

ESSENTIAL OIL

1. Agar oil, distilled from Agarwood (*Aquilaria malaccensis*). Highly prized for its fragrance.
2. Ajwain oil, distilled from the leaves of Bishop's weed (*Carum copticum*). Oil contains 35-65% thymol.
3. Angelica root oil, distilled from the *Angelica archangelica*.
4. Anise oil, from the *Pimpinella anisum*, rich odor of licorice, used medicinally.
5. Asafoetida, used medicinally and to flavor food.
6. Balsam oil, from the *Myroxylon pereirae*.
7. Basil oil is used in making perfumes, as well as in aromatherapy
8. Bergamot oil, used in aromatherapy and in perfumes.
9. Black Pepper essential oil is distilled from the berries of *Piper nigrum*. The warm, soothing effect makes it ideal for treating muscle aches, pains and strains.
10. Buchu oil, made from the buchu shrub. Considered toxic and no longer widely used. Formerly used medicinally.
11. Cannabis flower essential oil, used as a flavoring in foods, primarily candy and beverages. Also used as a scent in perfumes, cosmetics, soaps, and candles.
12. Caraway oil, used a flavoring in foods. Also used in mouthwashes, toothpastes, etc. as a flavoring agent.
13. Cardamom seed oil, used in aromatherapy and other medicinal applications. Extracted from seeds of subspecies of *Zingiberaceae* (ginger). Also used as a fragrance in soaps, perfumes, etc.
14. Carrot seed oil (essential oil), used in aromatherapy.
15. Cedarwood oil, primarily used in perfumes and fragrances.
16. Chamomile oil, There are many varieties of chamomile but only two are used in aromatherapy- Roman and German. Both have similar healing properties but German chamomile contains a higher level of azulin (an anti-inflammatory agent).
17. Calamus Root, used medicinally
18. Cinnamon oil, used for flavoring and medicinally.
19. Cistus species
20. Citronella oil, from a plant related to lemon grass is used as an insect repellent, as well as medicinally.
21. Clary Sage
22. Clove leaf oil, used as a topical anesthetic to relieve dental pain.
23. Coffee, used to flavor food.
24. Coriander
25. Costmary oil (bible leaf oil),
26. Costus Root, used medicinally
27. Cranberry seed oil, equally high in omega-3 omega-6 fatty acids, primarily used in the cosmetic industry.
28. Cubeb, used medicinally and to flavor foods.
29. Cumin oil/Black seed oil, used as a flavor, particularly in meat products. Also used in veterinary medicine.
30. Cypress
31. Cypriol
32. Curry Leaf, used medicinally and to flavor food.
33. Davana oil, from the *Artemisia pallens*, used as a perfume ingredient and as a germicide.
34. Dill oil, chemically almost identical to caraway seed oil. High carvone content.
35. Elecampane, used medicinally.
36. Eucalyptus oil, historically used as a germicide. Commonly used in cough medicine, among other medicinal uses.
37. Fennel seed oil, used medicinally, particularly for treating colic in infants.
38. Fenugreek oil, used medicinally and for cosmetics from ancient times.

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40. Frankincense oil, used for aromatherapy and in perfumes.
41. Galangal, used medicinally and to flavor food.
42. Galbanum
43. Geranium oil, used medicinally, particularly in aromatherapy, used for hormonal imbalance, for this reason geranium is often considered to be "female" oil.
44. Ginger oil, used medicinally in many cultures.
45. Goldenrod
46. Grapefruit oil, extracted from the peel of the fruit. Used in aromatherapy. Contains 90% limonene.
47. Henna oil, used medicinally.
48. Helichrysum
49. Hyssop
50. Idaho Tansy
51. Jasmine oil, used for its flowery fragrance.
52. Juniper berry oil, used as a flavor. Also used medicinally, including traditional medicine.
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54. Lavender oil is distilled from the lavender flower
55. Laurus nobilis
56. Lavender oil, used primarily as a fragrance. Also used medicinally.
57. Ledum
58. Lemon oil, similar in fragrance to the fruit. Unlike other essential oils, lemon oil is usually cold pressed. Used medicinally, as an antiseptic, and in cosmetics.
59. Lemongrass. Lemongrass is a highly fragrant grass from India. In India, it is used to help treat fevers and infections. The oil is very useful for insect repellent.
60. Litsea cubeba oil, lemon-like scent, often used in perfumes and aromatherapy.

61. Marjoram
62. Melaleuca See Tea tree oil
63. Melissa oil (Lemon balm), sweet smelling oil used primarily medicinally, particularly in aromatherapy.
64. Mentha arvensis oil/Mint oil, used in flavoring toothpastes, mouthwashes and pharmaceuticals, as well as in aromatherapy and other medicinal applications.
65. Mountain Savory
66. Mugwort oil, used in ancient times for medicinal and magical purposes. Currently considered to be a neurotoxin.
67. Mustard oil (essential oil), containing a high percentage of allyl isothiocyanate or other isothiocyanates, depending on the species of mustard
68. Myrrh oil, warm, slightly musty smell. Used medicinally.
69. Myrtle
70. Neroli is produced from the blossom of the bitter orange tree.
71. Nutmeg
72. Orange oil, like lemon oil, cold pressed rather than distilled. Consists of 90% d-Limonene. Used as a fragrance, in cleaning products and in flavoring foods.
73. Oregano oil, contains thymol and carvacrol, making it a useful fungicide. Also used to treat digestive problems.
74. Orris oil is extracted from the roots of the Florentine iris (Iris florentina) and used as a flavouring agent, in perfume, and medicinally.
75. Palo Santo
76. Parsley oil, used in soaps, detergents, colognes, cosmetics and perfumes, especially men's fragrances.
77. Patchouli oil, very common ingredient in perfumes.
78. Perilla essential oil, extracted from the leaves of the perilla plant. Contains about 50-60% perillaldehyde.
79. Pennyroyal oil, highly toxic. It is abortifacient and can even in small quantities cause acute liver and lung damage.
80. Peppermint oil, used in a wide variety of medicinal applications.
81. Petitgrain
82. Pine oil, used as a disinfectant, and in aromatherapy.
83. Ravensara
84. Red Cedar
85. Roman Chamomile
86. Rose oil, distilled from rose petals, Used primarily as a fragrance.
87. Rosehip oil, distilled from the seeds of the Rosa rubiginosa or Rosa mosqueta. Used medicinally.
88. Rosemary oil, distilled from the flowers of Rosmarinus officinalis. Used in aromatherapy, topically to sooth muscles, and medicinal for its antibacterial and antifungal properties.
89. Rosewood oil, used primarily for skin care applications. Also used medicinally.
90. Sage oil, used medicinally.
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92. The spice star anise is distilled to make star anise oil
93. Sandalwood oil, used primarily as a fragrance, for its pleasant, woody fragrance.
94. Sassafras oil, from sassafras root bark. Used in aromatherapy, soap-making, perfumes, and the like. Formerly used as a spice, and as the primary flavoring of root beer, inter alia.
95. Savory oil, from *Satureja* species. Used in aromatherapy, cosmetic and soap-making applications.
96. Schisandra oil, from *Schisandra chinensis*, used medicinally.
97. Spearmint oil, often used in flavoring mouthwash and chewing gum, among other applications.
98. Spikenard, used medicinally.
99. Spruce
100. Star anise oil, highly fragrant oil using in cooking. Also used in perfumery and soaps, has been used in toothpastes, mouthwashes, and skin creams. 90% of the world's star anise crop is used in the manufacture of Tamiflu, a drug used to treat influenza, and is hoped to be useful for avian flu
101. Tangerine
102. Tarragon oil, distilled from *Artemisia dracunculus*, used medicinally.
103. Tea tree oil, distilled from *Melaleuca alternifolia*, used medicinally. Being a powerful antiseptic, antibacterial and antiviral agent, tea tree's ability to fight infection is second to none.
104. Thyme oil, used medicinally.
105. Tsuga
106. Turmeric, used medicinally and to flavor food
107. Valerian, used medicinally
108. Vetiver oil (khus oil) a thick, amber oil, primarily from India. Used as a fixative in perfumery, and in aromatherapy

109. Western red cedar
110. Wintergreen
111. Yarrow oil is used medicinally, to relieve joint pain
112. Ylang-ylang
113. Zedoary, used medicinally and to flavor food