



WHOLE BODY WELLNESS

Aromatherapy

SOUTHWEST INSTITUTE OF HEALING ARTS

BENEFITS OF AROMATHERAPY



**PAIN
MANAGEMENT**

**BRIGHTENS
MOOD**



**INCREASED
ALERTNESS**

**HEAL
WOUNDS**



**RELIEVE
STRESS**



**MENSTRUAL
RELIEF**



**IMPROVE
SLEEP**



Aromatherapy A to Z

AMYRIS

Inner peace, centering, meditation, compassion, relaxation, perfumery.

ANISE, STAR

Consecration, protection against negative powers, involving beneficial spirits, purification.

ANISEED

Happiness, protection against bad dreams, helpful in treating those who feel unfulfilled and believe that romance would cure the trouble, Use with caution.

BASIL

Aura cleansing, purification, ceremonial cleansing of sacred space, helps to attract spirit beings, courage, inner strength, relaxing and revitalizing, Basil is revered as a sacred herb globally. Use with caution. Avoid during pregnancy.

BAY

Prophetic dreams, spiritual cleansing, purification, increases psychic sensitivity, empowerment, symbolically signifies honor. Bay has narcotic properties and should be used with caution. Avoid during pregnancy.

BERGAMONT

Used to elevate the spirit, clarify the mind, assist confidence and inner strength, to help overcome disempowerment, victim consciousness, connecting to higher self and inner purpose, relaxing and revitalizing.

BENZOIN

Wisdom, understanding, letting go of painful emotions, detachment, recognition, of the principles of love as a balance of give and take. Relaxing, soothing. Use with caution.

Aromatherapy A to Z

CONTINUED

CAMPHOR

Purification, for negative energies, protection, mental clarity, crystal cleansing, health, aphrodisiac, to cool excessive passion. Use with caution.

CARNATION ABSOLUTE

Protection, healing, courage, strength.

CARDAMOM

Associated with love, an ingredient of many aphrodisiac potions, may assist bringing clarity to a situation where selfishness destroys love, or the mind is confused and the heart torn between two lovers. Relaxing. Use with caution.

CARROT SEED

Associated with love magic, aphrodisiac potions. Revitalizes mature skin.

CEDARWOOD ATLAS

Purification, to assist alignment with one's purpose, focus, clarity of intent, consecration of magical tools and sacred spaces, centering, to help letting go of mental and emotional anguish. Avoid during pregnancy.

CEDARWOOD VIRGINIAN

Used for protection and purification of magical spaces, aura cleansing, to dispel negative energies, exorcism and banishing rites, to open spiritual channels, very potent. Use with caution. Avoid during pregnancy.

CHAMOMILE ROMAN

To help bring inner peace, letting go of fear and worry, acceptance, gain confidence based on inner attunement, compassion.

Aromatherapy A to Z

CONTINUED

CHAMOMILE BLUE

More potent than Roman Chamomile, used to gain wisdom, compassion and healing rituals, help to break compulsive mental worry patterns, grounding.

CINNAMON

Used to stimulate mental powers, focus of intent and concentration, open channels of communication on spiritual as well as physical planes, to open heart chakra, used in love potions, to clear energy blockages connected to issues of giving and receiving, may stimulate flow of money. In Egypt it was used for preserving Mummies. Use with caution. Avoid during pregnancy.

CITRONELLA

Used to refresh a weary mind, uplift the spirit, hope, purification, letting go of heavy and dark thought-forms, dispel negative energies. Insect repellent.

CLARY SAGE

Release tension, purification, protection, chakra work, balance energy, connect with higher self, gain spiritual perspective, wisdom, understanding. Use with caution. Avoid during pregnancy. Do not use with alcohol.

CLOVE

Used to revitalize and stimulate mental and physical energy, invoke courage, inner strength, protection, healing, stimulate kundalini energy, used in love potions and money magic. Use with caution.

CORIANDER

Used in love potions to act on the base and heart chakras and thus is suitable for wedding/hand-fasting rites, Compassion, protection, astral travel.

CUMIN

Stimulate base chakra energy, love potions, protection, good luck, prosperity.

Aromatherapy A to Z

CONTINUED

CYPRESS

Promote spiritual understanding, letting go of pain, overcoming separation and losses, rites of completion, death, purification. Avoid during pregnancy.

ELEMI

Rites of passage, transcendence, journey to the spirit realm, important ingredient in ancient Egyptian embalming lotions.

EUCALYPTUS

Purification, healing rites, exorcism, banishing negative energies.

FENNEL, SWEET

Protection, consecration, purification, longevity, courage, focus, transformation, meditation, understanding, concentration, fertility. Use with caution. Not recommended during first months of pregnancy.

FRANKINCENSE

Considered as food for the gods, used for purification, consecration, meditation, spiritual understanding, focus of intent, courage, protection, help overcome fear, negative feelings, loss, grief, compassion, pranayama.

GALBANUM

Purification, protection, banishing negative energies, journeys to the spirit realm, used as an ingredient of embalming lotions in ancient Egypt.

GERANIUM

Protection, dispels, apprehension and negativity, balances inner male and female energies, detachment, flexibility.

Aromatherapy A to Z

CONTINUED

GINGER

Used for self awareness, to stimulate energy, mental or magical work, courage, protection, success, stirs kundalini, love potions.

GRAPEFRUIT

To assist mental clarity, self-confidence, overcoming self-doubt, insecurities, negative emotions that keep one bonded to the pain of past experiences, to help deal with jealousy, envy, bitterness, releasing frustration.

HO-WOOD

To help breaking patterns of holding on to dissatisfying situations especially when due to the fear of the unknown, to help face the here and now and build courage to change, escapist 'if only...' daydreams may be turned into reality.

HYACINTH ABSOLUTE

Used for grounding, commitment, to start new projects, changing thought into action, facing sorrow, grief and death, letting go, breaking compulsive behavior patterns, repression, fear of love.

HYSSOP

Purification, protection, spiritual/aura cleansing, consecration of sacred objects and spaces, banishing of negative energies and angst. Avoid during pregnancy or if suffering from epilepsy or high blood pressure.

JASMINE ABSOLUTE

Increase inner strength, reawaken lost interest, attract love, stimulate kundalini energy. Jasmine resonates on both physical and spiritual levels, used in tantric rituals, for mental and emotional peace, astral travel, to lift the spirit, birthing rites. Avoid during first 4 months of pregnancy.

Aromatherapy A to Z

CONTINUED

JUNIPER

Purification, protection, dispel negative energies and entities, healing rituals, psychic cleansing, crystal cleansing, aids concentration, focus of intent, centering, skin toner, relaxing. Use with caution. Avoid during pregnancy.

LAVENDER

Used for inner peace, purification, meditation, protection against emotional/physical violence, health, spiritual love, mental clarity, to lift the spirit, centering and grounding, love commitments, hand-fasting/marriage, birthing rites, new beginnings. Employed in a vast array of conditions.

LAVENDAR, SPIKE

Uses are the same as for true lavender.

LEMON

Used to increase clarity of mind, to refresh the spirit, energizing, purification, healing rituals, break apathy and inertia, compassion, love.

LEMON

Purification, clear psychic channels, and boredom, energizing, to overcome self-pity and self-centeredness. Insect repellent. Use with caution.

LAVENDAR, SPIKE

Purification, cleanse ritual tools, spiritual love, dream work. Use with caution.

LINDEN BLOSSOM ABSOLUTE

Used for spiritual, transcendental love bonds, compassion, to open heart and mind in communications where differences needs to be settled, understanding, sincerity, integrity, higher self awareness.

Aromatherapy A to Z

CONTINUED

LIME

Used for revitalizing the mind and spirit, protection, energizes intent of action, purification, cutting through blurred vision and fuzziness, to help gain clarity and decisiveness. Use with caution.

MANDARIN

For letting go of negative emotions, soothing emotional wounds to help gain a sense of self-acceptance, to diffuse self-hate, to elevate the spirit, to open the heart chakra, promote inner peace and happiness.

MARJORAM, SWEET

Sacred to Venus, used to increase compassion, to open the heart chakra, overcome irrational fear and paranoia, help gain perspective, grounding, used as a funeral herb to promote easy transition and blissful existence in the spirit realm, protection against thunder/lightning. Avoid during pregnancy.

MELISSA, TRUE

Lift the spirit and gladden the heart, dispel fears and worries, protection, for inner peace, purification, cleansing ritual objects, prosperity consciousness.

MIMOSA ABSOLUTE

Protection, purification, prophetic dreams, love, healing.

MYRTLE

Attract love and peace, promote prosperity, fertility, happiness, rejuvenation.

MYRRH

Traditionally one of the most holy plants for purification, dispelling of negative energies, protection, psychic sensitivity, protection on journeys to the spirit realm, rites of passage, spiritual understanding, letting go, transcending pain, grief, sorrow, grounding, Use with caution. Avoid during pregnancy.

Aromatherapy A to Z

CONTINUED

NARCISSUS ABSOLUTE

Spiritual love, trance work, prophetic dreams, inspiration, transcendence, new beginnings, rites of passage, journeys to spirit realm. Use with caution.

NEROLI

Used for centering, focus of intent, to clear mental confusion, to open the heart chakra, dispels fear and worries, attracts positive energies, happiness, soothes restlessness, hysteria and shock.

NIAOULI

Purification, protection, release of negative energies that 'clog up' the physical and mental bodies, aura cleansing.

OAKMOSS RESINOID

Grounding, consolidate one's intent, protection, affirmation, faith, prosperity.

ORANGE

To refresh the mind and uplift the spirit, energize, rejuvenation, letting go of heavy thought forms, opening the heart and mind for love joy and happiness.

PALMAROSA

Protection, love, healing, focus of intent.

PATCHOULI

Used as a potent aphrodisiac, to enhance sensuality, awaken kundalini energy, grounding, assist manifestation.

PEPPER, BLACK

Protection, energy, drive, to help overcome inertia and lethargy, stimulate sex drive, strength, courage and endurance. Use with caution.

Aromatherapy A to Z

CONTINUED

PEPPERMINT

Purification, mental clarity, dispels negative thought forms and energies, cleansing sacred space and ritual objects, to increase psychic sensitivity. Caution: Not recommended during first 4 months of pregnancy.

PETITGRAIN

Used for easing mental anguish, to help release emotional tension, grounding, to soothe emotional wounding and help let go of pain. Caution: Not recommended during first 4 months of pregnancy.

PIMENTO BERRY

To break inertia and any subtle energy blockage, to energize, promote prosperity, healing rituals, protection, and courage. Use with caution.

PINE

Purification, cleansing of sacred space and ritual objects, dispel negative energy, crystal cleansing, protection, fertility, birth, inner strength, understanding, healing rituals, prosperity consciousness, manifestation.

ROSE OTTO/ROSE ABSOLUTE

For love, inner peace and compassion, to open heart chakra, happiness, let go of the past, prophetic dreams, overcome dependency, dispel fear, sadness, grief, regrets. Caution: Not recommended during first 4 months of pregnancy.

ROSEMARY

For inner strength, self-confidence, mental clarity, focus of intent, to break apathy and inertia, protection, purification, cleansing of sacred space and ritual objects, spiritual awareness and understanding, for memory, to assist transition into spirit realm, funeral rites, rites of passage. Caution: Not recommended during first 4 months of pregnancy or if suffering from high blood pressure.

Aromatherapy A to Z

CONTINUED

SAGE, SPANISH

Used for aura cleansing, to dispel negative energies, purification, protection, spiritual understanding and wisdom, divination. Caution: Avoid during pregnancy or if suffering from high blood pressure.

SANDALWOOD

Extremely sacred in Eastern religions, spiritual awareness, inner peace, alignment with higher purpose, wisdom, dispel fears and negative energies, divination, meditation, understanding laws of manifestation, prosperity consciousness, healing, passage into spirit realm, transcendence, relaxing.

SPEARMINT

Healing rituals, aura cleanse, crystal cleansing, protection from negative energy during dream work, mental clarity, focus. Avoid during pregnancy.

SPIKENARD

Protection, purification, attracts good luck and helpful spirits, as a charm to stay true to one's love, memory, learning, anointing oil.

TEA-TREE

Used for aura cleansing, protection, purification, to open mental channels and mental clarity, unclog upper chakras. Wide application in aromatherapy.

THYME, WHITE

Emotional balance, align balance between give and take, promote health, purification, protection, inner strength, emotional courage. Use with caution.

TUBEROSE ABSOLUTE

Sacred to the Maya who view it as origin of the gods, love, compassion, used for attracting visions, trance work, psychic sensitivity, to open heart chakras.

Aromatherapy A to Z

CONTINUED

VALERIAN

Protection against lightning, peace, passion, taming, purification, harmony in relationships, centering, grounding. Very relaxing. Use with caution.

VANILLA ABSOLUTE

Love, to stimulate base chakra, mental powers, stimulate energy.

VETIVERT

Grounding, prosperity consciousness, understanding laws of manifestation, protection, attracting love.

YARROW

Protection, courage, love friendship, psychic powers, rid negative energies.

YLANG YLANG

Used to attract love, enhance sensuality, dispel fear and apprehension, negative projections, assist to gain a sense of self-worth and confidence, let go of guilt, jealousy and anger which prevent one from moving forward.

HOW TO USE OILS

You can inhale them or diffuse them in an essential oil diffuser.

You can apply them topically on your skin.

They are wonderful for cooking and baking.

They make powerful disinfectants and natural cleaners.

They are excellent for beauty and anti-aging.



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