

EARTH'S AROMATIQUE

Note: These are only some suggestions - there are many more oils for skin care preparations.

Most of the oils have psychological and emotional uses as well.

Use small amounts of oils, unless otherwise stated - these are very powerful botanicals

ESSENTIAL OILS

Essential Oil	Skin Type	Principle Skin Care Uses	Notes, or Combines Well With... (see book Facelift at Your Fingertips for more details)
Artemisia (<i>Artemisia arborescens</i>)	Inflamed skin conditions	One of the highest chamazulene content available in essential oils therefore a free radical scavenger.	
Atlas Cedarwood (<i>Cedrus atlantica</i>)	Mature, damaged, dermatitis, acne, oily skin hair loss cellulite	Reduces spider veins, scars, stimulates lymphatic system. Use carefully and sparingly.	Chamomile, lavender Carriers: all, esp. calendula (damaged)
Basil (<i>Ocimum basilicum</i>)	Oily skin, insect repellent	Mosquito and wasp bites, hair growth, eczema, acne, shingles and herpes.	
Bay Laurel (<i>Laurus nobilis</i>)	Pain, sprains, muscle contractions, arthritis, rheumatism	Powerful analgesic properties, antineuralgic, immuno-stimulant.	
Bitter Orange (<i>Citrus aurantium</i>)	Dull, dry, oily congested, acne, wrinkles	Strengthens and softens skin, stimulates nerve endings, aids in hydration, calms oil gland functions, increases hydro lipid layer, supports regeneration, aids cellulite and stretch marks.	Excellent for skin
Chamomile, Roman (<i>Chamaemelum nobile</i>)	All skin types - great for blonde hair, hyper sensitive skin	Calming, anti-inflammatory - better for children; esp. good for Burns, dermatitis, eczema, antibacterial, calming, diaper rash, eases puffiness, strengthens and tightens tissue, best for dry, itchy and hypertensive skin. Emollient, cicatrizant, analgesic.	Lavender, rosewood, tea tree
Chamomile, German (<i>Matricaria recutita</i>)	Same, esp. eczema	More chamazulene (for above effects) so only a little is needed; most anti-inflammatory for skin, analgesic, anti-allergenic.	same
Cistus/Labdanum (<i>Cistus ladanifer</i>) "Leaves of rock rose"	Mature, wrinkles, inflamed, irritated, acne	Aids wound healing regenerating for slow healing.	*great in small amounts

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Clary sage (Salvia sclarea)	Aging and oily	Acne, inflamed skin, wrinkles, anti-depressant, fluid and hormone regulating, hypo-tensive, migraines, cellular regenerator *Do not use if history of breast cancer	Cedarwood, cypress, geranium, lavender, mandarin, neroli, sandalwood. Carriers: apricot, hazelnut, hypericum wheatgerm
Cypress (Cupressus sempervirens)	Oily, flushed, cellulite, water retention, varicose veins, excessive perspiration, overly hydrated skin, acne	Anti-bacterial and astringent, reduces spider veins, anti-spasmodic, reduces menopausal tension	Chamomile, clary sage, lavender, tea tree Cellulite: grapefruit, fennel juniper berry Carriers: borage, calendula, hazelnut, hypericum, jojoba, macadamia
Carrot seed (Daucus carota)	Best in scar blends, and also esp. dehydrated, by cold, dry winter, couperose, callouses, mature skin, eczema, boils	Improves tone and elasticity, deters wrinkles, dermatitis, rashes and skin discolouration, changes the moisture retention under the skin	Absolutely amazing - Use as part of regular treatment - up to 2%, but usually .05%
Citronella (Cymbopogon nardus)	Oily skin and hair	Perspiration, insect repellant, deodorizer	
Elemi (Canarium lozonicum)	Aged skin, inflammation, wrinkles	Cell rejuvenator, cooling on skin, heals and closes wounds	
Frankincense (Boswellia carterii)	Dry, aging neck, scars, wrinkles, stretch marks	Anti-inflammatory, astringent, immuno-stimulant promotes healing	Clary sage, geranium, lavender, myrrh in calendula for neck. Carriers: apricot, borage, calendula, lime blossom
Galbanum (Ferula galbaniflua)	Scars, wounds, inflammations	Heals scar tissue, tones mature skin, softens wrinkles, calms and heals ulcers, abscesses, lesions esp. long standing cancers	
Geranium, Rose (Pelargonium graveolens)	All, esp. oily, acne, burns, dry or weepy eczema, itchy, inflamed skin	Fungicidal, anti-bacterial, anti-inflammatory, anti-infectious, antiseptic. The scent easily dominates, mosquito repellant, helps protect skin from sun, constricts blood vessels, regulates congestion, accumulated fluids, and poor elimination; gentle but powerful, cellular regenerative, balances oil secretion - absolutely one of the best!	All listed essential oils and carrier oils
Grapefruit (Citrus paradise)	Oily skin	Tones congested skin, lightens skin, aids hair growth	

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Green Myrtle (myrtus communis m.)	Hay fever and allergic congestion	Anti-infectious, anti-allergenic, anti-spasmodic, decongestant, sinusitis, bronchitis	
Helichrysum (Helichrysum italicum)	Burns, wounds, acne, sars, couperose skin, frost burn, mature skin	Helps protect skin ultra-violet rays; the "super arnica" - treats damaged and congested skin. Antiinflammatory, antiphlogistic, anti-coagulant, prevents bruises, cicatrizant and phlebotonic	
Immortelle Jasmine (Jasminum officinale)	Oily, mixed and sensitive skin, dry, greasy, stretch marks, dermatitis, intense itching (pruritis)	Soothing, anti-inflammatory, analgesic, antiinflammatory Anti-inflammatory, alleviates anxiety, good for stiff joints, expels uric acid, powerful detoxifying agent,	Chamomile, cypress, mandarin, neroli, sandalwood. Carriers: calendula, hazelnut, jojoba, macadamia, olive
Juniper Berry (Juniperus communis)	All skin types - psoriasis, stretch marks, weeping and infected eczema, cellulite	steam with juniper for congested oily skin with blackheads *use sparingly	Clary sage, geranium, lavender, palma rosa Carriers: calendula, hazelnut, hypericum
Lavender (Lavandula angustifolia) *	All skin types, acne, dermatitis, dry and wet eczema, insect bites & stings, rashes, rosacea, sunburn, wounds, burns	Anti-inflammatory, antibacterial, antiseptic, antiinfectious, regenerative, prevents scarring, regulates puffiness which causes puffy skin, calming and regulating to the nervous system, cellular regenerator, balances sebum, cicatrizant, analgesic	Geranium, palma rosa, Roman chamomile, rosewood Carriers: calendula, hazelnut, hypericum, macadamia, olive, almond
Lemon (Citrus limonum)	Cellulite, acne, boils, corns, couperose and dry skin, thin hair and nails	Balances sebum, strengthens epidermis function, tightens blood vessels, stimulates connective tissue, lightens skin pigments, shines hair and increases growth	Cellulite - grapefruit
Lemongrass (Cymbopogon citrates)	Oily, infections, cellulite	Counters acne, athletes foot, enlarged pores - tissue toner, lymphatic detox, aids in weak connective tissue and tightens elastin weakness	Other citrus oils, geranium, neroli
Mandarin (Citrus reticulata var. mandarin)	Oily, congested, combination, acne, scars, pimples, stretch marks	Toning, antiseptic, fungicidal, anti-spasmodic, improves circulation of fluids, calming,	Stretch marks:1 drop mandarin, neroli, lavender with 10 ml almond - rub 2x day after 4th month Carriers: calendula, hazelnut, olive
Marjoram (origanum marjorana)	Muscle and arthritic pain, stiffness, spasms, neuromuscular contractions	One of the most effective agents for relaxing muscle tension; analgesic, antiseptic, antispasmodic, neurotonic, sedative	

*Note: Lavandin is this crossed with Spike Lavender - which ends up having the same effects, but less pronounced - but more stimulating). Spike Lavender, helps abscesses come to a head)

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Melissa (Lemon Balm) (<i>Melissa officinalis</i>)	Herpes Simplex	Reduces healing time, and lengthens time before another occurrence, insect bites (esp. bees and wasps)	For shingles: combine with jojoba and spray on skin.
Myrrh (<i>Commiphora myrrha</i>)	Aging, chapped, cracked, cutaneous ulceration, fungal infections, weeping eczema, wrinkles	Antiseptic, fungicidal, anti-inflammatory, healing oil, gum health	Cypress, frankincense, geranium, rosewood, tea tree. Apricot, calendula, hypericum, jojoba, almond.
Neroli (<i>Citrus aurantium</i> var. <i>amara</i>)	All types, esp. dry, aging skin, and spider or varicose veins and broken blood vessels.	Antibacterial, fungicidal and healing and has a dual effect on the CNS: it is calming and an antidepressant, as well as a gentle tonic that combats fatigue and poor concentration, improves elasticity.	All essential oils, esp. chamomile, geranium, lavender and rose otto Carriers: all esp. apricot, avocado and hazelnut
Niaouli (<i>Melaleuca quinquenervia</i> var. <i>cineol</i>)	All types, esp. Infected skin problems, acne, insect bites, both eczemas	Strongly disinfectant, anti-viral, anti-bacterial and fungicidal, stops itching and allergic reactions, neat on athlete's foot, powerful anti-inflammatory, protects from deep radiation burns if used pre & post radiation (10% in rosehip oil). x-rays too.	All listed essential and carrier oils
Oregano (<i>Origanum vulgare</i>)	Infection, pain, bleeding	Extremely anti-inflammatory and antiseptic. Caution with use	
Palma Rosa (<i>Cymbopogon martini</i>)	All types: a must! Esp. for acne, dermatitis, both eczema's, dry skin, scars, wrinkles	Broad spectrum antimicrobial, antiseptic, with fungicidal action comparable to tea tree and niouli; very gentle on the skin and hydrating (eases upper respiratory tract infections), cellular regenerator, regulates sebum	Cedarwood, cypress, geranium, rosewood, sandalwood. Carriers: apricot kernel, avocado, hazelnut, lime blossom, almond
Patchouli (<i>Pogostemon cablin</i>)	All skin types. esp. acne, athlete's foot, dandruff, impetigo, inflammatory and allergic skin, seborrheic dermatitis, spider, varicose or broken veins, weeping eczema	Anti-microbial, insect repellant, anti-inflammatory, anti-allergic, astringent, cracks, scars, wrinkles, wounds, chapped skin. Add sparingly - very distinctive...	Cedarwood, clary sage, cypress, geranium, lavender, neroli, palma rosa, rose otto, sandalwood Carriers: calendula, hazelnut, hypericum, jojoba, macadamia nut
Peppermint (<i>Mentha piperiata</i> var. <i>vulgaris</i>)	Shingles: esp. unresolved chicken pox, acne, dermatitis,	Detoxification, constricts capillaries, relives itching, inflammation, softens and degreases skin, removes blackheads, aids retaining water in tissue, cools skin	

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Pine (<i>Pinus sylvestris</i>)	Boils, cuts, sores, excessive perspiration	Effects the corneum layer; esp. good for grayish smoker's skin	
Rosemary - verbenone type (<i>Rosemarinus, officinalis verbenon</i>)	Mature, chronically dry aged skin, acne and oily skin, couperose or broken veins	Rejuvenates skin	
Rose Otto (<i>Rosa damascene</i>) Do not use absolute, as solvents are used to extract the essence	All, esp. Dry, aging and sensitive skin, redness, rosacea, wrinkles, couperose, eczema, inflammations, radiation burns	Astringent, antiseptic, anti-inflammatory, helps clear small broken capillaries, regulates hormones, stimulates nervous system, increases sexual desires. One of the best for skin!	Dry: clary sage, geranium, lavender, palma rosa, cypress Sensitive:- chamomile, lavender, patchouli, sandalwood Carriers: apricot kernel, avocado, borage, calendula, hazelnut, hypericum, lime blossom
Rosewood (<i>Aniba roseodora</i> var. <i>amazonica</i>)	All skin - acne, eczema, dermatitis, scars, wrinkles, combination, sensitive	Gentle, non-toxic, non-irritant, skin tonic, cell stimulant, tissue regenerator	All essential oils and carriers
Sandalwood (<i>Santalum album</i>)	All skin types, esp. dry, acne, damaged skin, chapped or cracked skin, inflamed	Anti-septic, moisturizing properties, has ability to penetrate the sub cutaneous layer, and can carry other oils there; increases capillary circulation, connective tissue and dermis are strengthened, increases water retention of collagen	*One of most important in skin care Geranium, jasmine, lavender, myrrh, niaouli, palma rosa, patchouli, rose otto, rosewood Carriers: apricot kernel, avocado, calendula, almond
Tagetes (<i>Tagetes minuta</i>)	Do not use in sensitive skin	Corns, bunions, calluses, fungal infections, insect bites	Ylang ylang
Tea Tree (<i>Melaleuca alternifolia</i>)	All skin types, abscesses, boils, burns, cold sores, dandruff, fungal infections, infected skin, impetigo, insect bites, warts	Wide spectrum antiseptic, anti-inflammatory, bactericidal, insect repellant, anti-fungal. Helps protect from radiation burns - after use rose and lavender.	Chamomile, cypress, lavender, rosewood, sandalwood, Carriers: calendula, hypericum, jojoba, macadamia nut

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Thyme (Thymus geraniol/linalool) Note: red thyme is very abrasive so use with caution, or just use linalool	Psoriasis, acne, dry, weeping eczema,	Strong antiseptic, agent, but still gentle and healing to skin (this specific type) One of the broadest antimicrobial actions available	
Vetiver (Vetiveria zizanoides)	Mature, dry skin, wounds	Cellular regenerator, works on atrophic or slack skin	
Yarrow (Achillea millefolium)	Acne, burns, sunburn, inflammation, eczema, warts, varicose veins, scars	Balances oily skin and scalp, promotes hair growth, encourages perspiration, anti-inflammatory, antiseptic, anti-allergenic, cicatrizing	
Ylang Ylang (Cananga odorata)	Dry, oily combination, irritated, insect bites	Balances sebum	

Anticoagulant: prevents clot formations

Antineuralgic: relieves and reduces nerve pain

Antiphlogistic: reduces inflammation or fever

Antiseptic: discourages growth of microorganisms

Cicatrizing: an agent that aids in wound healing and formation of scar tissue

Granulation: The part of the healing process in which rough, pink tissue containing new connective tissue and capillaries forms around the edges of the wound.

Keratinization: the process by which the epidermis forms its outer layer

Neurotonic: strengthens and supports the nervous system

Phlebotonic: treats red veins (couperose) - strengthens veins

References:

Facelift at Your Fingertips

Northern Star College of Mystical Studies - class notes 2005-08

HEAL reference manual from Essential Botanicals