



Properties of Essential Oils

The following chart contains only the most important oils in each category.

PROPERTY	TERMS	ESSENTIAL OILS
Relieves or diminishes pain by exerting a nerve-numbing effect	Analgescic	Bergamot, chamomile, eucalyptus, lavender marjoram, peppermint, rosemary
Reduces sexual response	Anaphrodisiac	Marjoram
Combats infection in the body	Antibiotic	Cajuput, garlic, manuka, niaouli, ravensara, tea tree
Lifts the emotions	Antidepressant	Bergamot, clary sage, geranium, grapefruit, jasmine, lavender, lemon grass, mandarin, melissa, neroli, orange, petitgrain, rose, rosemary, sandalwood, ylang ylang
Helps to reduce and control vomiting and nausea	Antiemetic	Anise-star, black pepper, chamomile, clove, fennel, ginger, peppermint, spearmint
Reduces inflammation	Anti-inflammatory	Bergamot, chamomile, immortelle, lavender, myrrh
Helps to control or destroy some infection-causing bacteria	Antiseptic	Most essential oils have some antiseptic qualities but the following are particularly good— bergamot, eucalyptus, garlic, juniper, lavender, manuka, niaouli, ravensara
Prevents or relieves cramps or spasms in the intestine or uterus	Antispasmodic	Chamomile, clary sage, ginger, juniper, lavender, marjoram, orange, peppermint
Reduces sweating	Antisudorific	Clary sage, cypress
Counteracts the effects of a poison	Antitoxic	Bergamot, black pepper
Kills or inhibits the growth of viruses	Antiviral	Bergamot, eucalyptus, garlic, lavender, manuka, palmarosa, ravensara, tea tree
Contracts and tones tissues	Astringent	Benzoin, cedarwood, cypress, frankincense, juniper, myrrh, rose, sandalwood



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PROPERTY	TERMS	ESSENTIAL OILS
Increases sexual response	Aphrodisiac	Clary sage, jasmine, patchouli, rose, rosewood, sandalwood, vetiver, ylang ylang
Expels gases from the intestines	Carminative	Angelica, anise (star), black pepper, caraway, cardamom, coriander, dill, fennel, ginger, peppermint, spearmint
Stimulates bile production and flow	Cholagogue	Chamomile, lavender, peppermint, rosemary, spearmint
Promotes the formation of scar tissue	Cicatrisant	Bergamot, cypress, eucalyptus, frankincense, lavender, neroli, patchouli, petitgrain, rosewood
Reduces odour	Deodorant	Bergamot, clary sage, cypress, eucalyptus, lavender, lemon grass, litsea cubeba, patchouli, petitgrain,
Purifies the blood	Depurative	Birch bud, carrot seed, clary sage, fennel, garlic, juniper, rose
Aids digestion and eases indigestion	Digestive	Anise (star), black pepper, caraway, cardamom, chamomile, dill, marjoram, rosemary
Increases the flow of urine	Diuretic	Birch bud, chamomile, cedarwood, fennel, geranium, juniper, parsley
Encourages and regulates menstrual flow	Emmenagogue	Basil, chamomile, clary sage, marjoram
Helps remove excess mucus from bronchial passages	Expectorant	Benzoin, eucalyptus, frankincense, lavender, marjoram, myrrh, sandalwood, tea tree
Cools and reduces fever	Febrifuge	Bergamot, chamomile, eucalyptus, lavender, peppermint, ravensara, tea tree
Prevents or destroys	Fungicidal	Lavender, myrrh, tea tree fungal infection
Increases production of milk	Galactagogue	Anise (star), basil, celery seed, cubeb, fennel
Helps to stop bleeding	Haemostatic	Chamomile, cinnamon, cypress, geranium, lemon, lime, rose



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Stimulates and strengthens the liver	Hepatic	Angelica, balsam (Peru), clary sage, grapefruit, immortelle, lemon, peppermint, rose, rosemary, violet
Raises blood pressure	Hypertensive	Black pepper, clary sage, hyssop, peppermint, rosemary
Lowers blood pressure	Hypotensive	Garlic, lavender, marjoram, melissa, ylang ylang
Strengthens the body's defences against infection	Immunostimulant	Garlic, lavender, eucalyptus, immortelle, manuka, ravensara, rosewood, tea tree
Strengthens the nervous system	Nervine	Angelica, basil, clary sage, chamomile, marjoram, Melissa
Produces localised redness and warmth when applied to the skin by increasing the flow of blood to the area	Rubefacient	Birch bud, black pepper, eucalyptus, ginger, juniper, marjoram, rosemary, thyme
Reduces stress in the body; calms the nervous system	Sedative	Benzoin, bergamot, chamomile, clary sage, frankincense, jasmine, lavender, mandarin, marjoram, melissa, neroli, rose, ylang ylang
Increases energy and quickens the functions of the adrenal and other glands	Stimulant	Basil, bergamot, black pepper, cypress, eucalyptus, geranium, peppermint, rosemary
Aids and tones the digestive system	Stomachic	Angelica, anise (star), basil, bergamot, black pepper, carrot seed, chamomile, cinnamon, clary sage, nutmeg, peppermint, rosemary
Stops or reduces external bleeding	Styptic	Benzoin, cypress, lemon
Increases sweating	Sudorific	Basil, chamomile, juniper, manuka, peppermint, ravensara, rosemary, tea tree



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Strengthens the whole body or a specific organ	Tonic	Angelica, basil, bergamot, birch bud, black pepper, clove, geranium, ginger, juniper, lavender, lemon, marjoram, myrrh, neroli, rose, rosemary, tea tree, thyme
Tones and strengthens the uterus	Uterine	Clary sage, frankincense, jasmine, melissa, myrrh, rose
Causes small blood vessels to contract	Vasoconstrictor	Chamomile, cypress, rose
Causes small blood vessels to dilate	Vasodilator	Marjoram
Helps wounds to heal	Vulnerary	Benzoin, bergamot, chamomile, geranium, lavender, myrrh, rosemary, tea tree
