bergamot	Fresh, citrusy	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Chamomile	Floral, apple	Diffuser, bath, massage	Relaxation, stress relief, skin care	None	None
Citrus	Fresh, bright	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Clary Sage	Earthy, herbaceous	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Cinnamon	Warm, spicy	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Frankincense	Resinous, woody	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Geranium	Fresh, floral	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Lavender	Floral, herbaceous	Diffuser, bath, massage	Relaxation, stress relief, skin care	None	None
Peppermint	Fresh, minty	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Rose	Romantic, floral	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Sandalwood	Woody, earthy	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None
Ylang Ylang	Floral, exotic	Diffuser, bath, massage	Mood, stress, depression	Sensitive skin	None

HANDBOOK OF AROMATHERAPY A COMPLETE GUIDE TO ESSENTIAL AND CARRIER OILS THEIR APPLICATION AND THERAPEUTIC USE