




**CHEMOTYPED
ESSENTIAL
OILS**



AND THEIR SYNERGIES

Dr. A. Zhiri - D. Baudoux



EDITORIAL

Dear reader,

Whether we are essential oil enthusiasts or not, aromatherapy is playing an increasingly important role in our homes due to its contribution to our health and well-being.

But the products used must be of the best quality and must be accompanied by objective, competent and scientific information and guidance. Anyone can benefit from the remarkable properties of these oils, but the risks of toxicity in the event of excessive self-medication should be borne in mind.

To avoid the drawbacks (taste, overdose, etc.) of the oral form, several laboratories have developed encapsulated aromatherapy products consisting :

- of CHEMOTYPED ESSENTIAL OILS in 50 mg and 75 mg doses, ensuring a concentration high enough to be effective. The chemotype is the original name identifying an essential oil from a botanical and biochemical point of view. Only knowledge of the chemotype can guarantee the therapeutic quality and safe use of an essential oil (see concept of chemotype - page 8). This fundamental principle of modern scientific and medical aromatherapy was developed by Pierre Franchomme in 1975, and is now recognized and used the world over, and others have at times given this CHEMOTYPE different specific names.

- of VEGETABLE OIL (soft capsule) which enables better gastric distribution of the mixture and reduces the potential aggressiveness of CHEMOTYPED ESSENTIAL OILS on mucous membranes.

Avoid vegetable oils such as SESAME, PEANUT etc., which trigger allergies. Recent data from the CICBAA (circle of clinical and biological studies in food allergology) show allergies to sesame in 1.12% of children and 3.56% of adults. This allergy is probably on the rise because we consume increasing amounts of sesame.

- the coat is 100% VEGETAL (hard capsule) or MARINE (soft capsule).

Finally, these health products, veritable food supplements, are certified by several health ministries and hold a rightful place in the family's alternative medicine cabinet. The product's dose and appropriate quantity offers the two-fold advantage of efficiency and economy for the duration of treatment.

In addition to the capsule forms, pure CTEOs (chemotyped essential oils) can obviously be used as well in all the applications described in detail by Dr. A. Zhiri, who holds a doctorate in plant biotechnology.

We wish you an enjoyable discovery of the simple yet scientifically exact information contained in this book prepared for you.

IMPORTANT RECOMMENDATION :

Always read product packaging information carefully before you buy, because the composition, the dosage and the expiry dates, although required, are not always given.

INTRODUCTION

Traditional medicines and the use of plants in empirical healing have often been at the root of high-standard scientific research. In many cases, this research results in the discovery of original substances presenting considerable therapeutic potential. Industrial pharmacy has benefited greatly from the use of these isolated molecules, purified and used in mainstream medicine, but plants - the source of these molecules - were and are successfully used in various forms in both phytotherapy and aromatherapy. These medications enjoy growing recognition from physicians and the public. Plants treat, or contribute to curing, sometimes very speedily, not only fatigue, insomnia, headaches, 'flu, coughs, rheumatism, and chills, but also a large number of diseases.

Today, the partnership of chemistry, biochemistry, biology, medicine, pharmacie and botany is a fact of life. Plants identified and classified by botanists have become the preferred raw material for new pharmaceutical exploration. However, the low yield and difficulty in acquiring some biologically-active molecules have led chemists to investigate the virtues of synthesis and semisynthesis to ensure supply. The biologist and biochemist study the toxicity, mode of action and future of the active principle of plants.

In the sixties, a cancer research programme looking for new anti-tumoural products was carried out in the United States by the National Cancer Institute (NCI). The aim of this research was to detect the *in vitro* and *in vivo* antitumoural activity of raw plant extracts from various sources. In 30 years of research, the programme has tested some 35,000 species, or 105,000 plant extracts, and concluded that 2,600 species (1,300 genera) are active. 7 to 8% of these species merit further investigation. A good evaluation method consists of preparing alcohol and chloroform extracts, and applying two classic activity tests : P388 mouse leukaemia and human nasopharynx carcinoma (KB). The plant identified as active then undergoes extraction, isolation, purification and identification of the substance(s) responsible for the activity

observed. If results are encouraging, the active substances must undergo final confirmation through toxicology testing and clinical trials. Ensuring plant supply and large-scale extraction comes next.

Following these procedures, several promising substances have been identified and tested. They include : indicine-n-oxide, phyllanthoside, homoharringtonine, vincristine and vinblastine, podophyllotoxin, paclitaxel (taxol), etc. These substances were isolated from, respectively : *Heliotropium indicum* L., *Phyllanthus acuminatus* Vahl., *Cephalataxus harringtonia* K. Koch, *Catharanthus roseus*, *Podophyllum peltatum*, *Taxus brevifolia* Nutt. Paclitaxel (taxol) heads the list of these antitumoural components. It was also later isolated from other yew tree species, in particular the most common European one, *Taxus baccata* L. Approved by, the FDA in 1992 for the treatment of ovarian cancer, Paclitaxel has also been shown to act on other forms of cancer.

These molecules, of great interest to medicine, would never have been discovered without traditional medicine and ethnopharmacology. Ancestral oral traditions, further enriched by knowledge of the field and therapeutic experience with plants, remain a body of knowledge to be preserved for the good of human and animal health.

Phytotherapy remains the most widely-used form of medicine in the world. We have known since time immemorial that certain plants have antiseptic, bactericidal, antifungal, antiviral, antimitotic, hormonal, antirheumatism, circulatory, antidiabetic, immunostimulant, hyper or hypotensive, toning, antispasmodic, stoma-chic or hepatic properties. In addition to agriculture, all of the ancient civilizations developed medicine using plants, and most of history's great physicians were phytotherapists.

Aromatherapy is part of this botanical heritage that must be preserved and protected. Chemotyped essential oils (CTEOs) have a very wide range of actions on various therapies. Today, in terms of disease alone, no one can deny the anti-infectious efficacy of essential oils. The problem of antibiotic abuse signifies that the use of essential oils is, in many cases of infection, the sole alternative and substitute. With their composition, properties, and clinically studied and assayed doses, CTEOs do not induce germ resistance or affect the immune system or selectivity of saprophytic and pathogenic flora.

The CTEOs of aromatic plants are products with a very high concentration of diverse active substances, and do not have exactly the same indications as the entire plants from which they come. They should be applied with caution, and the prescribed dose should never be exceeded. Their action on the adrenal glands and the endocrine system, their ability to modify the level of acidity and electrical resistance of blood rapidly, as well as their calming effect, make them a remedy of choice. On the average, a CTEO contains 75 different active molecules, whereas with synthesized drugs, interactions can be evaluated for only three molecules at best. A CTEO acts on the entire body and its physiology.

The time has come for people to be aware that Western medicine is no longer the only way to guarantee good health. The main duty of science, especially medicine and pharmacy, is to teach us to become responsible for taking care of our bodies and keeping them in good health. The individual can and should adapt to the environment, and choose the most suitable means of doing so. No medicine, including conventional medicine, is safe from criticism and questioning. Traditional medicines made from natural substances have shown their effectiveness throughout history. Until the eighteenth century, man diligently used phytotherapy to heal himself and the animals around him. While the nineteenth century saw the rise of the plant pharmaceutical industry and the creation of mono- and bi-molecular drugs, the end of the twentieth century was marked by a strong comeback of alternative medicine.

Aromatherapy, several centuries old, is now gaining ground in the medical, cosmetic, agro-alimentary and veterinary spheres. Well-established scientific researchers the world over are determined to restore this discipline to its rightful position by undertaking major work in various fields of basic and applied research.

THE HISTORY AND ORIGIN OF ESSENTIAL OILS

Recognized for their powerful therapeutic properties and used for millennia in China (cinnamon, anise, ginger), India, the Middle East (ammi, pine, fennel, etc), Egypt, Greece, America (Aztecs, Mayas, Incas : Ho wood, sassafras) and Africa (frankincense, myrrh, ravintsara), essential oils fell into disuse during the Middle Ages. This was a time when Europe was falling back into barbarism, with a general decline in knowledge. It took the arrival of the Arabs to bring about the rebirth of plant-based medicine, which then occupied a prime spot in the therapeutic arsenal of the era.

The extraction of essential oils by steam distillation was came into being during the industrial revolution, making the development of food products and perfumes possible. In the early 20th century, researchers (Chamberland, Cadéac, Martindale) used experiments to demonstrate the antiseptic properties of essential oils. But the real "fathers" of aromatherapy were first, Gattefossé, and then Valnet and his followers. R.M. Gattefossé, a pioneer of modern perfumery, burned his hands during an explosion in his laboratory and had the inspired reflex of plunging his hands in a container filled with essential oil of lavender. He felt instant relief, and his wound healed surprisingly fast. Amazed by this result, he decided to study essential oils and their properties.

Modern aromatherapy was born. Nevertheless, despite its incontestable efficacy, aromatherapy never received due recognition from physicians. The reason for the limited success of aromatherapy during this period include competition from laboratories producing synthetic chemical products, with much greater financial clout, and the incorrect use of EOs as a result of unfamiliarity with the different varieties of a single species.

Today, high-calibre physicians (Valnet, Duraffourd, Lapraz, d'Hervincourt, Belaiche) researchers (P. Franchomme), and pharmacists (D. Baudoux) have definitively established the reputation, efficacy and extraordinary richness of essential oils.

QUALITY CRITERIA OF CHEMOTYPED ESSENTIAL OILS

Synthesized chemical substances are dead substances whose uneliminated waste products, stored in certain organs, unsettle us and diminish our vitality. Essential oils, on the other hand, are natural products that bring about an intense revitalization of the body.

Nevertheless, obtaining a therapeutic-quality essential oil is a particularly delicate process, because the CTEO must meet numerous quality criteria :

1. Botanical certification :

The plant name must indicate the genus, the species, the sub-species, and the variety in order to avoid any error stemming from common names.

Ex.: Aniba rosaeodora var. *amazonica* - *Helichrysum italicum* ssp. *serotinum*

2. Geographical origin :

The name of the country or region provides interesting information about the biotype (environment) of the aromatic plant and characterizes its specific biochemical composition.

3. Cultivation type :

This detail indicates whether the plant is wild or cultivated, and whether it was grown using organic FARMING methods (ORGANIC label) or not.

4. Level of botanical development :

Chemotype characteristics sometimes depend on the level of development : harvest before, during or after flowering, etc.

5. The distilled organ (or expressed organ, for Lemon zest only) :

The biochemical composition of CHEMOTYPED ESSENTIAL OILS varies according to the part or organ of the distilled plant.

6. Extraction method :

The composition of CTEOs can vary according to the method of extraction used : distillation, steam distillation, percolation, expression.

7. The chemotype :

Analysis using gas chromatography and mass spectrometry indicates the basic molecules for the correct use of CTEOs

(see concept of chemotype - page 8)

CONCEPT OF CHEMOTYPE : CTEO

CHEMOTYPED ESSENTIAL OILS

The very powerful techniques of chemical analysis currently available to researchers (thin-layer, counter-current, gas chromatography, mass spectrometry, magnetic resonance) have enabled us to acquire a deeper knowledge of the molecular structures present in essential oils. An essential oil contains highly complex chemical bodies. These are made up of very diverse molecular assemblies, each having different properties. A thorough knowledge of these chemical components is fundamental for a therapist. Within a single botanical species, this chemical variation allows us to define specifically the nature of sub-species, varieties, cultivars and taxons of aromatic plants. This chemical variation raises the concept of : CHEMOTYPE or CHEMICAL RACE. A fundamental concept in aromatherapy.

This is a form of chemical, biological, and botanical classification designating the molecule that is mainly present in an essential oil. This classification depends on factors directly related to the plant's specific conditions, such as country, climate, soil, plant exposure, phytosociological factors, and the harvest period, which may influence the composition of an essential oil. This is referred to as a CHEMOTYPED ESSENTIAL OIL, CTEO.

SOME EXAMPLES :

- Thyme, *Thymus vulgaris* :
 - CTEO of *Thymus vulgaris* CT THYMOL; this Essential Oil contains mainly thymol, with major anti-infectious properties
 - CTEO of *Thymus vulgaris* CT THUYANOL; this Essential Oil contains mainly thuyanol, with bactericidal, viricidal and neurotonic properties
 - CTEO of *Thymus vulgaris* CT CARVACROL; this Essential Oil contains mainly carvacrol, with antiseptic activity

- CTEO of *Thymus vulgaris* CT GERANIOL; this Essential Oil contains mainly geraniol, with antibacterial, antifungal and antiviral activity
 - CTEO of *Thymus vulgaris* CT LINALOL; this Essential Oil contains mainly linalol, with bactericidal, viricidal and antifungal properties and activity against intestinal parasites.
 - CTEO of *Thymus vulgaris* CT TERPINEOL; this Essential Oil contains mainly terpineol, with hemolytic properties
 - CTEO of *Thymus vulgaris* CT CINEOLE; this Essential Oil contains mainly cineole, with broncho-pulmonary decongestant activity
 - CTEO of *Thymus vulgaris* CT PARACYMEN; this Essential Oil contains mainly paracymen, with anti-infectious activity and a strong analgesic action that is highly recommended in cases of rheumatism or arthritis.
- **Rosemary; *Romarin officinalis* :**
 - CTEO of *Romarin officinalis* CT CAMPHOR; this Essential Oil contains mainly camphor, acting against muscular contractures and cramps and with anti-inflammatory activity
 - CTEO of *Romarin officinalis* CT 1,8 CINEOLE; this Essential Oil contains mainly 1,8 cineole, with anti-catarhal and expectorant properties. In particular, it has pulmonary antiseptic and mucolytic actions.
 - CTEO of *Romarin officinalis* CT VERBENONE; this Essential Oil contains mainly verbenone with cicatrizant, bactericidal, expectorant mucolytic, cholagogue and hepatodrainning properties.
 - **Eucalyptus :**
 - There are hundreds of eucalyptus species. The composition of their essential oils is very dissimilar, so their properties are extremely diverse, even conflicting. (See table summarizing the main CTEO with their respective chemotypes and main components)

To define the therapeutic action of an essential oil, scientific aromatherapy requires a perfect knowledge of the botanical classification of aromatic plants, precise knowledge of chemical and chemotyped components, rigorous expertise in the precautions for use in terms of quantity determination, dosage, mode of use and possible contra-indications. The essential oil thus prescribed should be a CTEO that is 100% pure, 100% natural and 100% integral.

THE REBIRTH OF AROMATHERAPY

Plant aromatherapy is the oldest therapy in the world. It has always existed, as plants have always been used in food, medicine or rituals (thyme, tarragon, basil, mint).

Contrary to drugs obtained by chemical synthesis or the extraction of active substances, plant aromatherapy is the natural medicine par excellence. The structure of an essential oil is complex and never possesses just a single, but rather several therapeutic properties. Consequently, there are possibilities for synergy and potentiation which allow individualisation of therapy.

But the main characteristic lies in the fact that it is a holistic medicine which aims to re-establish the equilibrium of the organism as a whole. This characteristic can be illustrated as follows: marshes in tropical areas are infested by disease-carrying mosquitoes.

- *Conventional medicine would recommend mass destruction of the mosquitoes (disease) by an insecticide (antibiotic).*
- *Holistic medicine would aim at making the mosquito's life impossible by drainage, pumping and plants. Aromatherapy allows holistic medicine, certainly not as quick as the first solution considered, but much more durable and effective.*

It is not a question of playing the "all-chemical" against the "all-natural". Synthesized chemical substances have produced exceptional results recognized by everyone. Their brilliant success was the reason why medicinal plants were forgotten for many years.

But the short and brutal action of chemical drugs, the often-exceeded sought-after effects and the frequent side effects explain the public's disenchantment with conventional allopathic medicines. As a result, after the tidal wave of chemotherapy and in a general ecological context, patients are hoping for medicines that are effective but simpler and more natural. This current trend is the main reason for the rebirth of scientifically-credible phytoaromatherapy.

The rational use of essential oils (the term "essence", used in the past, has been definitively abandoned today) can have remarkable results, in cases where other treatments have failed. On the other hand, their uncontrolled use may lead to incidents with serious consequences. When in doubt, consult your well-informed pharmacist, physician or aromalogist according to the case. They can provide useful information.

Essential oils with an often-complex chemical composition are reactive, powerful medicines with a hitherto-unsuspected therapeutic powers that pave the way for a promising future.

This booklet presents the "indispensable" essential oils. These offer the greatest possibilities and effectiveness with the lowest toxicity at the prescribed doses. The recommended doses, borne of the researcher's long experience, may appear insignificant to some. After all, what can 2 to 3 drops do? Not much - except in the case of essential oils with their remarkable reactive effect. So always follow the prescribed doses carefully. Overdoing it will add nothing on the therapeutic level and may even cause unwanted effects.

SOME FIGURES :

To obtain 1 kg of essential oil...

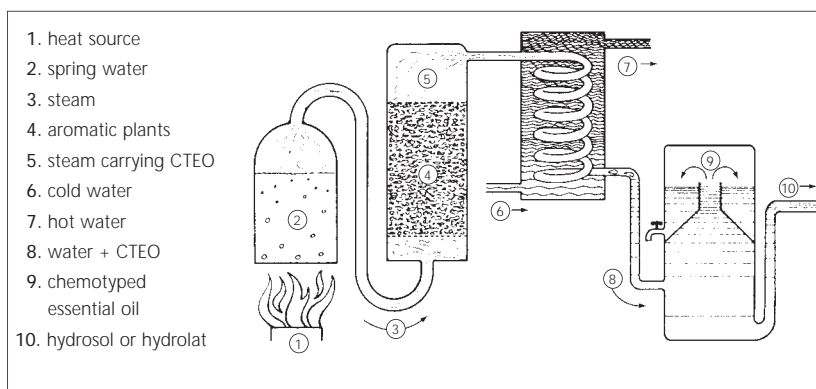
- of rose, 4,000 kg of petals (1 hectare of rose bushes) must be distilled
- of true lavender, 150 kg of flowering tops
- of lavandin, 50 kg of flowering tops
- of clove, 7 kg of this bud.

The cost and rarity of certain oils, as well as the use of long and delicate procedures for obtaining them, have spurred some unscrupulous producers and middlemen to use falsified, sometimes even totally synthesized essential oils. This is why therapeutic-quality essential oil must undergo regular and thorough checks - gas chromatography along with mass spectrometry for each of the batches. Only reputable laboratories use this sophisticated equipment to ensure the quality of their raw materials systematically.

METHOD OF EXTRACTION OF ESSENTIAL OILS

Most essential oils are obtained by distillation through the passage of steam under low pressure. The process consists of making steam pass through a tank filled with aromatic plants.

At the distillation tank outlet and under controlled pressure, the steam enriched with essential oil goes through a coil, where it condenses. At the outlet, an essence jar (formerly known as a Florentine vase) receives the water and the essential oil. The difference in the densities of the two liquids allows easy separation by spillover of the collected essence.



Another procedure reserved for Citrus zests (tangerine, orange, lemon, etc.) consists of scraping the fresh zest to collect the essence on a natural sponge, which is then squeezed to retrieve the essential oil.

Other methods of extraction (by enfleurage, by solvent) will not be detailed here as they can not be used for treatment with essential oils worthy of the name.

HOW TO USE :

All chemotyped essential oils (CTEOs) have such a high affinity for skin that it only takes a few seconds for them to be absorbed, first by the cutaneous layer, and then distributed in the peripheral microcirculation before entering the central circulatory system to exercise their therapeutic action. This mode of skin application carries no risks with the EOs presented in this booklet, as long as the risk of irritation or allergies for some individuals is taken into account.

To be convinced of the efficiency of this mode of administration, just rub the soles of your feet with eucalyptus radiata EO. After 15 minutes, your breath will smell of eucalyptus. In other words, in 15 minutes, the EO has penetrated your skin and entered the circulation where it exercised its benefits, before being eliminated by your lungs.

All the essential oils have been chosen judiciously for their good skin tolerance. It is thus very easy to apply pure or diluted essential oil on the skin, according to the disorder. Generally speaking, the oils are applied according to the affected target organ.

If you don't want to carry the odour of certain CTEOs on you, you can also opt to apply 2 drops of CTEO under your tongue with honey, vegetable oil or olive oil, or on a lump of sugar.

Don't forget that essential oils are always insoluble in water. For this reason, you must use four parts of an emulsifying dispersant (disper or labrafil) for every part of CTEO to disperse the essential oil in a glass of water or in your bath for your greatest satisfaction.

As for the duration of treatment, this depends on the type of disease and its gravity.

- If treatment is started early enough, as soon as the first symptoms, the duration can be very short (12 to 48 hrs).
- For acute disorders, the duration is generally extended to 5 to 7 days at fairly strong doses.
- For more serious organic problems, the treatment period can spread out over several months, with cycles of 3 weeks of treatment, 1 week without, and at lower doses.

Finally, your pharmacist can always include CTEOs in hard capsules (on a neutral substrate), in a gel, in suppositories, etc.

MAIN INDICATIONS FOR SIMPLE USE OF AROMATHERAPY

By referring to the therapeutic glossary, you can easily select the essential oil which will help you with your health problem.

It is not our goal to bring allopathy (conventional Western medicine) into opposition with aromatherapy. We would strongly recommend you not to abandon abruptly a treatment established by the doctor in order to use only essential oils for treatment.

These are in fact valuable supplements which can help overcome the disease more rapidly. Allopathy and aromatherapy can thus be taken side-by-side, according to the case.

Abscess :	<i>2 drops ajowan, laurel, spike lavender</i> 3 times a day for 7 to 10 days - locally
Acne :	<i>2 drops palmarosa, tea tree, spike lavender</i> 3 times a day as needed - locally
Acute bronchitis :	<i>2 drop tea tree, eucalyptus radiata, rosemary CT verbenone, ajowan</i> 4 times a day on the chest for 10 days
Aerophagia :	<i>1 drop basil, tarragon, rosemary CT verbenone</i> 3 times a day as needed after meals (1)
Agitation :	<i>1 drop Roman chamomile, ravintsara, ylang ylang</i> 3 times a day on the solar plexus
Anguish :	<i>1 drop Roman chamomile, super lavandin, rosemary CT verbenone</i> 3 times a day on the solar plexus
Anxiety :	<i>see "Anguish"</i>
Arterial hypertension :	<i>1 drop ylang ylang, wintergreen, spike lavender</i> 3 times a day (1) and also on the solar plexus

(1) : in a teaspoon of honey, olive oil or on a lump of cane sugar, then place under the tongue where it will be absorbed.

(2) : in an oil base : 70% hazelnut oil, 30% transcutool (dry oil).

(3) : in a gel or cream base (5 g for 6 drops of CTEO).

- Arteriosclerosis : *1 drop lemon, everlasting, rosemary ct verbenone*
3 times a day after meals (1)
- Arthritis : *2 drops thyme, wintergreen, everlasting, lemon eucalyptus*
4 times a day - locally for 21 days
- Arthrosis : *2 drops thyme, wintergreen, laurel, ylang ylang*
4 times a day - locally (2)
- Asthma : *2 drops tarragon, Roman chamomile, ylang ylang, super lavandin*
3 times a day on the solar plexus and upper back
- Athlete's foot : *see "Fungal infections"*
- Backache : *see "Lumbago"*
- Bloating : *2 drops basil, lemon, Roman chamomile, rosemary ct verbenone*
as needed, on the stomach
- Brain circulation : *1 drop everlasting, cypress, basil*
3 times a day (1)
- Bruise : *2 drops everlasting, laurel*
2 times a day - locally
- Burns : *2 drops spike lavender, everlasting, Egyptian geranium*
3 times a day for 5 days
- Buzzing in the ear : *1 drop cypress, tarragon, everlasting*
3 times a day rubbed around the ear
- Candidiasis : *2 drops laurel, spike lavender, palmarosa*
2 times a day for 3 months (3)
- Canker sore : *1 drop laurel, spike lavender, Ho wood*
4 times a day - locally for 3 days
- Capillary fragility : *1 drop cypress, niaouli, everlasting*
2 times a day (1)
- Cellulite : *2 drops everlasting, lemon, lemon eucalyptus, wintergreen*
2 times a day - locally (2)
- Chills : *see "Influenza"*
- Chronic bronchitis : *2 drops tea tree, eucalyptus dives, ravintsara, Moroccan oregano*
4 times a day on the chest for 10 days
- Cholesterol : *1 drop everlasting, rosemary ct verbenone*
2 times a day for 3 months (1)
- Cold : *see "Influenza"*
- Colic : *2 drops super lavandin, Roman chamomile, ylang ylang*
3 times a day on the stomach - locally (2)
- Colitis : *1 drop peppermint, tarragon*
3 times a day (1)

Constipation :	<i>2 drops Ho wood, tarragon, ylang ylang</i> 3 times a day on the stomach
Convalescence :	<i>1 drop peppermint, black spruce, lemon</i> 3 times a day (1)
Cough :	<i>2 drops cypress, tarragon, super lavandin</i> on the chest or (1), as needed
Cramps :	See " <i>Muscle contracture</i> "
Cystitis :	<i>2 drops palmarosa, Ho wood, tea tree</i> 4 times a day on the lower stomach for 5 days
Depression :	<i>1 drop mandarin, rosemary ct verbenone, ylang ylang, Roman chamomile</i> 3 times a day on the solar plexus
Diarrhoea :	<i>1 drop cinnamon, tea tree, palmarosa, tarragon</i> 3 times a day (1)
Dry eczema :	<i>1 drop spike lavender, palmarosa</i> 3 times a day (2)
Dysmenorrhoea :	<i>2 drops tarragon, Roman chamomile, ylang ylang</i> 4 times a day on the stomach
Ecchymosis :	see " <i>Bruise</i> "
Emotivity :	<i>1 drop Roman chamomile, mandarin, rosemary ct verbenone</i> 3 times a day on the solar plexus
Enteritis :	see " <i>Diarrhoea</i> "
Enuresis (bed-wetting) :	<i>2 drops Roman chamomile, cypress</i> 30 minutes before bedtime on the solar plexus
Fatigue :	see " <i>Asthenia</i> "
Frigidity :	<i>1 drop Ho wood, ylang ylang</i> as needed, in the lower back (2)
Fungal infections :	<i>1 drop Egyptian geranium, palmarosa, tea tree, ajowan</i> 3 times a day for 20 days
Gallstones :	<i>1 drop lemon, tarragon, labrador tea</i> 3 times a day for 3 months (1)
Gingivitis :	<i>1 drop laurel, spike lavender, Ho wood</i> 3 times a day for 3 days
Haematoma :	see " <i>Bruise</i> "

(1) : in a teaspoon of honey, olive oil or on a lump of cane sugar,
then place under the tongue where it will be absorbed.

(2) : in an oil base : 70% hazelnut oil, 30% transcitol (dry oil).

(3) : in a gel or cream base (5 g for 6 drops of CTEO).

Headaches :	<i>1 drop peppermint, spike lavender, wintergreen</i> as needed - locally
Heavy legs :	See " <i>Venous congestion</i> "
Herpes :	<i>1 drop niaouli, spike lavender, ravintsara</i> 6 times a day locally for 2 days
Hiccups :	<i>2 drops tarragon, mandarin</i> on the solar plexus and also (1)
Hot flushes :	<i>2 drops niaouli, rosemary ct verbenone, peppermint</i> on the stomach
Hyperlipaemia :	see " <i>Cholesterol</i> "
Hypotension :	<i>1 drop peppermint, black spruce, rosemary ct cineole</i> 3 times a day (1)
Impotence :	<i>1 drop ylang ylang, ajowan, thyme</i> on the lower back (2)
Influenza :	<i>2 drops ravintsara, niaouli, eucalyptus radiata</i> 4 times a day on the chest for 3 days
Insect bites :	<i>1 drop spike lavender, citronella, Egyptian geranium</i> 4 times a day
Insomnia :	<i>2 drops Roman chamomile, mandarin, ravintsara</i> 30 minutes before bedtime on the solar plexus
Joint pains :	<i>1 drop wintergreen, laurel, everlasting</i> 4 times a day as needed
Kidney stone :	<i>2 drops lemon, tarragon</i> 2 times a day (1) for 3 months
Lazy liver :	<i>1 drop peppermint, rosemary ct verbenone, lemon</i> 2 times a day(1)
Lumbago :	<i>2 drops wintergreen, everlasting, lemon eucalyptus</i> 3 times a day for 5 days
Menopausal syndrome :	See " <i>Hot flushes</i> "
Mental asthenia :	<i>2 drop laurel, basil, rosemary ct verbenone</i> 2 times a day on the solar plexus (2)
Migraine:	see " <i>Headaches</i> "
Mononucleosis:	<i>3 drops ravintsara, niaouli, tea tree</i> 6 times a day on the back for 20 days
Mosquito repellent:	See " <i>Insect bites</i> "
Muscle contracture:	<i>2 drops super lavandin, basil, ylang ylang</i> 3 times a day - locally

Muscle strain :	<i>2 drops super lavandin, wintergreen, everlasting, lemon eucalyptus</i> 4 times a day - locally (2)
Nausea :	<i>See "Travel sickness"</i>
Nervousness :	<i>see "Emotivity"</i>
Neuralgia :	<i>see "Lumbago"</i>
Obesity :	<i>see "Slimming"</i>
Oedema :	<i>See "Venous congestion"</i>
Otitis :	<i>1 drop eucalyptus radiata, super lavandin, tea tree</i> 4 times a day rubbed around the ear
Ovarian congestion :	<i>2 drops niaouli, cypress, tarragon</i> 3 times a day on the stomach (2)
Palpitations :	<i>2 drops ylang ylang, mandarin, Roman chamomile</i> on the solar plexus, as needed
Pharyngitis :	<i>see "Sore throat"</i>
Phlebitis :	<i>3 drops everlasting, 1 drop wintergreen, lemon eucalyptus</i> 8 times a day for 10 days
Physical asthenia :	<i>2 drops black spruce, ravintsara, niaouli, peppermint</i> 2 times a day on the lower back
Pimples :	<i>1 drop tea tree, eucalyptus dives, Egyptian geranium</i> 2 times a day - locally
Polyarthrititis :	<i>3 drops everlasting, 2 drops basil, laurel</i> 6 times a day
Prostatitis :	<i>1 drop Egyptian geranium, niaouli, tea tree</i> 3 times a day(1)
Psoriasis :	<i>1 drop everlasting, Egyptian geranium, niaouli</i> 2 times a day (2)
Rhinitis :	<i>2 drops peppermint, Egyptian geranium</i> 6 times a day, inhale from a handkerchief
Rosacea :	<i>1 drop everlasting, cypress, Egyptian geranium</i> 2 times a day (2)
Sciatica :	<i>see "Phlebitis"</i>
Sexual asthenia :	<i>1 drop cinnamon, thyme, wintergreen, ylang ylang</i> as needed, in the lower back (2)
Shingles :	<i>see "Herpes"</i>
Sinusitis :	<i>1 drop niaouli, tea tree, peppermint, ravintsara</i> 6 times a day on the sinus for 4 days

- Slimming : *2 drops lemon, cinnamon, Egyptian geranium, lemon eucalyptus*
3 times a day - locally (2)
- Slow digestion : *1 drop peppermint, laurel, lemon* 3 times a day (1)
- Sore throat : *1 drop oregano, tea tree, peppermint*
4 times a day for 5 days (1)
- Spasmophilia : *1 drop mandarin, tarragon, Roman chamomile*
2 times a day for 21 days (1)
- Stress : *see "Palpitations"*
- Tendinitis : *see "Arthritis"*
- Tennis Elbow : *see "Arthritis"*
- Toothache : *1 drop clove, tea tree, peppermint*
3 times a day on the tooth
- Tracheitis : *see "Sore throat"*
- Travel sickness : *1 drop peppermint, basil, lemon*
as needed (1)
- Varicose eczema : *1 drop cypress, everlasting, Roman chamomile*
3 times a day (2)
- Varicose veins : *See "Venous congestion"*
- Venous
congestion : *2 drops niaouli, cypress, tarragon*
3 times a day on the areas of stasis (2)
- Viral hepatitis : *1 drop ledum, lemon, ravintsara, wintergreen*
3 times a day for 3 months (1)
- Viral infections : *2 drops ravintsara, niaouli, tea tree*
6 times a day on the chest
- Warts : *1 drop cinnamon, lemon, ajowan*
2 times a day for 21 days
- Water retention : *See "Venous congestion"*
- Yellow fever : *1 drop peppermint, lemon, thyme*
3 times a day (1)

PRECAUTIONS FOR USE OF ESSENTIAL OILS

- As a precautionary measure CTEOs should be used in the first three months of pregnancy. Only the aromatherapist doctor can take this responsibility.
- After a massage or skin application, always wash your hands.
- Never inject essential oils intravenously or intramuscularly.
- Use high-quality (100%) essential oils from a reputable brand.
- Keep containers out of children's reach.
- Persons with allergies should take the preliminary precaution of allergy testing for CTEOs.
- Pure CTEO should never be applied to the eyes, nose, ear canal or anogenital areas.
- In the event of accidental absorption or instillation, ingest or apply a heavy oil to dilute the CTEO (olive, sunflower) then contact the poison control centre.
- Essential oil of peppermint should never be applied over a large areas because of the chilling reaction it causes. This essential oil is strictly contra-indicated in pregnant and lactating women as well as babies under 30 months of age.

STORAGE

- The container should be stored in a temperature ranging from 5°C to 35°C.
- The container should be in either coloured glass or aluminium.
- The container should always be sealed well with a watertight stopper to prevent evaporation.

Under these conditions, pure and natural CTEOs will keep for at least 5 years.

* Citrus essences keep for a shorter period (3 years)

MAJOR CHEMOTYPED ESSENTIAL OILS

AJOWAN

Trachyspermum ammi

Aromatic molecules : thymol, paracymene, γ -terpinene

Distilled part : fruit

Native to India, this aromatic plant of the Apiaceae family has attractive white flowers on umbels, and whose seeds are rich in an essence with a strong aromatic, phenol odour.

MAIN PROPERTIES :

major broad-spectrum antibacterial • fungicide • parasiticide • antiviral and immune stimulant • general tonic • percutaneous analgesic.

TRADITIONAL INDICATIONS :

- Parasitic infections - intestinal (amibiases, ascaris, taenia) and cutaneous (scabies, ringworm, etc.) +++
- Skin, nail and gynaecologic fungal infections +++
- Intestinal, urinary and gynaecologic bacterial and viral infections +++
- Muscular and joint rheumatism +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or cane sugar under the tongue,
3 times a day for bacterial or parasitic infections.

External : 3 drops CTEO + 3 drops hazelnut oil on the fungal infection or area affected
by rheumatism, 3 times a day.

USEFUL INFORMATION :

internal administration for therapist only • external administration possible in dilution up to 20% maximum in a vegetable oil such as sesame, hazelnut, etc. • not suitable for children under 6 years of age • do not use during pregnancy or breastfeeding • do not use for prolonged periods without consulting an aromatherapist • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

1 drop of essential oil of ajowan and 3 drops of calendula vegetable oil applied on a tooth abscess 5 times a day will give excellent results.

BASIL

Ocimum basilicum ssp *basilicum*

Aromatic molecules : methyl chavicol

Distilled part : flowering top

This annual aromatic herb native to Asia, with oval, shiny, dark and downy leaves, blooms at the end of summer. There are no fewer than 150 species of basil, which has a very strong fragrance, and white flowers at the end of the upper axis.

MAIN PROPERTIES :

average antibacterial • powerful antispasmodic • digestive and hepatobiliary tonic • analgesic • anti-inflammatory • antiviral.

TRADITIONAL INDICATIONS :

- Dysmenorrhoea ++++
- Viral hepatitis and liver congestion ++
- Muscle cramps and contractions +++
- Arthritis, tendinitis, rheumatism +++
- Spasmophilia, anxiety, insomnia +++
- nausea, aerophagia, flatulence, digestive spasms +++
- Headaches ++++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or on a lump of cane sugar under the tongue after meals.

External : 3 drops CTEO + 5 drops hazelnut oil on the stomach for digestive spasms and dysmenorrhoea - several times a day.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc. • do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

At home, mix 8 drops of essential oil of basil and 2 drops of lemon essence in 50 ml of olive oil. Use this delightfully-perfumed oil to accompany a series of dishes such as tomato-mozzarella.

+ : advised

++ & +++ : recommended

++++ & +++++ : highly recommended

BERGAMOT

Citrus aurantium ssp bergamia

Aromatic molecules : linalol, limonene, linalyl acetate

Expressed part : zest

Native to China, bergamot belongs to the Rutaceae family, which also includes all the citrus fruits : lemon, mandarin, grapefruit, and orange. The cold-expressed essence of the zest has a very pleasant subtle lemony fragrance which everyone finds pleasant when it wafts through the air.

MAIN PROPERTIES :

variable antibacterial • antispasmodic • carminative, digestive, laxative • central nervous system tranquilizer and sedative.

TRADITIONAL INDICATIONS :

- Loss of appetite, difficulty in digestion, colitis, dyspepsia ++
- Leucorrhoea, cystitis ++
- Acne, eczema, psoriasis, seborrhoea +++
- Anxiety, stress, depression +++
- Constipation ++
- In children : difficulty falling asleep +++

RECOMMENDED DOSE :

Internal : for digestive and nervous problems, 2 drops as needed in honey, olive oil or on a lump of cane sugar under the tongue.

External : for nervous system ailments, 3 to 4 drops on the plantar arch, the inner side of the wrists, the solar plexus, or either side of the spine.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure • risk of photosensitivity. Do not apply before sun exposure.

THE EXPERT'S ADVICE :

A natural perfume: 3 drops of bergamot, 1 drop of frankincense, 1 drop of sandalwood, 2 drops of mandarin and 100 drops of jojoba vegetable oil.

BLACK SPRUCE

Picea mariana

Aromatic molecules : monoterpenes, bornyl acetate

Distilled part : needles

Native to Canada, this conifer grows on mountain slopes and peat bogs. It has a grey-brown bark that peels off, groups of red flowers and acicular leaves. The fruit is a 4-cm long red-brown hanging cone.

MAIN PROPERTIES :

antibacterial • anti-inflammatory • mimetic hormone: mimetic cortisone • fungicide • parasiticide
• antitussive, expectorant • antispasmodic.

TRADITIONAL INDICATIONS :

- Bronchitis, catarrh, sinusitis +++
- Skin, gynaecological and intestinal fungal infections ++
- Skin and intestinal parasitic infections ++
- Acne, psoriasis, eczema ++
- Rheumatism, arthrosis ++
- Severe fatigue, exhaustion +++
- Hyperthyroidism ++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or on a lump of cane sugar under the tongue,
3 times a day.

External : 2 drops CTEO and 2 drops hazelnut oil, 3 times a day, rubbed on the chest,
lower back and joints.

USEFUL INFORMATION :

not recommended for children under 6 years • do not use in the first 3 months of pregnancy •
skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

If you're suffering from debilitating fatigue, starting first thing in the morning, take 2 drops of black spruce, 2 drops of Scots pine and 5 drops of hazelnut oil and massage into the areas above the kidneys in the morning.

CHINESE CINNAMON

Cinnamomum cassia

Aromatic molecules : cinnamaldehyde

Distilled part : leaves and branches

Of this lauracea, G. Capus said : "There is no prescription without cinnamon in Chinese medicine". Indeed, its multiple antiseptic, anti-infectious and very broad-spectrum, powerful action destroys 98% of pathogenic bacteria, gram-positive cocci and gram-negative bacilli. It is also a powerful tonic of the sympathetic nervous system and a general and sexual stimulant and aphrodisiac.

MAIN PROPERTIES :

very powerful and very broad-spectrum antibacterial • antiviral and immune stimulant • fungicide • antiparasitic • antiferment • uterine tonic and emmenagogue • sexual tonic and aphrodisiac • respiratory and nervous stimulant • hyperaemic agent • anticoagulant, blood fluidifier.

TRADITIONAL INDICATIONS :

- gastrointestinal infections of various aetiologies : diarrhoeas, amoebiasis, typhus, dysentery ++++
- Bronchitis, severe influenza +++
- Cystitis, urethritis, leukorrhoeic vaginitis +++
- Male impotence +++
- Tropical infections +++
- Severe fatigue, depression ++
- Acne, anthrax +++

RECOMMENDED DOSE :

Internal : always dilute : 1 drop CTEO + 10 drops hazelnut oil 4 times a day for bacterial and parasitic ailments

External : always dilute : 2 drops CTEO + 50 drops hazelnut oil for the tonic action of this CTEO.

USEFUL INFORMATION :

external administration possible in dilution from 1 to 20% maximum of CTEO in a vegetable oil such as sesame, hazelnut, etc. • not recommended for pregnant and lactating women • skin irritation (dermocaustic) frequent if used pure.

THE EXPERT'S ADVICE :

Aphrodisiac oil : cinnamon : 0.2 ml lemon mint : 2 ml ylang ylang : 1 ml in 100 ml of hazelnut oil. Massage 8 drops of this mixture into the lower back 2 times a day for 2 weeks.

CLOVE

Eugenia caryophyllus

Aromatic molecules : eugenol, eugenyl acetate

Distilled part : bud

Native to the Molucca islands, this 20-m tall tree thrives on drained tropical maritime soils. It has tough, persistent leaves found opposite each other. Its pinkish white flowers are grouped in small, compact ramified cymes.

MAIN PROPERTIES :

very powerful broad-spectrum antibacterial • fungicide • parasiticide, antihelminthic • stomachic, carminative • antiviral and immune stimulant • uterine, nervous, sexual tonic • hypertensive • gum cauterisation and anaesthetic.

TRADITIONAL INDICATIONS :

- Respiratory bacterial and viral infections: acute or chronic bronchitis, sinusitis, asthma-like bronchitis, tuberculosis +++
- Tropical diseases : malaria, amoebiasis +++
- Shingles, herpes simplex +++
- Arthritis, rheumatism +++
- Urinary and intestinal infections : fermentation, diarrhoea, cystitis +++
- Skin fungal infections and parasitosis +++
- Intellectual (difficulty in concentrating) and sexual (frigidity, impotence) asthenia +++
- Hypotension ++
- Easier childbirth +++
- Oral infections : abscess, canker sores +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for all infections and to enjoy its tonic action.

External : 2 drops CTEO + 10 drops hazelnut oil, 3 times a day, on the area depending on the target organ.

USEFUL INFORMATION :

internal administration for therapist only • external administration possible in dilution up to 20% maximum in a vegetable oil such as sesame, hazelnut, etc. • do not use with children under 6 years of age • do not use during pregnancy and breastfeeding • do not use for prolonged periods without consulting an aromatherapist.

THE EXPERT'S ADVICE :

To soothe a baby's teething pains, mix 4 drops of clove essential oil, 2 drops of Roman chamomile and 10 ml of hazelnut oil. Place 3 drops of this mixture on the tip of the little finger and massage the baby's gums as needed. The pain will quickly fade away.

CORIANDER

Coriandrum sativum

Aromatic molecules : linalol

Distilled part : herb

Coriander provides an essential oil with a characteristic smell, which is widely used in the agri-food industry.

MAIN PROPERTIES :

antibacterial • antiviral • antifungal • tranquilizer, sedative • stupeficient at high doses.

TRADITIONAL INDICATIONS :

- Various digestive problems : bloating, gas, indigestion + + + +
- Rheumatism and joint pains + + +
- Respiratory and digestive tract bacterial and viral infections + + +
- Irritation, excitation, sleeping problems + + +

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 to 4 times a day in honey, olive oil or on a lump of cane sugar under the tongue for digestive and respiratory ailments, but only once a day for insomnia.

External : 4 drops CTEO and 4 drops hazelnut oil massaged, 3 times a day, on the stomach for digestion, and on the rheumatic area, on the inner side of the wrist or along the spine for nervous ailments.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

For Indian dishes, 2 drops of coriander enhances the flavour of this refined cuisine.

+ : advised

++ & +++ : recommended

++++ & +++++ : highly recommended

CYPRESS

Cupressus sempervirens

Aromatic molecules : α -pinene, δ^3 carene

Distilled part : branches

Native to Asia, this tree with greyish-brown bark has very small, dark green leaves and small groups of flowers at the end of its branches. The fruit is a green ovoid cone (4 cm) which turns brown upon maturity, with overlapping scales. These large, pyramidal evergreen trees were dedicated to Pluto, God of the Underworld, which explains their frequent presence in cemeteries.

MAIN PROPERTIES :

Venous, prostatic and lymphatic decongestion • Antitussive • Astringent, vasoconstrictor
• hormone-like, emmenagogue • vegetative nervous system regulator.

TRADITIONAL INDICATIONS :

- Haemorrhoids, varicose veins, oedema of lower limbs +++
- Prostatic adenoma and congestion +++
- Bedwetting in children +++
- Lymphatic drainage, hydrolipid retention, cellulite +++
- Rosacea, varicosities +++
- Dry, spasmodic or whooping cough +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 times a day in honey, olive oil under the tongue, for coughs and prostatic and venous congestion

External : 3 drops CTEO + 3 drops hazelnut oil rubbed on venous paths (for circulation), on the chest (for cough), or on the lower stomach for bedwetting and the prostate.

USEFUL INFORMATION :

not recommended for pregnant and lactating women • no prolonged use without consulting an aromatherapist • strictly contra-indicated for hormone-dependent cancerous diseases.

THE EXPERT'S ADVICE :

Composition for hot feet and excessive sweating : labdanum : 2 ml, cypress : 5 ml, lavandin : 10 ml, peppermint : 2 ml - 3 drops of the mixture, rubbed into each plantar arch morning and evening.

EGYPTIAN GERANIUM

Pelargonium x asperum cv Egypt

Aromatic molecules : citronellol, geraniol,

Distilled part : leaves

Only a few of the over 500 species of geranium are used in aromatherapy. It is cultivated in Madagascar, La Réunion, Guinea and Algeria. The mild and mooth or stronger perfumes of some species explain their frequent use in perfumery and cosmetology.

MAIN PROPERTIES :

effective antibacterial • powerful fungicide • remarkable hemostatic • analgesic • anti-inflammatory • tonic skin astringent.

TRADITIONAL INDICATIONS :

- Acne, burns, eczema, wounds, impetigo +++
- Skin and gynaecological fungal infections +++
- Rheumatism, arthritis, tendinitis +++
- Nosebleeds, bleeding wounds +++
- Haemorrhoids, rosacea, phlebitis +++
- Stress, severe fatigue, anxiety +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or cane sugar under the tongue, 3 times a day for nervous and inflammatory ailments.

External : use as local ointment for several weeks of 2 drops CTEO and 2 drops hazelnut oil for its antifungal, cosmetic and dermatologic properties.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

2 drops of Egyptian geranium and 2 drops of labdanum on a piece of cotton inserted in the nostril will quickly stop a nosebleed in adults.

EUCALYPTUS DIVES

Eucalyptus dives

Aromatic molecules : piperitone, α -phellandrene

Distilled part : leaves

Its use is reserved for older children and adults because its irrational use could highlight its neurotoxicity. Eucalyptus dives provides an essential oil that is indispensable for all synergies aimed at treating diseases wherein a mucous process blocks the respiratory track or the ear, nose and throat.

MAIN PROPERTIES :

anticatarrhal, mucolytic • lipolytic • hepatic and renal drainage • antibacterial.

TRADITIONAL INDICATIONS :

- Sinusitis, otitis, chronic bronchitis +++
- Wet cough +++
- Acne, ulcer, atonic wound +++
- Adiposity, cellulite +++
- Nephritis, cystitis, leukorrhic vaginitis +++

RECOMMENDED DOSE :

Internal : always dilute : 1 drop of CTEO 3 times a day in honey or olive oil under the tongue.

External : always dilute : 2 drops CTEO + 2 drops hazelnut oil, 3 times a day, on the chest (respiratory infection) or the lower stomach (urinary or renal infection) or on the affected skin area.

USEFUL INFORMATION :

internal administration for therapist only • not suitable for children under 6 years of age • do not use during pregnancy and breastfeeding • do not use for prolonged periods without consulting an aromatherapist • allergic-type sensitization possible.

THE EXPERT'S ADVICE :

In an electric diffuser, place 5 ml of narrow-leaved eucalyptus and 2 ml eucalyptus dives for antiviral and anticatarrhal air diffusion.

EUCALYPTUS GLOBULUS

Eucalyptus globulus

Aromatic molecules : 1,8 cineole (70-85%)

Distilled part : leaves

Found in many areas around the world (Spain, Chile, India, China, etc.) and widely used for its curative properties, this beautiful tree from the large aromatic myrtaceae family has antiviral, antifungal, antibacterial and expectorant properties.

MAIN PROPERTIES :

anticatarrhal • expectorant • respiratory antiseptic • average antibacterial and antiparasitic.

TRADITIONAL INDICATIONS :

- Rhino-pharyngitis, laryngitis, flu ++
- Otitis, sinusitis, chronic bronchitis +++
- Bacterial and candidal dermatitis +++

RECOMMENDED DOSE :

Internal : 1 to 2 drops CTEO in honey, 3 times a day for respiratory ailments

External : 2 to 4 drops CTEO + 3 drops hazelnut oil on the throat, sinuses, chest and back, on the skin ailment and around the ear according to the disease.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • not suitable for asthmatics • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

To disinfect the atmosphere in wintertime, diffuse a mixture made of 1/3 eucalyptus globulus, 1/3 narrow-leaved eucalyptus and 1/3 eucalyptus dives.

EUCALYPTUS RADIATA

Eucalyptus radiata

Aromatic molecules : 1,8 cineole, α -terpineol

Distilled part : leaves

Thriving in the drained soils of subtropical higher ground, eucalyptus radiata has a grey-blue trunk, deciduous bark, round juvenile leaves and lanceolate adult leaves. Australian aborigines use the fresh leaves to dress their wounds.

MAIN PROPERTIES :

anticatarrhal, expectorant • antitussive • antiviral, immune stimulant • antibacterial • anti-inflammatory • energizer, neurotonic.

TRADITIONAL INDICATIONS :

- Bronchitis, asthma-like bronchitis, sinusitis +++
- Flu, colds, viral epidemics +++
- Cystitis, leucorrhoea, vaginitis ++
- Severe fatigue, lack of energy ++
- Otitis in children +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or on a lump of cane sugar under the tongue, 3 times a day.

External : 3 to 4 drops CTEO + 3 drops hazelnut oil, 3 times a day, rubbed on the chest and back.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

During periods of infectious viral epidemics, nothing is more effective than the application of 4 to 6 drops of eucalyptus radiata on the chest and back or on the soles of the feet to protect yourself from the virus and have no worries. Aromatherapy not only treats, it also prevents!

+ : advised

++ & +++ : recommended

++++ & +++++ : highly recommended

EUCALYPTUS, LEMON

Eucalyptus citriodora

Aromatic molecules : citronellal, citronellol, isopulegol

Distilled part : leaves

With lanceolate leaves, white flowers with many stamens and woody hemispheric fruit, lemon eucalyptus from Madagascar or Vietnam provides a major essential oil that provides quick relief for a large inflammatory focus. The treatment is remarkably effective but your movements will leave behind an "indelible" olfactory trail that is appreciated in varying degrees !

MAIN PROPERTIES :

effective antispasmodic • powerful anti-inflammatory • analgesic, skin soother • fungicide • hypotensive • mosquito repellent.

TRADITIONAL INDICATIONS :

- Shingles, itching +++
- Hypertension, pericarditis +++
- Cystitis, vaginitis, leucorrhoea +++
- Arthritis, tendinitis, sciatica ++++
- Athlete's foot, skin fungal infections +++
- Mosquito repellent and mosquito bites +++

RECOMMENDED DOSE :

Internal : 2 drops of CTEO 3 times a day in honey, olive oil or a lump of cane sugar under the tongue.

External : 4 drops CTEO rubbed or massaged on painful arthrosic and arthritic areas and along the spine.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

On tennis or golf elbow, 3 drops of lemon eucalyptus and 3 drops of everlasting, 4 times a day.

EVERLASTING

Helichrysum italicum ssp *serotinum*

Aromatic molecules : neryl acetate, italidione

Distilled part : flowering top

Everlasting provides an exceptional, superb, rare, precious essential oil. Once you try it, you'll keep it for its surprisingly rapid effect. It is proof of aromatherapy's remarkable action for the sceptics (and they exist !!). It is the natural plant product with the most powerful anti-haematoma activity. Everlasting is well worth its high price, as it works miracles and is an indispensable part of the family medical kit.

MAIN PROPERTIES :

anti-haematoma • anti-phlebitis • antispasmodic • anticatarrhal, mucolytic • astringent, cicatrizant • hepatopancreatic stimulant.

TRADITIONAL INDICATIONS :

- Haematoma, phlebitis, oedema ++++
- Varicose veins, rosacea +++
- Bronchitis, rhinopharyngitis +++
- Rheumatism, arthritis, polyarthritis +++
- Dupuytren's disease +++
- Hepatocytic deficiency, hepatitis, cirrhosis +++
- Hypercholesterolaemia ++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or on a lump of cane sugar under the tongue, 2 times a day for liver ailments.

External : in all cases, locally depending on the target organ, from 2 to 8 drops CTEO according to the extent and seriousness of the indication, as a penetrating massage and repeated as needed.

USEFUL INFORMATION :

internal administration for therapist only • not recommended for pregnant women • do not use for prolonged periods without consulting an aromatherapist.

THE EXPERT'S ADVICE :

On any internal or external haematoma, with or without a wound, repeated local application will work wonders.

EXOTIC VERBENA

Litsea citrata

Aromatic molecules : neral, geranial

Distilled part : fruit

Native to the tropical regions of Asia, this evergreen tree has simple, full, alternate leaves. The inflorescences give fruits with a thin pericarp and fleshy mesocarp from which an essential oil with a warm, exotic lemony odour is extracted.

MAIN PROPERTIES :

anti-inflammatory • tranquilizer, sedative, antidepressant • fungicide.

TRADITIONAL INDICATIONS :

- Tendinitis, arthritis, joint rheumatism +++
- Insomnia, nervous depression, agitation +++
- Candida fungal infections, acne, very oily skin +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 2 times a day in honey, olive oil or on a lump of cane sugar under the tongue, for nervous and inflammatory ailments.

External : 2 drops CTEO + 5 drops hazelnut oil rubbed on the solar plexus or on the inner side of the wrists, 2 times a day, for nervous ailments, and locally on painful inflamed areas.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc. • not recommended for children under 6 years • do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

Every day, to create a convivial, anti-stress atmosphere, exotic verbena is a major component of a relaxing synergy for diffusers. (exotic verbena, mandarin, super lavender in equal parts).

FRANKINCENSE

Boswellia carterii

Aromatic molecules : limonene, α -pinene, β -mircene, β -caryophyllene

Distilled part : resin

The best source of this essential oil with its fascinating history is Yemen, the land of the Queen of Sheba. Used in many ritual ceremonies for its smoke, frankincense is used in aromatherapy for its antifungal and healing properties and to encourage meditative states. Note that today, the term "incense" is incorrectly used to refer a large number of articles for burning.

MAIN PROPERTIES :

antifungal • cicatrizant • average antibacterial • encourages spiritual elevation • antidepressant.

TRADITIONAL INDICATIONS :

- Air diffusion to improve spiritual elevation ++++
- Atonic scars and wounds, ulcers +++
- Skin and nail fungal infections +++
- Palliative care++++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 2 times a day in honey, olive oil or a lump of cane sugar under the tongue for oral fungal infections or for the dying.

External : 3 drops CTEO and 2 drops sesame oil on the solar plexus, coronal chakra or along the spine, for meditation; on the skin fungal infection according to the case. Reapply as needed.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

3 drops of frankincense on coal will help you reach a meditative state more easily.

HO WOOD

Cinnamomum camphora CT linalol

Aromatic molecules : linalol

Distilled part : wood

Native to China's forests, this shrub with persistent leaves belongs to the same botanical species as ravintsara, and is exceptional for its healing action. Part of the Lauraceae family, Ho wood provides an effective essential oil with excellent skin tolerance. Ho wood combined with ravintsara makes a remarkable dual treatment for a large number of viral and bacterial diseases in children.

MAIN PROPERTIES :

powerful antibacterial • antiviral and immune stimulant • fungicide • antiparasitic • aphrodisiac, sexual tonic • mild analgesic • tissue regenerator.

TRADITIONAL INDICATIONS :

- Paediatric bronchopulmonary infections : rhino-pharyngitis, bronchitis, influenza ++++
- Urinary and gynaecological infections : cystitis, vaginitis, leucorrhoea, vulvitis ++++
- Skin, nail and gynaecological fungal infections +++
- Depression, overwork, nervous fatigue +++
- Acne, bedsores, wrinkles ++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or cane sugar under the tongue, 3 times a day for respiratory, buccal and urinary infections.

External : 2 to 3 drops CTEO + 2 drops hazelnut oil applied locally on the dermatological problem or on the lower stomach for urinary and gynaecological infections.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

At home, 1 drop of Ho wood and 1 drop of rose in your day cream will prevent the appearance of wrinkles and stimulate the regeneration of cutaneous tissue.

JAVA CITRONELLA

Cymbopogon winterianus

Aromatic molecules : geraniol, citronellol, citronellal

Distilled part : herb

Like all cymbopogons, Java citronella comes from Indonesia and has large, narrow leaves and linear stems and inflorescences. Citronellas are large perennial herbs that grow wild or are cultivated in tropical regions like Java and Sri Lanka. Their fresh, green, lemony odour resembles that of melissa, for which they are sometimes used as substitutes.

MAIN PROPERTIES :

percutaneous anti-inflammatory • average antibacterial • fungicide • deodorant and atmospheric antiseptic • mosquito repellent.

TRADITIONAL INDICATIONS :

- Arthritis, tendinitis, rheumatism +++
- Presence of mosquitoes (preventive) and mosquito bites (curative) +++
- Excessive sweating ++

RECOMMENDED DOSE :

External : 3 drops CTEO + 3 drops hazelnut oil massaged on painful areas and along the spine.
To repel mosquitoes, by diffusion or on exposed limbs, applied three times after 4 p.m.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

At home, 2 drops of Java citronella and 2 drops of Egyptian geranium on the back of your pyjama collar or on your pillow keep all the stinging pests of summer nights away.

JUNIPER

Juniperus communis ssp communis

Aromatic molecules : α -pinene, sabinene

Distilled part : branches and berries

This tufted shrub, common in the mountainous regions, moors and glades of the northern hemisphere has very narrow leaves ending in a sharp point. The berries are round, initially green then bluish-black and covered with wax when mature.

MAIN PROPERTIES :

antispasmodic • vegetative nervous system regulator • good anti-inflammatory • antirheumatic • analgesic (painkiller).

TRADITIONAL INDICATIONS :

- Rheumatism, rheumatic pains +++
- Arthritis, polyarthritis, neuritis, sciatica +++
- Inflammatory and spasmodic colitis, fermenting enterocolitis ++

RECOMMENDED DOSE :

Internal : 1 to 2 drops CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for all these inflammatory indications.

External : in synergy with other EOs, apply 2 to 3 drops CTEO with 2 to 3 drops hazelnut oil on painful areas of the body (rheumatism, arthritis) and on the stomach and lower back for digestive indications (colitis).

USEFUL INFORMATION :

not recommended for pregnant women • do not use for prolonged periods without consulting an aromatherapist.

THE EXPERT'S ADVICE :

Diuretic and antirheumatic wine : steep 50 g of juniper berries with 5 drops of juniper CTEO in 1 litre of wine. After 3 weeks, filter and drink a shot glass of this medicinal wine.

LABDANUM

Cistus ladaniferus CT pinene

Aromatic molecules : α -pinene, camphene

Distilled part : flowering herb

The Corsican cultivar of this cistus is a shrub with pretty white flowers with pink centres, and grey-green leaves with a shiny upper side and a duller, "sticky" lower side. It also attracts obvious interest from high-level scientific research for its potential action on the ever-increasing number of auto-immune diseases.

MAIN PROPERTIES :

antiviral and immune regulator • astringent and haemostatic • neurotonic and parasympathetic NS regulator • cicatrizant.

TRADITIONAL INDICATIONS :

- Auto-immune and viral diseases : rheumatoid arthritis, multiple sclerosis, chicken pox, measles +++
- Haemorrhages of any origin, nosebleeds +++
- Insomnia, frigidity, amnesia +++
- Cuts, acne, infected wounds +++
- Skin aging, wrinkles ++++

RECOMMENDED DOSE :

Internal : for nervous and immune ailments, 2 drops 1 to 3 times a day in honey, olive oil or on a lump of cane sugar under the tongue.

External : 2 to 3 drops 2 times a day locally on the area to be treated.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

1 drop of labdanum and 1 drop of Ho wood in a dab of day or night cream will slow down wrinkle formation and premature skin aging.



LABRADOR TEA

Ledum grælandicum

Aromatic molecules : limonene, selinene

Distilled part : flowering branch

Labrador tea provides a rare, precious and fabulous essential oil. For effectiveness, it has no equal, despite its very high price. In the most serious situations, it will always remain a saving recourse, as its profile is both simple and complex, way beyond any reasoned biological interpretation. The experience therapist knows its value. This essential oil has great potential in the future. This plant, little-used because it is rare and relatively unknown, has highly effective therapeutic properties.

MAIN PROPERTIES :

digestive stimulant, carminative, stomachic • hepatocyte regenerator and decongestant • anti-inflammatory, analgesic • antispasmodic • antiallergic • antidepressant.

TRADITIONAL INDICATIONS :

- Skin hypersensitivity and allergies +++
- Inflamed lymph nodes +++
- Hepatic and renal intoxications of various aetiologies +++
- Viral enteritis and hepatitis +++
- Prostatic adenomas and congestion ++++
- Insomnia, depression, severe stress ++++

RECOMMENDED DOSE :

Internal : 3 drop CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for all indications mentioned.

External : 4 drops CTEO rubbed 3 times a day, on the area depending on the target organ.

USEFUL INFORMATION :

do not use with children under 6 years of age • do not use during pregnancy and breastfeeding
• do not use for prolonged periods without consulting an aromatherapist.

THE EXPERT'S ADVICE :

To drain a key organ such as the liver : swallow 2 drops of Labrador tea in a pellet of bread every morning for 21 days. Take in spring and autumn.

LAUREL

Laurus nobilis

Aromatic molecules : 1,8 cineole

Distilled part : leaves

Much more well-known in ancient times, where wreaths crowned victors, and in cuisine, where it forms part of the bouquet garni, bay produces a remarkable essential oil that remains too little-used in aromatherapy. Native to the Mediterranean basin, this tree has a smooth, dark grey bark and leaves that are a dark shiny green on top and paler on the underside.

MAIN PROPERTIES :

remarkable antibacterial • powerful antiviral • excellent fungicide • mucolytic and expectorant • highly effective analgesic and anti-neuralgic • sympathetic and parasympathetic nervous system regulator.

TRADITIONAL INDICATIONS :

- Bronchitis and chronic sinusitis, flu ++++
- Skin, gynaecological and digestive fungal infections ++++
- Acne, psoriasis, pressure sores, varicose ulcers +++
- Loss of appetite, dyspepsia, colitis, flatulence +++
- Arthritis, rheumatism, neuritis, neuralgia +++
- Anxiety, psychosis, depression +++
- Gingivitis, canker sores, periodontosis ++++
- Childhood diseases : measles, chicken pox +++

RECOMMENDED DOSE :

Oral : 2 drops CTEO and 2 drops hazelnut oil on the mouth ailment, 3 times a day.

External : 2 to 3 drops CTEO and 2 drops hazelnut oil on the painful area or skin area, 3 times a day.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy • allergic-type sensitization possible.

THE EXPERT'S ADVICE :

2 to 3 drops of bay and 2 drops of sweet orange on a dab of shampoo, then treat your hair. Discover its stimulant action on the scalp and better-toned hair growth.

LEMON

Citrus limonum

Aromatic molecules : limonene

Expressed part : zest

Native to India and cultivated in the south of Europe and California, lemon is one of the most useful fruits in natural medicine. The essence is obtained by cold expression of the external part of the fruit peel. Around 3,000 lemons are needed to obtain 1 kg of essence. It has so many properties that it is systematically used, with real success, in a large number of ailments. The essence neutralises Eberth bacilli and staphylococcus in 5 minutes, and Loeffler bacilli (diphtheria) in 20 minutes.

MAIN PROPERTIES :

antibacterial • antiseptic • antiviral • vitamin-P mimetic and blood fluidifier • digestive tonic, carminative, laxative, depurative agent • litholytic.

TRADITIONAL INDICATIONS :

- Periods of airborne infectious diseases +++
- Digestive, hepatic and pancreatic fatigue +++
- Rosacea, phlebitis, hemorrhoids, venous stasis ++++
- Kidney stones and renal colic ++
- Obesity, lymphatic drainage +++
- Loss of concentration, convalescence, cerebral fatigue +++
- Furunculosis, acne, warts, herpes +++

RECOMMENDED DOSE :

Internal : 2 drops of essence 3 times a day in honey, olive oil or a lump of cane sugar under the tongue.

External : 2 drops of essence + 2 drops of hazelnut oil on the affected skin area, locally 2 times a day.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • skin irritation (dermo-caustic) possible if used pure • risk of photosensitivity. Do not apply before sun exposure.

THE EXPERT'S ADVICE :

At home, 2 drops of lemon essence on ¼ lump of cane sugar, sucked in the morning before breakfast, will activate all the digestive and liver and pancreatic functions, resulting in real detoxification.



MANDARIN (ZEST)

Citrus reticulata (z)

Aromatic molecules : limonene, γ -terpinene

Expressed part : zest

This small tree with shiny persistent leaves has perfumed white flowers and orange fruits. Native to China, the mandarin owes its name to Chinese mandarins who received this fruit as a traditional gift. Mandarin provides a widely-used essence because its relaxing, calming action and its highly pleasant odour makes it a leading anti-stress aromatic product.

MAIN PROPERTIES :

digestive tonic : carminative, mild laxative • antiseptic • central nervous system moderator : relaxant, sedative, mild hypnotic • sympathetic nervous system tranquilizer.

TRADITIONAL INDICATIONS :

- Dyspnoea ++
- Extrasystoles, palpitations, hypertension +++
- Dyspepsia, aerophagia, constipation +++
- Insomnia, severe anxiety, stress, agitation ++++
- Obesity, cellulite ++

RECOMMENDED DOSE :

Internal : 2 drops of essence 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for all indications mentioned.

External : 2 drops of essence + 2 drops hazelnut oil rubbed on the inner side of the wrists or on the solar plexus for cardiac and nervous ailments.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy • risk of photosensitivity. Do not apply before sun exposure • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

The use of mandarin essence in an aroma diffuser in a child's room, for 15 minutes, helps the child fall asleep.

+ : advised

++ & +++ : recommended

++++ & +++++ : highly recommended

MOROCCAN OREGANO

Origanum compactum

Aromatic molecules : carvacrol, thymol

Distilled part : flowering top

Native to North Africa, this aromatic plant thrives on thin soil on a sunny, mountainous slope. Its dark green, spicy-tasting leaves are oval and pointed, and its flowers are found in compact, scented pinkish purple inflorescences.

MAIN PROPERTIES :

major broad-spectrum antibacterial • antiviral and immune stimulant • fungicide • antimycobacterial • general tonic, physical, mental and sexual stimulant.

TRADITIONAL INDICATIONS :

- Bacterial, viral and parasitic infections :
 - of cutaneous tissues : acnes, fungal infections, scabies, ringworm, abscess +++
 - of the respiratory tract : bronchitis, sore throat, flu, sinusitis ++
 - of the urinary tract : nephritis, cystitis ++++
 - of the digestive tract : dysentery, amoebiasis, enterocolitis +++
 - of lymph nodes : adenitis +++
- Tropical fevers : typhus, malaria +++
- Severe fatigue, nervous exhaustion +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in a teaspoon of honey, olive oil or icing sugar under the tongue, 3 times a day for all infections.

External : 2 drops CTEO + 4 drops hazelnut oil, applied locally on skin infections, 3 times a day.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc.

- not recommended for pregnant women • skin irritation (dermocaustic) frequent if used pure.

THE EXPERT'S ADVICE :

For daily use, there are oleoaromatic capsules containing Moroccan oregano essential oil. These are taken at a dose of one capsule morning and evening with a cold drink during meals for preventive treatment when confronted with difficult hygienic conditions such as those faced by backpackers, doctors without borders, etc.

NIAOULI

Melaleuca quinquenervia CT cineole

Aromatic molecules : 1,8 cineole, viridiflorol

Distilled part : leaves

Niaouli provides an essential oil remarkable for its efficacy and tolerance, and formerly known as gomenol. Like true lavender, it is considered a panacea because of its wide range of indications. The multiple results obtained through its use allows it to be classified among the top 10 essential oils used by the informed consumer.

MAIN PROPERTIES :

selective antibacterial • fungicide • antimycobacterial • anticatarrhal, expectorant, balsamic • venous decongestion • cutaneous radioprotector • antiviral • skin tonic, topical.

TRADITIONAL INDICATIONS :

- Bacterial or viral catarrhal respiratory infections : bronchitis, colds, sinusitis, pharyngitis +++
- Shingles, chicken pox, oral herpes ++++
- Gynaecological infections : genital herpes, cervical dysplasia, condyloma acuminata, leucorrhoea +++
- Varicose veins, venous stasis, haemorrhoids +++
- Prevention of burns from radiotherapy +++
- Wounds, psoriasis, acne +++

RECOMMENDED DOSE :

Internal : 3 drop CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for respiratory infections.

External : 4 drops CTEO rubbed locally, 3 times a day for all indications mentioned.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

1 drop of niaouli in your night cream is enough to provide the benefits of the tonic skin action of this superb essential oil.

PALMAROSA

Cymbopogon martinii

Aromatic molecules : geraniol, geranyl acetate

Distilled part : herb

This grass of Indian origin has long, narrow leaves and linear inflorescences. With its very pleasant fragrance, this essential oil is ideal for all fungal, scarring and eczematous skin ailments. Definitely one of the 10 major essential oils.

MAIN PROPERTIES :

major broad-spectrum antibacterial • fungicide • antiviral and immune stimulant • cicatrizing • uterine and nervous tonic.

TRADITIONAL INDICATIONS :

- Rhinopharyngitis, sinusitis, otitis +++
- Cystitis, urethritis, vaginitis, cervicitis, salpingitis +++
- Acne, eczema, wounds, pressure sores +++
- Skin, digestive and gynaecological fungal infections +++
- Stress, irritability +++
- Easier childbirth ++++

RECOMMENDED DOSE :

For all infections, a few drops of CTEO several times a day on or according to the affected organ : on the neck (pharyngitis), on the sinuses (sinusitis), around the ear (otitis), on the eczematous skin, on the lower stomach and lower back (enteritis and cystitis).

The uterotonic action, useful during childbirth, will increase when 5 drops CTEO + 5 drops hazelnut oil are massaged into the lower back, repeat every 20 minutes.

USEFUL INFORMATION :

not recommended for pregnant women.

THE EXPERT'S ADVICE :

At home, 1 drop of palmarosa and 1 drop of rosemary ct verbenone in your day cream will regulate the secretion of sebum, hydrate your skin and help in the regeneration of skin cells.

PATCHOULI

Pogostemon cablin

Aromatic molecules : patchoulol, patchoulene, α -bulnesene

Distilled part : flowering herb

Patchouli, native to Indonesia, is much better-known and more widely used in perfumery than aromatherapy, but nevertheless possesses many excellent therapeutic properties for lymphatic and venous circulation.

MAIN PROPERTIES :

venous, lymphatic and prostatic decongestant • anti-inflammatory • cicatrizant • stomachic.

TRADITIONAL INDICATIONS :

- Heavy legs, varicose veins, congestion of the true pelvis ++++
- Haemorrhoids +++
- Prostatic adenoma and prostatitis +++
- Lymphatic drainage +++
- Inflammatory dermatosis ++

RECOMMENDED DOSE :

Internal : 2 drops CTEO morning and evening in honey, olive oil or on a lump of cane sugar under the tongue, for all congestion problems (lymph, veins, haemorrhoids, prostate).

External : 3 drops CTEO and 3 drops hazelnut oil on the areas of venous (varicose) or lymphatic stasis, 3 times a day.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

Patchouli perfume for those who like this characteristic fragrance : 5 drops of patchouli, 1 drop of Ponderosa pine (*Pinus ponderosa*), 1 drop of grapefruit (*Citrus paradisi*) and 100 drops of jojoba oil.

+ : advised

++ & +++ : recommended

++++ & +++++ : highly recommended

PEPPERMINT

Mentha x piperita

Aromatic molecules : menthol, menthone

Distilled part : aerial part with flowers

A hybrid of Mentha aquatica and Mentha spicata, peppermint is an 80-cm perennial plant. It has quadrangular stems and oval, sharp dentate leaves opposite each other. It likes cool, clay and limy soils. Distillation takes place in June, just before the plants bloom.

MAIN PROPERTIES :

anaesthetic, analgesic, antipruriginous • urinary and intestinal anti-inflammatory • antibacterial • antiviral • cholagogue et choleric • general tonic and stimulant : digestive : stomachic, carminative, anti-nausea - cardiac : hypertensive, vasoconstrictor.

TRADITIONAL INDICATIONS :

- Neuralgia, sciatica, arthritis, rheumatism, tendinitis +++
- Otalgia, rhinitis, sinusitis, laryngitis, halitosis +++
- Hypotension +++
- Hepatopancreatic fatigue +++
- Physical and mental asthenia +++
- Nausea, vomiting, dyspepsia, indigestion, flatulence +++
- Shingles, headaches, vertigo, neuritis ++++
- Urticaria, eczema, acne, chicken pox +++
- Shock, trauma ++++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 to 4 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for digestive and urinary ailments.

External : 3 to 4 drops CTEO applied strictly locally, 3 times a day, for pain of all origins. Dilute for wider surfaces or repeated applications.

USEFUL INFORMATION :

do not use with children under 6 years of age • do not use during pregnancy and breastfeeding
• do not use for prolonged periods without consulting an aromatherapist.

THE EXPERT'S ADVICE :

A drop of peppermint in 1/4 lump of cane sugar taken before a meeting will give you minty fresh breath and act positively on your liver by stimulating its functions.

PETITGRAIN

Citrus aurantium ssp *aur.* (leaves)

Aromatic molecules : linalol, linalyl acetate

Distilled part : leaves

Native to China, bitter orange spread under the Mediterranean climate. Bitter orange or bigarade provides an essential oil with a very pleasant odour. Simply inhaling this oil brings calm, relaxation and harmony, explaining its obvious usefulness for air diffusion in places where stress management is a real need.

MAIN PROPERTIES :

anti-inflammatory • average antibacterial • antispasmodic • cicatrizant and skin regenerator • relaxant, sedative, antidepressant.

TRADITIONAL INDICATIONS :

- Spasmodic cough, asthma +++
- Palpitations, extrasystoles, arrhythmia ++++
- Muscle spasms of nervous origin +++
- Arthritis, tendinitis, rheumatism +++
- Insomnia, stress, mental fatigue +++
- Acne, pressure sores, wounds, excessive sweating +++

RECOMMENDED DOSE :

Internal : for problems of a nervous aetiology, 2 drops CTEO (to repeat as needed) in honey or olive oil or on a lump of cane sugar under the tongue.

External : for nervous indications, 3 drops CTEO on the plantar arch, inner side of the wrists, solar plexus (repeat as needed) and applied locally for all other indications.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

1 drop of petitgrain and 1 drop of rosemary ct verbenone in a dab of day cream has a marvellous effect on oily skin. The same application also works for oily hair.

RAVINTSARA

Cinnamomum camphora CT cineole

Aromatic molecules : sabinene, 1,8 cineole, α -terpineol

Distilled part : leaves

Native to Madagascar and also known as Cinnamomum camphora CT cineole, ravintsara grows wild in wet tropical forests and can reach a height of 15 metres. Its leaves are oval, alternate, tough, wide, persistent and shiny on the upper side, a reminder that it belongs to the Lauracea family. The plant flowers from November to January and produces a very characteristic berry.

MAIN PROPERTIES :

antiviral and immune stimulant • antibacterial • anticatarrhal, expectorant • neurotonic (powerful energizer).

TRADITIONAL INDICATIONS :

- All types of viral infections : flu, mononucleosis, shingles, herpes, viral hepatitis and enteritis +++++
- Serious immune deficiency +++
- Bronchitis, rhinopharyngitis, sinusitis, colds +++++
- Lymphatic drainage, hydrolipid retention +++
- Insomnia, depression, severe anxiety +++
- Severe nervous and physical fatigue +++++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 times a day, in synergy with niaouli or narrow-leaved eucalyptus, in honey, olive oil or on a lump of cane sugar under the tongue, for viral states and nervous ailments.

External : 5 drops CTEO, 3 times a day, massaged into both sides of the spine or on the chest, depending on the ailment.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

During wintertime flu epidemics, 6 drops applied locally on the plantar arch or on the chest morning and evening will protect you from viral attacks.

ROMAN CHAMOMILE

Chamaemelum nobile

Aromatic molecules : Isobutyl angelate, isoamyl angelate

Distilled part : flowering herb

In the light, sandy soil of Western Europe, this perennial has feathery leaves, and flower heads made up of white, sparse, tube-shaped flowers with yellow centres inserted on a conical receptacle and yellowish ribbed achenes.

MAIN PROPERTIES :

anti-inflammatory • antipruritic, antiphlogistic, antiallergic • digestive tonic : carminative, cholagogic • parasiticide • sedative, preanaesthetic, tranquilizer of CNS • analgesic.

TRADITIONAL INDICATIONS :

- Surgery +++
- Nausea, vomiting, diarrhoea, canker sores +++
- Stress, anxiety, nervous shock, insomnia +++
- Intestinal parasitosis : lamblia, pinworm, ascaris +++
- Eczema, psoriasis, cuts, acne, dermatitis +++
- Nervous asthma ++
- Rosacea, inflamed sensitive skin +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or cane sugar under the tongue, 3 times a day for nervous problems and intestinal parasitosis.

External : 2 drops CTEO + 2 drops hazelnut oil on the solar plexus or both sides of the spine, 2 times a day for nervous problems, or, directly, on the skin affliction.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

In case of stress or emotional shock, 3 drops of Roman chamomile on the solar plexus will soothe the nervous problem.

ROSEMARY CT VERBENONE

Rosmarinus officinalis CT verbenone

Aromatic molecules : verbenone, bornyl acetate

Distilled part : flowering top

Rosemary is a vigorous perennial plant with grey-green, needle-shaped leaves and whitish to blue flowers. It thrives in a marine climate. Its geographic origin determines its biochemical composition to a large extent.

MAIN PROPERTIES :

anticatarrhal, mucolytic • cicatrizant and skin renegeator • cardiac and nervous regulator • hepatocyte regenerator and hepatobiliary drainage • important endocrine regulator • lipolytic.

TRADITIONAL INDICATIONS :

- Bronchitis, asthma, sinusitis, pulmonary congestion +++
- Dry skin, "leathery" skin, wrinkles +++
- Rosacea, acne, seborrhoea, varicosities +++
- Hypotension, palpitations, extrasystoles +++
- Hepatic and gall bladder congestion, cirrhosis, hepatitis +++
- Leucorrhoea, leucorrhoeic vaginitis +++
- Nervous and mental asthenia, depression +++

RECOMMENDED DOSE :

For nervous ailments : 3 drops CTEO + 2 drops hazelnut oil; on the solar plexus or the inner side of the wrists or plantar arch (repeat as needed).

For digestive ailments (liver and intestine) : 2 drops under the tongue before eating in honey, olive oil or a lump of cane sugar.

For ENT infections : 3 drops applied directly on the affected area, to be repeated 3 times a day.

USEFUL INFORMATION :

not recommended for pregnant or lactating women • no prolonged use without consulting an aromatherapist • strictly contra-indicated for hormone-dependent cancerous diseases.

THE EXPERT'S ADVICE :

Rosemary CT verbenone provides a remarkable essential oil for the purging and decongestion of the liver, gall bladder and pancreas. Treatment with a 3-week cure of 2 drops on ¼ lump of cane sugar taken every morning will stimulate your emunctories. To be done in March and September.

ROSEMARY, CINEOLE

Rosmarinus officinalis CT cineole

Aromatic molecules : 1,8 cineole

Distilled part : flowering top

Small shrub with persistent leaves, common in the scrublands of the Mediterranean region of North Africa. The leaves are persistent, linear, and tough with parallel edges that are coiled below. Flowers are bluish and sometimes white. Rosemary CT cineole provides an essential oil similar to narrow-leaved eucalyptus and ravintsara. It is thus used for the same indications and is combined with one or the other for a better synergistic effect.

MAIN PROPERTIES :

average antibacterial • effective fungicide • anticatarrhal, expectorant, mucolytic.

TRADITIONAL INDICATIONS :

- Respiratory tract infectious with mucous obstruction : sinusitis, bronchial catarrh, pulmonary congestion +++
- Cystitis and candidiasis +++
- Dyspepsia, enterocolitis ++
- Chronic fatigue ++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for all indications mentioned.

External : 3 drops CTEO and 3 drops hazelnut oil, 3 times a day, rubbed on the chest or solar plexus depending on the ailment.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

Place 10 drops of rosemary CT cineole and 30 ml of hazelnut vegetable oil in a 30 ml dropper bottle. You will obtain nasal drops effective against colds and other chills.

SAVORY, WINTER

Satureja montana

Aromatic molecules : carvacrol, thymol, paracymene

Distilled part : flowering top

Winter savory provides an essential oil which has been widely studied in French universities for its anti-infectious properties. It is an indispensable tool in the fight against pathogens, although its regular use is limited because of its dermocaustic effect on sensitive skin, or when it is used pure. This perennial plant, with short, very leafy stems, can be found on limy low mountains and hillsides.

MAIN PROPERTIES :

powerful broad-spectrum antibacterial • antiviral and immune stimulant • fungicide • antiparasitic • vulnerary percutaneous analgesic • general tonic and stimulant (nervous, circulatory, sexual, digestive).

TRADITIONAL INDICATIONS :

- Viral or bacterial pulmonary infections +++
- Parasitic or bacterial intestinal infections : amoebiasis, dysentery, enteritis +++
- Cystitis, urethritis, prostatitis +++
- Hypotension ++
- Arthritis, rheumatism, rheumatoid arthritis +++
- Nervous, physical and sexual asthenia +++

RECOMMENDED DOSE :

Internal : for infectious problems, 2 to 3 drops CTEO, 3 times a day, in pellet of bread.

External : 3 drops CTEO and 10 drops hazelnut oil for local action on joint and rheumatic pains, 3 times a day.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc. • not recommended for pregnant women • skin irritation (dermocaustic) frequent if used pure.

THE EXPERT'S ADVICE :

When travelling in the tropics, 1 drop of savory, labrador tea and peppermint in a pellet of bread taken morning and evening will protect you from a large number of parasitic, viral and bacterial infections. Your insurance against traveller's diarrhea !

SCOTS PINE

Pinus sylvestris

Aromatic molecules : pinenes, limonene

Distilled part : needles

The Scots pine provides an essential oil long familiar to our grandparents, who in earlier days already enjoyed its healing action on the bronchi through the inhalation of this essential oil in Nordic climes. It thrives in the mountains and sandy or gravelly soils. Scots pine has purplish-grey bark, acicular, robust leaves, yellow male and red female flowers, and a green ovoid cone that turns brown when mature.

MAIN PROPERTIES :

average antibacterial • rubefacient, percutaneous analgesic • fungicide • lymphatic and ovarian decongestant • cortisone-mimetic and hormone-mimetic • respiratory antiseptic, expectorant, balsamic • hypertensive.

TRADITIONAL INDICATIONS :

- Bronchitis, catarrh, sinusitis, cough, laryngitis +++
- Sciatica, lumbago, arthritis, cramps, rheumatism +++
- Hypotension +++
- Severe fatigue, exhaustion ++++
- Dull skin, psoriasis, eczema, excessive sweating ++
- Congestion of the true pelvis, prostatic congestion +++
- Nervous exhaustion, neurasthenia, depression +++

RECOMMENDED DOSE :

Internal : 2 drop CTEO 2 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for hypotension, asthenia.

External : 3 drops CTEO and 5 drops hazelnut oil, 3 times a day, on the body area depending on the target organ.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc. • not recommended for children under 6 years • do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

Nothing is easier than decongesting the ENT (ear - nose - throat) area by adding 3 drops of Scots pine, 3 drops of ravintsara and 2 drops of peppermint in an inhaler for some "good old-fashioned" inhalation for 5 to 10 minutes while protecting the eyes.

SPIKE LAVENDER

Lavandula latifolia spica

Aromatic molecules : 1,8 cineole, linalol, camphor

Distilled part : flowering top

This aerial plant likes the scrublands of southern Europe and limy soils, is sensitive to cold and has light violet flowers on loose ears found on the top of long stems. Blooming and harvesting occur later than with true lavender. Spike lavender provides an essential oil that is good for emergencies, as it can "miraculously" sooth and heal severe burns and wasp stings almost instantaneously. The need for this EO in these circumstances proves that aromatherapy is indeed a form of medicine all by itself.

MAIN PROPERTIES :

average antibacterial • anti-toxic • antiviral and immune stimulant • excellent fungicide • anticatarrhal, expectorant • analgesic.

TRADITIONAL INDICATIONS :

- Severe burns, atonic wounds, ulcers, pressure sores, psoriasis ++++
- Skin (athlete's foot) and gynaecological (candida albicans) fungal infections ++++
- Wasp, jellyfish, scorpion stings ++++
- Bronchitis, laryngitis, sinusitis, otitis, rhinitis +++
- Joint rheumatism, cramps +++
- Nervous asthenia, depression +++

RECOMMENDED DOSE :

Internal : 2 drops CTEO in honey, olive oil or on a lump of cane sugar under the tongue - 3 times a day for oral and nervous ailments.

External : 3 to 6 drops pure CTEO on all skin ailments, 3 times a day.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

On a wasp, jellyfish, scorpion, etc. sting, apply every 5 minutes for half an hour 2 drops of spike lavender. The result is almost "miraculous".

SUPER LAVANDIN

Lavandula x burnatii CT super

Aromatic molecules : linalol, linalyl acetate

Distilled part : flowering top

The hybridisation of true lavender and wild lavender gave rise to the lavandins (clones), richer in essence, and whose botanical and pharmacological characteristics are similar to their parents.

MAIN PROPERTIES :

powerful antispasmodic • variable antibacterial • anti-inflammatory • cicatrizant, vulnerary • tranquilizer, relaxant, sedative.

TRADITIONAL INDICATIONS :

- Hypertension, palpitations, extrasystoles ++
- Muscle contractures and cramps +++
- Depressed states, headaches, migraines ++
- Infectious and allergic dermatosis, wounds, burns, pressure sores ++
- Nervousness, anxiety, insomnia, sleeping problems ++
- Head lice (preventive) ++

RECOMMENDED DOSE :

Internal : 3 drops CTEO 2 to 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for cardiac and nervous indications.

External : 4 drops CTEO rubbed or applied locally, 2 to 3 times a day, on the area to be treated for muscular and dermatologic ailments, on the inner side of the wrists or the solar plexus for nervous ailments.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

At home, diffusion with an electric diffuser will bring about a state of well-being and relaxation beneficial to communion between people who are often stressed. Diffused in a room for 30 minutes before bedtime, it will induce calm, peaceful and renewing sleep.

SWEET MARJORAM

Origanum majorana

Aromatic molecules : terpinene 1 ol 4, thujanol

Distilled part : flowering top

Native to North Africa, this scented perennial plant has dark green oval leaves and small white flowers. When crushed, the leaves release a sweet, spicy powerful aroma appreciated by all. Sweet marjoram provides a precious essential oil for all ailments whose nervous origin is clearly established. In these situations, it remains an indispensable product because it re-establishes the patient's terrain by balancing any nervous deviations.

MAIN PROPERTIES :

powerful antibacterial • fungicide • antispasmodic • important tranquilizer and sedative.

TRADITIONAL INDICATIONS :

- Bronchitis, sinusitis, rhinopharyngitis +++
- All types of neuro-vegetative dystonias : ++++
 - respiratory : dyspnoea, spasmodic cough
 - cardiovascular : hypertension, palpitations, extrasystoles
 - digestive : aerophagia, dyspepsia, flatulence, gastritis
 - sexual : obsession, erythrism
 - nervous : hyperkinesis, stress, severe anxiety, depression, vertigo, irritability, agitation
- Muscle cramps and contractures +++
- Lumbago, sciatica, rheumatism +++

RECOMMENDED DOSE :

Internal : for all nervous dystonias, 2 drops CTEO 2 to 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue.

External : for nervous indications, 3 drops CTEO + 5 drops hazelnut oil on the plantar arch, inner side of the wrists, solar plexus (repeat as needed) and applied locally for all other indications.

USEFUL INFORMATION :

not recommended for pregnant women • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

Because the skin suffers from stress, which brings about the aging of cutaneous tissue, you can add 1 drop of this essential oil to a dose of cleansing milk.

TARRAGON

Artemisia dracunculus

Aromatic molecules : methyl chavicol, β -ocimene

Distilled part : flowering herb

Native to the Middle East, tarragon was already used by Arab doctors in the year 1000. In the Middle Ages, Avicenna spoke of its antispasmodic and digestive properties. Its current fame stems from its effectiveness in expelling intestinal fermentation and gases, as well as relieving menstrual cramps. Its essential oil is greatly used in aromatherapy for its neuromuscular anti-spasmodic, antiviral and antiallergic properties.

MAIN PROPERTIES :

powerful antispasmodic • stomachic, aperitive, carminative • anti-allergic • antiinflammatory • antiferment • mental tonic.

TRADITIONAL INDICATIONS :

- Dyspepsia, flatulence, colitis, hiccups, digestive spasms ++++
- Spastic cough, allergic asthma +++
- Muscle cramps and contractures +++
- Allergies (for the terrain) +++
- Dysmenorrhoea and gynaecological spasms ++++
- Spasmophilia +++
- Constipation ++
- Nausea, vomiting, travel sickness +++

RECOMMENDED DOSE :

Internal : 2 to 3 drops CTEO after each meal in olive oil, honey or on a lump of cane sugar under the tongue.

External : 5 drops CTEO + 5 drops hazelnut oil and massage on the painful area.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc. • do not use in the first 3 months of pregnancy • do not use for prolonged periods without consulting an aromatherapist • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

Epicureans seeking an authentic flavour will relish the addition of 2 to 3 drops of CTEO tarragon in Bearnaise sauce.

TEA TREE

Melaleuca alternifolia

Aromatic molecules : terpineol 1 ol 4, γ -terpinene

Distilled part : leaves

Tea tree is an essential oil that no longer needs to prove itself ! It is found in a very large number of washing (soap, shampoo, bath oil) and cosmetic products. In addition to these applications, it is rightly considered a reliable element of medical and family aromatherapy. Today, enormous demand for tea tree has led to the establishment of plantations that extend over thousands of hectares in Australia.

MAIN PROPERTIES :

powerful broad-spectrum antibacterial • fungicide • parasiticide • antiviral and immune stimulant
• cutaneous protection during radiotherapy sessions.

TRADITIONAL INDICATIONS :

- Oral infections: aphthosis, stomatitis, abscess, gingivitis +++
- Upper and lower respiratory tract viral or bacterial infections : sinusitis, rhinitis, otitis, laryngitis, pharyngitis, bronchitis ++
- Urinary and gynaecological infections +++
- Skin, nail and subungual fungal infections +++
- Lymphatic oedema ++
- Varicose veins, heavy legs, haemorrhoids ++
- Prevention of skin burns from radiotherapy +++++
- Skin (scabies, ringworm, etc.) or intestinal (lamblia, ascaris, etc.) parasitosis +++

RECOMMENDED DOSE :

For all ailments, external administration is ideal. Often, 3 to 4 drops of CTEO massaged on the skin, repeated 3 times a day for 5 to 6 days, will be enough to stop the disease.

You can also add 3 drops orally, in honey, olive oil or on a lump of cane sugar under the tongue for 5 to 7 days.

USEFUL INFORMATION :

not recommended in the first 3 months of pregnancy.

THE EXPERT'S ADVICE :

At home, add 1 drop of tea tree and 1 drop of lemon on the toothbrush before putting on the toothpaste, then brush your teeth. Impeccable hygiene and whiter teeth !

THYME CT THUJANOL

Thymus vulgaris CT thujanol

Aromatic molecules : thujanol 4

Distilled part : flowering top

This perennial bush-like plant with small green leaves bears small pink flowers in May. This greyish subshrub covers poor, dry scrubland and wasteland with a grey mantle. Thyme CT thujanol provides an essential oil of extraordinary quality because of its powerful action, good tolerance, and the characteristics of its chemical race. This major essential oil should always be in the medicine cabinet of all informed users.

MAIN PROPERTIES :

major antibacterial • powerful antiviral • immune stimulant • hepatocyte regenerator and tonic • warming blood activator • nervous harmoniser and neurotonic • fungicide.

TRADITIONAL INDICATIONS :

- Respiratory infections : rhinopharyngitis, sore throat, bronchitis, sinusitis ++++
- Otitis, rhinitis, flu +++
- Stomatitis, alveolitis, tonsillitis, canker sores +++
- Cystitis, vulvitis, vaginitis, salpingitis, urethritis +++
- Oral and genital herpes, condyloma +++
- Skin, nail and gynaecological fungal infections +++
- Liver insufficiency : viral hepatitis, cirrhosis, etc. ++++
- Cold extremities (fingers, feet, etc.) ++
- Nervous asthenia, depression ++
- Arthritis, neuromuscular problems +++

RECOMMENDED DOSE :

Internal : for oral and respiratory infections, and nervous and hepatic circulatory problems,
2 drops CTEO 1 to 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue.

External : for local ailments, 2 to 3 drops CTEO directly on the affected part, 3 times a day.

USEFUL INFORMATION :

do not use in the first 3 months of pregnancy • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

As soon as a sore throat is present or threatens to appear, 2 drops of thyme CT thujanol on 1/4 lump of sugar taken 3 times a day will rid you of this ailment in 24 hours.

THYME SATUREIOIDES

Thymus satureioides

Aromatic molecules : borneol, carvacrol

Distilled part : flowering top

Native to North Africa, this plant grows on stony, rather arid soil. Thyme is the prime example of a plant species that illustrates the concept of chemotype. There are several chemical races of thyme, and the chemical composition of the essential oil varies according to the biotope in which it grows. The factors influencing the composition, and thus the therapeutic activity, are amount of sunlight, altitude, soil type, air purity, etc.

MAIN PROPERTIES :

major broad-spectrum antibiotic • immune regulator • general tonic : physical, mental and sexual
• antiparasitic • antihyperglobulinaemic.

TRADITIONAL INDICATIONS :

- Chronic viral or bacterial pulmonary infections +++
- Skin and intestinal parasitic infections +++
- Cystitis, leucorrhoea, candidiasis +++
- Acne, infected wounds ++
- Arthrosis, rheumatism ++++
- Severe physical, mental and sexual asthenia ++++

RECOMMENDED DOSE :

Internal : 2 drops CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue.

External : 3 drops CTEO and 5 drops hazelnut oil, 3 times a day on the chest or painful areas.

USEFUL INFORMATION :

external administration possible in dilution from 1 to 20% maximum of CTEO in a vegetable oil such as sesame, hazelnut, etc. • not recommended for pregnant women • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

2 drops of thyme, 2 drops of wintergreen and 10 drops of hazelnut oil for the massage of areas affected by arthrosis and painful rheumatism.

TRUE LAVENDER

Lavandula angustifolia

Aromatic molecules : linalol, linalyl acetate

Distilled part : flowering top

True lavender is one of the flagships of modern aromatherapy. Its perfect innocuousness and excellent tolerance, along with its unquestionable effectiveness have most certainly contributed to its primordial role in all aromatic pharmacies worthy of the name. The wide range of indications for this essential oil makes it a universal panacea.

MAIN PROPERTIES :

powerful antispasmodic • tranquilizer, sedative, anti-depressant • powerful cicatrizant, skin regenerator • remarkable analgesic • hypotensive • antimicrobial and antiseptic.

TRADITIONAL INDICATIONS :

- Muscle spasms, cramps and contractures +++
- Stress, anxiety, depression, agitation, insomnia +++
- Acne, eczema, psoriasis, itching, burn, ulcer, wound, pressure sore, dermatitis, rosacea +++
- Rheumatism +++
- Arterial hypertension +++
- Problems of nervous origin : asthma, digestive spasm, nausea, migraine, extrasystole +++

RECOMMENDED DOSE :

Internal : for all nervous dystonias, 2 drops CTEO 2 to 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue for arterial and nervous indications.

External : for nervous indications, 3 drops CTEO on the plantar arch, inner side of the wrists, solar plexus (repeat as needed) and applied locally for all other indications

THE EXPERT'S ADVICE :

4 drops of true lavender on cotton or piece of wood placed in your wardrobe will repel mites and impart a pleasant odour to your linens. 2 drops of true lavender on the reverse side of a pyjama collar or pillowcase will encourage rapid, renewing sleep.

WINTERGREEN

Gaultheria procumbens

Aromatic molecules : methyl salicylate

Distilled part : leaves

This climbing subshrub, 15 cm tall, carries white to light pink flowers found near the leaf base. The persistent, finely dentate leaves are found at the end of stiff stems. Canadian wintergreen thrives on acidic, sandy woods and swampland and bears scarlet berries from October to March.

MAIN PROPERTIES :

analgesic, vulnerary • antispasmodic • antirheumatic • hepatic cell stimulant • antitussive
• anti-inflammatory.

TRADITIONAL INDICATIONS :

- Tendinitis, arthritis, rheumatism, arthrosis +++
- Muscle cramps and contractures +++
- Arteriosclerosis, hypertension, coronaritis +++
- Hepatic fatigue ++
- Spasms of all aetiologies ++
- Headaches +++

RECOMMENDED DOSE :

Internal : for liver ailments : 1 drop CTEO 3 times a day, in honey, olive oil or on a lump of cane sugar under the tongue.

External : for arthritis, rheumatism, spasms, tendinitis : 3 drops CTEO + 3 drops hazelnut oil, rubbed, 3 times a day.

USEFUL INFORMATION :

external administration possible in dilution in a vegetable oil such as sesame, hazelnut, etc. • not recommended for children under 6 years • not recommended for pregnant women • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

To relieve rheumatism or arthrosis, massage locally with 3 drops of wintergreen, 2 drops of everlasting and 5 drops of hazelnut oil. Repeat as needed.

YLANG-YLANG

Cananga odorata

Aromatic molecules : germacrene D, farnesyl acetate, farnesene, benzyl benzoate

Distilled part : flower

Native to Asia, this tropical tree bearing shiny, persistent leaves can grow to 20 metres in the wild. The flowers, yellow when mature, produce the best essential oil. Ylang ylang provides an essential oil whose fragrance is universally appreciated for its warm, flowery, exotic, round and feminine notes. It is hardly astonishing that it is one of the essential oils that can change human behaviour by olfaction.

MAIN PROPERTIES :

antidepressant, sedative, nervous relaxant • hypotensive, antiarrhythmic • sexual tonic, aphrodisiac
• antispasmodic.

TRADITIONAL INDICATIONS :

- Palpitations, extrasystoles, hypertension +++
- Tonic for all hair and skin types +++
- Depression, insomnia, stress, severe anxiety, panic +++
- Frigidity, feminine sexual asthenia ++++
- Muscle cramps and contractures +++
- Cystitis, urethritis, gynaecologic spasms +++

RECOMMENDED DOSE :

External : 3 drops CTEO + 3 drops hazelnut V.O; on the solar plexus or the inner side of the wrists (if nervous ailment) or on the painful area.

USEFUL INFORMATION :

internal administration for therapist only • external administration possible in dilution from 1 to 20% maximum of CTEO in a vegetable oil such as sesame, hazelnut, etc. • not recommended for pregnant women • skin irritation (dermocaustic) possible if used pure.

THE EXPERT'S ADVICE :

A perfumed idea : 2 ml ylang ylang, 1 ml cedar or Ho wood in 100 ml of 70° alcohol.
30 drops of ylang ylang added to 1 litre of wax for your furniture will impart a delicate perfume to your linens.

SUMMARY OF MAIN CTEOS

WITH THEIR RESPECTIVE CHEMOTYPES AND THEIR MAIN COMPONENTS

<i>LATIN NAME</i> English name	ORIGIN Distilled part	Main components
<i>ABIES ALBA</i> Silver fir	BALKANS Needles	α - & β -pinene, limonene, camphene
<i>ABIES BALSAMEA</i> Fir	CANADA Needles	β -pinene, α -pinene, δ 3-carene, bornyl acetate, limonene
<i>ABIES SIBIRICA</i> Caucasian fir	SIBERIA Needles	α -pinene, bornyl acetate, camphene, δ 3-carene
<i>ACHILLEA MILLEFOLIUM</i> Yarrow	SLOVENIA Flowering top	Camphor, 1,8 cineole, chamazulene
<i>AGATHOSMA BETULINA</i> Buchu	SOUTH AFRICA Leaf	Diosphenol, menthone, pulegone, isomenthone
<i>ALLIUM CEPA</i> Onion	FRANCE Bulb	Dipropyl trisulfur, dipropyl disulfur
<i>ALLIUM SATIVUM</i> Garlic	FRANCE Bulb	Diallyl trisulfur, diallyl disulfur
<i>AMMI VISNAGA</i> Ammi	MOROCCO Seed	Linalol, esters
<i>AMYRIS BALSAMIFERA</i> Amyris wood	HAITI Wood	Valerianol, eudesmol
<i>ANETHUM GRAVEOLENS</i> Dill	HUNGARY Fruit	Limonene, carvone
<i>ANGELICA ARCHANGELICA</i> Angelica	BELGIUM Root	α -pinene, phellandrene, δ 3-carene, limonene
<i>APIUM GRAVEOLENS</i> Celery	INDIA Fruit, seed	Limonene, selinene

LATIN NAME English name	ORIGIN Distilled part	Main components
ARTEMISIA ARBORESCENS Mugwort, great	MOROCCO Flowering top	Camphor, chamazulene, thujone
ARTEMISIA DRACUNCULUS Tarragon	IRAN Flowering top	Methyl chavicol, β -ocimene
ARTEMISIA HERBA-ALBA Wormwood, white	MOROCCO Flowering top	Camphor, thuyones
BOLDEA FRAGRANS Boldo	SOUTH AMERICA Leaf	1,8 cineole, ascaridol, paracymene
BOSWELIA CARTERII Frankincense	SPAIN Resin	Limonene, α -pinene, β -myrcene, β -caryophyllene
CALAMINTHA NEPETA VAR. NEPETA Lessercalamint	FRANCE Flowering top	Pulegone, calamenthone
CANANGA ODORATA TOTUM Ylang-ylang	MADAGASCAR Flower	Germacrene D, farnesyl acetate, farnesene, benzyl benzoate
CANANGA ODORATA EXTRA Ylang-ylang	MADAGASCAR Flower	Germacrene D, benzyl acetate, farnesene, benzyl benzoate
CANANGA ODORATA 1ER Ylang-ylang	MADAGASCAR Flower	Germacrene D, farnesene, farnesyl acetate, benzyl benzoate
CANANGA ODORATA 2EME Ylang-ylang	MADAGASCAR Flower	Germacrene D, farnesene, farnesyl acetate, benzyl benzoate
CANARIUM LUZONICUM Elemi	PHILIPPINES Resin	Limonene, elemol, elemicine, α -phellandrene
CARUM CARVI Caraway	HUNGARY Fruit	Limonene, carvone
CEDRUS ATLANTICA Cedarwood, Atlas	MOROCCO Wood	Himachalenes, atlantones
CEDRUS DEODARA Cedarwood, Himalayan	INDIA Wood	Himachalenes, atlantones, himachalol
CHAMAEMELUM NOBILE Chamomile, Roman	FRANCE Flower	Isobutyl angelate, isoamyl angelate
CHENOPODIUM AMBROSIODES VAR. ANTHEL Wormseed	SOMALIA Flowering top	Ascaridol

LATIN NAME English name	ORIGIN Distilled part	Main components
<i>CINNAMOMUM CAMPHORA</i> <i>CT CINEOLE</i> Ravintsara	MADAGASCAR Leaf	Sabinene, 1,8 cineole, α -terpineol
<i>CINNAMOMUM CAMPHORA</i> <i>CT LINALOL</i> Ho wood	CHINA Wood	Linalol
<i>CINNAMOMUM CASSIA</i> Cinnamon, Chinese	CHINA Branches, leaves	Cinnamaldehyde
<i>CINNAMOSMA FRAGRANS</i> Mandravasarotra	MADAGASCAR Leaf	1,8 cineole, monoterpenols
<i>CINNAMOMUM VERUM</i> <i>(OF ZEYLANICUM)</i> Cinnamon (le)	MADAGASCAR Leaf	Eugenol
<i>CINNAMOMUM VERUM</i> <i>(OF ZEYLANICUM)</i> Cinnamon (ba)	CEYLON Bark	Cinnamaldehyde
<i>CISTUS LADANIFERUS</i> Labdanum	MOROCCO/SPAIN Branch	α -pinene, camphene
<i>CITRUS AURANTIUM SSP AURANTIUM</i> <i>(LE)</i> Petitgrain	PARAGUAY Leaf	Linalol, linalyl acetate
<i>CITRUS AURANTIUM SSP AURANTIUM</i> <i>(FL)</i> Neroli	TUNISIA Flower	Linalol, trans-nerolidol
<i>CITRUS AURANTIUM SSP AURANTIUM</i> <i>(ZEST)</i> Orange, bitter	IVORY COAST Zest	Limonene
<i>CITRUS AURANTIUM SSP BERGAMIA</i> <i>(ZEST)</i> Bergamot	IVORY COAST Zest	Linalol, limonene, linalyl acetate
<i>CITRUS AURANTIFOLIA</i> Lime	SOUTH AMERICA Fruit	Limonene, γ -terpinene, α -terpineol
<i>CITRUS LIMONUM (LE)</i> Lemon	ITALY/SPAIN Leaf	Citral, limonene
<i>CITRUS LIMONUM (ZEST)</i> Lemon	ITALY/SPAIN Zest	Limonene
<i>CITRUS MEDICA VAR. VULGARIS</i> Cedraal	ITALY Zest	Monoterpenes
<i>CITRUS PARADISII</i> Grapefruit	ITALY Zest	Limonene

LATIN NAME English name	ORIGIN Distilled part	Main components
<i>CITRUS RETICULATA (ZEST)</i> Mandarin	ITALY/ARGENTINA Zest	Limonene, γ -terpinene
<i>CITRUS RETICULATA (LE)</i> Mandarin	ITALY Leaf	N-methyl, methyle anthranilate, γ -terpinene
<i>CITRUS SINENSIS</i> Sweet orange	ITALY/BRAZIL Zest	Limonene
<i>COMMIPHORA MOLMOL</i> Myrrh	ETHIOPIA Resin	Curzerene, furanocudesmaoliene
<i>COPAIFERA OFFICINALIS</i> Copaiba balsam	AFRICA Resin	β -caryophyllene
<i>CORIANDRUM SATIVUM</i> Coriander	RUSSIA Fruit	Linalol
<i>CORYDOTHYMUS CAPITATUS</i> Oregano, Spanish	SPAIN Flowering top	Carvacrol
<i>CRITHMUM MARITIMUM</i> Rock Samphire	FRANCE Flowering top	γ -terpinene, β phellandrene, methyl-thymol ether
<i>CUMINUM CYMINUM</i> Cumin	EGYPT Branch	Cuminaldehyde
<i>CUPRESSUS SEMPERVIRENS</i> Cypress	FRANCE/SPAIN/MOROCCO Branch	α -pinene, δ 3 carene
<i>CURCUMA LONGA</i> Turmeric, Curcuma	INDIA Root	Turmerone
<i>CYMBOPOGON CITRATUS</i> Lemongrass	GUATEMALA Aerial part	Neral, geranial
<i>CYMBOPOGON FLEXUOSUS</i> East Indian Lemongrass	INDIA Aerial part	Neral, geranial
<i>CYMBOPOGON MARTINII VAR MOTIA</i> Palmarosa	INDIA Aerial part	Geraniol, geranyl acetate
<i>CYMBOPOGON NARDUS</i> Citronella	CEYLON Aerial part	Trans-methylisoeugenol, geraniol
<i>CYMBOPOGON WINTERIANUS</i> Citronella, Java	VIETNAM Aerial part	Geraniol, citronellol, citronellal

<i>LATIN NAME</i> English name	ORIGIN Distilled part	Main components
<i>DAUCUS CAROTA</i> Carrot	FRANCE/CHECHNYA Seeding green plant	β -bisabolene, daucol, elemicine, methyl-isoeugenol
<i>ELETTARIA CARDOMOMUM</i> Cardamon	GUATEMALA Fruit	1,8 cineole, terpenyl acetate
<i>EUCALYPTUS CITRIODORA</i> Eucalyptus, lemon	MADAGASCAR Leaf	Citronellal, citronellol, isopulegol
<i>EUCALYPTUS DIVES</i> Eucalyptus dives	AUSTRALIA Leaf	Piperitone, α -phellandrene
<i>EUCALYPTUS GLOBULUS</i> Eucalyptus globulus	SPAIN/FRANCE/CHINA Leaf	1,8 cineole
<i>EUCALYPTUS POLYBRACTEA CT2</i> Eucalyptus, blue, cryptone	FRANCE Leaf	Cryptone, spathulenol, paracymene, 1,8 cineole
<i>EUCALYPTUS RADIATA SSP RADIATA</i> Eucalyptus, narrow-leaved	AUSTRALIA Leaf	1,8 cineole, α -terpineol
<i>EUCALYPTUS SMITHII</i> Eucalyptus smithii	AUSTRALIA Leaf	1,8 cineole, limonene, α -pinene,
<i>EUGENIA CARYOPHYLLUS</i> (<i>SYZYGIUM AROMA.</i>) Clove	MADAGASCAR Bud	Eugenol, eugenyl acetate
<i>FERULA GUMMOSA</i> Galbanum	IRAN Resin	Pinene
<i>FOENICULUM VULGARE</i> Fennel	FRANCE / AFRICA Aerial plant	α -phellandrene, trans anethole, methyl chavicol, fenchone
<i>FOKIEA HODGINSII</i> Siam wood	VIETNAM Berry/wood	Trans nerolidol, fokienol
<i>GAULTHERIA FRAGRANTISSIMA</i> Wintergreen, Indian	INDIA Leaf	Methyl salicylate
<i>GAULTHERIA PROCUMBENS</i> Wintergreen	CHINA Leaf	Methyl salicylate
<i>HELICHRYSUM ITALICUM SSP ITALICUM</i> Everlasting	FRANCE / SLOVENIA Flowering top	Neryl acetate, italdione
<i>HYSSOPUS OFFICINALIS</i> VAR <i>DECUMBENS</i> Hyssop, decumbens	FRANCE Flowering top	Linalol, 1,8 cineole

LATIN NAME English name	ORIGIN Distilled part	Main components
<i>HYSSOPUS OFFICINALIS</i> VAR <i>OFFICINALIS</i> Hyssop, common	RUSSIA Flowering top	Isopinocampnone, pinocampnone
<i>ILLICIAM VERUM</i> Star anise	CHINA Fruit	Trans anethole
<i>INULA GRAVEOLENS</i> Inula, sweet	FRANCE Flowering top	Bornyle acetate, lactone, borneol
Jasmine, absolute	Egypt	
<i>JUNIPERUS COMMUNIS</i> VAR <i>ALPINA</i> Juniper, alpine	FRANCE Branches with berries	β -phellandrene, α -pinene, limonene, terpenyl acetate
<i>JUNIPERUS COMMUNIS</i> VAR <i>COMMUNIS</i> Juniper (bay)	SLOVENIA Branches and berries	α -pinene, sabinene
<i>JUNIPERUS COMMUNIS</i> VAR <i>COMMUNIS</i> Juniper	SLOVENIA Pure berries	α -pinene, β -myrcene
<i>JUNIPERUS OXYCEDRUS</i> Juniper, prickly	FRANCE Branch	δ -cadinene, cubenol, cardinadienol
<i>JUNIPERUS VIRGINIANA</i> Juniper, Virginian	VIRGINIA Wood	Thuyopsene, cedrol, cedrene
<i>LAURUS NOBILIS</i> Bay	SLOVENIA Leaf	1,8 cineole
<i>LAVANDULA ANGUSTIFOLIA</i> VAR <i>ANGUSTIFOLIA</i> True lavender	FRANCE Flowering top	Linalol, linalyl acetate
<i>LAVANDULA HYBRIDA</i> CLONE <i>ABRIALIS</i> Lavandin, abrialis	FRANCE Flowering top	Linalol, linalyl acetate, camphor
<i>LAVANDULA HYBRIDA</i> CLONE <i>GROSSO</i> Lavandin, grosso	FRANCE Flowering top	Linalol, linalyl acetate, camphor
<i>LAVANDULA HYBRIDA</i> CLONE <i>REYDOVAN</i> Lavandin, Reydovan	FRANCE Flowering top	Linalol, linalyl acetate, camphor
<i>LAVANDULA HYBRIDA</i> CLONE <i>SUPER</i> Lavandin, super	FRANCE Flowering top	Linalol, linalyl acetate
<i>LAVANDULA LATIFOLIA</i> <i>CINEOLIFERA</i> Lavender, spike	FRANCE/SPAIN Flowering top	1,8 cineole, linalol, camphor

<i>LATIN NAME</i> English name	ORIGIN Distilled part	Main components
<i>LAVANDULA «MAILLETTE»</i> Lavender maillette	FRANCE Flowering top	Linalol, linalyl acetate
<i>LAVANDULA STOECHAS</i> French lavender	FRANCE Flowering top	Fenchone, camphor
<i>LEDUM GROENLANDICUM</i> Ledum	CANADA Flowering branch	Limonene, selinene
<i>LEPTOSPERMUM CITRATUM</i> (<i>PETERSONII</i>) Lemon	AUSTRALIA Leaf	Neral, geranial, citronellal
<i>LEVISTICUM OFFICINALE</i> Lovage	BELGIUM Root	Phtalides
<i>LIPPIA CITRIODORA</i> Verbena, lemon	MOROCCO Leaf	Neral, geranial, limonene
<i>LITSEA CITRATA</i> Exotic verbena	VIETNAM Fruit	Neral, geranial
<i>MATRICARIA RECUTITA</i> German chamomile	EGYPT Flower	Farnesene, chamazulene, bisabolol oxide
<i>MELALEUCA ALTERNIFOLIA</i> Tea-tree	AUSTRALIA Leaf	Terpineol 1,4, γ -terpinene
<i>MELALEUCA CAJUPUTII</i> Cajeput	VIETNAM Leaf	1,8 cineole, limonene
<i>MELALEUCA QUINQUENERVIA CT1</i> Niaouli	MADAGASCAR Leaf	1,8 cineole, viridiflorol
<i>MELALEUCA QUINQUENERVIA CT3</i> Niaouli	AUSTRALIA Leaf	Trans nerolidol
<i>MELALEUCA UNCINATA</i>	AUSTRALIA Leaf	1,8 cineole
<i>MELISSA OFFICINALIS</i> Melissa	SLOVENIA Aerial part	Neral, geranial, β -caryophyllene
<i>MENTHA ARVENSIS</i> Cornmint	INDIA Aerial part	Menthol, menthone, isomenthone
<i>MENTHA X CITRATA</i> Mint, lemon	FRANCE	Linalyl acetate, linalol

<i>LATIN NAME</i> English name	ORIGIN Distilled part	Main components
<i>MENTHA LONGIFOLIA</i> (<i>MENTHA SYLVESTRIS</i>) Mint, horsemint	SLOVENIA Aerial part	Piperitone oxide, piperitenone oxide
<i>MENTHA X PIPERITA</i> VAR <i>FRANCO MITCHAM</i> Mint, peppermint	FRANCE Aerial part	Menthol, menthone
<i>MENTHA PULEGIUM</i> Pennyroyal	MOROCCO Aerial part	Pulegone
<i>MENTHA SPICATA</i> Spearmint, mint	USA Aerial part	Mircene, carvone, limonene
<i>MONARDA FISTULOSA</i> Wild bergamot	FRANCE Aerial part	Geraniol
<i>MYRISTICA FRAGRANS</i> Nutmeg	CEYLON Nut	Pinene, myristicin
<i>MYROXYLON BALSAMUM</i> VAR. <i>PEREIRAS</i> Peruvian balsam	SOUTH AMERICA Resin	Benzyl benzoate, benzyl cinnamate
<i>MYRTUS COMMUNIS CT1</i> Myrtle, cineole	FRANCE Leaf	1,8 cineole, α -pinene,
<i>MYRTUS COMMUNIS CT2</i> Myrtle ² with myrtenyl acetate	MOROCCO Leaf	1,8 cineole, myrtenyl acetate
<i>NARDOSTACHYS JATAMANSI</i> Nard	INDIA Root	Calarene, nardol, cristolene
<i>NEPETA CATARIA</i> VAR. <i>CITRIODORA</i> Catnip	FRANCE Flowering top	Geraniol, nerol, neral, geranial, citronnellol
<i>OCIMUM BASILICUM</i> Basil	MADAGASCAR/VIETNAM/ INDIA Flowering top	Methyl chavicol
<i>ORIGANUM COMPACTUM</i> Moroccan oregano	MOROCCO Flowering top	Carvacrol, thymol
<i>ORIGANUM HERACLEOTICUM</i> Greek oregano	FRANCE Flowering top	Carvacrol, γ -terpinene
<i>ORIGANUM MAJORANA</i> Sweet marjoram	EGYPT Flowering top	Terpineol 1,4, monoterpeneol
<i>ORIGANUM MAJORANA</i> ACT <i>THUJANOL</i> Sweet marjoram	FRANCE Flowering top	Terpineol 1,4, thujanol

LATIN NAME English name	ORIGIN Distilled part	Main components
<i>ORMENIS MIXTA</i> Chamomile, Moroccan	MOROCCO Flowering top	Santolina alcohol, terpenic alcohols, 1,8 cineole
<i>PELARGONIUM X ASPERUM</i> Geranium, Chinese	MADAGASCAR Leaf	Geraniol, citronellol
<i>PELARGONIUM X ASPERUM</i> Geranium, Chinese	CHINA Leaf	Citronellol, geraniol, citronellylde formate
<i>PELARGONIUM X ASPERUM</i> Geranium, Egyptian	EGYPT Leaf	Citronellol, geraniol
<i>PETROSELINUM CRISPUM</i> Garden parsley	INDIA Leaf	Monoterpenes, myristicin
<i>PICEA MARIANA</i> Black spruce	CANADA Needles	monoterpenes, bornyl acetate
<i>PIMENTA RACEMOSA</i> Bay	THE ANTILLES Leaf / Fruit	Eugenol
<i>PIMPINELLA ANISUM</i> Aniseed, Green	HUNGARY Fruit	Trans anethole
<i>PINUS PINASTER</i> Pine, maritime	FRANCE Needles	Pinenes
<i>PINUS PINASTER</i> Pine, maritime	PORTUGAL Resin	Pinenes
<i>PINUS PONDEROSA</i> Ponderosa pine	SOUTH AMERICA Needles	Pinenes, δ 3 carene, methylchavicol
<i>PINUS SYLVESTRIS</i> Scots pine	FRANCE / SLOVENIA Needles	Pinenes, limonene
<i>PIPER NIGRUM</i> Pepper, black	MADAGASCAR Fruit	Sesquiterpenes, limonene
<i>PISTACIA LENTISCUS CT1</i> Mastic	FRANCE Branch	Myrcene, pinene
<i>POGOSTEMON CABLIN</i> Patchouli	INDIA Flowering top	Patchoulol, patchoulenes, α -bulnesene
<i>ROSA DAMASCENA</i> Rose	BULGARIA Flower	Nerol, geraniol, citronellol

<i>LATIN NAME</i> English name	ORIGIN Distilled part	Main components
<i>ROSMARINUS OFFICINALIS CT1</i> Rosemary, camphor	FRANCE Flowering top	Camphre, 1,8 cineole, monoterpenes
<i>ROSMARINUS OFFICINALIS CT2</i> Rosemary, cineol	MOROCCO Flowering top	1,8 cineole
<i>ROSMARINUS OFFICINALIS CT3</i> Rosemary, verbenone	FRANCE Flowering top	Verbenone, bornyl acetate
<i>SALVIA LAVANDULIFOLIA</i> Lavender sage	SPAIN Flowering top	1,8 cineole, camphor
<i>SALVIA OFFICINALIS</i> Sage	FRANCE / SLOVENIA Flowering top	Thuyones, camphor
<i>SALVIA SCLAREA</i> Clary sage	FRANCE/RUSSIA Flowering top	Linalol, sclareol, linalyl acetate
<i>SANTALUM ALBUM</i> Santalwood	INDONESIA Wood	Santalols
<i>SATUREJA HORTENSIS</i> Savory, summer	FRANCE Flowering top	Carvacrol, γ -terpinene
<i>SATUREJA MONTANA</i> Savory, winter	FRANCE / BALKANS Flowering top	Carvacrol, thymol, paracymen
<i>SOLIDAGO CANADENSIS</i> Solidago	FRANCE Aerial part	Mono-sesquiterpenes
<i>STYRAX BENZOE</i> Benzoin	INDONESIA Resin	Benzoic acid, cinnamic acid
<i>TANACETUM ANNUUM</i> Tansy	MOROCCO Leaf	Monoterpenes, chamazulene
<i>THUYA OCCIDENTALIS</i> Thuja	CANADA Branch	Thuyone, fenchone
<i>THYMUS MASTICHINA</i> Marjoram, Spanish	SPAIN Flowering top	1,8 cineole, linalol
<i>THYMUS SATUREIODES</i> Thyme	MOROCCO Flowering top	Borneol, carvacrol
<i>THYMUS SERPYLLUM</i> Thyme, serpolet	ALBANIA Flowering top	Thymol, carvacrol

LATIN NAME English name	ORIGIN Distilled part	Main components
THYMUS VULGARIS LINALOLIFERUM CT1 Thyme, linalol	FRANCE Flowering top	Linalol
THYMUS VULGARIS GERANIOLIFERUM CT2 Thyme, geraniol	FRANCE Flowering top	Geraniol
THYMUS VULGARIS THUYANOLIFERUM CT4 Thyme, thujanol	FRANCE Flowering top	Thujanol 4
THYMUS VULGARIS THYMOLIFERUM CT6 Thyme, thymol	FRANCE Flowering top	Thymol
THYMUS VULGARIS CARVACROLIFERUM CT7 Thyme, carvacrol	FRANCE Flowering top	Carvacrol
THYMUS ZYGIS Thyme, Spanish	SPAIN Flowering top	Thymol, paracymen
TRACHYSPERMUM AMMI (CARUM COPTICUM) Ajowan	INDIA Fruit	Thymol, paracymen, γ -terpinene
VALERIANA OFFICINALIS Valerian	BELGIUM Root	Bornyle acetate, valeranone, camphene
VETIVERIA ZIZANOIDES Vetiver, bourbon	JAVA Root	Vetivene, vetivenol, vetivenone
ZINGIBER OFFICINALE Ginger	BENIN Rhizome	Bisabolene, zingiberene

HIT PARADE OF CHEMOTYPED ESSENTIAL OILS

Eucalyptus radiata	<i>Eucalyptus radiata</i>	p. 33
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Ho wood	<i>Cinnamomum camphora</i> ct linalol	p. 38
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Spike lavender	<i>Lavandula latifolia spica</i>	p. 58
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ABBREVIATIONS

CTEO :	Chemotyped Essential Oil
CT :	Chemotype
V.O. :	Vegetable oil
E.O. :	Essential oil
CNS :	Central Nervous System
PNS :	Parasympathetic Nervous System

More and more physicians, pharmacists, naturopathists and natural food centres are practising this age-old medicine.

Should the patient wish for more information on the therapeutic possibilities of essential oils, this can be found in the different aromatherapy points of sale.

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He will undoubtedly provide more proof of the amazing efficiency of certain as yet unknown essential oils.

