

# TOP 20 OILS FOR



## ESSENTIAL OILS

## CONSTITUENTS (therapeutic properties that aid in relaxation)

<b>Amyris</b> <i>Amyris balsamifera</i>	Valerianol
<b>Basil Linalool</b> <i>Ocimum basilicum</i> *	Linalool, Myrcene
<b>Bergamot</b> <i>Citrus bergamia</i>	Linalyl Acetate, Linalool
<b>Blue Tansy</b> <i>Tanacetum annuum</i>	Chamazulene, Myrcene
<b>Cedarwood Virginian</b> <i>Juniperus virginiana</i>	Cedrol
<b>Chamomile Roman</b> <i>Chamaemelum nobile</i>	Isobutyl Angelate, Methylallyl Angelate
<b>Clary Sage</b> <i>Salvia sclarea</i>	Linalyl Acetate, Linalool
<b>Fragonia</b> <i>Taxandria fragrans</i>	Linalool, Terpineol, Myrcene
<b>Ho Wood</b> <i>Cinnamomum camphora</i>	Linalool
<b>Jasmine Absolute</b> <i>Jasminum sambac</i>	Linalool
<b>Lavender</b> <i>Lavandula angustifolia</i>	Linalool, Linalyl Acetate
<b>Mandarin</b> <i>Citrus reticulata</i>	Myrcene
<b>Marjoram Sweet</b> <i>Origanum majorana</i>	Terpinene, Linalool, Myrcene
<b>Neroli</b> <i>Citrus x aurantium</i>	Linalool, Linalyl Acetate, $\alpha$ -Terpineol
<b>Rose Absolute</b> <i>Rosa x centifolia</i>	Citronellol, Phenyl Ethyl Alcohol
<b>Sandalwood Australian</b> <i>Santalum spicatum</i>	(Z)- $\alpha$ -Santalol, (Z)- $\beta$ -Santalol
<b>Spikenard</b> <i>Nardostachys jamansi</i> *	Valeranone, Valerenal
<b>Valerian Root</b> <i>Valeriana jatamansi</i> *	Isovaleric Acid, 3-Methylvaleric Acid, Patchulol
<b>Vetiver</b> <i>Vetiveria zizanioides</i>	Khusimol, Vetivone, $\alpha$ -Vetivone, $\beta$ -Vetivone
<b>Ylang Ylang Complete</b> <i>Cananga odorata</i> *	Linalool, Geraniol

\*Not KidSafe®

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100% PURE ESSENTIAL OILS