



# ALPHABETICAL LIST OF ESSENTIAL OIL PROFILES

I've selected the common and most commonly used EOs for this list, but I've also added a few unusual ones, my favourites, such as monarda. All the EOs listed can be procured.

Each profile contains:

- The **trade name** under which the EO is usually sold, although it may be that the same EO is sold by different companies under different trade names. The trade name often does not correspond to the botanical name of the source plant.
- The **Latin botanical name** of the plant from which EO is produced. The Latin botanical name is important to identify the raw material (see above).
- The **origin and distribution** of the plant. This specifies the locations where the plant grows naturally, i.e., what climatic conditions are ideal for it. The origin is listed first, followed by areas where the plant has spread or is commercially cultivated.
- The **plant type**, so that you have at least a rough idea of the source plant.
- **Used part of the plant**, as EO can be made from different parts of the plant, even different parts of the same plant species. A classic example is the bitter orange tree (bigarade orange), from which leaves, fruits, and flowers are processed.


- The usual **extraction method**. Although aromatherapists prefer distillation, not all plant materials can be distilled. To choose the method of application/use, it is important to know whether it is an absolute or an extract produced by distillation or CO<sub>2</sub>.
- **Biochemical composition** of volatile aromatic compounds in the EOs (EOs may also contain non-volatile substances, e.g., furocoumarins). The composition will be appreciated more by professionals and those who want to delve deeper into the subject of EOs – the overview of the ingredients alone gives us some idea of the nature and effects of EOs. The composition of EO is variable and depends mainly on climatic conditions, weather, and place of origin, but also on the time of harvesting of the source plant and the processing method. I have drawn information on the composition of EOs from the Ayus database (selling the Oshadhi brand) and from the reference publication *Essential Oil Safety* (2014) by Robert Tisserand and Rodney Young.
- **Select uses and effects** based on online published scientific studies of EOs or their ingredients. Some EOs have been little researched, some not at all or I have not been able to find anything on them. In these cases, I have based my conclusions on their composition and/or the traditional use of the plant in ethnomedicine. For some EOs, the effects traditionally attributed to them could not be supported by studies. However, where the uses and recommendations are considered empirically proven, I list them with the words ‘traditionally used/recommended’.
- A brief summary (titled ‘**Quick reference**’) for a quick orientation of how I use the EO most often.

- **Contraindications and safety warnings**, which I drew from the reference book *Essential Oil Safety* (2014) by Robert Tisserand and Rodney Young.
- A **note** of interest or other clarifying information if it is an unusual (little known) EO or plant.

Essential oils and their compounds have been increasingly scientifically researched in recent decades, and some of this research, and its results, are now available online (only a small part is available for free; most of it is in paid databases of professional journals, publishers, institutions, etc.). As a result, many authors of aroma literature are already including this information in their books. I have also taken advantage of this opportunity to bring you proven information. If you want to find new research being done in the field of EO (because there is always something new!), you can check out the sites I search most often, such as [pubmed.ncbi.nlm.nih.gov](http://pubmed.ncbi.nlm.nih.gov) and [www.sciencedirect.com](http://www.sciencedirect.com). Of course, you'll find many more once you start searching. See p. 434 for more links. If you want to expand your library of aroma books, see p. 433 for some tips.

The information provided on the effects and uses of EOs is only a selection, suitable as a basic orientation. EOs are such complex substances with such a wide range of effects and possible uses that a separate guide could be written on each EO. It is therefore not an exhaustive list. Nevertheless, the amount of information can be overwhelming for the beginner. In order not to get lost, at the end of the 'Select uses and effects' sections, I summarize how I most often use a given EO ('Quick reference'). This might help you get orientated, and can be followed up with deeper study and exploration in practice.





Although I present the source plants very briefly in the profiles, they also deserve your attention. Unfortunately, the format of the book does not allow me to devote adequate space to them. If you want to understand EO in a broader context, it is advisable to acquire good botanical and herbarium publications for further study.

I recommend that you keep detailed records of how EOs affect you and those you treat, so that you can supplement the general information with your own individualized experience to help you target your treatment even better.

# A

## AMYRIS



Latin botanical name

*Amyris balsamifera*

Origin and distribution

South and Central America, Caribbean

Plant type

small tree

Used part of the plant

wood

Extraction method

distillation

### Biochemical composition

Valerianol (up to 21%), 10-epi-gama-eudesmol (up to 11%), elemol (up to 10%), gamma-eudesmol (up to 10%), trans-nerolidol (up to 10%), 7-epi-alpha-eudesmol (up to 6%), alpha-eudesmol (up to 6%), beta-eudesmol (up to 6%), beta-sesquiphellandrene (up to 6%), alpha-zingiberene (up to 4%), beta-acoradiene (up to 4%), ar-curcumene, drimenol, valencene, and other compounds.

### Select uses and effects

Antimicrobial, antibacterial (effective against *Staphylococcus ssp.*), effective against candida (*Candida albicans*), antioxidant, repellent (ticks), relaxing.

Suitable for skin and respiratory infections, traditionally recommended for coughs (ideally together with benzoin), for muscle contractions, for physical and mental tension, cosmetically suitable for the care of mature skin, used in perfumery as a cheap fixative.

/ Quick reference: respiratory infections, skin infections, mature skin care, and tension.

## Contraindications and safety warnings

It is a safe EO when following normal aromatherapy recommendations.

### Note

EO has a very delicate scent. It has been successfully tested for its herbicidal action.

Some sellers sell it under the name ‘sandalwood’ or ‘West Indian sandalwood’, or use it to adulterate real sandalwood. It has nothing in common with white sandal, *Santalum album* (either EO or plant), which is considerably more expensive, except that it is also distilled from the wood of the tree. So always check the Latin name so you know what you’re buying!

# A ANGELICA ROOT



Latin botanical name  
Origin and distribution

*Angelica archangelica*  
northern, eastern, and central Europe  
to Western Asia

Plant type  
Used part of the plant  
Extraction method

perennial herb  
roots  
distillation

### **Biochemical composition**

Alpha-pinene (17–30%), delta-3-carene (10–18%), limonene (5–5%), alpha-phellandrene (8–14%), beta-phellandrene (3–14%), sabinene (3–14%), myrcene (5–10%), cis-beta-ocimene, p-cymene, beta-pinene, terpinolene, alpha-terpinene, and other compounds.

### **Select uses and effects**

Antimicrobial, antibacterial, antifungal, anti-inflammatory, antispasmodic, antioxidant, expectorant; considered to be both overall strengthening, and calming.

Suitable for coughs, bronchitis, asthma (nervous origin), to stimulate digestion, against flatulence and stomach cramps, for constipation, urinary tract, and respiratory infections, for menstrual cramps, traditionally used for detoxification, stabilizing for anxiety, nervous fatigue, physical weakness, and insomnia, for anchoring, can support the psyche in anorexia, for skin inflammatory and fungal infections, for psoriasis and eczema.

*/ Quick reference: indigestion, menstrual cramps, cough, asthma, bronchitis, stabilization of the psyche, weakness, and skin infections.*

### **Contraindications and safety warnings**

EO from the root is phototoxic (recommended concentration on the skin is 0.8%). If you apply it to the skin in a higher concentration, do not expose yourself to sunlight for 12 h.