## Constituent Chart

### Borneyl Acetate
- Fir Needle *Abies sibirica*
- Spruce Hemlock *Tsuga canadensis*

*Relaxing and grounding, beneficial to meditation and focus. Supports a healthy respiratory system.*

### Alpha-Cedrene
- Cedarwood Virginian *Juniperus virginiana*
- Cedarwood Texas *Juniperus mexicana*

*Helps to support a healthy respiratory system. Eases congestion after a long day standing on your feet. Brings balance to sebum levels in the skin.*

### Camphor
- Sage Dalmation *Salvia officinalis* *

*Helps support a healthy respiratory system. Creates a warming sensation to the skin, helping soothe discomfort associated with normal wear and tear on the body.*

### Cinnamaldehyde
- Cinnamon Bark *Cinnamomum verum* *
- Cinnamon Cassia *Cinnamomum cassia* *

*Very warming to the skin (must be properly diluted). Cleanses and purifies the air. May help to support a healthy immune system.*

### Carvacrol
- Oregano *Origanum vulgare* *

*Air cleanser and purifier. Can support a healthy immune system. Very strong, use caution.*

### Carvone
- Dill Weed *Anethum graveolens*
- Spearmint *Mentha spicata*

*Can aid in a healthy digestive system. Soothes minor tummy upset. Helps to ease physical tension. Uplifting.*

### Beta-Caryophyllene
- Black Pepper *Piper nigrum*
- Copaiba *Copaifera officinalis*
- Melissa *Melissa officinalis* *

*Helps combat redness and heat in the skin. Soothes joint pains associated with normal aging. Helps support mental wellness by bringing calm and reassurance during challenging times.*

### 1,8-Cineole
- Balm Mint Bush *Prostanthera melissifolia*
- Cajeput *Melaleuca cajuputi* *
- Camphor *Cinnamomum camphora* *
- Cardamom *Elettaria cardamomum*
- Eucalyptus Globulus *Eucalyptus globulus* *
- Eucalyptus Radiata *Eucalyptus radiata* *
- Fragonia *Taxandria fragans*
- Laurel Leaf *Laurus nobilis* *
- Niaouli 1,8-Cineole *Melaleuca quinquenervia* *
- Rosalina *Melaleuca ericifolia*
- Rosemary, 1,8-Cineole *Rosmarinus officinalis* *
- Saro *Cinnamosma fragrans* *

*A strong chemical constituent supporting a healthy respiratory system. Warming and soothing to the skin.*

### Citronellal
- Citronella *Cymbopogon winterianus*
- Lemon Eucalyptus *Corymbia citriodora*

*Calming, uplifting and clearing. Helps keep outdoor annoyances at bay.*

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**CITRONELLOL**

- Geranium Bourbon *Pelargonium x asperum*
- Geranium Egyptian *Pelargonium x asperum*
- Rose Absolute *Rosa x centifolia*
- Rose Otto *Rosa x damascena*

Often used in personal care products, citronellol is great for radiant, glowing skin. Provides comfort during more challenging times. Beneficial to deter outdoor nuisances.

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**EUGENOL**

- Allspice *Pimenta dioica*
- Clove Bud *Syzygium aromaticum*
- Cinnamon Leaf *Cinnamomum verum*

Highly purifying and cleansing to the air. Supports a healthy immune system. Restorative during periods of seasonal illness.

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**GERANIAL**

- Lemongrass *Cymbopogon flexuosus*
- Melissa *Melissa officinalis*
- May Chang *Litsea cubeba*


*Note: Geranial and Neral are often found together in similar amounts, and are known by a single name, Citral.

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**GERANIOIL**

- Citronella *Cymbopogon winterianus*
- Geranium Bourbon *Pelargonium x asperum*
- Geranium Egyptian *Pelargonium x asperum*
- May Chang *Litsea cubeba*
- Palmarosa *Cymbopogon martini*
- Rose Otto *Rosa x damascena*

Beneficial during times of seasonal illness. Skin restorative. Cleanses and sanitizes the air.

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**b-HIMACHALENE**

- Cedarwood Atlas *Cedrus atlantica*
- Cedarwood Himalayan *Cedrus deodara*


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**LIMONONE**

- Bergamot *Citrus bergamia*
- Black Pepper *Piper nigrum*
- Camphor *Cinnamomum camphora*
- Dill Weed *Anethum graveolens*
- Elemi *Canarium luzonicum*
- Grapefruit Pink *Citrus x paradisi*
- Lemon *Citrus x limon*
- Lime *Citrus x aurantifolia*
- Mandarin *Citrus reticulata*
- Neroli *Citrus x aurantium*
- Orange Blood *Citrus sinensis*
- Orange Sweet *Citrus sinensis*
- Palo Santo *Bursera graveolens*
- Ravensara *Ravensara aromatica*
- Tangerine *Citrus reticulata*
- Yuzu *Citrus junos*

A stimulating tonic. Uplifting to the senses. Great for supporting a healthy immune system. Light and refreshing.

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**LINALOOL**

- Basil Linalool *Ocimum basilicum*
- Clary Sage *Salvia sclarea*
- Coriander Seed *Coriandrum sativum*
- Ho Wood *Cinnamomum camphora*
- Lavandin *Lavandula x intermedia*
- Lavender *Lavandula angustifolia*
- Neroli *Citrus x aurantium*
- Petitgrain *Citrus x aurantium*
- Rosalina *Melaleuca ericifolia*
- Thyme Linalool *Thymus vulgaris*
- Yuzu *Citrus junos*

A calming constituent promotes a restful night’s sleep. Supportive of mental wellness. Grounding.

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**LINALYL ACETATE**

- Bergamot *Citrus bergamia*
- Clary Sage *Salvia sclarea*
- Lavandin *Lavandula x intermedia*
- Lavender *Lavandula angustifolia*
- Petitgrain *Citrus x aurantium*


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<table>
<thead>
<tr>
<th>MENTHOL</th>
<th>y TERPINENE</th>
</tr>
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<tbody>
<tr>
<td>Peppermint <em>Mentha x piperita</em></td>
<td></td>
</tr>
<tr>
<td>Cooling to the skin, but considered a warming constituent. Relieves minor stomach upset, and supports a healthy digestive system. Can assist in deeper breathing.</td>
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<tr>
<td>Mandarin <em>Citrus reticulata</em></td>
<td></td>
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<tr>
<td>Marjoram Sweet <em>Origanum majorana</em></td>
<td></td>
</tr>
<tr>
<td>Tea Tree <em>Melaleuca alternifolia</em></td>
<td></td>
</tr>
<tr>
<td>Supportive of a healthy immune system. Reduces heat and redness in the skin.</td>
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<table>
<thead>
<tr>
<th>a PINENE</th>
<th>TERPINEN-4-OL</th>
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<tbody>
<tr>
<td>Balsam Fir <em>Abies balsamea</em></td>
<td></td>
</tr>
<tr>
<td>Cypress <em>Calitris intratropica</em></td>
<td></td>
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<tr>
<td>Fragonia <em>Taxandria fragrans</em></td>
<td></td>
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<tr>
<td>Frankincense Carteri <em>Boswellia carteri</em></td>
<td></td>
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<tr>
<td>Jack Pine <em>Pinus banksiana</em></td>
<td></td>
</tr>
<tr>
<td>Juniper Berry <em>Juniperus communis</em></td>
<td></td>
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<tr>
<td>Kunzea <em>Kunzea ambigua</em></td>
<td></td>
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<tr>
<td>Nutmeg <em>Mynistica fragrans</em></td>
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<tr>
<td>Pine Scots <em>Pinus sylvestris</em></td>
<td></td>
</tr>
<tr>
<td>Supports a healthy respiratory system; facilitating deeper, easier breathing. Helpful for occasional discomfort due to normal daily wear and tear. Pinene, when inhaled can help support strong emotions, promoting strength.</td>
<td></td>
</tr>
<tr>
<td>Mandarin Sweet <em>Origanum majorana</em></td>
<td></td>
</tr>
<tr>
<td>Tea Tree <em>Melaleuca alternifolia</em></td>
<td></td>
</tr>
<tr>
<td>Reduces heat and redness in the skin. Aids in immune support. Cleanses and purifies the air. Helpful for teenage skin blemishes.</td>
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<thead>
<tr>
<th>PIPERITONE</th>
<th>a-THUJENE</th>
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<tbody>
<tr>
<td>Balm Mint Bush <em>Prostanthera melissifolia</em></td>
<td></td>
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<tr>
<td>Eucalyptus Dives <em>Eucalyptus dives</em></td>
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<tr>
<td>A strong but gentle essential oil constituent for supporting a healthy respiratory system. Highly uplifting, cleansing and clearing. Great for skin support.</td>
<td></td>
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<tr>
<td>Frankincense Frereana <em>Boswellia frereana</em></td>
<td></td>
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<tr>
<td>Frankincense Serrata <em>Boswellia serrata</em></td>
<td></td>
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<tr>
<td>Grounding and meditative. Can provide support to the immune system. Can promote healing of wounds and bruises.</td>
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<table>
<thead>
<tr>
<th>a SANTALOL</th>
<th>THYMOL</th>
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</thead>
<tbody>
<tr>
<td>Sandalwood Australian <em>Santalum spicatum</em></td>
<td></td>
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<tr>
<td>Sandalwood Indian <em>Santalum album</em></td>
<td></td>
</tr>
<tr>
<td>Wonderful for calming and grounding; a constituent for meditation and tension relief. Enhances radiant skin. Beneficial for the discomfort associated with normal wear and tear on the body.</td>
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<tr>
<td>Thyme Thymol <em>Thymus vulgaris</em></td>
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</tr>
<tr>
<td>One of the strongest constituents for supporting a healthy immune system. Helpful to combat any possible skin issues after a hospital stay. A strong support for a healthy respiratory system. Very strong, follow safety precautions.</td>
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<thead>
<tr>
<th>trans-ANETHOLE</th>
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<tbody>
<tr>
<td>Fennel Sweet <em>Foeniculum vulgare</em></td>
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<tr>
<td>Star Anise <em>Illicium verum</em></td>
</tr>
<tr>
<td>Helps to support a healthy digestive system. Comforting for the bumps and challenges of a woman's natural aging process. Calming and reassuring.</td>
</tr>
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