

Essential Oil

Properties & Uses (G-J)

Oil	Properties	Uses
 Galbanum	- anti-arthritic - anti-rheumatic - antispasmodic - stimulant - decongestant	Joint and muscle pain, arthritis, rheumatism, spondylitis, swollen extremities, sluggish circulation, coughing, chest infection and congestion, sinusitis, nasal congestion.
 Geranium	- antifungal - analgesic - antidepressant - antiseptic - astringent - antibacterial	Dermatitis, psoriasis, eczema, rosacea, sunburns, acne, premature skin aging, boils, sores, muscle pain, degenerative joint diseases, stress, depression, nervous tension, anxiety, sleep disorders, loss of muscle tone.
 Ginger	- analgesic - antiseptic - antispasmodic - expectorant - stimulant - tonic	Cough, pulmonary issues, nasal and lung congestion, sore throat, throat infections, arthritis, rheumatism, muscle strain, sprains, joint pain, abdominal cramping, digestive issues, lack of confidence, depression, lethargy.
 Grapefruit	- antidepressant - antiseptic - astringent	Cold, flu, respiratory congestion, swollen feet, edema, insomnia, stress, depression, lack of focus and concentration, low self-esteem and confidence, acne, dermal oiliness.
 Helichrysum	- antispasmodic - antimicrobial - anti-inflammatory - expectorant - anti-septic - diuretic	Stress, despair, anger and anguish, irritability, emotional pain, insomnia, restlessness, skin aging, dry skin, inflammatory skin disorders, dermatitis, psoriasis, eczema, rosacea, cold, cough, allergic rhinitis, muscle and joint pain, nerve pain, tinnitus, boils, sores, open wounds.
 Hyssop	- astringent - stimulant - antispasmodic - anti-rheumatic - antiseptic - digestive - diuretic - expectorant - hypertensive	Swelling and inflammation due to muscular and joint strain and pain, chronic fatigue, restlessness, nerve pain, brain fog, stress, hot flashes, rheumatism, scars, respiratory infection, fever.
 Jasmine	- antidepressant - antiseptic - aphrodisiac - antispasmodic - expectorant - sedative	Muscle pain, cough, chest congestion, brooding, nervousness, stress, anxiety, lack of sex drive, insomnia, menstrual problems, exhaustion, circulatory issues.
 Juniper	- anti-rheumatic - antiseptic - antispasmodic - astringent - anti-arthritic - circulatory stimulant	Acne, edema, swelling, buildup of toxins, hemorrhoids, cellulitis, gout, cold, flu, rheumatism, arthritis, renal problems, sluggish liver, digestive issues, stress, tension.

Aromatherapy Oils Guide

Rachel S Tattersall



Aromatherapy Oils Guide:

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Table of Contents Aromatherapy Oils Guide

1. Understanding the eBook Aromatherapy Oils Guide
 - The Rise of Digital Reading Aromatherapy Oils Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Aromatherapy Oils Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aromatherapy Oils Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aromatherapy Oils Guide
 - Personalized Recommendations
 - Aromatherapy Oils Guide User Reviews and Ratings
 - Aromatherapy Oils Guide and Bestseller Lists
5. Accessing Aromatherapy Oils Guide Free and Paid eBooks
 - Aromatherapy Oils Guide Public Domain eBooks
 - Aromatherapy Oils Guide eBook Subscription Services
 - Aromatherapy Oils Guide Budget-Friendly Options
6. Navigating Aromatherapy Oils Guide eBook Formats

- ePub, PDF, MOBI, and More
- Aromatherapy Oils Guide Compatibility with Devices
- Aromatherapy Oils Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aromatherapy Oils Guide
 - Highlighting and Note-Taking Aromatherapy Oils Guide
 - Interactive Elements Aromatherapy Oils Guide
- 8. Staying Engaged with Aromatherapy Oils Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aromatherapy Oils Guide
- 9. Balancing eBooks and Physical Books Aromatherapy Oils Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aromatherapy Oils Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aromatherapy Oils Guide
 - Setting Reading Goals Aromatherapy Oils Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aromatherapy Oils Guide
 - Fact-Checking eBook Content of Aromatherapy Oils Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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