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## Essential Oils

Posted by reiki2 - 2007/06/30 05:47

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I will start this forum off, with, did you know that..Chamomile is can be used in a variety of ways, such as in cosmetics and hair care, it is great drunk as a tea (calming), and can lighten fair hair.

Post edited by: reiki2, at: 2007/06/29 21:49

Post edited by: reiki2, at: 2007/06/29 21:52

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## Re:Essential Oils

Posted by attagirl - 2007/06/30 16:58

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I will help it out by saying, no I did not know that it could be used for those things as well. I will have to keep a note of those as I am always looking for news ways to improve upon health and maintain a stress free life.

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## Re:Essential Oils

Posted by reiki2 - 2007/07/03 04:50

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Hey did you know that:whistle:

Geranium essential oil can help to treat the following physical problems; when the person is suffering from problems with circulation and oedema, it is also a good blood thinner and it can help with PMT and menopausal problems.

Geranium essential oil is an antidepressant, it helps to relax a person, and it good at creating balance with extremely dry or extremely oily skin.

The emotional issues that geranium oil helps to treat are... it will help to create balance in a person, and create tranquillity and adjustment.

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## Re:Essential Oils

Posted by admin - 2007/07/03 08:11

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And did you also know:P

Bergamot essential oil is generally used for mental and psychological conditions such as, help with depression, anxiety, urinary tract infections like cystitis, loss of appetite, it is also great for its uplifting properties.

Bergamot can also be mixed with eucalyptus, for the treatment of the herpes virus.

Bergamot is also added to earl grey tea and is popular with many tea drinkers

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## Re:Essential Oils

Posted by Angela - 2007/07/05 07:20

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How about Marjoram essential oil...

Marjoram essential oil can help to treat the following problems, it can protect against winter infections, it soothes coughs, and aids with circulatory problems, sprains, relieves indigestion, constipation and nausea .

It can help with mental and physical tension, it can cause drowsiness, so do not use in large doses.

Emotionally marjoram essential oil helps to calm, balance the person using the oil...

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## Re:Essential Oils

Posted by reiki2 - 2007/07/10 22:15

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Here we have Basil  
(Ocimum Basilicum)

Physical issues that Basil can be used for, are generally connected to stress related problems, such as anxiety and tension, however, people suffering from migraine respond positively to Basil, other people who have respiratory illnesses such as bronchitis and whooping cough seem to be helped By using Basil too.

Some of the Emotional responses, which Basil oil encourages are, positivity, concentration (it is a good oil to use when studying), happiness and a clear mind.

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## Re:Essential Oils

Posted by reiki2 - 2007/07/17 08:11

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Benzoin essential oil

When using benzoin essential oil, ailments which good to use when suffering from mucus, colds and sore throats, benzoin is fantastic when used to treat skin problems, such as eczema, psoriasis.

Benzoin essential oil can also help with emotional problems, it can help with relaxation, and is comforting, peaceful and protective. Benzoin essential oil works well with lavender, and rose essential oils.

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## Re:Essential Oils

Posted by Rohitpatel - 2007/07/17 16:44

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Well reiki thanks for giving some valuble information on different types of essential oil. I will note down it.

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## Re:Essential Oils

Posted by reiki2 - 2007/07/18 04:05

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Please Note!!

If there is any doubt in your mind, on how to use essential oils, then seek the advice of a qualified professional.

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## Re:Essential Oils

Posted by Rohitpatel - 2007/07/18 17:55

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Well you are right. I am new user so I will contact to someone in my town before I used it. Thanks for it and if I have any problems in this matter, I will contact you.

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## Re:Essential Oils

Posted by reiki2 - 2007/08/06 09:10

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## Eucalyptus Oil (Eucalyptus Globulus)

The main chemicals in eucalyptus oil are Cineol, pinene, limonene, so as you can see, eucalyptus oil is very toxic, so you should never apply this oil neat, or take it internally under any circumstances. However, eucalyptus oil is a non-irritant and non-sensitising.

Eucalyptus essential oil can help heal all types of physical illness, such as respiratory problems, like bronchitis, coughs, colds, flu, because it is an antiseptic in the air, it does help with congested breathing.

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## Re:Essential Oils

Posted by hazephase - 2007/08/11 16:16

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I have a friend of mine that gives me all the advise that I need when it comes to oils it can take year to get to know the different types of oils and how to use them .

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## Re:Essential Oils

Posted by reiki2 - 2007/08/27 13:06

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I get my information from my daughter who is a professional aromatherapist... the information about essential oils is from articles she has written

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## Re:Essential Oils

Posted by James - 2007/09/05 06:52

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reiki2 wrote:

I get my information from my daughter who is a professional aromatherapist... the information about essential oils is from articles she has written

Are these articles by your daughter on this site reiki2? If they are then I would be really interested in seeing these articles to see how it is done.

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## Re:Essential Oils

Posted by James - 2007/09/05 06:58

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reiki2 wrote:

Eucalyptus Oil (Eucalyptus Globulus)

The main chemicals in eucalyptus oil are Cineol, pinene, limonene, so as you can see, eucalyptus oil is very toxic, so you should never apply this oil neat, or take it internally under any circumstances. However, eucalyptus oil is a non-irritant and non-sensitising.

Eucalyptus essential oil can help heal all types of physical illness, such as respiratory problems, like bronchitis, coughs, colds, flu, because it is an antiseptic in the air, it does help with congested breathing.

Absolutely, if you are breast feeding or pregnant - or feel that you could be - then you should avoided all forms of eucalyptus oil due to its toxicity.

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## Re:Essential Oils

Posted by reiki2 - 2007/09/18 06:13

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Cedar wood essential oil (Juniperus Virginiana)

History shows, the North American Indians are well known for using cedar wood in various forms like, its twig, leaf, and bark and fruit.

The physical issues, which cedar wood essential oil can help are the following; skin problems like acne, it also helps arthritis, rheumatism, bronchitis, catarrh, it is a sexual stimulant, and helps treat gonorrhoea, it helps with stress and tension .

Emotional issues helped by this oil, are focusing, and giving confidence.

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## Re:Essential Oils

Posted by reiki2 - 2007/12/31 04:07

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Essential Oil - Pine (pinus sylvestris)

Pine essential oil, is an amazing essential oil, it also has a profound effect on all who use it, it is better when burnt as the smell has uplifting and restorative properties, the smell in the air protects and nurtures.

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## Re:Essential Oils

Posted by reiki2 - 2008/04/12 06:11

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Ginger has been used in cookery for thousands of years, it is a popular flu and cold remedy, ginger and lemon in hot water with honey, is a must in cold weather, and is good with menstrual cramps, and morning sickness, as ginger has no known side effects from use-age.

If you are not a person who enjoys heat, then do not use ginger essential oil, as it will not be an enjoyable experience, for you. Also note that with all essential oils you must treat them with caution, if you are not sure, then ask for advice from a qualified professional.

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## Re:Essential Oils

Posted by reiki2 - 2008/04/12 06:12

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Rosemary is renowned for its use as, an herb in cookery, especially its use in the cooking of meat, it goes well with poultry and lamb, and it serves as a natural source of anti-oxidants. Rosemary is well established in the beauty industry, and is used in colognes, and skin lotions, it is a great tonic for dark hair, as it helps with dandruff and alopecia.

You either love or hate rosemary, because of its distinctive smell, it can be quite overwhelming, a lot of people mistake it for lavender oil, but it is a great oil to blend with other spice oils, and especially pine, cedarwood and lavender. The use of rosemary essential oil, should only be undertaken if you are competent with essential oils, otherwise, seek advice from qualified professionals, for blending and using advice.

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## Re:Essential Oils

Posted by reiki2 - 2008/04/12 06:14

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The physical problems peppermint essential oil can help to treat are very wide ranging, from sunburn to nervous stress, but the main strength of peppermint, is when used to treat digestive problems, such as indigestion, nausea, as it is anti-

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spasmodic, carminative and stomatic by nature. Peppermint can also help with the treatment of asthma, colds and flu, headaches and clears the brain, leaving you feeling fresh and bright. The emotional benefits of Peppermint essential oil, are its has regeneration properties, it can help with feelings of self acceptance, and gives the person using it vitality and vibrancy.

Peppermint essential oil is the type of oil, which once used is never forgotten, it has such an amazing effect on a person, it is like a wake up drop, people have limitless energy after use, which is probably why peppermint oil is used to aid hikers, we have all had a taste of, or heard of Kendal mint cake, which is just oil and sugar. Toothpastes are full of the stuff, so maybe use a mint free version on an evening if you a susceptible to peppermint, or else you'll be up all night!

As with all essential oils, peppermint is the same, do not use if you are not sure, and always ask the advice of a qualified professional.

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## Re:Essential Oils

Posted by reiki2 - 2008/04/12 06:15

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Orange essential oil helps with a number of physical problems, such as oily complications, oedema, stress, PMT, depression and nervous tensions.

In emotional treatment, orange essential oil, helps to give joy, uplift, give positivism, creativity and self-confidence.

In other uses of orange essential oil, especially in cookery sweet orange is used and in the flavouring of pills, in the pharmaceutical industry, it is added to sweets to flavour them, and used in the manufacture of drinks. An all time favourite drink in winter is mulled wine, which has slices of orange, cinnamon sticks and cloves added to it, for the warming effect.

Anybody who uses orange essential oil, cannot ignore how they feel afterwards, it is such a sunny and positive oil, that the person using it has a glow about them, energy oozes positivism, it is a lovely oil to use.

As with all essential oils orange essential oil should only be used if the person is confident and competent with the use of essential oils, if this is not the case, please seek the advice of a qualified individual.

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## Re:Essential Oils

Posted by reiki2 - 2008/04/12 06:17

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Lemongrass essential oil, is very good when used in muscular problems, as it is very toning for the muscles, lemongrass essential oil is also antiseptic by nature, great for treating acne, is refreshing and antiseptic, and a deodorant.

Lemongrass essential oil is a good insect repellent, and good for treating athlete's foot. Lemongrass is given as an antidote to infectious viruses, high fevers and cholera.

In emotional uses it can give upliftment, create calm, and balance the person using lemongrass essential oil.

As with all essential oils, lemongrass essential oil must be used only if you are confident and competent with the use of essential oils and their possible contraindications, if you are not, then seek the advice of a qualified professional.

Post edited by: reiki2, at: 2008/04/11 22:18

Post edited by: reiki2, at: 2008/04/11 22:20

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## Re:Essential Oils

Posted by dtactics - 2008/07/19 03:23

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If you don't mind me asking this, How many kinds of essential oils are there in total? And what is the best essential oil for you and why? :)

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## Re:Essential Oils

Posted by dtactics - 2008/07/19 03:23

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And what are really the effects of essential oils if it is swallowed by accident?

Post edited by: dtactics, at: 2008/07/18 19:26

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