

Essential Oils

These gentle therapies can help you look and feel your best.

Plant essences have been used for thousands of years. Today, trained aromatherapists continue that tradition of using these richly scented oils to promote well-being and beauty. (Find one through the National Association for Holistic Aromatherapy: www.naha.org, 828-898-6161.)

Many people also employ essential oils in their own daily health and skin care rituals. Plant essences are versatile: They can be added to baths, wafted through the air using diffusers, mixed with water to create facial sprays and combined with jojoba, sweet almond or other carrier oils for healthful massages. Here are some of the most popular scents; always look for 100% pure, natural essential oils.





ESSENTIAL OIL	PHYSICAL BENEFITS
Chamomile	Reduces pain, including headaches, and inflammation; soothes gastrointestinal symptoms; acts as a diuretic, helping to control blood pressure and ease PMS; induces sweating to relieve fever
Eucalyptus	Helps break up congestion and open up breathing passages; fights viruses, bacteria and fungi; relieves muscle and joint pain; encourages recovery from wounds, burns and outbreaks of cold sores or shingles
Geranium	Helps stop bleeding; promotes cellular health and acts as a general tonic; increases urination; eases sore throat and tonsillitis; helps ease symptoms associated with PMS and menopause
Jasmine	Helps reduce muscle and other spasms, including those related to asthma and coughs; encourages menstrual flow, eases labor pains and promotes milk production; serves as a antiseptic and disinfectant
Lavender	Clears stuffiness and congestion while soothing throat soreness; relieves pain and induces sleep; stimulates circulation and promotes healthy immune response; eases indigestion and nausea; supports bladder health
Lemon	Relieves discomfort associated with colds and flu while boosting immunity; helps ease heartburn and indigestion; helps stop bleeding; stimulates circulation and helps to reduce blood pressure
Patchouli	Increases urination, which helps lower blood pressure; cools fevers; serves as a general body tonic; fights fungal infections
Peppermint	Best known for soothing digestive symptoms and supporting gastrointestinal health; promotes healthy gums and dispels bad breath; helps clear nasal stuffiness and ease breathing; reduces headache; cools inflammation
Rose	Helps balance irregular menstrual cycles; fights bacteria and viruses, and promotes prompt wound healing; supports gastrointestinal and liver health; helps relieve cramps; serves as a blood tonic
Rosemary	Helps ease indigestion and stomach cramping, and stimulate appetite; soothes pain; reduces respiratory symptoms, including those associated with allergic reactions; sweetens bad breath
Tea Tree	Fights microbes of all kinds, including bacteria, fungi and viruses, and protects wounds against infection; eases respiratory symptoms as well as sore throats and earaches; boosts immunity; fights vaginal and other fungal infections; supports oral health
Ylang Ylang	Relaxes muscular tightness and eases spasms; helps lower blood pressure; soothes the nervous system; promotes female reproductive health by easing PMS, menstrual cramps and menopausal symptoms

For other aromatherapy oils, see www.energytimes.com.



EMOTIONAL/MENTAL BENEFITS	APPEARANCE BENEFITS
<p>Calming and soothing (the Roman variety is especially helpful for children); helps ease depression and irritability; used to stabilize emotions and release nervous tension</p>	<p>Reduces irritation and swelling; helps diminish skin marks; relieves discomfort linked to dermatitis, eczema and psoriasis</p>
<p>Acts as a stimulant to overcome mental fatigue and sluggishness; improves concentration; helps increase optimistic feelings</p>	<p>Helps ease acne and skin blemishes by reducing oiliness, and reduce sunburn pain; often added to baths, spas and saunas</p>
<p>Uplifting, helps to counteract anxiety, depression and the effects of stress; encourages creativity, imagination and self-expression</p>	<p>Helps fade scars and other skin marks while evening out skin tone; promotes healthy skin circulation and helps control oiliness</p>
<p>Promotes relaxation while easing nervous exhaustion and stress-related fatigue; helps elevate mood and overcome feelings of apathy; acts as an aphrodisiac</p>	<p>Benefits all skin types from oily to dry by regulating oil production and promoting proper moisture content; helps keep skin from cracking</p>
<p>Best known as an antidepressant but also helps ease anxiety; balances out emotional extremes and helps release repressed emotions; promotes clear thinking</p>	<p>Helps reduce skin inflammation of all kinds and heal blemishes; regulates scalp oiliness and helps repair damaged hair</p>
<p>Helps dispel negative emotions; relieves mental exhaustion and nervous fatigue; boosts alertness, clarity and concentration</p>	<p>Promotes strong, healthy, shiny hair; revitalizes dull skin and encourages exfoliation; helps strengthen brittle nails</p>
<p>Helps lift depression and counteract sluggishness; acts as an aphrodisiac; helps spur motivation and cognition</p>	<p>Tightens skin and promotes cell regeneration; repels insects; soothes rough skin; serves as a deodorant</p>
<p>Cools emotions and helps to dispels anger; helps clarify thoughts and sharpen memory; has been used to inspire creative thinking</p>	<p>Reduces oiliness; softens skin and brings life to a dull complexion; reduces the redness of varicose veins; helps keep biting insects at bay</p>
<p>Helps fight both depression and anxiety; may invoke feelings of happiness and hope; has been used as an aphrodisiac</p>	<p>Serves as an astringent, toning skin and strengthening hair roots; helps all skin types, including sensitive or damaged skin, by restoring moisture balance</p>
<p>Best known for its ability to sharpen concentration and focus while fighting mental fatigue; eases stress-related problems; encourages confidence and drive</p>	<p>Strengthens hair and reduces scalp flakiness; may slow premature hair graying and loss; tones skin and helps reduce appearance of fine lines and wrinkles</p>
<p>Alleviates exhaustion and fatigue caused by stress; eases the effects of emotional shock; encourages positive thinking</p>	<p>Fights acne, rashes and other skin eruptions, as well as fungal nail infections; eases after-shave irritation; deters insects and soothes bites</p>
<p>Help reduce anxiety and depression; encourages feelings of security and enthusiasm; counteracts loss of libido</p>	<p>Helps reduce excessive oiliness, including that caused by seborrhea, and peeling associated with seborrhea; stimulates skin cell growth</p>

NOTE: Always test an essential oil by diluting it and placing a single drop on the inside of your elbow. Increase dosage gradually and stop usage if irritation develops. Do not use internally without consulting a trained practitioner; always consult a practitioner if you have a pre-existing condition or are pregnant.