

1. Lavender Essential Oil

- **Original Name:** *Lavandula angustifolia*
 - **Composition:** Linalool, Linalyl acetate
 - **Description:** Known for its calming, soothing properties. Lavender has a floral, herbal aroma and is one of the most versatile essential oils.
 - **How to Use:** Can be used in diffusers, added to lotions, or diluted in carrier oils for massages.
 - **Health Benefits:** Relieves anxiety, promotes sleep, reduces stress, alleviates headaches, and supports skin healing.
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2. Peppermint Essential Oil

- **Original Name:** *Mentha × piperita*
 - **Composition:** Menthol, Menthone
 - **Description:** Peppermint has a fresh, cool, and invigorating scent. It's commonly used for mental clarity and digestive support.
 - **How to Use:** Diffuse, add to bath water, or use diluted on the skin for muscle relief.
 - **Health Benefits:** Eases headaches, soothes digestive issues, promotes focus, relieves muscle tension, and acts as a natural energy booster.
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3. Tea Tree Essential Oil

- **Original Name:** *Melaleuca alternifolia*
 - **Composition:** Terpinen-4-ol, Gamma-terpinene
 - **Description:** Tea tree oil has a fresh, medicinal aroma and is known for its strong antimicrobial properties.
 - **How to Use:** Dilute and apply topically for skin care or add to a diffuser for purifying the air.
 - **Health Benefits:** Treats acne, supports immune health, acts as an antiseptic, and relieves skin irritations.
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4. Eucalyptus Essential Oil

- **Original Name:** *Eucalyptus globulus*
- **Composition:** Eucalyptol (1,8-cineole), Alpha-pinene
- **Description:** Eucalyptus oil is known for its sharp, clean scent and cooling properties, often used for respiratory health.
- **How to Use:** Diffuse, add to hot water for steam inhalation, or dilute and apply topically for muscle relief.
- **Health Benefits:** Relieves congestion, clears sinuses, boosts immune function, soothes sore muscles, and provides mental clarity.

5. Lemon Essential Oil

- **Original Name:** *Citrus limon*
 - **Composition:** Limonene, Beta-pinene
 - **Description:** A bright, fresh, and uplifting aroma. Lemon essential oil is commonly used for detoxification and boosting energy.
 - **How to Use:** Diffuse or dilute with a carrier oil and apply topically to help refresh and uplift.
 - **Health Benefits:** Boosts mood, aids digestion, purifies the air, enhances mental clarity, and improves skin appearance.
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6. Frankincense Essential Oil

- **Original Name:** *Boswellia carterii*
 - **Composition:** Alpha-pinene, Limonene, Incensole acetate
 - **Description:** Frankincense has a warm, spicy, and woody aroma, often used in meditation and spiritual practices.
 - **How to Use:** Use in diffusers, add a few drops to lotions, or apply diluted oil topically to the skin.
 - **Health Benefits:** Reduces stress and anxiety, promotes meditation, supports skin rejuvenation, and improves respiratory health.
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7. Chamomile Essential Oil

- **Original Name:** *Matricaria chamomilla*
 - **Composition:** Alpha-bisabolol, Chamazulene
 - **Description:** Chamomile has a sweet, apple-like fragrance and is often used to calm the body and mind.
 - **How to Use:** Dilute in a carrier oil and apply to the skin or use in a diffuser for relaxation.
 - **Health Benefits:** Relieves stress, calms the nervous system, reduces inflammation, promotes sleep, and helps with digestive issues.
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8. Rosemary Essential Oil

- **Original Name:** *Rosmarinus officinalis*
 - **Composition:** 1,8-Cineole, Alpha-pinene
 - **Description:** Rosemary oil has a woody, herbal aroma, and is widely used for mental clarity and physical stimulation.
 - **How to Use:** Diffuse for focus, or massage diluted oil onto the scalp for hair health.
 - **Health Benefits:** Improves memory, relieves stress, boosts circulation, promotes hair growth, and reduces muscle pain.
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9. Clary Sage Essential Oil

- **Original Name:** *Salvia sclarea*
 - **Composition:** Linalyl acetate, Linalool
 - **Description:** Clary sage has a sweet, floral fragrance and is commonly used for emotional balance.
 - **How to Use:** Diffuse for relaxation, or apply diluted to the abdomen for menstrual discomfort.
 - **Health Benefits:** Eases anxiety, regulates hormones, supports female reproductive health, and relieves tension headaches.
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10. Geranium Essential Oil

- **Original Name:** *Pelargonium graveolens*
 - **Composition:** Citronellol, Geraniol
 - **Description:** Geranium has a sweet, floral, and slightly fruity fragrance, known for its skin-healing and mood-boosting properties.
 - **How to Use:** Add a few drops to skincare products, use in a diffuser, or apply diluted to the skin.
 - **Health Benefits:** Balances hormones, improves skin health, boosts mood, and supports emotional well-being.
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11. Ylang Ylang Essential Oil

- **Original Name:** *Cananga odorata*
 - **Composition:** Germacrene D, Caryophyllene
 - **Description:** Ylang Ylang has a rich, sweet, and floral aroma, often used in perfumes and for emotional balance.
 - **How to Use:** Diffuse for relaxation, apply to pulse points, or mix with a carrier oil for massages.
 - **Health Benefits:** Reduces stress and anxiety, promotes relaxation, improves skin elasticity, and supports heart health.
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12. Cedarwood Essential Oil

- **Original Name:** *Cedrus atlantica*
 - **Composition:** Cedrol, Alpha-cedrene
 - **Description:** Cedarwood has a woody, grounding aroma, used for its calming and stabilizing effects.
 - **How to Use:** Apply diluted to the skin, or diffuse for relaxation and grounding energy.
 - **Health Benefits:** Improves sleep, promotes mental clarity, reduces stress, and supports skin health.
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13. Bergamot Essential Oil

- **Original Name:** *Citrus bergamia*
 - **Composition:** Limonene, Linalyl acetate
 - **Description:** Bergamot has a fresh, citrusy aroma and is known for its uplifting and mood-boosting properties.
 - **How to Use:** Diffuse, use in skin care products, or apply to pulse points.
 - **Health Benefits:** Alleviates stress, improves mood, enhances focus, and balances oily skin.
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14. Sandalwood Essential Oil

- **Original Name:** *Santalum album*
 - **Composition:** Alpha-santalol, Beta-santalol
 - **Description:** Sandalwood has a sweet, woody aroma, often used in meditation and spiritual practices.
 - **How to Use:** Diffuse or use in meditation rituals, or apply diluted oil for skin care.
 - **Health Benefits:** Reduces anxiety, promotes emotional balance, rejuvenates skin, and supports respiratory health.
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15. Patchouli Essential Oil

- **Original Name:** *Pogostemon cablin*
- **Composition:** Patchoulol, Alpha-patchoulene
- **Description:** Patchouli has an earthy, spicy fragrance and is often used for grounding and calming purposes.
- **How to Use:** Diffuse, use in body lotions, or apply diluted to the skin.
- **Health Benefits:** Reduces stress, promotes skin healing, and enhances meditation practices.

16. Orange Essential Oil

- **Original Name:** *Citrus sinensis*
 - **Composition:** Limonene, Myrcene
 - **Description:** Orange essential oil has a sweet, citrusy, and uplifting aroma. It's often used to brighten moods and improve energy levels.
 - **How to Use:** Diffuse for mood enhancement, apply diluted to the skin, or add to DIY cleaning products.
 - **Health Benefits:** Improves mood, boosts immune function, reduces inflammation, and supports digestive health.
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17. Frankincense (Boswellia) Essential Oil

- **Original Name:** *Boswellia carterii*
- **Composition:** Boswellic acids, Incensole acetate
- **Description:** Known for its grounding, spiritual properties, Frankincense has a deep, balsamic fragrance. It is often used in meditation and relaxation practices.

- **How to Use:** Diffuse during meditation, apply diluted to the skin for rejuvenation, or add to skin care products.
 - **Health Benefits:** Eases anxiety, promotes deep relaxation, improves skin tone and elasticity, and supports respiratory health.
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18. Geranium Essential Oil

- **Original Name:** *Pelargonium graveolens*
 - **Composition:** Citronellol, Geraniol
 - **Description:** Geranium oil has a floral, sweet scent and is known for balancing both physical and emotional health.
 - **How to Use:** Apply diluted to the skin, use in diffuser blends, or mix into lotions.
 - **Health Benefits:** Balances hormones, improves skin elasticity, boosts circulation, and helps relieve stress.
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19. Carrot Seed Essential Oil

- **Original Name:** *Daucus carota*
 - **Composition:** Carotol, Alpha-pinene
 - **Description:** Carrot seed essential oil has a mild, earthy aroma and is known for its skin-rejuvenating properties.
 - **How to Use:** Dilute and apply topically to skin, especially for anti-aging or scar treatment.
 - **Health Benefits:** Promotes skin regeneration, reduces wrinkles, detoxifies, and improves skin tone.
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20. Basil Essential Oil

- **Original Name:** *Ocimum basilicum*
 - **Composition:** Linalool, Eugenol
 - **Description:** Basil essential oil has a sweet, spicy, and herbaceous scent and is commonly used to invigorate the mind and body.
 - **How to Use:** Diffuse or apply diluted to the skin. Can also be used in massage for sore muscles.
 - **Health Benefits:** Reduces stress, improves concentration, relieves muscular pain, and soothes digestive discomfort.
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21. Cypress Essential Oil

- **Original Name:** *Cupressus sempervirens*
- **Composition:** Alpha-pinene, Delta-3-carene
- **Description:** Cypress has a fresh, woody, and slightly spicy scent. It's used for emotional balance and supports respiratory function.

- **How to Use:** Diffuse for relaxation, or apply diluted for circulatory support and muscle relief.
 - **Health Benefits:** Improves circulation, alleviates water retention, reduces tension, and supports the respiratory system.
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22. Rose Essential Oil

- **Original Name:** *Rosa damascena*
 - **Composition:** Citronellol, Geraniol, Nerol
 - **Description:** Rose oil is highly prized for its deep floral scent and is often used for emotional healing and skin rejuvenation.
 - **How to Use:** Apply diluted to the skin, use in facial oils, or diffuse for emotional and mental well-being.
 - **Health Benefits:** Relieves anxiety and stress, promotes skin regeneration, improves mood, and balances hormones.
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23. Marjoram Essential Oil

- **Original Name:** *Origanum majorana*
 - **Composition:** Terpinen-4-ol, Gamma-terpinene
 - **Description:** Marjoram essential oil has a sweet, herbaceous scent and is known for its calming and soothing effects.
 - **How to Use:** Diffuse for relaxation, apply diluted for muscular pain or respiratory issues.
 - **Health Benefits:** Relieves stress and anxiety, supports digestive health, alleviates muscle cramps, and promotes restful sleep.
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24. Juniper Berry Essential Oil

- **Original Name:** *Juniperus communis*
 - **Composition:** Alpha-pinene, Sabinene
 - **Description:** Juniper berry oil has a fresh, woody, and slightly sweet aroma. It is commonly used for detoxification and skin care.
 - **How to Use:** Diffuse for cleansing or dilute and apply topically for skin irritations or cellulite.
 - **Health Benefits:** Acts as a natural detoxifier, improves skin tone, supports urinary health, and relieves muscle tension.
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25. Tangerine Essential Oil

- **Original Name:** *Citrus reticulata*
- **Composition:** Limonene, Alpha-pinene
- **Description:** Tangerine oil is a sweet, citrusy oil with a bright, uplifting scent. It's known for promoting a positive atmosphere and energy.

- **How to Use:** Diffuse to uplift mood, add to DIY cleaning products, or apply to the skin in a diluted form.
 - **Health Benefits:** Boosts immunity, improves digestion, promotes relaxation, and enhances mood.
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26. Ginger Essential Oil

- **Original Name:** *Zingiber officinale*
 - **Composition:** Beta-pinene, Zingiberene
 - **Description:** Ginger essential oil has a warm, spicy aroma and is often used for digestive and muscular support.
 - **How to Use:** Diffuse, add to massage oils, or use in bath water for relaxation.
 - **Health Benefits:** Eases nausea, supports digestion, relieves muscle pain, and boosts energy.
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27. Helichrysum Essential Oil

- **Original Name:** *Helichrysum italicum*
 - **Composition:** Neryl acetate, Curcumene
 - **Description:** Known for its sweet, herbal aroma, Helichrysum is often used for skin healing and inflammation reduction.
 - **How to Use:** Apply diluted to the skin, particularly for healing scars, bruises, and inflammation.
 - **Health Benefits:** Accelerates tissue healing, reduces inflammation, helps with skin regeneration, and alleviates emotional stress.
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28. Neroli Essential Oil

- **Original Name:** *Citrus aurantium*
 - **Composition:** Linalool, Limonene
 - **Description:** Neroli oil has a sweet, floral aroma with citrus undertones, prized for its skin-care and relaxation benefits.
 - **How to Use:** Apply diluted to the skin, or use in a diffuser for calming effects.
 - **Health Benefits:** Reduces anxiety, boosts skin elasticity, promotes relaxation, and supports hormonal balance.
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29. Bitter Orange Essential Oil

- **Original Name:** *Citrus aurantium*
- **Composition:** Limonene, Linalool
- **Description:** Bitter orange oil has a citrusy, slightly bitter scent, and is used for mental clarity and skin health.
- **How to Use:** Diffuse for uplifting energy, apply to the skin for cleansing properties.

- **Health Benefits:** Improves digestion, helps with appetite suppression, detoxifies the skin, and relieves stress.
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30. Anise Essential Oil

- **Original Name:** *Pimpinella anisum*
 - **Composition:** Anethole, Estragole
 - **Description:** Anise essential oil has a sweet, licorice-like aroma, and is often used for digestive support and relaxation.
 - **How to Use:** Diffuse, apply diluted to the abdomen for digestive discomfort, or use in massage oils.
 - **Health Benefits:** Eases indigestion, reduces nausea, promotes relaxation, and enhances breathing.
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31. Benzoin Essential Oil

- **Original Name:** *Styrax benzoin*
 - **Composition:** Benzoic acid, Benzyl benzoate
 - **Description:** Benzoin has a sweet, balsamic aroma and is commonly used for its grounding and soothing effects.
 - **How to Use:** Add to diffusers, apply diluted to the skin for healing, or use in DIY skincare.
 - **Health Benefits:** Reduces anxiety, improves circulation, supports skin health, and acts as a respiratory tonic.
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32. Cinnamon Bark Essential Oil

- **Original Name:** *Cinnamomum verum*
 - **Composition:** Cinnamaldehyde, Eugenol
 - **Description:** Cinnamon bark oil has a warm, spicy aroma, often used for warming and energizing effects.
 - **How to Use:** Diffuse, apply diluted to the skin, or add to natural cleaning products.
 - **Health Benefits:** Improves circulation, boosts immunity, and helps with digestive issues.
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33. Oregano Essential Oil

- **Original Name:** *Origanum vulgare*
 - **Composition:** Carvacrol, Thymol
 - **Description:** Oregano oil has a strong, herbaceous aroma and is known for its antimicrobial properties.
 - **How to Use:** Dilute and apply topically for skin infections, or diffuse for immune support.
 - **Health Benefits:** Fights bacteria, supports respiratory health, and strengthens immunity.
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34. Yarrow Essential Oil

- **Original Name:** *Achillea millefolium*
 - **Composition:** Chamazulene, Caryophyllene
 - **Description:** Yarrow has a floral, herbal scent and is prized for its anti-inflammatory and healing properties.
 - **How to Use:** Dilute and apply to wounds, bruises, or scars, or diffuse for emotional balance.
 - **Health Benefits:** Reduces inflammation, promotes healing, alleviates pain, and supports digestive health.
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35. Vetyver Essential Oil

- **Original Name:** *Vetiveria zizanoides*
 - **Composition:** Vetiverol, Khusimol
 - **Description:** Vetiver oil has a deep, earthy aroma and is used for grounding and calming emotional stability.
 - **How to Use:** Diffuse, apply diluted to pulse points for relaxation, or mix into skincare products.
 - **Health Benefits:** Reduces stress and anxiety, promotes grounding, and supports skin regeneration.
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36. Pine Essential Oil

- **Original Name:** *Pinus sylvestris*
 - **Composition:** Alpha-pinene, Beta-pinene
 - **Description:** Pine essential oil has a fresh, crisp, and woody aroma. It's known for its cleansing and energizing properties.
 - **How to Use:** Diffuse for a fresh, revitalizing atmosphere, apply diluted for muscle pain relief, or add to cleaning solutions.
 - **Health Benefits:** Improves respiratory function, boosts energy levels, relieves muscular pain, and purifies the air.
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37. Coriander Essential Oil

- **Original Name:** *Coriandrum sativum*
 - **Composition:** Linalool, Camphor
 - **Description:** Coriander essential oil has a spicy, citrusy, and herbaceous aroma, often used for digestive and emotional support.
 - **How to Use:** Apply diluted to the abdomen for digestive issues or use in diffuser blends for relaxation.
 - **Health Benefits:** Relieves indigestion, promotes relaxation, improves circulation, and alleviates muscle tension.
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38. Lemongrass Essential Oil

- **Original Name:** *Cymbopogon citratus*
 - **Composition:** Citral, Geraniol
 - **Description:** Lemongrass essential oil has a fresh, citrusy scent that's known for its energizing, purifying, and cleansing properties.
 - **How to Use:** Diffuse for an uplifting mood, use in skin care products, or dilute for muscle relief.
 - **Health Benefits:** Improves digestion, enhances mood, supports the immune system, and promotes healthy skin.
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39. Cardamom Essential Oil

- **Original Name:** *Elettaria cardamomum*
 - **Composition:** Terpinene-4-ol, Alpha-terpineol
 - **Description:** Cardamom essential oil has a warm, spicy, and slightly sweet aroma. It's used for digestive and respiratory support.
 - **How to Use:** Add to diffuser blends for breathing support, or dilute for massage on the abdomen.
 - **Health Benefits:** Eases digestive discomfort, supports respiratory health, alleviates stress, and boosts mood.
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40. Fennel Essential Oil

- **Original Name:** *Foeniculum vulgare*
 - **Composition:** Anethole, Fenchone
 - **Description:** Fennel essential oil has a sweet, licorice-like scent, and is commonly used for digestive and hormonal health.
 - **How to Use:** Apply diluted to the abdomen for digestive discomfort, or diffuse for mental clarity.
 - **Health Benefits:** Improves digestion, reduces bloating, supports hormonal balance, and acts as an appetite suppressant.
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41. Clove Essential Oil

- **Original Name:** *Syzygium aromaticum*
 - **Composition:** Eugenol, Acetyleneugenol
 - **Description:** Clove essential oil has a warm, spicy, and sweet aroma. It's well known for its antimicrobial properties.
 - **How to Use:** Dilute and apply to sore muscles, or use in mouth rinses for oral health.
 - **Health Benefits:** Improves oral health, alleviates pain, supports immune function, and relieves digestive discomfort.
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42. Helichrysum Essential Oil

- **Original Name:** *Helichrysum italicum*
 - **Composition:** Neryl acetate, Curcumene
 - **Description:** Helichrysum has a sweet, herbal aroma and is renowned for its skin-healing and anti-inflammatory properties.
 - **How to Use:** Dilute and apply to the skin for healing purposes, or use in massage blends for muscle pain.
 - **Health Benefits:** Speeds up tissue repair, reduces inflammation, relieves pain, and rejuvenates the skin.
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43. Cinnamon Leaf Essential Oil

- **Original Name:** *Cinnamomum verum*
 - **Composition:** Cinnamaldehyde, Eugenol
 - **Description:** Cinnamon leaf essential oil has a warm, spicy, and sweet fragrance. It's used for its antimicrobial and warming properties.
 - **How to Use:** Dilute and apply to the skin, use in cleaning products, or diffuse for a warming, energizing atmosphere.
 - **Health Benefits:** Fights bacteria, improves circulation, soothes muscle pain, and relieves cold symptoms.
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44. Basil (Sweet) Essential Oil

- **Original Name:** *Ocimum basilicum*
 - **Composition:** Linalool, Eugenol
 - **Description:** Sweet basil essential oil has a herbaceous, spicy aroma that's known for its mental clarity and digestive benefits.
 - **How to Use:** Diffuse to enhance focus or apply diluted to the skin for digestive relief.
 - **Health Benefits:** Relieves nausea, improves digestion, calms the nervous system, and promotes mental clarity.
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45. Bay Laurel Essential Oil

- **Original Name:** *Laurus nobilis*
 - **Composition:** Eucalyptol, Pinene
 - **Description:** Bay laurel essential oil has a sharp, spicy, and herbaceous fragrance, known for its emotional and physical benefits.
 - **How to Use:** Diffuse to ease emotional stress, or dilute and apply to the skin for sore muscles.
 - **Health Benefits:** Reduces tension and stress, promotes mental clarity, eases respiratory issues, and relieves muscular pain.
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46. Ylang Ylang (Extra) Essential Oil

- **Original Name:** *Cananga odorata*
 - **Composition:** Germacrene D, Linalool
 - **Description:** Ylang Ylang (Extra) has a rich, floral, and sweet scent, and is often used for emotional balance and relaxation.
 - **How to Use:** Diffuse for relaxation, apply diluted to pulse points, or use in hair care products for shine.
 - **Health Benefits:** Reduces anxiety, promotes emotional balance, improves skin elasticity, and enhances mood.
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47. Tarragon Essential Oil

- **Original Name:** *Artemisia dracunculus*
 - **Composition:** Estragole, Terpene
 - **Description:** Tarragon essential oil has a fresh, sweet, and slightly spicy aroma. It's used for digestive and appetite-stimulating benefits.
 - **How to Use:** Diffuse to promote digestion, or dilute and massage onto the abdomen for digestive discomfort.
 - **Health Benefits:** Stimulates appetite, aids digestion, and relieves bloating and indigestion.
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48. Grapefruit Essential Oil

- **Original Name:** *Citrus paradisi*
 - **Composition:** Limonene, Myrcene
 - **Description:** Grapefruit essential oil has a fresh, citrusy aroma that's uplifting and revitalizing.
 - **How to Use:** Diffuse to uplift mood, dilute and apply topically for cellulite, or use in DIY cleaning products.
 - **Health Benefits:** Enhances mood, promotes weight loss, detoxifies the body, and improves skin texture.
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49. Juniper Essential Oil

- **Original Name:** *Juniperus communis*
 - **Composition:** Alpha-pinene, Sabinene
 - **Description:** Juniper essential oil has a woody, fresh, and slightly sweet aroma, commonly used for detoxification and cleansing.
 - **How to Use:** Diffuse for purification, apply diluted to the skin for skin irritations, or use in detox baths.
 - **Health Benefits:** Detoxifies the body, boosts immunity, promotes skin health, and relieves stress.
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50. Angelica Root Essential Oil

- **Original Name:** *Angelica archangelica*
- **Composition:** Alpha-pinene, Limonene
- **Description:** Angelica root essential oil has a sweet, earthy, and herbaceous fragrance. It is used for grounding and stress relief.
- **How to Use:** Diffuse to calm the mind, or dilute and apply to the skin for emotional balance.
- **Health Benefits:** Relieves stress, promotes emotional well-being, supports digestion, and detoxifies the body.