



Primary Essential Oils For the Nervous System

Headaches / migraines

Basil, bergamot, cardamom, chamomile (Roman), clary sage, eucalyptus, frankincense, grapefruit, ginger, jatamansi, lavender, lemon, lemon balm, mandarin, marjoram, neroli, orange, palo santo, rose, rosemary, peppermint, vetiver, ylang ylang

Neuralgia

Birch, chamomile (German), cinnamon leaf, laurel, lavender, lemongrass, eucalyptus, lemon balm, marjoram, neroli, palmarosa, pine, ravensara, spearmint, vetiver

Shingles / Herpes Zoster

Eucalyptus, helichrysum, lavender, rose, ravensara