



# The Highland Craft Company

## GUIDE TO ESSENTIAL OILS

### ESSENTIAL OILS GENERAL SAFETY GUIDELINES:

#### Storage:

- Keep lids on and integral droppers in place. Always keep in original bottles.
- Keep out of the reach of children and pets.
- Store out of direct sunlight at normal room temperature.

#### Use:

- Not for internal use.
- Do not use on the skin undiluted.
- If you have a medical condition particularly pregnancy, blood pressure problems or seizure conditions then seek medical advice before using any essential oil.
- Essential oils are not an alternative to medical care – always seek help from a medical practitioner. Do not stop taking any medication unless on the advice of your doctor.

#### Allergies and Sensitivities:

- Always do a patch test before using the oil on skin.
- If irritation occurs then discontinue use of the oil.



## GUIDE TO ESSENTIAL OILS

### **BASIL**

Used to calm nerves, improve concentration and mental clarity, especially when fatigued. Helps to alleviate digestive disorders, flatulence and nausea, headaches and migraines. Used on the skin it can be very effective in treating acne and relieving insect bites.

### **BERGAMOT**

Calming and soothing, it helps to alleviate anxiety and depression and is reputed to help to improve self-confidence. Can also be used to combat urinary tract infections, boost immunity and as an insect repellent.

### **CEDARWOOD**

Used to ease tension and stress, whilst at the same time acting as a tonic and has a stimulating effect on the body. It is also used for arthritis, rheumatism, stress, eczema, oily skin and urinary infections. Repels mosquitoes, moths, woodworm, rats and mice.

### **CHAMOMILE**

Used for insomnia, migraine, PMS, menstrual cramps, restlessness and stress.

### **CINNAMON LEAF**

Used to improve poor circulation, aching muscles and joints, arthritis, rheumatism and to ease the chills and discomfort that come with colds and flu.

### **CITRONELLA**

A natural and pleasant smelling insect repellent, particularly useful for flying insects - mosquitoes, moths, gnats, and midges. Use on your body diluted in a base oil or in your normal body lotion or sunscreen. Also effective against ants, fleas and head lice. Cat deterrent – add a few drops to used teabags and place around garden (will not harm cats).

### **CLARY SAGE**

Contains a hormone-like compound similar to oestrogen. Uplifts the spirits and eases menstrual cramps and PMT. Used as a muscle relaxant and for insomnia.

### **CYPRESS**

A multitude of uses including combating foot odour, reducing cellulite, coughs, haemorrhoids, improving circulation and combating menopausal symptoms.

### **EUCALYPTUS**

Excellent for clearing congestion in the nose, sinuses and chest. Inhale directly, use in a steam inhaler or add to the bath. Use mixed with a base oil as a chest rub. Eases aching, sore and stiff muscles. Effectively kills germs and bacteria.

### **FRANKINCENSE**

Used for meditation, stress, anxiety, tension and chest problems.

### **GINGER**

Used for joint and muscular pain, digestive problems including travel and morning sickness. Also reputed to be an ancient aphrodisiac.

### **GRAPEFRUIT**

Used for detoxification, to improve the appearance of cellulite, insomnia, as a pick me up and for colds and flu.

### **JASMINE**

Used for anxiety, depression, menstrual pain and as an aphrodisiac. Jasmine is particularly good for skin that is dry and sensitive. It is very toning and can help to reduce stretch marks and scarring.

### **JUNIPERBERRY**

Used for detoxifying and cleansing. Antiseptic properties. Helps improve the circulation and can improve the appearance of cellulite. Tick, flea and insect repellent.

### **LAVENDER**

Used for relaxation, anxiety, sleep problems, PMT and travel sickness. This is the only oil where neat application to the skin is advised in small amounts to aid in neutralising insect bites, stings and nettle rash, and to ease headaches, wounds and burns. Gentle enough for use with babies and children (diluted only).

### **LEMON**

Can help with warts, corns and verrucas, cellulite and can lower high blood pressure. Improves the circulatory system making it good for use in massage.



### **LEMONGRASS**

Used for digestion problems, headaches, respiratory conditions, muscular pains and stress. Also repels fleas, ticks and lice in the home and on pets.

### **MANDARIN**

Used to calm down restless children, to alleviate stress, to improve the appearance of stretch marks, stomach/digestion problems and insomnia.

### **ORANGE (Sweet)**

Used to ease muscles, digestion problems, depression, cellulite, raising the immunity and colds/flu and as a relaxant. Can be used to calm down restless children.

### **PATCHOULI**

Calming and soothing. Add to hair conditioner to combat dandruff and apply to scaly skin in a carrier to encourage regeneration of new cells.

### **PEPPERMINT**

Good for clearing the nasal passages. Add to bath to cool and deodorise feet and to soothe itchy skin. Massage into abdomen for upset stomach or inhale for nausea. Daytime mental stimulant and aid to concentration.

### **PINE**

Anti-Bacterial, anti-viral, disinfectant, natural deodorant. Use in the bath to invigorate and to clear airways.

### **ROSE GERANIUM**

Used for anxiety, menopause, PMS, stress, eczema, haemorrhoids and gallstones. Massage into cellulite to improve appearance of skin. Lice and mosquito repellent.

### **ROSE MAROC**

Used to uplift and relax body and mind. Helps to smooth wrinkles and increase the skin's elasticity. Has the reputation of being an aphrodisiac.

### **ROSEMARY**

A physical and mental stimulant. Helps with mental fatigue and revives poor memory. Use in a bath after an illness or for hangovers. Helps to ease tired, stiff and overworked muscles.

### **SANDALWOOD**

Used as an antiseptic and can improve urinary tract infections, eczema, chest problems and nervous exhaustion. Also reputed to be an aphrodisiac.

### **TEA TREE**

Used to raise immunity, anti-bacterial, anti-fungal, aches & pains, burns, skin infections and colds/flu.

### **YLANG YLANG**

Used for stress, depression, high blood pressure, and as an aphrodisiac.



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