



Different Species Of Oils From the Same Genus

Lavender Species

Lavandula angustifolia

Other common names: English lavender, True lavender

Chemical Feature: Rich in the ester, linalyl acetate and the sedative alcohol, linalol

Therapeutic Benefits: see lavender monograph

Lavandula x intermedia

Lavandin

Most commonly recommended as a support oil for wound healing, respiratory remedies, and other sedative oils. Enhances local circulation.

Odor Description: Fresh, floral, sweet, herbaceous, camphoraceous

Chemical Feature: Rich in alcohols (linalol) and esters (linalyl acetate)

Therapeutic Benefits:

Wound healing

Muscular aches and pains, muscular system, joint pain, osteoarthritis

Stress and stress-related conditions, nervous tension, insomnia, headache

Frankincense Species

Boswellia neglecta

Rich in monoterpenes, specifically α -pinene and the alcohol, terpinene-4-ol

Benefits the lungs, decongesting, useful environmental antimicrobial, soothing to the skin

Boswellia papyrifera

Rich in the ester, Octyl acetate and linalol.

Calming and soothing to the nervous system, useful for skincare

Boswellia rivae

Rich in monoterpenes, specifically α -pinene and Δ^3 -Carene

Benefits the lungs, decongesting, useful environmental antimicrobial, soothing to the skin

Chamomile Species

Matricaria recutita syn. chamomilla

Rich in the sesquiterpene chamazulene and the anti-inflammatory alcohol, a-bisabolol
Highly anti-inflammatory, indicated for inflamed skin conditions or emotions

Anthemis nobilis syn. Chamaemelum nobile

Rich in esters.

Soothing to the nervous system, anxiolytic (relieves anxiety), great for children

Eucalyptus Species

Eucalyptus globulus

Blue Gum

The most commonly used eucalyptus oil.

Chemical Feature: Rich in the oxide 1,8 cineole syn eucalyptol and monoterpenes

Odor Description: Strong, camphor like, balsamic, fresh

Therapeutic Benefits: See monograph

Better to use Eucalyptus radiata or smithii for children.

Eucalyptus radiata

Narrow Leafed

The second most commonly used eucalyptus essential oil in the aromatherapy industry.
Considered effective and safe for young children.

Odor Description: fresh, peppery-camphoraceous

Chemical Feature: Rich in oxides (up to 72% 1,8 cineole), supported by monoterpenes and alcohols

Therapeutic Benefits

Bronchitis, flu, sinusitis, upper respiratory tract infection, colds

Lowered immunity

Respiratory conditions in children

Muscular stiffness, aching, joint pain, neuralgia

Strong antiviral activity

Eucalyptus smithii

Rich in 1,8 cineole and is good for respiratory and muscular ailments. It is similar to E. radiata.

Eucalyptus citriodora

Lemon-scented Eucalyptus

Chemical Feature: Up to 70% aldehydes (citronellal) and 20% alcohols (citronellol)

Odor Description: Strong, fresh, rosy-citronella

Safety:

Can be irritating to sensitive skin

Use low dilutions for dermal application

Therapeutic Benefits

Airborne antiseptic

A blend of *E. citriodora* with *Helichrysum italicum* is among the most effective anti-inflammatory agent in natural medicine.

Respiratory infections

Promotes clarity of mind, useful for psychological distress

Eucalyptus dives

Peppermint Eucalyptus

Chemotypes:

Eucalyptus dives: ct. cineole rich type

Eucalyptus dives: ct. piperitone rich

Eucalyptus dives: ct. a-phellandrene

Chemical Feature: Rich in ketone (piperitone) and monoterpenes

Odor Description: fresh camphoraceous, spicy-mint

Safety:

Caution is when using Eucalyptus ct. piperitone.

Therapeutic Benefits:

Upper respiratory infections

Bronchitis, flu, excess mucus

Recommended for respiratory ailments where expectorant is needed.

Eucalyptus macarthurii

Rose Scented Eucalyptus

Chemical Feature: Rich in geranyl acetate (58%)

Odor Description: fruity, rose-like scent

Therapeutic Benefits

Affinity with the skin, respiratory tract, and immune system

Topical application as well as direct inhalation

Immune boosting, decongesting, promotes expectoration of mucus, and encourages detoxification and a deeper level of immune support especially during cold and flu season.

Muscle and joint health.

A topical calmative for body and skin, promotes tissue repair and a healthy inflammatory response encouraging healthy skin.

Eucalyptus polybractea

Blue leafed mallee

Chemical Feature: Rich in oxide (1,8 cineole up to 85%)

Therapeutic Benefits

Bronchitis, flu, excess mucus

Catarrh, rhinitis, room disinfection

Strong expectorant and recommended for respiratory or muscular ailments.

It is generally considered safe and becoming more common in the market.

Cinnamon

Cinnamomum zeylanicum Blume syn.

Cinnamomum verum J. Presl

Cinnamon leaf

The most common essential oil to be used from cinnamon.

A potent antiviral and antibacterial agent.

Used to strengthen the immune system

Excellent airborne antiseptic during flu season.

For muscular aches and pains for its warming and analgesic effects.

Poor circulation, restores heat to the body

Colds, flu, bronchitis

Menorrhagia, painful periods, impotency, frigidity

Rheumatism, muscular spasm, muscular aches and pains

Cinnamon bark

Potent antiviral, antibacterial, and antifungal agent.

Acute upper respiratory infections

Should be used prudently to avoid skin irritation. Also, not recommended for more than five days at a time.

Avoid undiluted internal or external application.

Safety

Avoid neat (undiluted) application, strong irritation. Possible dermal sensitizer.

Avoid cinnamon bark during pregnancy.

Dermal and mucus membrane irritant. Do not use in the bath.

The oil from the leaf is less irritating than the bark oil.

Cinnamon bark should not be applied externally.

Petitgrain

Citrus aurantium L. syn. *Citrus aurantium* ssp. *aurantium*

Chemical Feature: Rich in esters (linalyl acetate) and alcohols (30–40%) supported by monoterpenes (10%)

Therapeutic Benefits

Stress-related digestive problems/issues

Anxiety, tension, nervousness, irritation, insomnia, mental fatigue, feelings of depression

Menstrual cramps, PMS, menopause moods swings, could be used during childbirth as a pleasant, relaxing aroma

Acne, soothing to inflamed skin (supports Neroli and Lavender), mild astringent, good for oily as well as dry skin, toning

Depression, nervous exhaustion, calming when feeling angry or panicked, helps to uplift and refresh mind when feeling down, uplifting and soothing