



Musculoskeletal Synergies and Formulas

Herbal Carrier Oils & Salves For Musculoskeletal Blends (See source file)

Arnica, Calendula, St. John's Wort, Trauma Oil, Mahanarayan, Balm of Gilead/Cottonwood/balsam poplar, Cannabidiol Oil (CBD)

General Musculoskeletal Oils (For sprains, strains, tendonitis, whiplash, fibromyalgia, bursitis, arthritis, carpal tunnel, etc): birch, chamomiles, frankincense, helichrysum, lavender, rosemary, peppermint, wintergreen

Symptom Specific Oils

Sprains, strains, tendonitis: juniper berry, marjoram, clove, ginger, grapefruit

Bursitis: eucalyptus, laurel

Rheumatoid Arthritis: clove, eucalyptus, lemongrass

Back and neck aches: clove, eucalyptus, laurel

Fibromyalgia: black pepper, clove, eucalyptus, ginger, lemongrass, myrrh, tulsi

Carpal Tunnel: black pepper, cypress, ginger, grapefruit, juniper berry, laurel, lemon, myrrh

Safe For Direct Application: Chamomile, lavender, helichrysum, frankincense

Blending Proportions (Fragrance intensity & dermatotoxic potential)

4 parts: cypress, eucalyptus, frankincense, grapefruit helichrysum, juniper berry, lavender, lemon

2 parts: black pepper, chamomiles, ginger, laurel, lemongrass, marjoram, rosemary

1 part: birch, clove, peppermint, wintergreen, myrrh, tulsi

Blending Harmonies (from modules 1 – 8)

Black pepper blends well with lavender, frankincense, clove

Chamomiles blend well with frankincense, lemon

Eucalyptus blends well with rosemary, marjoram, lavender, lemon

Frankincense blends well with lemon

Ginger blends well with black pepper, clove, lemongrass, helichrysum, lemon, grapefruit

Grapefruit blends well with clove, grapefruit, ginger, lavender

Lavender blends well with almost all oils

Laurel blends well with cypress, frankincense, ginger, juniper, lavender, rosemary
Rosemary blends well with lavender, lemon, eucalyptus, lemongrass