



Healing Herbs

Personal Creations

Sue Horning, Herbalist

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Essential Oils Library

Common Name Aniseed

Botanical Name *Illiciumverum*

Extracted From Seeds

Method Steam distillation

Origin Middle East

Common uses: Said to control lice and itch mite. Antiseptic, antispasmodic, diuretic, expectorant, stimulant, stimulate digestion.

Common Name Basil

Botanical Name *Ocimum basilicum*

Extracted From Leaves & flowers

Method Steam distillation

Origin Italy

Common uses: Clears the sinuses, promotes digestion, stimulates circulation especially in the respiratory system. Strengthens compassion and clarity.

Common Name Bay Leaf

Botanical Name *Pimenta racemosa*

Extracted From Leaves

Method Steam distilled

Origin West Indies

Common uses: Analgesic, antiseptic, astringent, expectorant, hair tonic, stimulant.

Common Name Bergamot

Botanical Name *Citrus bergamia*

Extracted From Crude fruit peel

Method Cold pressed

Origin Italy

Common uses: Aids in the treatment of depression, stress, tension, fear, hysteria, infection, psoriasis, eczema. Uplifting and invigorating. Useful for blemished skin.

Common Name Cajeput

Botanical Name *Melaleuca cajeputi*

Extracted From Leaves & twigs

Method Steam distilled

Origin Indonesia



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Common uses: Local application in skin disease, stimulating, expectorant, mild analgesic, anti-microbial, relieves nerve pain, anti-spasmodic, antiseptic, increases perspiration, expectorant, reduces fever, insecticide, restorative agent.

Common Name Cardamom

Botanical Name *Elettariacarda-momum*

Extracted From Seeds

Method Steam Distilled

Origin India

Common uses: Helpful for the digestive system. Works as a laxative, soothes colic, dyspepsia, nausea, heartburn. As a massage oil or diluted in the bath it can assist the digestive system, coughs, restorative agent.

Common Name Carrot Seed

Botanical Name *Daucus carota*

Extracted From Seeds

Method Steam Distilled

Origin France

Common uses: Fantastic for skincare, revitalizes and tones. Best essential oil for mature skin. Assists to remove toxins and water build up on the skin making it fresh and firmer. Detoxifying effect on the liver, cleans the digestive system. Helpful for arthritis, gout, edema, rheumatism, toxins in muscles and joints. Strengthens mucous membranes in the nose, throat, lungs, beneficial for bronchitis and influenza.

Common Name Cedarwood

Botanical Name *Cedaris atlantica*

Extracted From Wood

Method Steam Distilled

Origin USA

Common uses: Considered an aphrodisiac, warming, uplifting, toning. Used in the treatment of acne, arthritis, bronchitis, coughing, cystitis, dandruff, dermatitis, stress.

Common Name Chamomile, German Blue

Botanical Name *Matricaria recutica*

Extracted From Flower head

Method Steam Distilled



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Origin France

Common uses: Abscesses, allergies, arthritis, boils, cuts, colic, cystitis, dermatitis, dysmenorrhea, earache, flatulence, headache, infected skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds.

Common Name Chamomile, Roman

Botanical Name Chama-emelumobile

Extracted From Flower head

Method Steam distilled

Origin Italy

Common uses: aches, pains in muscles/joints, PMS, stress.

Common Name Cinnamon Seed

Botanical Name Cinna-momumZeyla-nicum

Extracted From Leaves

Method Steam Distilled

Origin France

Common uses: Antiseptic, stimulant, antibiotic, constrict tissue, antispasmodic, natural insecticide.

Common Name Citronella

Botanical Name Cymbopogon nardus

Extracted From Gum

Method Steam Distilled

Origin Sri Lanka

Common uses: Helps with minor infections, combats colds and flu, excessive perspiration, conditions oily skin and hair. Also used as an antiseptic, insecticide, parasitic, stimulant, restorative agent

Common Name Clementine

Botanical Name Citrus-nobilis

Extracted From Crude peel

Method Cold pressed

Origin Italy

Common uses: Revitalize and balance, combating insomnia.



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Common Name Clove Bud

Botanical Name Syzgiumaroma-ticum

Extracted From Bud

Method Steam Distilled

Origin India

Common uses: Effective for minor aches and pains (particularly dental pain), helpful for cold and flu.

Common Name Coriander

Botanical Name Corian-drumSativum

Extracted From Seeds

Method Steam Distilled

Origin Russia

Common uses: Refresh and wake the mind, helps with mental fatigue, migraine pain, tension, nervous weakness, rheumatism, arthritis, muscle spasms, combats colds and flu, aphrodisiac, deodorant, fungicidal, revitalizing, stimulant.

Common Name Cumin Seed

Botanical Name Cuminum cyminum

Extracted From Seeds

Method Steam Distilled

Origin Egypt

Common uses: Relieves muscular pains and arthritis. Helps with colic, dyspepsia, flatulence, bloating and indigestion. Beneficial for headaches, migraine pain and nervous exhaustion. Antioxidant, antiseptic, antispasmodic, aphrodisiac, bactericidal, gas expulsion, digestive and diuretic properties.

Common Name Cypress

Botanical Name Cyperssussempervirens

Extracted From Needles & twigs

Method Steam Distilled

Origin Australia

Common uses: combat excessive perspiration, particularly feet, hemorrhoids, oily skin, rheumatism, varicose veins.

Common Name Eucalyptus

Botanical Name Radiata Australis Eucalyp-tusradiata

Extracted From Leaves

Method Steam Distilled



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Origin Australia

Common uses: Excellent for burns, blisters, wounds, insect bites, lice, skin infections, colds, flu, sore muscles/joints.

Common Name Fennel, Bitter

Botanical Name *Foeniculum vulgare amara*

Extracted From Seeds

Method Steam Distilled

Origin Spain

Common uses: Antiseptic, antispasmodic, laxative, diuretic, expectorant, stimulant, beneficial to spleen and digestion, invigorating, restoring, stimulating and warming.

Common Name Fennel, Sweet

Botanical Name *Foeniculum vulgare dulce*

Extracted From Seeds

Method Steam Distilled

Origin Bulgaria

Common uses: Has a cleansing and tonic effect on the skin, helps with bruises, oily skin and mature complexions. Invigorating, restoring, stimulating and warming. For coughs, colds and constipation.

Common Name Frankincense

Botanical Name *Boswellia carteri*

Extracted From Resin

Method CO2

Origin Ethiopia

Common uses: Rejuvenates ageing skin, tonic for sores, wounds, scars, skin infections, digestive, diuretic, constricts tissue, sedative, expectorant.

Common Name Geranium, Bourbon

Botanical Name *Pelargonium grave-olens*

Extracted From Herb

Method Steam Distilled

Origin Egypt

Common uses: Acne, bruises, burns, cuts, dermatitis, eczema, hemorrhoids, lice, mosquito repellent, ringworm, ulcers, breast engorgement, edema, poor circulation, sore throat, tonsillitis, PMS, menopausal problems, stress, neuralgia.



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Common Name Ginger

Botanical Name Zingiber officinale

Extracted From Root

Method Steam Distilled

Origin France

Common uses: colds, flu, nausea (motion and morning sickness), muscle aches (particularly backs), circulation issues, arthritic pain, aphrodisiac, energizing properties. Warming to combat loneliness and depression.

Common Name Grapefruit, Pink

Botanical Name Citrus paradisi

Extracted From Crude peel

Method Cold pressed

Origin France

Common uses: Spiritually uplifting, eases muscle fatigue and stiffness, oily and acne prone skin.

Common Name Grapefruit, White

Botanical Name Citrus paradisi

Extracted From Crude Peel

Method Cold Pressed

Origin France

Common uses: Spiritually uplifting, eases muscle fatigue and stiffness, oily and acne prone skin.

Common Name Hyssop

Botanical Name Hyssopus officinale

Extracted From Leaves and flowers

Method Steam Distilled

Origin Slovenia

Common uses: ease sore throats caused by sinus issues, relieve bronchial spasms, anti-rheumatic, antiseptic, antispasmodic, digestive, diuretic, expectorant, sedative, stimulant, restorative agent.

Common Name Juniper berry

Botanical Name Juniperus communis

Extracted From Berries

Method Steam distilled

Origin Himalayas of India



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Common uses: supportive, restoring, tonic aid, meditation, weight loss, detoxification.

Common Name Laurel leaf

Botanical Name *Laurusnobilis*

Extracted From Leaf

Method Steam Distilled

Origin Spain

Common uses: antiseptic, antibacterial, and antifungal properties are used for scars, acne, blemishes, boils, scabies. Aids depression, anxiety, paranoid psychosis, neuritis. Warming properties bring awareness, courage, confidence, enhance emotions. Tonic for hair and scalp. Stimulates hair growth and treatment of dandruff.

Common Name Lavender

Botanical Name *Lavandula Officinalis*

Extracted From Flower head

Method Steam distilled

Origin France

Common uses: Treatment of burns and healing of skin, prevention of infection. Promote rapid healing and helps to decrease scarring. Antiseptic, depression, analgesic, antispasmodic, antiviral, bactericidal, decongestant, deodorant, diuretic.

Common Name Lavender

Botanical Name *Lavandulaangust-ifolia*

Extracted From Flower head

Method Steam Distilled

Origin Australia

Common uses: Treatment of burns and healing of skin, prevention of infection. Promotes rapid healing and help to decrease scarring. Antiseptic, anticonvulsive, depression, analgesic, antispasmodic, antiviral, antibacterial, decongestant, deodorant, diuretic, carminative.

Common Name Lemon

Botanical Name *Citruslimonum*

Extracted From Peel

Method Cold pressed

Origin Italy

Common uses: Treatment of boils and cuts. High antibacterial properties, cleansing



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effect on skin and hair. Refreshing and cooling.

Common Name Lemongrass

Botanical Name Cymbopogon Flexuosus

Extracted From Leaves

Method Steam Distilled

Origin Nepal

Common uses: Known for its invigorating and antiseptic properties. Excellent antidepressant (tones and fortifies the nervous system), soothes muscular nerves and pain.

Common Name Lime

Botanical Name Citrus aurantiifolia

Extracted From Peel

Method Cold pressed

Origin Italy

Common uses: crisp refreshing scent, uplifting and revitalizing. Helps clear oily skin.

Common Name Litsea

Botanical Name Litsea Cubeba

Extracted From pepper like fruits

Method Steam distilled

Origin Australia

Common uses: Calming, anti-inflammatory, astringent, antiseptic, insect repellent, hypertension, stimulating.

Common Name Mandarin

Botanical Name Citrus reticulata

Extracted From Crude fruit peel

Method Cold pressed

Origin Italy

Common uses: digestive aid, (for use against indigestion), hiccups, anxiety, assist liver function in the elderly.

Common Name Marjoram

Botanical Name Origanum majorana



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Extracted From Flowers & leaves

Method Steam Distilled

Origin Spain

Common uses: Warming and comforting, can be massaged onto the abdomen during menstruation or added to a warm compress, treatment of tired aching muscles (excellent for sports massage). Vaporization will encourage sleep. Add to a warm/hot bath at first sign of a cold.

Common Name Melissa Leaf

Botanical Name *Melissa officinalis*

Extracted From Leaves

Method Steam Distilled

Origin Egypt

Common uses: antidepressant, uplifting, antispasmodic, bactericidal, carminative, diaphoretic, sedative. Approximately 3 tons of plant material is required to make approximately 500ml of Essential oil.

Common Name Myrrh

Botanical Name *Commiphora myrrha*

Extracted From Resin

Method Steam Distilled

Origin Africa

Common uses: Enhance spirituality, used in meditation or before healing. Antimicrobial, antifungal, astringent, healing, tonic, stimulant, carminative, stomachic, expectorant, diaphoretic, antiseptic, immune stimulant, circulatory stimulant, anti-inflammatory, antispasmodic.

Common Name Myrtle

Botanical Name *Myrtus communis*

Extracted From Flower

Method Steam distilled

Origin France

Common uses: Combats sore throats and coughs, antiseptic, antibacterial, expectorant, decongestant.

Common Name Neroli

Botanical Name *Citrus aurantium*

Extracted From Flower

Method Steam Distilled



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Origin France

Common uses: increase circulation, stimulate new cell growth, prevent scarring, stretch marks, treatment for skin conditions related to stress, good for dry irritated sensitive skin, regulates oiliness and minimizes enlarged pores, helps clear acne and blemished skin. Used regularly it can reduce fragile or broken capillaries and varicose veins.

Common Name Nutmeg

Botanical Name *Myristica fragrans*

Extracted From Seeds

Method Steam Distilled

Origin Indonesia

Common uses: Arthritis, constipation, fatigue, muscle aches, neuralgia, poor circulation, rheumatism, slow digestion. Adds warmth and inspiration when used in small amounts.

Common Name Orange, Bitter

Botanical Name *Citris aurantium*

Extracted From Peel

Method Cold pressed

Origin Italy

Common uses: combats colds, flu, constipation, dull skin, flatulence, gums, slow digestion, stress, anti-depressant, antiseptic, antispasmodic, aphrodisiac, induces flatulence, deodorant, digestive, stimulant (nervous) restorative agent (cardiac, circulatory), non irritant to the kidneys.

Common Name Orange, Sweet

Botanical Name *Citrussinensis*

Extracted From Peel

Method Cold pressed

Origin Italy

Common uses: combats colds, flu, constipation, dull skin, induces flatulence, gums, slow digestion, stress, anti-depressant, antiseptic, antispasmodic, aphrodisiac, deodorant, digestive, stimulant (nervous) restorative agent (cardiac, circulatory), non irritant to the kidneys.

Common Name Oregano

Botanical Name *Originum vulgare*

Extracted From Herb



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Method Steam Distilled

Origin France

Common uses: considerable inhibitory effects against 25 different genera of bacteria including animal and plant pathogens, (food poisoning and spoilage bacteria).

Common Name Palmarosa

Botanical Name Cymbo-pogonmartini

Extracted From Grass

Method Steam Distilled

Origin India

Common uses: Diffuse during flu epidemic, acts against viral illnesses and bacteria. Helps with acne, alopecia, lack of concentration, depression, apathy and despair, antiseptic, hydrating, stimulant (digestive, circulation), tonic.

Common Name Patchouli

Botanical Name Pogostemon Cablin

Extracted From Leaves

Method Steam Distilled

Origin India

Common uses: Combat nervous disorders, dandruff, sores, acne, skin irritations, antidepressant, anti-inflammatory, anti-emetic, antimicrobial, antiseptic, anti-toxic, antiviral, aphrodisiac, bactericidal, carminative, deodorant, digestive, diuretic, febrifuge, fungicidal, prophylactic, stimulant, tonic.

Common Name Pepper, Black

Botanical Name Pipernigrum

Extracted From Dried berries

Method Steam Distilled

Origin India

Common uses: helpful to treat pain, rheumatism, chills, colds, flu, increases circulation, muscular aches, fevers, analgesia, antiseptic, antispasmodic, anti-toxic, aphrodisiac, digestive, diuretic, laxative.

Common Name Peppermint

Botanical Name Mentha arvensis

Extracted From Flowering herb

Method Steam Distilled

Origin USA



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Common uses: Combat stomach ailments, antispasmodic, antimicrobial agent, cooling effect by constricting capillaries. Helps with sore joints and bruising.

Common Name Petitgrain

Botanical Name Petitgrain bigarde

Extracted From Leaves & twigs

Method Steam Distilled

Origin France

Common uses: Uplifting properties, helps calm anger, stress, used in skincare for acne, oily skin and as a deodorizing agent.

Common Name Ylang Ylang

Botanical Name Pine Pinuspinaster

Extracted From Needles

Method Steam Distilled

Origin USA

Common uses: analgesic, antibacterial, antibiotic, antifungal, antiseptic, antiviral, arthritis, asthma, bladder infection, bronchitis, colds, convalescence, coughs, cuts, cystitis, decongestant, deodorant, detoxifying, disinfectant, diuretic, eczema, laryngitis, lice, rheumatism, ringworm, muscular aches, psoriasis, sinusitis.

Common Name Ravensara

Botanical Name Raven-sara aroma-ticum

Extracted From Leaves

Method Steam distilled

Origin Madagascar

Common uses: Colds, flu, cold sores, cuts, wounds, burns, antibiotic, liver, lung infection, sinusitis, viral hepatitis, cholera, herpes, insomnia, muscle fatigue, infectious mononucleosis. Excellent treatment for Athlete's foot.

Common Name Rose Geranium

Botanical Name Pelar-goneumRoseum

Extracted From Herb

Method Steam Distilled

Origin France

Common uses: Acne, bruises, burns, cuts, dermatitis, eczema, hemorrhoids, lice, mosquito repellent, ringworm, ulcers, breast engorgement, edema, poor circulation, sore throat, tonsillitis, PMS, menopausal problems, stress, neuralgia.



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Common Name Rose

Botanical Name Rosadamas-cena

Extracted From Flower

Method Steam Distilled

Origin Bulgaria

Common uses: antidepressant, antiseptic, antiviral, aphrodisiac, laxative, regulator of appetite, sedative, bactericidal, antispasmodic.

Common Name Rosemary

Botanical Name Rosmarinus officinalis

Extracted From Herb

Method Steam Distilled

Origin France

Common uses: Facial oil for extremely dry skin, normalizes excessive oil secretions, improves most scalp problems (particularly dandruff and seborrhea), nourishes the scalp, keeps hair healthy and shiny, balances emotions, controls mood swings, lifts spirits, counteracts depression, helps manage stress, overcome stress related disorders, nervous exhaustion, cellulite.

Common Name Sage

Botanical Name Salvia officinalis

Extracted From Leaves

Method Steam Distilled

Origin Croatia

Common uses: anti-inflammatory, antiseptic, constricts tissue, digestive, diuretic, insecticide, laxative, restorative agent.

Common Name Sandalwood

Botanical Name Santalum spicatum

Extracted From Wood

Method Steam Distilled

Origin Australia

Common uses: combat bronchitis, chapped dry skin, depression, laryngitis, scars, sensitive skin, stress, stretch marks, aphrodisiac.

Common Name Spearmint

Botanical Name Mentha spicata

Extracted From Flower heads

Method Steam Distilled



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Origin USA

Common uses: Local/topical anesthetic, antispasmodic, constrict tissue, decongestant, digestive, diuretic, expectorant, stimulant, restorative, alleviates fatigue and depression.

Common Name Tangerine

Botanical Name Citrus reticulata

Extracted From peel

Method Cold pressed

Origin Italy

Common uses: Refreshing and rejuvenating, clears the mind, eliminates emotional confusion, comforting, soothing and warming, antispasmodic, digestive, diuretic, stimulant (digestive and lymphatic).

Common Name Tea Tree

Botanical Name Melaleuca alternifolia

Extracted From Leaves

Method Steam Distilled

Origin Australia

Common uses: Powerful immune stimulant, helps to fight all 3 categories of infectious organisms (bacteria, fungi, viruses), colds, measles, sinusitis, acne, oily skin, head lice, dandruff, topical infections, infected wounds.

Common Name Thyme

Botanical Name Thymus vulgaris

Extracted From Herb

Method CO2

Origin Hungary

Common uses: Bactericide, antispasmodic, antimicrobial, constricts tissue, antiseptic, anti-toxic, diuretic, antifungal, immune stimulant.

Common Name Vanilla

Botanical Name Vanilla planifolia

Extracted From Fruit

Method Food grade solvent

Origin Brazil

Common uses: Aphrodisiac, comforting and relaxing.

Common Name Vetiver



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Botanical Name *Vetiveria zizanoides*

Extracted From Root

Method Steam Distilled

Origin Java

Common uses: Deeply relaxing and comforting, used in perfumery and aromatherapy applications.

Common Name Wintergreen

Botanical Name *Gaultheria fragrantissima*

Leaves

Method Steam distilled

Origin Nepal

Common uses: antiseptic, diuretic, stimulant, anti-rheumatic (gout), stiffness due to old age, revitalizes and gives energy following muscular pains (good for athletes).

Common Name Ylang Ylang

Botanical Name *Cananga odorata*

Extracted From Flower

Method Steam Distilled

Origin France

Common uses: High Blood pressure, rapid breathing and heartbeat, nervous conditions, Aphrodisiac in both men and women.

All information included here is provided for entertainment purposes only and not for self diagnoses or treatment. Please avoid the use of Essential oils if you are pregnant or nursing.