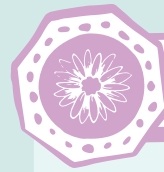


essential oil SUBSTITUTION CHART



AIR PURIFIERS

Balm Mint Bush *Prostanthera melissifolia*
Bergamot *Citrus bergamia*
Cinnamon Bark *Cinnamomum verum**
Cinnamon Cassia *Cinnamomum cassia**
Cinnamon Leaf *Cinnamomum verum**
Eucalyptus Dives *Eucalyptus dives*
Lemon *Citrus x limon*
Lemon Eucalyptus *Corymbia citriodora*
Lemongrass *Cymbopogon flexuosus**
Manuka *Leptospermum scoparium*
Palmarosa *Cymbopogon martini*
Tea Tree *Melaleuca alternifolia*



MENSTRUAL DISCOMFORT

Cajeput *Melaleuca cajuputi**
Clary Sage *Salvia sclarea*
Davana *Artemisia pallens**
Fennel Sweet *Foeniculum vulgare**
Geranium Bourbon *Pelargonium x asperum*
Geranium Egyptian *Pelargonium x asperum*
Marjoram Sweet *Origanum majorana*
Turmeric CO2 *Curcuma longa*



MENTAL WELLNESS

Basil Linalool *Ocimum basilicum**
Bergamot *Citrus bergamia*
Blue Cypress *Callitris intratropica*
Blue Tansy *Tanacetum annuum*
Buddha Wood *Eremophila mitchellii**
Cardamom *Elettaria cardamomum*
Cedarwood (all varieties)
Chamomile German *Matricaria chamomilla*
Chamomile Roman *Chamaemelum nobile*
Clary Sage *Salvia sclarea*
Davana *Artemisia pallens**
Frankincense (all varieties)
Geranium Bourbon *Pelargonium x asperum*
Geranium Egyptian *Pelargonium x asperum*
Helichrysum Italicum *Helichrysum italicum*
Ho Wood *Cinnamomum camphora*
Jasmine Absolute *Jasminum sambac**
Laurel Leaf *Laurus nobilis**
Lavender *Lavandula angustifolia*
Myrrh *Commiphora myrrha**
Patchouli *Pogostemon cablin*
Rose Absolute *Rosa x centifolia*
Rose Otto *Rosa x damascena**
Sandalwood Australian *Santalum spicatum*
Sandalwood Indian *Santalum album*
Spikenard *Nardostachys jatamansi**
Tangerine *Citrus reticulata*
Valerian Root *Valeriana jatamansi**



COMFORT DURING TIMES OF HARDSHIP AND GRIEF

Bergamot *Citrus bergamia*
Blue Tansy *Tanacetum annuum*
Frankincense (all varieties)
Neroli *Citrus x aurantium*
Rose Absolute *Rosa x centifolia*
Rose Otto *Rosa x damascena**
Spikenard *Nardostachys jatamansi**



MEDITATION AND GROUNDING

Basil Linalool *Ocimum basilicum**
Blue Tansy *Tanacetum annuum*
Buddha Wood *Eremophila mitchellii**
Davana *Artemisia pallens**
Elemi *Canarium luzonicum**
Frankincense (all varieties)
Juniper Berry *Juniperus communis*
Myrrh *Commiphora myrrha**
Patchouli *Pogostemon cablin*
Sandalwood Australian *Santalum spicatum*
Sandalwood Indian *Santalum album*

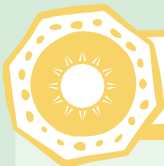


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OCCASIONAL DIGESTIVE UPSET

Cardamom *Elettaria cardamomum*
Coriander Seed *Coriandrum sativum*
Dill Weed *Anethum graveolens*
Fennel Sweet *Foeniculum vulgare**
Ginger Root CO2 *Zingiber officinale**
Marjoram Sweet *Origanum majorana*
Peppermint *Mentha x piperita**
Spearmint *Mentha spicata*



OUTDOOR ANNOYANCES

Catnip *Nepeta cataria*
Cedarwood Texas *Juniperus mexicana*
Citronella *Cymbopogon winterianus*
Geranium Bourbon *Pelargonium x asperum*
Geranium Egyptian *Pelargonium x asperum*
Lemon Eucalyptus *Corymbia citriodora*
Lemongrass *Cymbopogon flexuosus**
Rosalina *Melaleuca ericifolia*



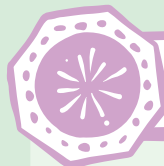
PICK ME UP

Eucalyptus Globulus *Eucalyptus globulus**
Grapefruit Pink *Citrus x paradisi*
Lemon *Citrus x limon*
Orange Blood *Citrus sinensis*
Peppermint *Mentha x piperita**
Rosemary 1,8-Cineole *Rosmarinus officinalis**
Spearmint *Mentha spicata*



RELIEVE OCCASIONAL OVEREXERTION

Balsam Fir *Abies balsamea*
Black Pepper *Piper nigrum*
Cajeput *Melaleuca cajuputi**
Copaiba *Copaifera officinalis*
Elemi *Canarium luzonicum**
Eucalyptus Globulus *Eucalyptus globulus**
Fragonia *Taxandria fragrans*
Frankincense Carteri *Boswellia carteri* (EO and CO2)
Juniper Berry *Juniperus communis*
Kunzea *Kunzea ambigua*
Marjoram Sweet *Origanum majorana*
Niaouli 1,8-Cineole *Melaleuca quinquenervia**
Pine Scots *Pinus sylvestris*
Rosemary 1,8-Cineole *Rosmarinus officinalis**
Saro *Cinnamosma fragrans**



RELIEVE MINOR TENSION

Basil Linalool *Ocimum basilicum**
Chamomile Roman *Chamaemelum nobile*
Lavender *Lavandula angustifolia*
Marjoram Sweet *Origanum majorana*
Peppermint *Mentha x piperita**
Rosemary 1,8-Cineole *Rosmarinus officinalis**
Sandalwood Australian *Santalum spicatum*
Spearmint *Mentha spicata*
Turmeric CO2 *Curcuma longa*



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RESPIRATORY SUPPORT

Balsam Fir *Abies balsamea*
Cardamom *Elettaria cardamomum*
Cedarwood Atlas *Cedrus atlantica*
Cypress *Cupressus sempervirens*
Eucalyptus Dives *Eucalyptus dives*
Eucalyptus Globulus *Eucalyptus globulus**
Eucalyptus Radiata *Eucalyptus radiata**
Fir Needle *Abies sibirica*
Fragonia *Taxandria fragrans*
Lavandin *Lavandula x intermedia*
Niaouli 1,8-Cineole *Melaleuca quinquenervia*
Pine Scots *Pinus sylvestris*
Rosalina *Melaleuca ericifolia*
Rosemary 1,8-Cineole *Rosmarinus officinalis**
Spruce Hemlock *Tsuga canadensis*
Thyme Linalool *Thymus vulgaris**



SUPPORT A HEALTHY IMMUNE SYSTEM

Bergamot *Citrus bergamia*
Chamomile German *Matricaria chamomilla*
Chamomile Roman *Chamaemelum nobile*
Cinnamon Bark *Cinnamomum verum**
Clove Bud *Syzygium aromaticum**
Fragonia *Taxandria fragrans*
Frankincense Carteri *Boswellia carteri*
Helichrysum Italicum *Helichrysum italicum*
Laurel Leaf *Laurus nobilis**
Lemon *Citrus x limon*
Manuka *Leptospermum scoparium*
Oregano *Origanum vulgare**
Tea Tree *Melaleuca alternifolia*
Thyme Linalool *Thymus vulgaris**



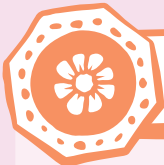
RESTFUL SLEEP

Basil Linalool *Ocimum basilicum**
Chamomile Roman *Chamaemelum nobile*
Clary Sage *Salvia sclarea*
Fragonia *Taxandria fragrans*
Lavender *Lavandula angustifolia (both varieties)*
Neroli *Citrus x aurantium*
Rose Absolute *Rosa x centifolia*
Sandalwood Australian *Santalum spicatum*
Sandalwood Indian *Santalum album*
Valerian Root *Valeriana jatamansi**
Vetiver *Vetiveria zizanioides*



SUPPORT HEALTHY GLOWING SKIN

Cedarwood Texas *Juniperus mexicana*
Coriander Seed *Coriandrum sativum*
Frankincense (all varieties)
German Chamomile *Matricaria chamomilla (EO and C02)*
Geranium Bourbon *Pelargonium x asperum*
Geranium Egyptian *Pelargonium x asperum*
Helichrysum Italicum *Helichrysum italicum*
Lavandin *Lavandula x intermedia*
Lavender *Lavandula angustifolia*
Manuka *Leptospermum scoparium*
Petitgrain *Citrus x aurantium*
Rose Absolute *Rosa x centifolia*
Rose Otto *Rosa x damascena**
Tea Tree *Melaleuca alternifolia*



SEASONAL CHALLENGES

Blue Tansy *Tanacetum annuum*
Cedarwood Atlas *Cedrus atlantica*
Chamomile German *Matricaria chamomilla*
Chamomile Roman *Chamaemelum nobile*
Helichrysum Italicum *Helichrysum italicum*
Fragonia *Taxandria fragrans*
Niaouli 1,8-Cineole *Melaleuca quinquenervia**
Sandalwood Australian *Santalum spicatum*



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