

USES						CONTRAINDICATIONS & CAUTION					
Essential Oil	Massage	Bathing	Diffuser	Skin Care	Perfume	First 4 months of Pregnancy	Pregnancy	Babies, children or frail	Sensitive Skin	UV or Sun-light	Homeopathic remedies
Bergamot	✓	✓	✓	✓	✓						
Chamomile (Roman)	✓	✓	✓	✓	✓						
Clary Sage	✓	✓	✓	✓	✓						
Eucalyptus	✓	✓	✓	✓	✓						
Frankincense	✓	✓	✓	✓	✓						
Geranium	✓	✓	✓	✓	✓						
Ginger	✓	✓	✓	✓	✓						
Grapefruit	✓	✓	✓	✓	✓						
Jasmine	✓	✓	✓	✓	✓						
Juniper berry	✓	✓	✓	✓	✓						
Lavender	✓	✓	✓	✓	✓						
Lemon	✓	✓	✓	✓	✓						
Lemongrass	✓	✓	✓	✓	✓						
Marjoram	✓	✓	✓	✓	✓						
Melissa	✓	✓	✓	✓	✓						
Myrrh	✓	✓	✓	✓	✓						
Neroli	✓	✓	✓	✓	✓						
Orange	✓	✓	✓	✓	✓						
Patchouli	✓	✓	✓	✓	✓						
Peppermint	✓	✓	✓	✓	✓						
Rose Otto/Absolute	✓	✓	✓	✓	✓						
Rosemary	✓	✓	✓	✓	✓						
Sandalwood	✓	✓	✓	✓	✓						
Tea Tree	✓	✓	✓	✓	✓						
Ylang Ylang	✓	✓	✓	✓	✓						