

Herb & Essential Oils

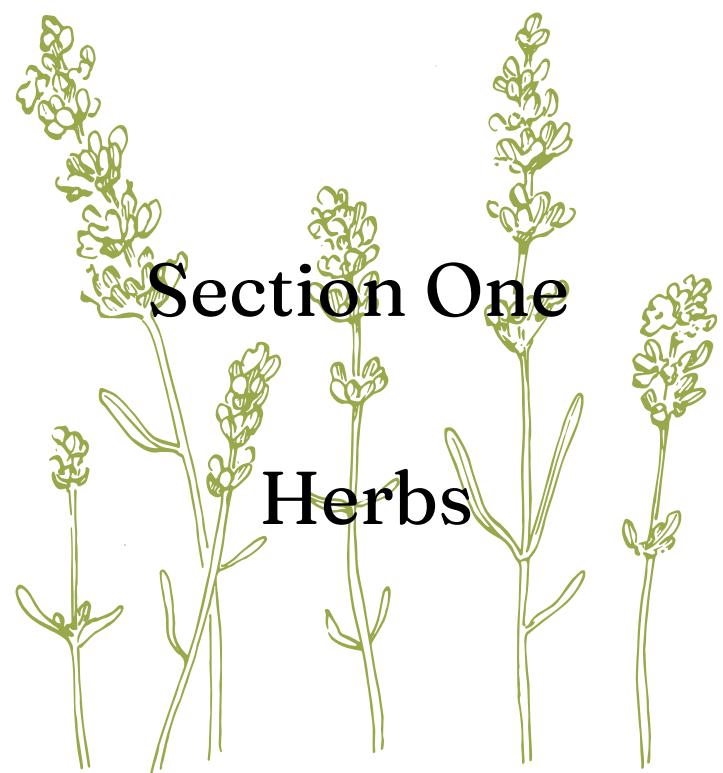
Planner



Herb & Essential Oils

Planner





Section One

Herbs

Herb:

Botanical Name:



Common Names:

Plant Family:

Common Uses:

Medical Uses:

Growing Cycle:

How and where it grows:

Notes:

Annual

Biennial

Perennial

Herbal Identification



Drawing

Common Names

Latin

Family

Aroma

Tradition

Edible

Toxic

Endangered

Botanical Description

History

Medicinal Properties

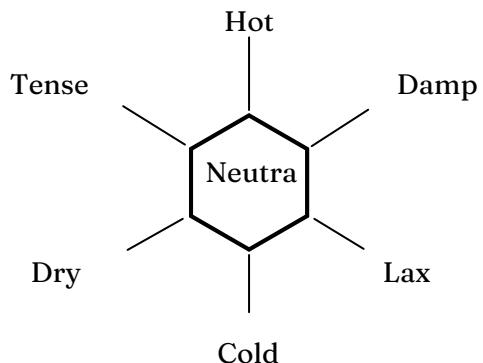


Taste

Parts Used

Active Compounds

Energetics



Actions

<input type="checkbox"/> Adaptogen	<input type="checkbox"/> Anti-parasitic	<input type="checkbox"/> Cholagogue	<input type="checkbox"/> Laxative
<input type="checkbox"/> Alterative	<input type="checkbox"/> Anti-pyretic	<input type="checkbox"/> Choleretic	<input type="checkbox"/> Nervine
<input type="checkbox"/> Anthelmintic	<input type="checkbox"/> Antispasmodic	<input type="checkbox"/> Demulcent	<input type="checkbox"/> Rubefacient
<input type="checkbox"/> Anti-catarrhal	<input type="checkbox"/> Anodyne	<input type="checkbox"/> Depurative	<input type="checkbox"/> Sedative
<input type="checkbox"/> Anti-depressive	<input type="checkbox"/> Aperient	<input type="checkbox"/> Diaphoretic	<input type="checkbox"/> Spasmolytic
<input type="checkbox"/> Anti-emetic	<input type="checkbox"/> Aromatic	<input type="checkbox"/> Diuretic	<input type="checkbox"/> Stimulant
<input type="checkbox"/> Anti-hemorrhagic	<input type="checkbox"/> Astringent	<input type="checkbox"/> Emetic	<input type="checkbox"/> Styptic
<input type="checkbox"/> Anti-inflammatory	<input type="checkbox"/> Bitter	<input type="checkbox"/> Emmenagogue	<input type="checkbox"/> Thymoleptic
<input type="checkbox"/> Anti-lithic	<input type="checkbox"/> Cardiac Tonic	<input type="checkbox"/> Emollient	<input type="checkbox"/> Tonic
<input type="checkbox"/> Anti-microbial	<input type="checkbox"/> Carminative	<input type="checkbox"/> Expectorant	<input type="checkbox"/> Trophorestorative
		<input type="checkbox"/> Febrifuge	<input type="checkbox"/> Vulnerary
		<input type="checkbox"/> Galactagogue	
		<input type="checkbox"/> Hepatic	
		<input type="checkbox"/> Hypnotic	

Specific Indications

Preparations



Forms of Use

Dosage / Duration

Precautions &
Contraindications

Notes

Herb Growing Guide

Basil



Herb: Basil

Light Requirements: Full sun (6+ hours)

Soil Type: Well-draining, nutrient-rich

Water Needs: Moist, not waterlogged

Planting Time: Spring/After frost

Harvesting: Harvest leaves as needed, before flowering

Rosemary



Herb: Rosemary

Light Requirements: Full sun (6+ hours)

Soil Type: Dry, well-draining, alkaline

Water Needs: Moderate, allow soil to dry between waterings

Planting Time: Spring/After frost

Harvesting: Harvest leaves and stems as needed

Lavender



Herb: Lavender

Light Requirements: Full sun (6+ hours)

Soil Type: Dry, well-draining, alkaline

Water Needs: Low, drought-tolerant

Planting Time: Spring/After frost

Harvesting: Harvest flowers just before blooming fully

Mint



Herb: Mint

Light Requirements: Partial shade to full sun

Soil Type: Moist, well-draining

Water Needs: Consistently moist

Planting Time: Spring/After frost

Harvesting: Harvest leaves as needed, cut back before flowering

Thyme



Herb: Thyme

Light Requirements: Full sun (6+ hours)

Soil Type: Dry, well-draining, sandy

Water Needs: Low, drought-tolerant

Planting Time: Spring/After frost

Harvesting: Harvest leaves and stems as needed

Oregano



Herb: Oregano

Light Requirements: Full sun (6+ hours)

Soil Type: Well-draining, nutrient-rich

Water Needs: Moderate, allow soil to dry between waterings

Planting Time: Spring/After frost

Harvesting: Harvest leaves and flowers before plant flowers

Parsley



Herb: Parsley

Light Requirements: Partial shade to full sun

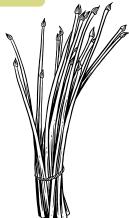
Soil Type: Moist, well-draining, nutrient-rich

Water Needs: Consistently moist

Planting Time: Spring/After frost

Harvesting: Harvest leaves as needed, cut back before flowering

Chives



Herb: Chives

Light Requirements: Full sun (6+ hours)

Soil Type: Well-draining, nutrient-rich

Water Needs: Moderate, consistent moisture

Planting Time: Spring/After frost

Harvesting: Harvest leaves and flowers as needed

Sage



Herb: Sage

Light Requirements: Full sun (6+ hours)

Soil Type: Dry, well-draining, alkaline

Water Needs: Low, drought-tolerant

Planting Time: Spring/After frost

Harvesting: Harvest leaves and stems as needed

Fennel



Herb: Fennel

Light Requirements: Full sun (6+ hours)

Soil Type: Well-draining, nutrient-rich

Water Needs: Moderate, consistent moisture

Planting Time: Spring/After frost

Harvesting: Harvest leaves, stems, and seeds as needed

Chamomile



Herb: Chamomile

Light Requirements: Full sun (6+ hours)

Soil Type: Well-draining, nutrient-rich

Water Needs: Moderate, allow soil to dry between waterings

Planting Time: Spring/After frost

Harvesting: Harvest flower heads just before full bloom

Echinacea



Herb: Echinacea

Light Requirements: Full sun (6+ hours)

Soil Type: Well-draining, nutrient-rich

Water Needs: Moderate, allow soil to dry between waterings

Planting Time: Spring/After frost

Harvesting: Harvest leaves, stems, and roots as needed

Foraging Journal

Plant / Tree / Fungus

Parts Harvested

leaves flowers fruit roots twigs bark

Date

Time

Recent Weather Conditions

Terrain

- mountain forest
- hill river
- beach urban
- moor swamp
- plain tundra
- marsh desert
-

Intention

Meal Medicine Spell
Art/Craft Other

Abundance

Notes

Foraging Journal



Plant / Tree / Fungus

What drew me to this plant?

What color is it?

Sight

Where is it growing?

What other plants grow nearby?

Sound

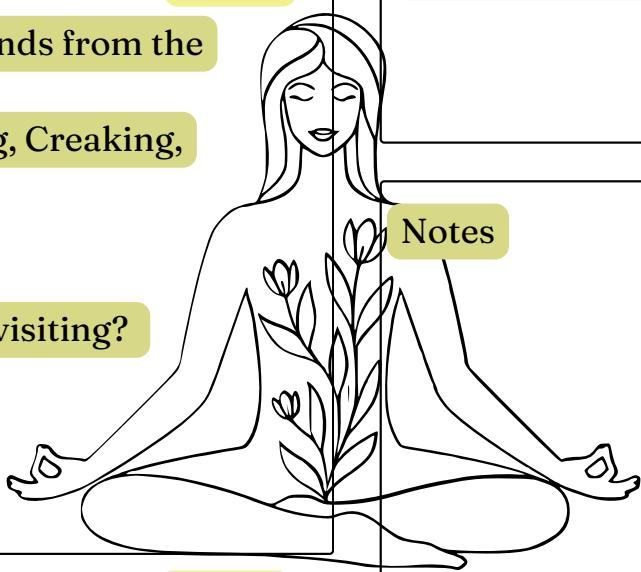
Can I hear any sounds from the plant?

(Swishing, Rustling, Creaking, Nothing?)

Scent

Are any creatures visiting?

Notes



How does the plant feel?

Touch

Taste

I am 100% confident in my plant identification & know this plant is not toxic

It tastes...

Sweet Sweet/Slimy Sweet/Soapy Sour/Astringent
Sour Salty Bitter Pungent/Spicy Pungent/Numbing

Cultivation



Native to

Soil Type

Water

Germination

Position

Plant When

Maturity

- 1 a / b
- 2 a / b
- 3 a / b
- 4 a / b
- 5 a / b
- 6 a / b
- 7 a / b
- 8 a / b
- 9 a / b
- 10 a / b
- 11 a / b
- 12 a / b
- 13 a / b

Planting/Transplanting
& Propagation

Harvesting

Plant Meditation

Plant / Tree / Fungus

Feelings

Thoughts

Knowing



Images

Sensations

Diy - Herbal Product Recipes

Relaxing Lavender Bath Blend

Ingredients:

- 1 cup Epsom salt
- 1/2 cup dried lavender buds
- 1/4 cup baking soda
- 10 drops of lavender essential oil



Instructions:

1. Mix all ingredients in a bowl.
2. Store in an airtight container.

Use: Add 1/4 to 1/2 cup to warm bath water. Soak for 20-30 minutes.

Digestive Support Tincture

Ingredients:

- 1 part dried peppermint leaves
- 1 part dried fennel seeds
- 1 part dried ginger root
- 80 proof (40% alcohol) vodka

Instructions:

1. Fill a clean jar 1/3 full with the herb mixture.
2. Pour vodka over herbs until completely covered.
3. Seal the jar and store it in a cool, dark place for 4-6 weeks, shaking daily.
4. Strain and transfer to a dark glass bottle with a dropper.

Use: Take 1/4 to 1/2 teaspoon in water as needed for digestive discomfort

Diy- Herbal Product Recipes

Nourishing Herbal Hair Rinse

Ingredients:

- 2 tablespoons dried nettle leaf
- 2 tablespoons dried rosemary
- 2 tablespoons dried lavender
- 2 cups boiling water



Instructions:

1. Place herbs in a heat-safe container.
2. Pour boiling water over herbs and steep for 30 minutes.
3. Strain and let cool.

Use: After shampooing, pour the rinse over the hair. Massage into scalp and let sit for a few minutes before rinsing with cool water.

Soothing Herbal Lip Balm

Ingredients:

- 2 tablespoons beeswax pellets
- 2 tablespoons coconut oil
- 2 tablespoons shea butter
- 1 teaspoon vitamin E oil
- 10 drops peppermint essential oil
- 5 drops of lavender essential oil
- 1 teaspoon dried chamomile flowers (optional)

Instructions:

1. If using chamomile, infuse it in coconut oil: Heat coconut oil and chamomile in a double boiler for 30 minutes. Strain and set aside.
2. In a clean double boiler, melt beeswax, coconut oil (infused or plain), and shea butter.
3. Remove from heat and stir in vitamin E oil and essential oils.
4. Quickly pour into small lip balm tins or tubes.
5. Allow to cool completely before use.

Use: Apply to lips as needed for moisture and protection. The peppermint provides a subtle cooling effect, while lavender and chamomile soothe.

Diy - Herbal Product Recipes

Soothing Calendula Salve

Ingredients:

- 1 cup olive oil
- 1/4 cup dried calendula flowers
- 1 oz beeswax
- 10 drops lavender essential oil (optional)



Instructions:

1. Infuse calendula in olive oil: Place dried calendula in a jar, and cover with olive oil. Let sit in a warm place for 2-4 weeks, shaking daily. Strain.
2. In a double boiler, melt beeswax.
3. Add infused oil to melted beeswax, and stir until combined.
4. Remove from heat, add essential oil if using.
5. Pour into small jars or tins. Let cool completely before use.

Use: Apply to minor cuts, scrapes, or dry skin.

Immune-Boosting Elderberry Syrup

Ingredients:

- 1/2 cup dried elderberries
- 2 cups water
- 1 cup raw honey
- 1 cinnamon stick
- 3 slices fresh ginger

Instructions:

1. Combine elderberries, water, cinnamon, and ginger in a pot. Bring to a boil, then reduce heat and simmer for 30-45 minutes.
2. Strain the liquid and let it cool to lukewarm.
3. Stir in honey until well combined.
4. Store in a glass jar in the refrigerator.

Use: Take 1 tablespoon daily for immune support, or as needed when feeling under the weather.

Herbal Tea Recipe



Tea name

Ingredients

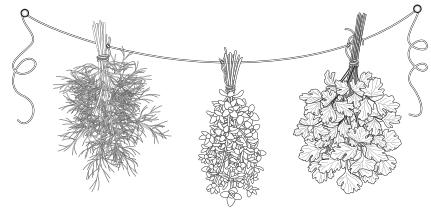
- _____
- _____
- _____
- _____
- _____
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- _____
- _____
- _____
- _____

Shopping List

Good for health:

Notes

Herb Inventory



Herbal Tea Blending Worksheet

Tea Blend Name: _____

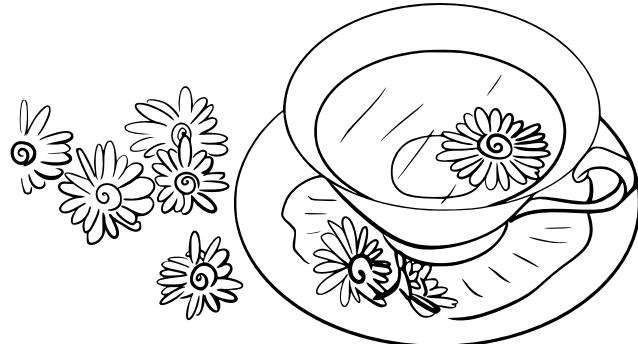
Step 5: Steeping Instructions

Water Temperature: _____°F/°C

Steeping Time: _____ minutes

Step 6: Flavor Profile

Describe the taste of your blend:



Step 7: Health Benefits

List potential health benefits of your blend:

1. _____
2. _____
3. _____

Step 8: Notes

Use this space for additional thoughts, variations, or improvements:

Remember: Some herbs may interact with medications or have contraindications. Always research herbs thoroughly and consult with a healthcare professional before consuming, especially if pregnant, nursing, or taking medications.

Herbal Supplement Recipe



Supplement name

Ingredients

Shopping List

Good for health:

Notes

Herbal Apothecary

Teas & Supplements



Title:

Date:

For:

Ingredient:

Helped? Y / N

Tea?

Supplement?

Date:

Name:

Helped? Y / N

Ingredients:

Title:

Date:

For:

Helped? Y / N

Ingredient:

Tea?

Supplement?

Date:

Name:

Helped? Y / N

Ingredients:

Title:

Date:

For:

Helped? Y / N

Ingredient:

Tea?

Supplement?

Date:

Name:

Helped? Y / N

Ingredients:

Title:

Date:

For:

Helped? Y / N

Ingredient:

Tea?

Supplement?

Date:

Name:

Helped? Y / N

Ingredients:

Herbal Tea Blending Worksheet

Tea Blend Name: _____

Step 1: Choose Your Base (50-75% of the blend)	Step 2: Add Support Herbs (15-25% of blend)
<p>Select 1-2 herbs that will form the foundation of your blend.</p> <p>- <input type="checkbox"/> Chamomile - <input type="checkbox"/> Peppermint - <input type="checkbox"/> Rooibos - <input type="checkbox"/> Green tea - <input type="checkbox"/> Black tea - <input type="checkbox"/> Other: _____</p>	<p>Choose 1-3 herbs to complement your base and add depth to the flavour.</p> <p>- <input type="checkbox"/> Lemon Balm - <input type="checkbox"/> Hibiscus - <input type="checkbox"/> Lemongrass - <input type="checkbox"/> Ginger - <input type="checkbox"/> Licorice Root - <input type="checkbox"/> Other: _____</p>
<p>Include Accent Herbs (5-10% of blend)</p> <p>Select 1-2 herbs to add a unique touch or specific benefit.</p> <p>- <input type="checkbox"/> Lavender - <input type="checkbox"/> Rose Petals - <input type="checkbox"/> Cinnamon - <input type="checkbox"/> Cardamom - <input type="checkbox"/> Stevia Leaf - <input type="checkbox"/> Other: _____</p>	<p>4: Blend Ratios</p> <p>Base Herb(s): 1. _____ (____ parts) 2. _____ (____ parts)</p> <p>Support Herb(s): 1. _____ (____ parts) 2. _____ (____ parts) 3. _____ (____ parts)</p> <p>Accent Herb(s): 1. _____ (____ parts) 2. _____ (____ parts)</p> <p>### Step 5: Steeping Instructions Water Temperature: _____ °F/°C Steeping Time: _____ minutes</p>



Herb Observation List



Quality Assessment

When purchasing herbs and essential oils, it's important to assess their quality to ensure you are getting the most effective and safest products. Here are some guidelines to help evaluate quality:

Herbs

- Appearance - Herbs should look fresh, vibrant, and free from discolouration, mould, or signs of damage.
- Aroma - Herbs should have a strong, distinctive aroma that is true to their natural scent.
- Texture - Dried herbs should be crisp and crumble easily, not damp or brittle.
- Organic/Sustainably Sourced - Look for herbs grown without synthetic pesticides or fertilizers, and harvested ethically.
- Reputable Supplier - Purchase from trusted, transparent sources that can provide information on growing and harvesting practices.

Essential Oils

Appearance - Oils should be clear and free of cloudiness or sediment.

- Aroma - The scent should be intense, pure, and true to the plant's natural fragrance.
- Viscosity - Oils should have the expected thickness and consistency for that particular variety.
- Organic/Wildcrafted - Seek out oils made from organically grown or sustainably wildcrafted plants.
- Reputable Supplier - Choose brands that are transparent about their sourcing and distillation processes.

Always do a patch test before using a new herb or essential oil, and consult an expert if you have any concerns about quality or purity.

Storage and Preservation

Proper storage is crucial for maintaining the potency and extending the shelf life of herbs and essential oils. Here are some tips:

Herbs

- Store dried herbs in airtight containers, away from direct light, heat, and moisture.
- Glass jars or tins are ideal, as they protect the herbs from light and air exposure.
- Label containers with the herb name, date of storage, and batch information.
- Whole, dried herbs tend to last longer than ground or powdered forms.
- Store herbs in a cool, dark place like a pantry or cabinet, away from the stove or sunny windows.

Essential Oils

- Keep essential oils in dark glass bottles, as light can degrade the compounds.
- Store bottles in a cool, dark place, away from heat sources and direct sunlight.
- Tightly seal bottles to prevent evaporation and oxidation.
- Refrigeration can help extend the shelf life of some more delicate oils.
- Label bottles with the oil name, date of purchase, and batch information.
- Avoid storing oils near strong-smelling substances, as they can absorb other scents.

Proper storage practices will help ensure the longevity and potency of your herbs and essential oils, allowing you to get the most out of your natural remedies.



Herb and Essential Oil Pairing Guide

Purpose	Herbs	Essential Oils	Benefits
Relaxations	Peppermint, Chamomile, Lemon Balm	Lavender, Bergamont, Ylang Ylang	Calms nerves, promotes sleep
Energy Boost	Peppermint, Rosemary, Ginseng	Peppermint, Lemon, Eucalyptus	Increases alertness and focus
Digestive Support	Ginger, Peppermint, Fennel	Eucalyptus, Tea Tree, Peppermint	Eases nausea and bloating
Respiratory Health	Thyme, Eucalyptus, Oregano	Eucalyptus, Tea Tree, Peppermint	Clears airways, supports immune system
Skin Care	Calendula, Aloe Vera, Rose	Lavender, Tea Tree, Frankincense	Soothes and nourishes skin
Stress Relief	Holy Basil, Ashwagandha, Rhodiola	Lavender, Frankincense, Sandalwood	Reduces cortisol, promotes calmness
Immune Support	Echinacea, Elderberry, Astragalus	Tea Tree, Lemon, Oregano	Boosts immune function
Pain Relief	Arnica, White Willow Bark, Turmeric	Peppermint, Eucalyptus, Rosemary	Reduces inflammation and pain
Mental Clarity	Ginkgo Biloba, Bacopa, Rosemary	Rosemary, Basil, Lemon	Enhances memory and concentration
Hormonal Balance	Vitex, Red Clover, Dong Quai	Geranium, Fennel	Supports endocrine system

Essential Oil Extraction Methods

Essential oils are highly concentrated aromatic compounds extracted from various plant materials, such as flowers, leaves, stems, roots, and peels. There are several methods used to extract essential oils, each with its own advantages and considerations. Here's a brief overview of the most common extraction techniques:

Steam Distillation:

- This is the most widely used method for essential oil extraction.
- Plant material is placed in a still and exposed to steam, which vaporizes the volatile compounds.
- The vapour is then condensed, and the essential oil is separated from the hydrosol (aromatic water).
- Steam distillation is effective for a wide range of plant materials and produces high-quality, concentrated oils.

Cold Pressing (Expeller Pressing))

- Also known as "expression," this method is primarily used for citrus peel oils.
- The plant material is mechanically pressed to extract the essential oil, without the use of heat or solvents.
- Cold pressing preserves the delicate aromas and properties of the oils, but the yield is generally lower than steam distillation.

Solvent Extraction:

- This method uses chemical solvents, such as hexane or carbon dioxide, to extract essential oils from plant materials.
- The solvent dissolves the aromatic compounds, which are then separated and concentrated.
- Solvent extraction can yield a higher oil content, but the final product may contain trace amounts of the solvent.

Enfleurage:

- This traditional French method is used for extracting oils from delicate flowers, like jasmine and rose.
- The plant material is placed on a fat-coated surface, and the aromatic compounds are absorbed over time.
- The fat is then washed with alcohol to release the essential oil.
- Enfleurage is a labour-intensive process, but it can capture the most delicate floral aromas.

The choice of extraction method depends on the plant material, the desired quality and composition of the essential oil, and the intended use. Understanding the different extraction techniques can help you make informed decisions when purchasing and using essential oils.

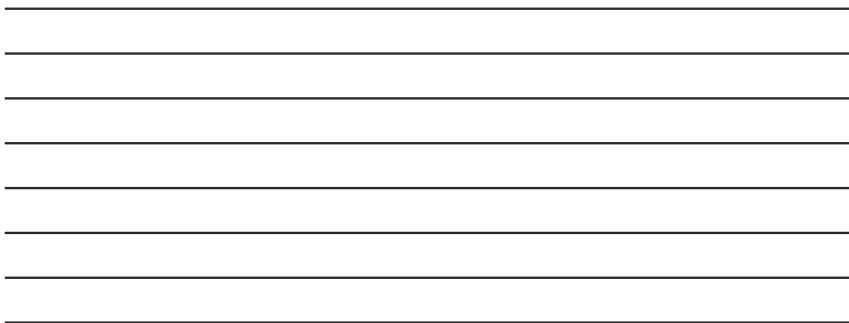
Essential Oil Recipe

Used for

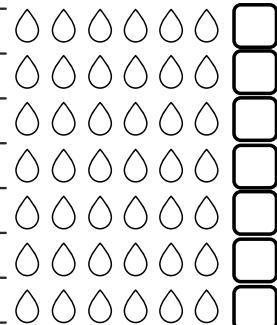
Home Work Anxiety Animals

Recipe Name

Oils



Drops



Carrier Oil Used

Notes

Used for

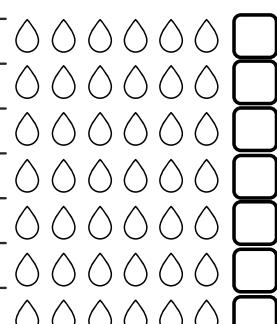
Home Work Anxiety Animals

Recipe Name

Oils



Drops



Carrier Oil Used

Notes

New Oils to Explore

Herb Name / Scientific Name	Interest

Essential Oil Profile

Oil name



Botanical Name

Country of Origin

Parts Used

Color

Edible

Topical

Endangered

Toxic

Child safe

Pet safe

Fragrance Family & Sub Family

Floral

Amber

Woody

Fresh

Floral
Soft Floral
Floral Amber

Soft Amber
Amber Woody
Amber

Woods
Mossy Woods
Dry Woods
Aromatic Fougère

Citrus Fruity
Green Water

Odor Intensity

Very High

High

Moderate

Low

Blending Notes (s)

Top

Middle

Base

Notes

Essential Oil Dilution Chart



Dilution %	Drops of EO per tsp (5ml) carrier oil	Drops of EO per oz (30ml) carrier oil	Recommended Use
0.5%	1-2 drops	3 drops	Facial application, long-term use
1%	3 drops	6 drops	Children (2-6 years), elderly, pregnant women (2nd & 3rd trimester)
2%	6 drops	12 drops	General adult use, body massage
3%	9 drops	18 drops	Short-term use for specific concerns
5%	15 drops	30 drops	Acute conditions (short-term use only)
10%	30 drops	60 drops	Very limited, case-specific use

Guidelines by Age Group

Age Group	Safe Dilution Range
Infants (0-3 months)	Not recommended
Babies (3-24 months)	0.1% - 0.5%
Toddlers (2-6 years)	0.5% - 1%
Children (6-15 years)	1% - 2%
Adults	2% - 5%
Elderly	1% - 3%
Pregnant Women (2nd & 3rd trimester)	1% (avoid in 1st trimester)

Common Carrier Oils

- Sweet Almond Oil
- Jojoba Oil
- Coconut Oil (Fractionated)
- Grapeseed Oil
- Avocado Oil
- Olive Oil



Safety Notes

1. Always do a patch test before applying diluted essential oils to larger areas.
2. Some essential oils may require more dilution. Always check individual oil safety data.
3. For facial applications, use lower dilutions (0.2% - 1.5%).
4. Increase dilution for larger body areas or full-body application.
5. Essential oils should never be applied neat (undiluted) to the skin, with very few exceptions.
6. When in doubt, always err on the side of caution and use a lower dilution.
7. Consult a qualified aromatherapist or healthcare provider for personalized advice, especially for children, the elderly, or those with health conditions.

Remember: This chart is a general guide. Individual sensitivity and specific essential oil properties should always be considered.

Essential Oil Blends



Purpose	Application method
Secondary Purpose	Aromatically
	Topically
	Internally
	Other

Notes

Essential Oil Inventory



Herb Descriptions and Properties

Herb	Description	Properties
Lemongrass	Citrusy, grassy aroma	Purifying, mood-lifting, insect-repelling
Lime	Sharp, citrusy scent	Refreshing, uplifting, cleansing
Mandarin	Sweet, citrusy aroma	Calming, mood-lifting, digestive aid
Marjoram	Warm, herbaceous scent	Calming, pain-relieving, sleep-promoting
Melissa (Lemon Balm)	Light, citrusy aroma	Calming, antiviral, mood-lifting
Myrrh	Warm, smoky scent	Meditative, skin-healing, oral health support
Neroli	Sweet, floral aroma	Calming, skin-rejuvenating, aphrodisiac
Nutmeg	Warm, spicy scent	Stimulating, pain-relieving, digestive aid
Orange (Sweet)	Sweet, citrusy aroma	Uplifting, calming, digestive aid
Oregano	Strong, herbaceous scent	Antimicrobial, immune-boosting, respiratory sup
Palmarosa	Floral, rosy aroma	Skin-balancing, mood-lifting, antibacterial
Patchouli	Earthy, musky scent	Grounding, skin-healing, aphrodisiac
Peppermint	Cool, minty aroma	Energizing, cooling, digestive aid
Petitgrain	Fresh, floral scent	Calming, deodorizing, skin-balancing
Pine	Fresh, woody aroma	Respiratory support, energizing, cleansing
Ravensara	Fresh, camphoraceous scent	Antiviral, respiratory support, immune-boosting
Rose	Deep, floral aroma	Aphrodisiac, skin-nourishing, emotional balancin
Rosemary	Herbaceous, camphoraceous scent	Stimulating, memory-enhancing, hair-strengthen
Sage	Herbaceous, camphoraceous aroma	Clarifying, hormone-balancing, antibacterial
Sandalwood	Woody, sweet scent	Grounding, meditative, skin-soothing
Spearmint	Cool, minty aroma	Digestive aid, mood-lifting, focusing
Tangerine	Sweet, citrusy scent	Calming, mood-lifting, digestive aid
Tea Tree	Fresh, medicinal aroma	Antimicrobial, immune-boosting, skin-cleansing
Thyme	Herbaceous, warm scent	Antimicrobial, respiratory support, energizing
Vetiver	Earthy, smoky aroma	Grounding, calming, sleep-promoting
Ylang Ylang	Sweet, floral scent	Aphrodisiac, mood-lifting, stress-reducing

Herb Descriptions and Properties



Herb	Description	Properties
Basil	Sweet, herbaceous aroma	Uplifting, clarifying, mental fatigue relief
Bergamot	Citrusy, floral scent	Mood-lifting, stress-reducing, skin-soothing
Black Pepper	Spicy, warm aroma	Stimulating, warming, digestive aid
Cardamom	Spicy-sweet, warm scent	Digestive aid, respiratory support, mood enhanc
Carrot Seed	Earthy, woody aroma	Skin rejuvenating, detoxifying, grounding
Cedarwood	Woody, balsamic scent	Grounding, calming, respiratory support
Chamomile (Roman)	Sweet, apple-like aroma	Calming, skin-soothing, sleep-promoting
Cinnamon Bark	Warm, spicy scent	Stimulating, warming, immune-boosting
Clary Sage	Herbaceous, earthy aroma	Balancing, euphoric, hormone-regulating
Clove	Strong, spicy-sweet scent	Analgesic, antimicrobial, warming
Coriander	Sweet, woody aroma	Digestive aid, stress-reducing, skin-balancing
Cypress	Fresh, woody scent	Astringent, decongestant, grounding
Eucalyptus	Fresh, camphoraceous aroma	Respiratory support, cooling, purifying
Fennel	Sweet, licorice-like scent	Digestive aid, hormone-balancing, detoxifying
Fir Needle	Fresh, woody aroma	Respiratory support, energizing, grounding
Frankincense	Woody, spicy, earthy scent	Meditative, skin-rejuvenating, respiratory support
Geranium	Floral, sweet aroma	Balancing, mood-lifting, skin-enhancing
Ginger	Warm, spicy scent	Warming, digestive aid, energizing
Grapefruit	Fresh, citrusy aroma	Uplifting, cleansing, appetite-suppressing
Helichrysum	Herbaceous, honey-like scent	Skin-healing, anti-inflammatory, pain-relieving
Jasmine	Sweet, floral aroma	Aphrodisiac, mood-enhancing, skin-nourishing
Juniper Berry	Woody, fresh scent	Detoxifying, purifying, stress-reducing
Lavender	Floral, herbaceous aroma	Calming, sleep-promoting, skin-soothing
Lemon	Fresh, citrusy scent	Uplifting, cleansing, focusing

Essential Oil Wish List



Basil	<input type="checkbox"/>	Lime	<input type="checkbox"/>
Bergamot	<input type="checkbox"/>	Mandarin	<input type="checkbox"/>
Black Pepper	<input type="checkbox"/>	Marjoram	<input type="checkbox"/>
Cardamom	<input type="checkbox"/>	Melissa (Lemon Balm)	<input type="checkbox"/>
Carrot Seed	<input type="checkbox"/>	Myrrh	<input type="checkbox"/>
Cedarwood	<input type="checkbox"/>	Neroli	<input type="checkbox"/>
Chamomile (Roman)	<input type="checkbox"/>	Nutmeg	<input type="checkbox"/>
Cinnamon Bark	<input type="checkbox"/>	Orange (Sweet)	<input type="checkbox"/>
Clary Sage	<input type="checkbox"/>	Oregano	<input type="checkbox"/>
Clove	<input type="checkbox"/>	Palmarosa	<input type="checkbox"/>
Coriander	<input type="checkbox"/>	Patchouli	<input type="checkbox"/>
Cypress	<input type="checkbox"/>	Peppermint	<input type="checkbox"/>
Eucalyptus	<input type="checkbox"/>	Petitgrain	<input type="checkbox"/>
Fennel	<input type="checkbox"/>	Pine	<input type="checkbox"/>
Fir Needle	<input type="checkbox"/>	Ravensara	<input type="checkbox"/>
Frankincense	<input type="checkbox"/>	Rose	<input type="checkbox"/>
Geranium	<input type="checkbox"/>	Rosemary	<input type="checkbox"/>
Ginger	<input type="checkbox"/>	Sage	<input type="checkbox"/>
Ginger	<input type="checkbox"/>	Sandalwood	<input type="checkbox"/>
Grapefruit	<input type="checkbox"/>	Spearmint	<input type="checkbox"/>
Helichrysum	<input type="checkbox"/>	Tangerine	<input type="checkbox"/>
Jasmine	<input type="checkbox"/>	Tea Tree	<input type="checkbox"/>
Juniper Berry	<input type="checkbox"/>	Thyme	<input type="checkbox"/>
Lavender	<input type="checkbox"/>	Vetiver	<input type="checkbox"/>
Lemon	<input type="checkbox"/>	Ylang Ylang	<input type="checkbox"/>
Lemongrass	<input type="checkbox"/>		<input type="checkbox"/>

Shopping list

Total Items

Notes :

Uses / Body Systems

Cardiovascular

Digestive

Integumentary

Excretory

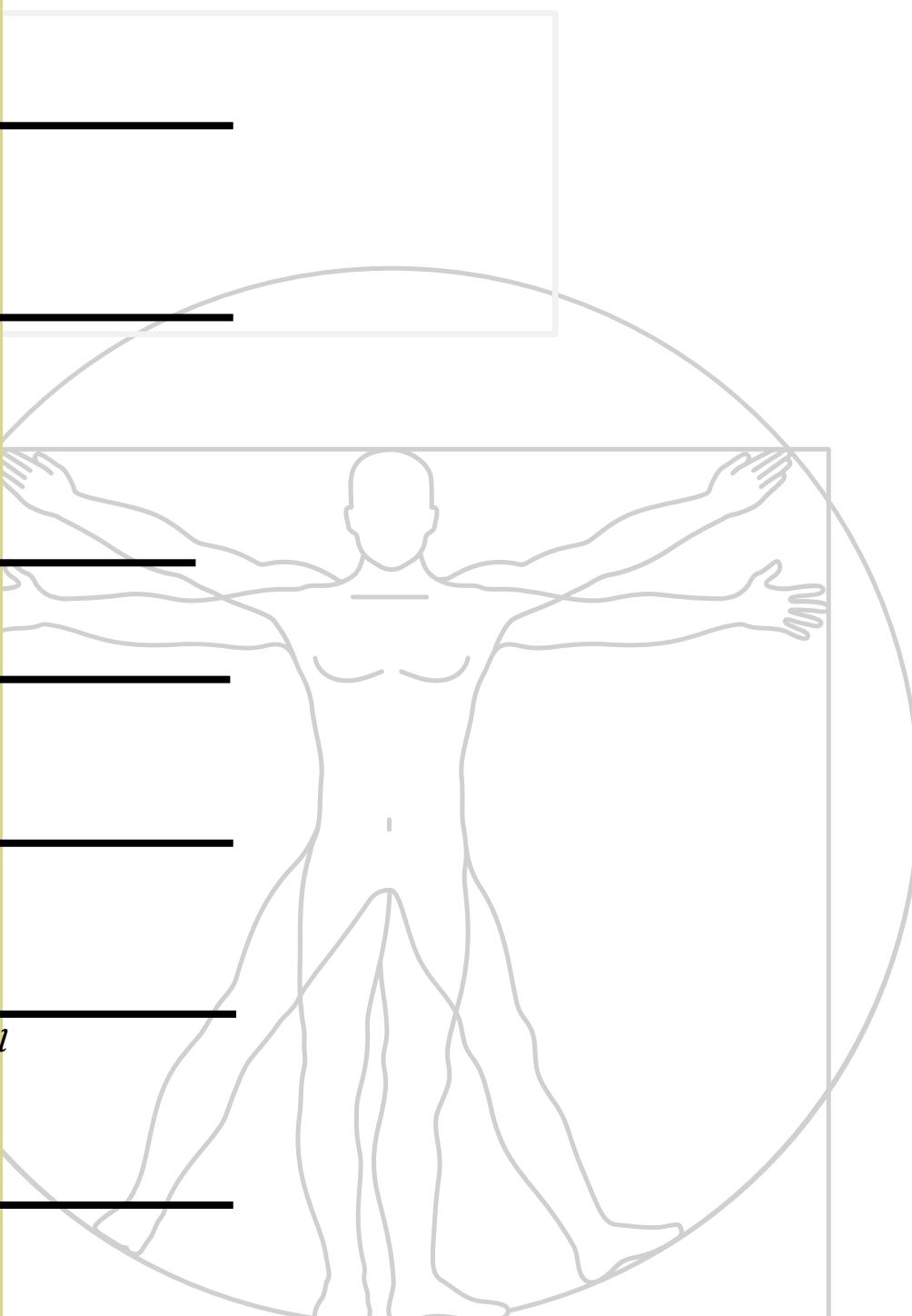
Endocrine

Immune

Musculoskeletal

Nervous

Respiratory



Chakra Balancing with Herbs and Oils

Introduction

Chakras are energy centres in the body associated with physical, emotional, and spiritual well-being. This guide suggests herbs and essential oils that may help balance each chakra.

Root Chakra (Muladhara)

- Location: Base of spine
- Associated with: Grounding, stability, security
- Color: Red
- Herbs: Dandelion root, Ashwagandha, Vetiver
- Essential Oils: Vetiver, Patchouli, Cedarwood
- Use: Add herbs to teas or use oils in a grounding massage blend

Sacral Chakra (Svadhisthana)

- Location: Lower abdomen
- Associated with: Creativity, emotions, sexuality
- Color: Orange
- Herbs: Damiana, Hibiscus, Orange peel
- Essential Oils: Orange, Ylang Ylang, Sandalwood
- Use: Enjoy as a tea blend or in a sensual diffuser mix



Solar Plexus Chakra (Manipura)

- Location: Upper abdomen
- Associated with: Personal power, confidence, self-esteem
- Color: Yellow
- Herbs: Lemon Balm, Chamomile, Ginger
- Essential Oils: Lemon, Ginger, Rosemary
- Use: Create an empowering tea or a confidence-boosting room spray

Heart Chakra (Anahata)

- Location: Center of chest
- Associated with: Love, compassion, forgiveness
- Color: Green
- Herbs: Rose, Hawthorn, Green Tea
- Essential Oils: Rose, Geranium, Bergamot
- Use: Blend in a heart-opening bath tea or loving massage oil

Chakra Balancing with Herbs and Oils

Heart Chakra (Anahata)

- Location: Throat
- Associated with: Communication, self-expression
- Color: Blue
- Herbs: Sage, Slippery Elm, Lemon
- Essential Oils: Eucalyptus, Peppermint, Blue Tansy
- Use: Create a throat-soothing tea or a voice-supporting steam inhalation



Third Eye Chakra (Ajna)

- Location: Between eyebrows
- Associated with: Intuition, imagination, wisdom
- Color: Indigo
- Herbs: Lavender, Mugwort, Star Anise
- Essential Oils: Frankincense, Lavender, Clary Sage
- Use: Blend in a meditation-enhancing tea or intuition-boosting roll-on

Crown Chakra (Sahasrara)

- Location: Top of head
- Associated with: Spiritual connection, enlightenment
- Color: Violet or White
- Herbs: Lotus, Jasmine, Gotu Kola
- Essential Oils: Jasmine, Lavender, Frankincense
- Use: Create a spiritually uplifting tea or a meditation-enhancing diffuser blend

How to Use This Guide

1. Identify which chakra you want to focus on.
2. Choose herbs or oils associated with that chakra.
3. Create blends for tea, bath, massage, or aromatherapy.
4. While using your blend, meditate on the chakra's location and associated qualities.
5. Practice regularly for best results.

Remember: This guide is based on traditional practices and should complement, not replace, professional medical care. Always research herbs and oils for potential interactions or contraindications before use.

Essential Oil Safety Guide

General Safety Guidelines

1. Always dilute essential oils before applying to skin.
(See dilution chart for proper ratios)
2. Perform a patch test before using a new oil.
3. Keep oils away from eyes, inside of nose, and ears.
4. Store oils out of reach of children and pets.
5. Use only high-quality, pure essential oils from reputable sources.
6. Never ingest essential oils unless under the guidance of a qualified aromatherapist or healthcare provider.
7. Some oils are photosensitive - avoid sun exposure after applying these to skin.
8. Always research an oil before using it, especially if you have health conditions or are taking medications.

Pregnancy and Nursing Precautions

Avoid in All Trimesters:

- Basil
- Cinnamon
- Clary Sage
- Rosemary
- Sage
- Wintergreen

Use with Caution (Only after first trimester, diluted heavily):

- Chamomile
- Eucalyptus
- Ginger
- Lavender
- Lemon
- Peppermint

Note: Always consult with your healthcare provider before using essential oils during pregnancy or while nursing.

Age-Specific Considerations

Infants (0-3 months):

- Avoid using essential oils

Babies and Young Children (3 months - 6 years):

- Use only gentle oils (e.g., Lavender, Chamomile)
- Always heavily dilute (0.25% - 0.5%)
- Avoid Peppermint near face

Elderly:

- Use lower dilutions (1% - 2%)
- Be aware of potential skin sensitivities

Potential Reactions

Blood Thinning Medications:

- Avoid: Clove, Eucalyptus, Ginger

High Blood Pressure:

- Use with caution: Rosemary, Thyme, Sage

Epilepsy:

- Avoid: Rosemary, Fennel, Sage

Diabetes:

- Monitor closely with: Cinnamon, Clove (may affect blood sugar)

Oils to Use with Extra Caution

1. Wintergreen - Can be toxic if ingested
2. Eucalyptus - Can cause respiratory issues in young children
3. Cinnamon - Can cause skin irritation
4. Clove - Potential blood-thinning effects
5. Citrus oils - Photosensitive, can cause skin reactions in sunlight

Signs of Adverse Reactions

- Skin irritation or rash
- Headache
- Nausea
- Difficulty breathing
- Dizziness

If you experience any of these symptoms, discontinue use immediately and seek medical attention if severe.

Remember: This guide is not exhaustive. Always research each oil thoroughly and consult with a qualified aromatherapist or healthcare provider, especially if you have existing health conditions, are pregnant, or are using medications.

Essential Oil Cheat Sheet

Oils by Scent Type:

Floral: Lavender, Rose, Jasmine, Ylang Ylang, Geranium

Citrus: Lemon, Orange, Bergamot, Grapefruit, Lime

Woody: Cedarwood, Sandalwood, Patchouli, Vetiver

Herbal: Rosemary, Basil, Thyme, Oregano, Marjoram

Minty: Peppermint, Spearmint

Spicy: Cinnamon, Clove, Ginger, Cardamom

Earthy: Frankincense, Myrrh, Patchouli

Medicinal: Eucalyptus, Tea Tree, Camphor

Oils by Notes:

Top Notes (first to evaporate):

Basil, Bergamot, Eucalyptus, Lemon, Peppermint, Tea Tree

Middle Notes (emerge as top notes dissipate):

Chamomile, Geranium, Lavender, Rosemary, Ylang Ylang

Base Notes (longest-lasting):

Cedarwood, Frankincense, Myrrh, Patchouli, Sandalwood, Vetiver

Oils by Effect:

Calming/Relaxing:

Lavender, Chamomile, Ylang Ylang, Bergamot, Frankincense

Energizing/Uplifting:

Peppermint, Lemon, Orange, Rosemary, Eucalyptus

Focus/Concentration:

Rosemary, Peppermint, Lemon, Basil

Mood-Boosting:

Bergamot, Lavender, Lemon, Ylang Ylang, Orange

Sleep-Promoting:

Lavender, Chamomile, Vetiver, Cedarwood, Frankincense

Stress-Relieving:

Lavender, Frankincense, Bergamot, Ylang Ylang, Chamomile

Immune-Supporting:

Tea Tree, Eucalyptus, Lemon, Oregano, Frankincense

Glossary of Terms

Adaptogen - An herb that helps the body adapt to stress and maintain homeostasis.

Anthelmintic - An herb that helps expel parasitic worms from the body.

Anti-catarrhal - An herb that helps reduce mucus and phlegm production.

Antispasmodic - An herb that helps relax and relieve muscle spasms.

Astringent - An herb that helps tighten and constrict tissues, drying secretions.

Carminative - An herb that helps expel gas from the digestive system.

Cordial - Cordials are made by combining herbs (often fresh herbs or fruit juices) with alcohol, such as brandy. The mixture is then left to macerate. After the herbs are strained, an equal amount of sweetener is added.

Decoction - A herbal preparation made by simmering herbs in water to extract their constituents.

Demulcent - An herb that helps soothe and protect irritated mucous membranes.

Diaphoretic - An herb that helps promote sweating and healthy circulation.

Emmenagogue - An herb that helps stimulate and regulate the menstrual cycle.

Emollient - An herb that helps soften and soothe the skin.

Essential Oil - Highly concentrated aromatic compounds extracted from plants.

Glossary of Terms

Expectorant - An herb that helps loosen and expel mucus from the respiratory system.

Hydrosol - The aromatic water produced as a by-product of essential oil distillation.

Infusion - An herbal preparation made by steeping herbs in hot water.

Maceration - The process of soaking herbs in a liquid to extract their beneficial compounds.

Nervine - An herb that helps support and nourish the nervous system.

Phytochemicals - The active chemical compounds found in plants that provide health benefits.

Poultice - A soft, moist mass of herbs applied to the skin for healing purposes.

Rubefacient - An herb that helps increase blood flow and circulation to the skin.

Tincture - A concentrated herbal extract made by soaking herbs in alcohol.

Vulnerary - An herb that helps promote wound healing.

Notes

