

CONSTITUENT CHART

BORNYL 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.

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 fragrans*
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.

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.

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 damascene**

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

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.

GERANIAL

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

Calming and uplifting. Helps deter outdoor nuisances. Promotes mental and physical wellbeing. Skin restorative.

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

GERANIOL

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.

b-HIMACHALENE

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

Supports a healthy respiratory system. Calming and grounding. Restores sebum imbalances. Helps keep outdoor annoyances away.

LIMONENE

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.

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.

LINALYL ACETATE

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

A calming constituent. much like linalool. Supportive of mental wellness. Grounding.

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MENTHOL

Peppermint *Mentha x piperita**

Cooling to the skin, but considered a warming constituent. Relieves minor stomach upset, and supports a healthy digestive system. Can assist in deeper breathing.

γ TERPINENE

Mandarin *Citrus reticulata*
Marjoram Sweet *Origanum majorana*
Tea Tree *Melaleuca alternifolia*

Supportive of a healthy immune system.
Reduces heat and redness in the skin.

α PINENE

Balsam Fir *Abies balsamea*
Cypress *Callitris intratropica*
Fragonia *Taxandria fragrans*
Frankincense Carteri *Boswellia carteri*
Jack Pine *Pinus banksiana**
Juniper Berry *Juniperus communis*
Kunzea *Kunzea ambigua*
Nutmeg *Myristica fragrans**
Pine Scots *Pinus sylvestris*

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.

TERPINEN-4-OL

Marjoram Sweet *Origanum majorana*
Tea Tree *Melaleuca alternifolia*

Reduces heat and redness in the skin.
Aids in immune support. Cleanses and purifies the air. Helpful for teenage skin blemishes.

α-THUJENE

Frankincense Frereana *Boswellia frereana*
Frankincense Serrata *Boswellia serrata**

Grounding and meditative. Can provide support to the immune system. Can promote healing of wounds and bruises.

PIPERITONE

Balm Mint Bush *Prostanthera melissifolia*
Eucalyptus Dives *Eucalyptus dives*

A strong but gentle essential oil constituent for supporting a healthy respiratory system. Highly uplifting, cleansing and clearing. Great for skin support.

THYMOL

Thyme Thymol *Thymus vulgaris**

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.

α SANTALOL

Sandalwood Australian *Santalum spicatum*
Sandalwood Indian *Santalum album*

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.

trans-ANETHOLE

Fennel Sweet *Foeniculum vulgare**
Star Anise *Illicium verum**

Helps to support a healthy digestive system. Comforting for the bumps and challenges of a woman's natural aging process. Calming and reassuring.

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