

GREEN PERGOLA

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ESSENTIAL OIL REFERENCE GUIDE

Essential Oil	General Description and Uses	Safety Precautions
Anise – (pimpinella anisum)	Sweet, licorice like scent often used during the hunting season to mask the human scent. Also applied to bait to attract fish. Cheering, euphoric, energizing, sense enhancing, antibacterial, coughs, deodorant, menopause. Parts used: seed pod	Dilute well before use. Do not use during pregnancy.
Bergamot – (citrus bergamia)	Citrusy, fresh, woody scent. Cheering, concentration, aggression, confidence, grief, nervous tension and stress. Said to help with the stress of Parkinson's Disease and PMS moodiness. Good for withdrawals. Parts used: peel of fruit.	Phototoxic. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
Cedarwood – (cedrus atlantica)	Dry, sweet, woody balsamic scent. Balancing, grounding and strengthening. Often used to promote self-control and to balance spirituality. Possible uses: acne, dry hair, rheumatism, oily skin, immunity booster. Parts used: wood	Avoid during pregnancy. May irritate extra sensitive skin.
Cinnamon Leaf – (cinnamomum zeylancium)	Hot, spicy scent — richer in aroma than ground cinnamon. Invigorating, refreshing, warming, aphrodisiac properties. Often used by those with low blood pressure. Good for exhaustion & fatigue. Antifungal. Parts used: leaf.	Avoid if you have high blood pressure. Dilute well before use.
Citronella – (cymbopogon nardus)	Slightly fruity, fresh, lemony scent. An oil that is known to be refreshing, stimulating, soothing & vitalizing. Most popular for being a powerful insect repellent. Antiseptic properties, good when you have a cold. Parts used: grass.	Avoid during pregnancy.
Clary Sage – (salvia sclarea)	Earthy, herbaceous & slightly fruity scent. Known as the "woman's oil." Good for use as an antidepressant, for PMS and Menopause. Also good for fatigue, fear & stress. Is often used to help promote vivid dreaming. Parts used: flowering tops, herb.	Avoid with a history of breast or ovarian cysts or estrogen-dependent cancer. Do not overuse while drinking alcohol.
Clove Bud – (eugenia caryophyllata)	Spicy, warming, rich but slightly bitter scent. Possible uses: memory loss, stimulating, energizing, warming. Also known for use as an antiseptic, for sprains, strains and is often used (in part) by dentists for toothache. Parts used: flower buds.	A possible mucous membrane irritant. Not to be used by alcoholics, haemophiliacs or those with prostate cancer.
Cypress – (cupressus sempervirens)	Fresh, slightly woody aroma. Helpful with aggression, nervous tension, stress & restlessness. Said to be good for hot flashes, menopause and bruising as well as a circulatory stimulant. Parts used: leaves (needles), twigs.	Avoid during pregnancy or a history of estrogen-dependant cancer. Avoid constant use with high blood pressure.
Eucalyptus – (eucalyptus globulus)	Clean, fresh, medicinal scent. A balancing, cooling & stimulating oil often used with colds, coughs, muscular fatigue & sinusitis. Also helpful when you have bronchitis, the flu or slight fever. Parts used: leaves & twigs.	Avoid with a history of epilepsy or if you have using homeopathic remedies. Do NOT take internally — toxic.
Fir Needle – (Abies alba)	Woody, earthy, fresh scent. Known for stimulating circulation. Often used for muscle pain, arthritis & rheumatism as well as elevating the emotions and helping with stress. Parts used: leaves (needles), twigs.	Dilute well before use.
Frankincense – (Boswellia carterii)	Spicy, woody, fruity & fresh smell. For the mind, frankincense is often used for anxiety, exhaustion and for focus. Reported to help with scars and wrinkles. Has been used in history for blessing and consecration. Parts used: resin.	Avoid during pregnancy. Regarded as generally safe.
Geranium – (Pelargonium graveolens)	Floral but sweet smell with fruity undertones. Often used for nerves, stress and for relaxed, intense focus (such as self-hypnosis). Has been known to calm those who suffer from Alzheimer's and Muscular Dystrophy. Parts used: flowers, leaves, stalks.	Avoid if a history of estrogen-dependant cancer or hypoglycemia.
Ginger – (Zingiber officinale)	Smoky, spicy, woody scent. For the mind, used for memory loss and to anchor the emotions. Good for nausea, motion sickness, aches & sprains and the nausea associated with migraine headaches. Parts used: roots (stems).	May irritate extra-sensitive skin. Dilute well before use.
Jasmine Absolute – (Jasminum officinalis)	Exotic, floral, rich, sweet scent. Used often in the perfume industry. Has relaxing, sedative properties and is said to be an aphrodisiac. Also good as an antidepressant, for PMS & Menopause. Parts used: flowers	Avoid during pregnancy. Extended use has narcotic-like properties.
Juniper Berry – (juniperus communis)	Crisp, sweet & herbaceous with a fruity note. Often used for gout, jet lag and hangovers as well as for memory loss, clearing the mind and exhaustion. Said to have detoxifying and toning properties. Parts used: berries	Avoid during pregnancy. Avoid if a history of kidney disease or high blood pressure.
Lavender – (lavandula officinalis)	Floral, fresh, light, herbaceous scent. Is said to bring about love and peace. Good for insect bites, to calm the nerves, help with sleeping — soothing & relaxing. Also good for burns, bruises, itching and headaches. Parts used: flowering tops.	Avoid during first trimester of pregnancy.
Lemon – (citrus limonum)	Rich, fresh smell similar to fresh lemon rinds. Used to uplift the spirits as it is balancing, cheering and refreshing. Often used to reduce warts, for fainting and hayfever. Good ingredient in cleaning and dish washing. Parts used: peel of fruit.	Phototoxic. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
Lemon Eucalyptus – (eucalyptus citriodora)	Sweet, lemony smell with a woody note. Known to be calming and purifying. Reported by the CDC to be a good, natural substitution for DEET in combating mosquitoes. Contains some of the same properties as regular eucalyptus. Parts used: leaves, twigs.	Dilute before use.
Lemongrass – (cymbopogon citratus)	Fresh, lemony, grassy scent. For the mind, used for irritability, mental fatigue, stress & nervous exhaustion. Often used as a mild insect repellent, for light cases of athlete's foot and reported to be good for cellulite. Parts used: grass, leaves.	Avoid during pregnancy or a history of high blood pressure.
Lime – (citrus aurantifolia)	Green, fresh, citrusy, sweet scent. Stimulating, uplifting & cheering, lime is know for helping raise the spirits and makes a good antidepressant. Good for skin toning as an astringent and is said to help with dandruff. Parts used: peel of fruit.	Mildly phototoxic. Try to avoid direct exposure to sunlight where lime has been used on the skin.
Palmarosa – (cymbopogon martini)	A floral, grassy, rose-like scent. Good for creativity, aggression & anxiety. Said to work quite well for wrinkles, dermatitis, hair loss & PMS symptoms. Associated with healing and love. Parts used: whole plant	Avoid with a history of high blood pressure.

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Patchouli – (pogostemon cablin)	Rich, earthy, woody aroma. Known as a general aphrodisiac. Good for relaxation as well as concentration. Said to be good for wrinkles, acne, dandruff and athlete's foot. Best known as the incense commonly used in the 1960's. Parts used: leaves	Generally regarded as safe. Do not take internally.
Peppermint – (mentha piperita)	Minty, strong peppermint candy smell. Cooling, refreshing, revitalizing and stimulating. Is good for headaches, nausea & jet lag. Mixed in base oils or lotions, is good for muscular aches and rheumatoid arthritis. Parts used: whole plant	Avoid during pregnancy or a history of high blood pressure. Use in small amounts. Avoid contact with eyes.
Pink Grapefruit – (citrus paradisi)	Citrusy scent, similar to a grapefruit rind. A good uplifting oil — good for concentration and to promote happy thoughts. Reported to be good for migraines, hangovers, PMS symptoms & hair loss as well as being antibacterial. Parts used: peel of fruit.	Phototoxic. Avoid contact with the sun or tanning beds after using oil on skin.
Ravensara – (ravensara aromatica)	Slightly medicinal, yet, a fruity, candy-like smell. Mind clearing and relaxing. Best known for its antiviral properties and is often used as an air purifier during the flu season. Other properties include antibiotic and anti-infectious. Parts used: leaves.	Do not take internally.
Rosemary – (rosmarinus officinalis)	Sweet, fresh, herb-like, medicinal scent. Good for grief and fatigue as well as clearing out the mind. Often used as an antiviral, a decongestant and for muscular aches. Also known as an immunity stimulant. Parts used: leaves.	Avoid during pregnancy or a history of high blood pressure or epilepsy.
Rosewood – (aniba rosaeodora)	Sweet, woody and fruity with a floral scent. Good for mild cases of depression and clearing out confusion. Often used for headaches, PMS, scars, sensitive skin and stretch marks. Parts used: wood, twigs.	Generally regarded as safe. Do not take internally.
Sandalwood – (santalum album)	Woodsy, balsamic, deep perfume-like scent. Used to center the thoughts and also used in meditation and as an aphrodisiac. Known for being used for wrinkles, chapped skin, dry hair and dandruff. Parts used: wood.	Do not take internally.
Spearmint – (mentha spicata)	Fresh, minty, sweet smell — less potent than peppermint. Often used for sniffing during times of morning sickness. Also good for stimulating and reviving as well as asthma, headache and nausea. Parts used: leaves.	Use in small amounts. Large amounts may irritate mucous membranes.
Sweet Orange – (citrus sinensis)	Citrusy, sweet, strong scent like orange peels. Good antidepressant and uplifting oil. Has been used for drug withdrawal symptoms, stress and for its slight sedative properties. Often associated with joy, luck and money. Parts used: peel of fruit.	Avoid use in sun. May irritate sensitive skin if not diluted properly.
Tangerine – (citrus reticulata)	Bright, deep citrusy smell like tangerine peels. Relaxing, cheering & soothing. Astringent, Antiseptic, Antispasmodic, Antidepressant. Parts used: peel of fruit.	Avoid use in sun. May irritate sensitive skin if not diluted properly.
Tea Tree – (melaleuca alternifolia)	An herbaceous, green, earthy scent — slightly medicinal. The scent has cleansing and cooling properties. Has been used for centuries for burns, bug bites, scrapes and cuts. Also good for athlete's foot, blisters, boils and sunburns. Parts used: leaves, twigs.	Do not take internally. Can be used neat (undiluted) in small amounts on many people. Test patch first.
White Camphor – (cinnamomum camphora)	Fresh, vibrant, cool smell. Clarifying to the mind as well as cooling. Good for helping to think clearly and logically. Also known to help with colds, coughs, flu and as a decongestant. Parts used: wood	Avoid if pregnant or epileptic. May counteract certain homeopathic remedies.
Ylang-Ylang – (cananga odorata)	Floral, slightly fruity, delicate, perfume-like scent. Promotes euphoria, relaxation and is often thought of as an aphrodisiac. Lowers blood pressure. Good for its sedative properties and for shock. Parts used: flowers.	Avoid if a history of apnea or low blood pressure.
Cold & Flu Season – (Green Pergola blend) 	(ravensara, cajeput, eucalyptus, bergamot) use in home, car or office during the cold & flu season to help protect from viral infections.	Do not take internally. Avoid if epileptic.
Prayer & Meditation – (Green Pergola blend) 	(sandalwood, frankincense, myrrh, clove, cedarwood atlas) a combination of oils used for centuries for prayer. spirituality & meditation.	Avoid use on skin during pregnancy.
Sore Muscles – (Green Pergola blend) 	(sweet marjoram, cypress, coriander, peppermint, lavender, lemongrass) useful for sore, overworked muscles and arthritis.	Avoid during pregnancy. Keep away from eyes.
Headache Relief – (Green Pergola blend) 	(peppermint, ginger, lavender, grapefruit) this combination is good for both tension and migraine headaches & the nausea associated with migraines.	Generally regarded as safe. Do not take internally. Dilute well.
Study & Concentration – (Green Pergola blend) 	(basil, black pepper, clove, rosemary, lime) this combination of oils aids in concentration and mental thought – good for students & professionals.	Avoid skin contact during pregnancy or a history of estrogen-dependent cancer.
Calm & Relaxed – (Green Pergola blend) 	(lavender, chamomile, clary sage, palmarosa, mandarin) a balanced blend of oils that leave you feeling calm, relaxed and may aid in a better nights sleep.	Use with caution on skin if a history of breast or ovarian cysts.
Blemish & Boo-Boo – (Green Pergola blend) 	(lavender, tea tree, palmarosa, patchouli, lemongrass) apply directly to insect bites, small cuts & scratches as well as acne blemishes.	Do not apply to large wounds. Test patch one acne blemish before using over entire face.
Stress & Anxiety – (Green Pergola blend) 	(geranium, bergamot, rosemary, juniper, lemongrass, lavender) blend of oils that are good for stress, depression, grief & anxiety to lift the spirits.	Avoid during pregnancy or a history of kidney disease of hypoglycemia.
Hikers & Campers – (Green Pergola blend) 	(citronella, lemon eucalyptus, cedarwood, lavender) used as a natural insect repellent, effective against mosquitoes and ticks.	Do not use on cats. Dilute before use.
Uplifting – (Green Pergola blend) 	(five-fold orange, pink grapefruit, tangerine, bergamot, spearmint) blend of oils that are good for lifting the spirits helping one to feel energized and alive.	Avoid use in sun. May irritate sensitive skin if not diluted properly.

DISCLAIMER: The intention of Green Pergola is to provide you with information concerning the uses of essential oils for health and well-being of body, mind, and spirit as it is currently being practiced in this country. It is not intended to replace the advice or attention of proper health care professionals, direct their behavior or replace their independent professional judgement. Consult your health care professional and a professional certified aromatherapist together if you are unsure of an essential oils proper use. Do not apply undiluted essential oils directly onto the skin. If you are pregnant, epileptic, have cancer, liver damage or any other medical problem, use oils only under the proper guidance of a qualified aromatherapy practitioner. Consult a qualified aromatherapist before using oils with children. Green Pergola does NOT recommend any essential oil for internal use. External uses only.