

	PART USED	CAN BE USED FOR THE FOLLOWING TYPES OF CONDITIONS		
		PHYSICAL	EMOTIONAL	MENTAL
BERGAMOT	rind	good antiseptic - use for respiratory, digestive and urinary tract infections skin care - acne, oily, blemished skin regulates appetite	stress, anxiety, S.A.D., lack of confidence	refreshing & uplifting - good for depression
BLACK PEPPER	green/red/black berries	lacking energy, muscular aches & pains, poor circulation, stiffness, sciatica, digestive problems	instils a feeling of emotional stamina and strength	stimulating and strengthening the mind
ROMAN CHAMOMILE	white flowers	excellent anti-inflammatory - use for arthritis, reduces fever, sunstroke, burns, eczema, acne good for insomnia as calms brain and stomach, headaches, PMT, menstrual cramp, menopausal symptoms	cools heated emotions e.g. anger, frustration, grief	very gentle, good to use in pregnancy & children
FRANKINCENSE	Resin (light amber)	deepens breathing and removes mucus excellent for asthma and bronchitis good for burns and repair of scar tissue excellent for aging skin and prevention of wrinkles	suffering from grief or loneliness	calming to the mind
GERANIUM	Leaves	spring clean organs: fluid retention, cellulite, dry skin, oily skin, aging skin, eczema, balancing hormonal system, PMT	nervous tension	stress, anxiety, depression, confusion
JUNIPER BERRY	green/deep indigo berries	Cleanses the blood and lymphatic system, strengthens the immune system - good to use after an illness. Excellent for rheumatism, arthritis, muscle ache as helps remove toxins Excellent for cellulite, fluid retention and hangovers	addictions, obsessions, confusion, mental fatigue	do not use during pregnancy/breastfeeding do not use if you suffer from kidney damage
LAVENDER	flowering tops	Brings balance and harmony back into the body. Excellent for headaches, migraines, insomnia. Use to treat cuts, bruises and burns (sunburn) Good for PMT and menopausal symptoms .Use for eczema, psoriasis	stress, anxiety, calms anger, panic attacks	depression, mental exhaustion, irritability
GRAPEFRUIT	Rind (bright deep yellow)	weight loss - stimulates bile & helps fluid retention & cellulite	promotes self confidence and helps with fears,	depression - develops a positive outlook

		Good for flues and colds - Vitamin C	nervous exhaustion,	
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	PART USED	PHYSICAL CONDITIONS	EMOTIONAL CONDITIONS	MENTAL CONDITIONS
LEMON	Rind (light/bright yellow)	sore throats, coughs, flus, cold sores, reduces high temperatures; contains Vitamin C and kills infections high blood pressure, varicose veins good for oily skin and acne good for warts, viruses, cuts (helps blood clot) rheumatism, arthritis, gout - helps expel uric acid	calming & refreshing when hot & bothered, irritable	positive outlook, clears the mind
ORANGE	peel (bright orange)	boosts immune system, calms stomach, regulates the digestive system, stimulates the bile	Brings joy and happiness into one's life - good for depression, overcoming fears and letting go, good when making changes in your life. Also helps emotionally when working hard.	insomnia - restless mind
MARJORAM	flowering tops	lowers high blood pressure, insomnia, excellent for muscle pain, Irritable Bowel Syndrome, constipation, menstrual cramps asthma, bronchitis, colds, tickly coughs	comforts when grieving and loneliness	good for hyperactive people
ROSEMARY	leaves and flowering tops	Excellent for muscular aches and pains, arthritis Helps cleanse the liver - good for hangovers, detoxification Relieves fluid retention, cellulite and varicose Use on dull lifeless hair and for dandruff Helps to regulate the menstrual cycle	Helps promote self confidence and stability	Helps with concentration and improves memory.
YLANG YLANG	flowers	reduces high blood pressure, helps to slow down breathing	works on the emotions of the heart, builds self-confidence, stress, anxiety, helps overcome anger, frustration and restlessness	helps to calm the mind