

Body Beautiful Unit 2
2 B- Skin Types & Essential Oils



Skin Types & Essential Oils-(2B)

This information is also in the Practical Potions E-Course. Use it in from your journal as a handy Pull-Out.



Transformation- Learn which essential oils are particularly useful for skin issues, ranging from acne to rosacea.

Angelica Root- Angelica archangelica Steam distilled roots and rhizomes. Dilute with carrier or facial cream

and try on dull, congested skin. Angelica may possibly help psoriasis. Avoid with diabetes or pregnancy. Overuse may cause insomnia. Do not take internally, nor use with children.

Artemisia douglasiana-

Helps inflamed skin due to chamazulene content. Anti-microbial. Do not use internally, with babies, nor if pregnant.

Basil- Ocimum basilicum-

May be good for oily skin, mosquito and wasp bites, hair growth, eczema, acne, shingles and herpes. Do not use with hormone sensitive cancers. Do not take internally.

Bergamot-

Citrus

bergamia-

Commonly used for acne, chicken pox and shingles. Phototoxic-do not wear in sunlight, nor sunbeds. May irritate sensitive skin.



Cabreuva- Myocarpus fastigiatus-

Used mainly for healing skin- wounds, scars and cuts. Cabreuva is sometimes used as a fixative in perfumery. Toxicology unknown. Avoid with children and pregnancy.

Cade- Junipers oxycedrus-

Traditionally used on scalp for dandruff and hair loss. Can be irritating on skin for those with allergies and inflamed conditions. Strong, tar-like odor. Do not use internally, when pregnant, nor with children.

Cajeput-*Melaleuca cajeputi-*

Similar uses to tea-tree, such as, insect bites, oily skin, acne and radiation burns. Caution in pregnancy. Do not take internally.

Caraway- *Carum carvi-*

Caraway is sometimes recommended as a tissue regenerator for oily skin. For digestive issues- rub into tummy (diluted) for colic, gas, spasms and to aid poor appetite. May irritate skin. Avoid in pregnancy and with children. Do not take internally.

Carrot Seed- *Daucus carota-*

Use in small amounts in skin creams. It is thought to have skin regenerating qualities. It may improve the tone and elasticity of skin. Very healing to many skin conditions. This oils smells very carrotty, so use only small amounts. Avoid in pregnancy.

Catnip-*Nepeta cataria-*

The main use of this oil is as an insect repellent- careful about what felines are attracted! Do not take internally. Avoid in pregnancy. Do not use on babies or infants.



Cedarwood Atlas *Cedrus atlantica*-

Used on mature, damaged, and oily skin and acne. May help with dermatitis, hair loss and cellulite. Reduces spider veins and scars. May irritate skin. Avoid in pregnancy and with babies. Do not use internally.

Cedar Red- *Juniperus virginiana*-

Traditionally used for acne, dandruff, oily skin and hemorrhoids. Can cause skin reactions. Avoid in pregnancy. Toxic if taken internally. Atlas Cedarwood is safer.

Cedarwood Texas- *Juniperus ashei*-

Has been used to regulate oily skin and as an insect repellent. Aids meditation. Can irritate skin. Avoid in pregnancy. Do not use internally.



Celery Seed- *Apium graveolens*

Celery seed has been historically used for rheumatoid arthritis and cellulite. Do not take internally or use when pregnant.

Chamomile Mixta- *Ormenis multicaulis*-

Try this oil for sensitive and dry skin, or eczema. This family of plants can cause allergies and asthma in some people. Avoid if pregnant.

Chamomile, German - *Matricaria recutita*-

A high level of chamazulene gives German chamomile its distinctive blue color. Only a little is needed. It is very anti-inflammatory for skin and has analgesic properties. Often used for rosacea of the skin. Useful for a plethora of skin conditions allergies, boils, burns, eczema, inflamed skin and wounds. Wildwood pg. 259. Do not use when pregnant, nor with infants.



Test for allergies – careful if you have a ragweed allergy.

Chamomile, Roman- *Chamaemelum nobile* or *Anthemis nobilis*

Beneficial for all skin types, especially, hyper- sensitive skin. My favorite essential oil for skin. Anti-inflammatory. It may help heal burns, allergies, dermatitis and eczema. It is anti-bacterial and helpful diluted with calendula carrier oil for diaper rash. It is used on skin for: puffiness, itch and to strengthen and tighten tissue. Roman chamomile is often used for blonde hair. Avoid in the first trimester of pregnancy. People allergic to ragweed should be careful of an allergic reaction.

Cistus/Labdanum *Cistus ladaniferus*-

From the leaves of the rock rose. Cistus is mostly useful for dermal issues, such as, mature skin that is, wrinkled.

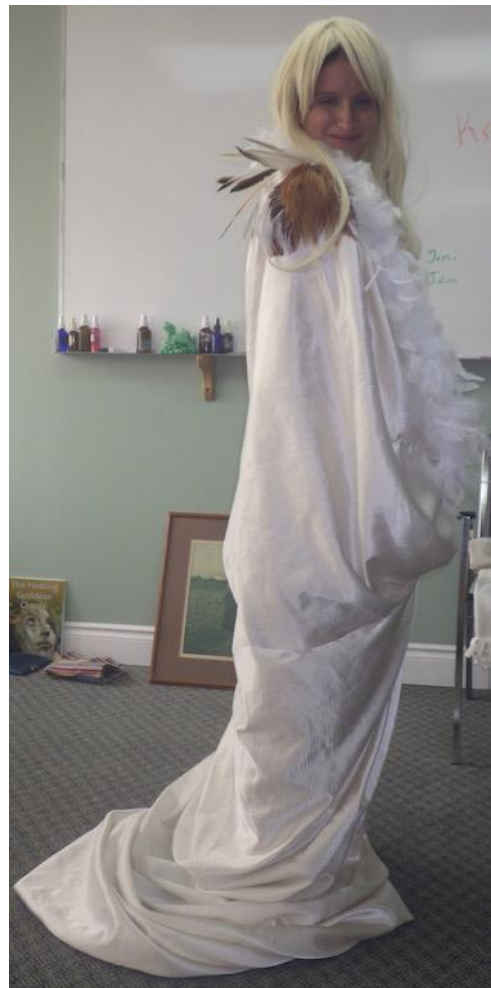
Cistus is also used for inflamed, irritated and acne afflicted skin. It is thought to aid wound healing, regenerating when the healing is slow. Avoid with babies, children and when pregnant. Do not use internally.

Citronella- *Cymbopogon nardus*-

Citronella is useful as an insect repellent and deodorizer. Avoid use on sensitive or damaged skin. Avoid in pregnancy and do not take internally.

Clary Sage -*Salvia sclarea*-

Clary is a very complex oil with around 250 constituents. For skin, it is thought to be a cellular regenerator and useful for- aging, oily, acne, inflamed skin and wrinkles. It has some fluid and hormone regulating properties, making it effective for PMS and perimenopausal symptoms. Avoid with breast and ovarian cysts and hormone sensitive cancers. It may also exaggerate the



effect of alcohol, so do not use when drinking. Avoid when pregnant and do not use internally.

Cypress-*Cupressus sempervirens*

Cypress is good for draining water bogged and water retentive, skin conditions. Also for oily skin, cellulite, varicose veins, excessive perspiration, and acne. It is said to be anti-bacterial and astringent. It may be helpful in reducing spider veins and hemorrhoids. Avoid in pregnancy, with children, high blood pressure and with hormone sensitive cancers. Do not take internally.

Elemi -*Canarium luzonicum*-

This oil is thought to be a cellular rejuvenator. It is cooling on skin. It is said to heal and close wounds. It has traditionally been used on aged skin, inflammation and wrinkles. Elemi has been used by ancient Egyptians for embalming.



Avoid with babies, children and pregnant women. There may be some skin sensitivity toward this oil.

Eucalyptus globulus-

Eucalyptus has many respiratory uses, but can also be helpful for skin with: burns, blisters, chickenpox, measles, cold sores, cuts, insect bites and stings and infections. No internal use. It is toxic if taken internally. Avoid when pregnant and with children under 10.

Fennel (Sweet)- *Foeniculum vulgare*-

Steam distilled from the seeds. For water bogged skin and corns, bruises, gum disorders, bad breath. Avoid in pregnancy, epilepsy, alcoholism and liver disease. Do not take internally. Possibly carcinogenic in large doses- be especially careful with estrogen sensitive cancers.



Frankincense- *Boswellia carterii*-

The gum of this tree is steam distilled. For those with hardy skin and no allergy to it, frankincense, may be used neat. Do a patch test on crux of your arm to determine sensitivity. This oil is anti-infectious. Effective for skin- especially mature. Commonly used for dry, aging skin, including the neck, scars, wrinkles and stretch marks. Also, useful for abscesses, and hemorrhoids. Avoid in pregnancy. Do not use internally. Avoid with epilepsy.

Galangal- *Kaempferia galanga*-

Steam distilled from the rhizomes. May be useful for skin infections and to induce perspiration. Avoid in pregnancy and do not take internally.



Galbanum- *Ferula galbaniflua-*

Mainly useful for skin wounds and inflammations. Is thought to help heal scar tissue and tone mature skin. May also soften wrinkles, and be beneficial for ulcers and abscesses. May also help heal insect stings and bites. Avoid in pregnancy and with children. Do not take internally. May be a skin irritant to some.



Geranium- (Chinese) *Pelargonium x asperum-*

Steam distilled from leaves. Helpful for many skin conditions. Avoid in pregnancy and with babies. Rose Geranium is even more desirable for many skin issues.

Geranium, Rose - *Pelargonium graveolens-*

Distilled from the leaves. Excellent for many skin conditions: oily, acne, burns, dry or weepy eczema, itchy and inflamed skin. It is thought to be anti-fungal, anti-bacterial, anti-inflammatory, anti-infectious and antiseptic. May also help ringworm, neuralgia and hemorrhoids. Decreases congestion, accumulated fluids, and poor elimination of toxins. It is a gentle but effective oil. Said to be a cellular regenerator. Balances oil secretion. Mosquito repellent. Avoid in early pregnancy. Do not take internally.

Gotu Kola- Centella asiatica-

Great for skin. It is thought to improve the synthesis of collagen, thus promoting tissue firmness. Helps repair wounds. Useful for some psoriasis, burns and varicose veins. Do not use when pregnant. Some skin sensitivity can result. Also, available as an infused oil.

Grapefruit Pink and White- Citrus x paradisi-

The oil is cold pressed from the peel. Helps with: oily skin, tones congested skin and lightens skin. May aid hair growth. Do not use internally-it may interfere with medications. May be irritating to skin. Older oil that oxidizes may become phototoxic, so do not use on skin before going in the sun, or under a light, such as when tanning- may result in skin burning.



Gurjun Balsam- *Dipterocarpus turbinatus*

Traditionally used for inflamed skin. Avoid in pregnancy, do not take internally.

Helichrysum italicum-

Another name for helichrysum is Immortelle. This oil is steam distilled from the flowering heads of the strawflower. There is very low yield from this plant. May be useful for skin-burns, wounds, acne, couperose skin, frost burn and mature skin. May protect skin from ultra-violet rays. It is also thought to treat damaged and congested skin.

Anti-inflammatory, anti-coagulant, which may prevent bruises. No formal testing on safety done. Possibility of skin irritation. Avoid in pregnancy.



Ho Leaf- *Cinnamomum camphora-*

Steam distilled from the leaf. This oil has a chemical makeup like rosewood and is suggested to be balancing to all skin types. Because it is from a leaf, not a wood it is a renewable resource. May be healing for wounds, sores, and muscular pains. Never take internally. Avoid in pregnancy, with babies and children.

Hyssop- *Hyssopus officinalis*-

Steam distilled from the flowering tops and leaves. May relieve irritation from itching and flaking skin and bruises. May be effective against TB-Valnet, 1980. Historically used for colds, flues and sometimes anxiety. Avoid in pregnancy, with children, babies and elderly. Avoid with people prone to epilepsy, asthma and high blood pressure.



Jasmine - *Jasminum officinalis* Absolute-

Solvent extracted. May be useful on skin, but can be sensitizing. Sometimes used in skin conditions that range from: dry to greasy, stretch marks, dermatitis and in cases of intense itching (pruritus). May cause allergic reaction with some. Do not take internally. Avoid in pregnancy.

Juniper Berry- *Junipers communis*-

Steam distilled from the berry. All skin types may get some relief, especially good with oil and acned skin. Often used for psoriasis, stretch marks, weeping and infected eczema and cellulite. May be anti-inflammatory, good for stiff joints, as it expels uric acid. Said to be a powerful detoxifying agent. Steam with juniper for congested, oily skin with blackheads. Avoid in pregnancy and with babies. Do not take internally.

Laurel Leaf- Sweet Bay *Laurus nobilis-*

Steam distilled from the leaves of the Laurel. Stimulating for hair and scalp. This tonic may help hair grow. Avoid in pregnancy. May irritate the skin. Do not take internally.



Lavandin- *Lavandula x intermedia*

Lavandin is Lavender crossed with Spike Lavender

- It has similar effects, but is more stimulating. Steam distilled from the flowers. Cellular regenerator-helps heal burns. Safe, but slightly more irritating than *Lavandula officinalis*. Do not use during pregnancy or take internally.

Lavender Spike- *Lavandula spica/ L. latifolia*

Steam distilled flowers. Good for burns, acne, fungal infections and wound healing. Helps abscesses come to a head. Avoid in pregnancy. Do not take internally.

Lavender- *Lavandula officinalis* / *L. angustifolia*-

Steam distilled from flowers. Lavender is the most popular essential oil we know. This oil is a cellular regenerator. All skin types may benefit. Some find it useful for: acne, allergies, athlete's foot, boils, bruises, dandruff, dermatitis, dry and wet eczema, insect bites & stings, rashes, rosacea, sunburn, wounds, burns and blisters. It is thought to be anti-inflammatory, antibacterial, antiseptic, anti-infectious and regenerative. It may prevent scarring. It may also regulate puffy skin. It may balance sebum and have analgesic properties. May cause dermatitis in some people. Avoid in the first 3 months of pregnancy.

Lemon- *Citrus limonum*-

Steam distilled from the peel.

Good for blonde hair, as it lightens skin pigments. Used for: cellulite, acne, boils, corns, warts, couperose and dry skin, thin hair and nails. Thought to balance sebum, strengthen epidermis

function, tighten blood vessels and stimulate connective tissue. May also promote hair shine and increase its growth. Can be phototoxic. Do not use if pregnant, nor breast feeding. Do not use internally, as it may interfere with medications.

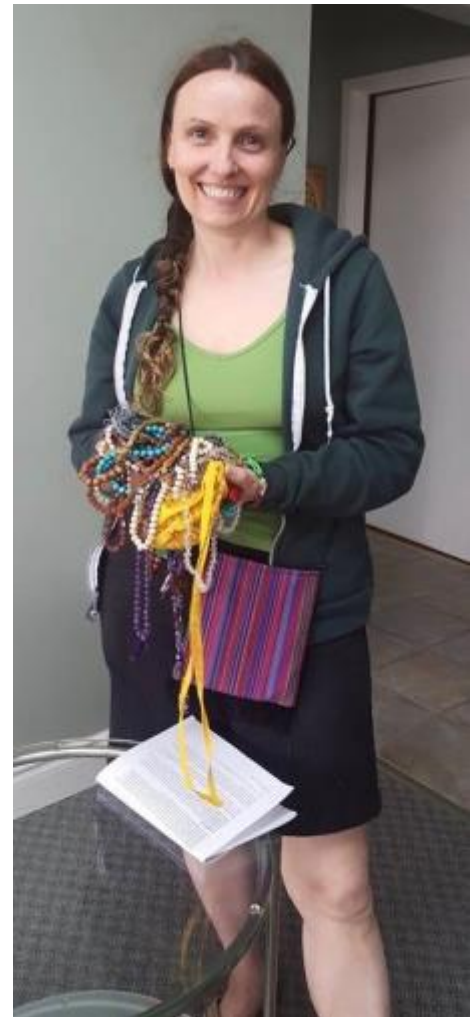


Lemongrass- *Cymbopogon citratus-*

Steam distilled from the grass. A very under-utilized oil. Good for oily skin, infections, and cellulite. Counters: acne, athlete's foot and enlarged pores. Thought to be a tissue toner and lymphatic detoxifier. It is said to aid in weak connective tissue and to tighten elastin weakness. Insect repellent. Possible skin irritant. Avoid in pregnancy and with breast feeding. Do not take internally.

Lemon Verbena- *Lippia citriodora-*

Steam distilled from the freshly harvested leaves. It is antiseptic and good for acne and boils, but put directly on the spots not on surrounding tissue, as it may be irritating to skin. It may also be helpful for cold sores, although, not as potent as Melissa for this purpose. Do not use if pregnant, nor breastfeeding. Do not take internally



Mandarin- *Citrus nobilis* (same species as tangerine)-

Cold pressed from peel. Thought to be useful for skin: oily, congested, combination, acne, scars, and pimples. May be toning, antiseptic and a preventative for stretch marks. Older oils may be phototoxic. May be a skin irritant.

Manuka- *Leptospermum scoparium*-

Steam distilled leaves and end branches. Is used in Australia for fungus infections, ring worm and athlete's foot. Per Dr. Peneol it is effective against some staph and strep infections and vaginitis. Do not use with babies nor during pregnancy.

Marjoram- (Sweet) *Origanum marjorana*-

Steam distilled from the leaves. May inhibit some bacteria and fungus. Thought to be antiseptic. Avoid in pregnancy. Do not take internally.



Melissa- Lemon Balm - *Melissa officinalis*-



Steam distilled leaves and flowering tops. It is effective against Herpes Simplex- cold sores and shingles, if you apply it during the itchy phase, before full eruption. Reduces healing time, and lengthens time before another occurrence, (Lawrence 1989).

Melissa is also used on insect bites, especially bees and wasps. It may have anti-allergenic qualities. May irritate sensitive skin. Avoid in cases of glaucoma. Do not take internally. Do not use if pregnant.

Monarda fistulosa- Wild Bergamot, Bee Balm-

Steam distilled flowering plant. Balancing for hair and skin, like rose geranium. Used on aged skin and for shingle pain. Avoid in pregnancy.

Myrrh- Commiphora myrrha-

Distilled from the gum resin.

Historically thought to be good for skin, which is aging, chapped, cracked, ulcerated. Myrrh is also useful for: fungal infections, weeping eczema and wrinkles. It may be antiseptic, fungicidal and anti-inflammatory. Helpful for athlete's foot, scars and wounds. It has been used for gum health and for hemorrhoids for centuries. Can be toxic in large doses. Avoid in pregnancy and with babies.



Myrtle - *Myrtus communis*-

Steam distilled from branches and leaves. It is often used on devitalized, inflamed skin. Do not use if pregnant. No internal use.

Neroli Citrus- *aurantium* var. *italicum*-

Steam distilled flowers. Neroli is good for most skin types, especially dry, aging skin, and spider or varicose veins, and broken blood vessels.

Occasionally causes skin reactions. Do not take if pregnant.

Neroli- *Citrus aurantium* var. *amara*-

Good for most skin types. Very good for stretch marks. Like, Neroli var. *italicum*.



Niaouli - *Melaleuca quinquenervia* var. *cineole-*

Steam distilled branches. Thought to be cosmetically beneficial for most skin types, especially infected skin, acne, insect bites, and both eczemas. Strongly disinfectant, anti-viral, anti-bacterial and fungicidal. May stop itching and allergic reactions. It is sometimes used neat on athlete's foot. It is thought to be a powerful anti-inflammatory, and may protect from deep radiation burns if used pre- & post radiation (10% in rosehip oil). May be useful for after x-rays too. Avoid in pregnancy and with babies. Do not take internally.



Niaouli nerolidol - *Melaleuca quinquenervia* var. *nerolidol-*

This oil is used in a diffuser for respiratory infections. Avoid in pregnancy, with babies and children. Not a good choice for women because of male hormonal effect. Do not take internally.

Orange Bitter- *Citrus aurantium* var. *amara*-

Cold pressed from peel. Cosmetic uses include: dull, dry, oily congested, acne, and wrinkles. May strengthen and soften skin. Said to stimulate nerve endings, aid in hydration, calm oil gland function, increase hydro lipid layer, and support regeneration. Diluted and made into a rub it may be helpful for sore muscles. Phototoxic. High amounts may irritate skin. Avoid in the first trimester of pregnancy.

Orange Sweet- *Citrus sinensis*-



Steam distilled or cold pressed peel. Like, Bitter orange. May be phototoxic and a skin irritant.

Oregano- *Origanum vulgare*-

Steam distilled leaves. Anti-infectious, antiseptic, anti-fungal. Do not use internally. Avoid when pregnant. Irritates skin. May be toxic to the liver in high amounts.

Palmarosa- *Cymbopogon martinii*-

Steam distilled from the grass. Said to be good for acne, dermatitis, wet and dry eczema, dry skin, scars, and wrinkles- cellular regenerator. It may be a broad spectrum, antimicrobial, antiseptic, with fungicidal action comparable to tea tree and niaouli; very gentle on the skin and hydrating. Avoid in pregnancy. Do not take internally.

Parsley Herb- *Petroselinum sativum*-

Steam distilled from the leaves. Anti-microbial, antiseptic, stimulating. Gives a green note in men's scent blends. Do not take internally. Do not take when pregnant. Can be irritating to skin.



Patchouli- *Pogostemon cablin*-

Steam distilled from a resinoid made from partially fermented leaves. May be useful for acne, athlete's foot, dandruff, impetigo, inflammatory and allergic skin, seborrheic, dermatitis, spider, varicose or broken veins and weeping eczema. Useful for dehydrated skin and bedsores. Used as an anti-microbial and insect repellent. Thought to be anti-inflammatory, anti-allergic and astringent. In India, it is historically used on: cracks, scars, wrinkles, wounds and chapped skin. Do not take internally, nor use when pregnant.

Peppermint- *Mentha piperata*

Steam distilled from the flowering herb. Much research has been done on this plant, as it has been in the European culture for hundreds of years. It is used for shingles, acne, and dermatitis.

Thought to be detoxifying. It may constrict capillaries, relieve itching, inflammation, soften and degrease skin. It



helps relieve water retention in tissue and cool skin. Helps remove blackheads. Apply to bruises, with skin intact to take away pain. Avoid in pregnancy and lactation. Keep away from babies and infants under 10. May cause reflex apnea or laryngospasm in babies. Contact dermatitis. Keep away from eyes and nostrils. Do not use on grafted tissue. Do not take internally.

Petitgrain- *Citrus aurantium* var. *amara* Steam distilled leaves and branches. May be useful for acne, oily skin and hair. Also, thought to aid perspiration, tissue regeneration and healing of scars. May irritate skin. Do not use if pregnant.

Pine Needle -*Pinus sylvestris*-

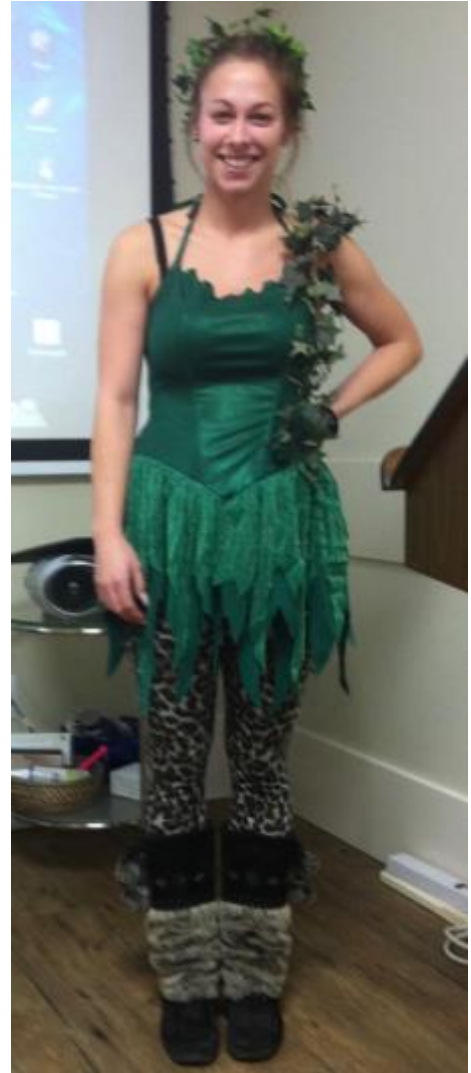
Steam distilled branches. Historically used for boils, cuts, sores and excessive perspiration. Is said to be good for grayish smoker's skin. Do not take internally. Do not use when pregnant, nor with children.

Rose Absolute- *Rosa damascena*- or *centifolia*

Extracted from the petals with an alcohol solvent. The scent is beautiful. Not as conducive for skin use as rose otto, due to the solvent extraction. Used mainly in perfumery.

Rose Otto- *Rosa damascena*-or *centifolia*

Steam distilled from the flowers. It may take about 70 whole flowers, (or more), to make one drop of the oil. Used for: dry, aging and sensitive skin, redness, rosacea, wrinkles, couperose, eczema and inflammations. Is said to be astringent, antiseptic and anti-inflammatory. It may help clear small broken capillaries. Do not use in the first trimester of pregnancy. This essential oil has recently become almost unaffordable.



Rosemary- Rosmarinus officinalis-

Steam distilled flowering tops and leaves. Historically used for acne, oily hair and dandruff. Promotes hair growth (to some degree). May increase blood pressure. It is possible to experience allergic response on sensitive skin. Avoid with high blood pressure, pregnancy and epilepsy. Do not use with infants.



Rosemary verbenone type Rosmarinus officinalis chemotype verbenone-

Steam distilled flowering plants and leaves. Is historically used for mature, chronically dry, aged skin, acne and oily skin, couperose or broken veins. Helps rejuvenate skin. Useful for dandruff and to promote growth of healthy hair- Wildwood pg. 281. Insect repellent. Do not use during pregnancy nor with babies. Do not use with high blood pressure, hypersensitive liver, or hormone dependent cancers. Can become toxic with heavy use.

Saint John's Wort- Hypericum perforatum-

This essential oil is steam distilled, in contrast to St. John's Wort made as an infused oil. This makes Saint John's Wort in the essential oil form, much more concentrated. Thought to be helpful for nerve pain and shingles. Do not use if pregnant, with children, nor internally.



Sandalwood- Santalum album-

Steam distilled from wood chips. In India, it is thought to be healing for all skin types- dry, acne, damaged skin, chapped, cracked and inflamed. Try it for eczema. Is said to be anti-septic, moisturizing and able to penetrate the subcutaneous layer, and can carry other oils there. Apparently connective tissue and dermis are strengthened, as it may increase water retention of collagen. Do not use when pregnant.

Spikenard- Nardostachys jatamansi-

Steam distilled rhizomes. May have wound healing ability. Good for mature skin. No formal testing with babies and children- so avoid. Avoid in pregnancy. Do not take internally.

Tagetes -*Tagetes minuta*-

Steam distilled
flowering plant.
Sometimes called
French Marigold-
but this is not



Calendula. Do not use on sensitive skin. Useful for: corns, bunions, calluses, ringworm and other fungal infections. May cause skin reactions in hypersensitive people. Avoid in pregnancy, with babies and children. Fairly toxic. Never take internally.

Tangerine- *Citrus reticulata*- see mandarin-

Cold pressed from the peel. May smell slightly different than mandarin, but the properties of the two oils are the same. Thought to be useful for skin that is: oily, congested, combination, acne, scars, pimples, and stretch marks.

Tea Tree- *Melaleuca alternifolia*-

Steam distilled from branches. Tea tree may be helpful in cases of abscesses, boils, burns, cold sores, dandruff, fungal infections, infected skin, impetigo, insect bites, warts and acne. Is said to be a wide spectrum antiseptic, anti-inflammatory, bactericidal, insect repellent, anti-fungal. May also help protect from radiation burns – afterward use rose and lavender. Possible skin irritant. Sensitizing in some people. Toxic in high quantities.

Thyme-

Thymus
vulgaris
chemotype
linalol

Steam distilled
from leaves. In
some cases,
good for
abscesses, insect
bites, psoriasis,
acne, dry and

weeping eczema. It may be a strong antiseptic, but still gentle and healing
to skin. Broadly antimicrobial. Avoid in pregnancy. Do not take internally



Thyme Red- Thymus vulgaris-

Steam distilled from the leaves. Highly anti-microbial. Anti-fungal.
Aggressive on skin. Never use undiluted. Do not take internally. Avoid in
pregnancy.

Thuja Eastern- Thuja occidentalis-

Steam distilled from leaves and branches. Said to be soothing to poison ivy.
Put directly on viral warts to deter. Very toxic if taken internally.
Convulsive. Never use when pregnant or around children. Use only with
extreme caution.

Turmeric- *Curcuma longa* Steam distilled rhizome-

Thought to be an anti-oxidant and anti- inflammatory. Do not use internally, when pregnant nor with children.



Vetiver- *Vetiveria zizanoides*-

Steam distilled from the root. Useful for mature, dry skin and wounds. Wildwood pg. 285 also recommends it for acne. It may be a cellular regenerator, works on atrophic, or slack skin. Used as a base note in scent blends. Do not use when pregnant, with children, or internally. Rare dermatitis on some people.

Yarrow- *Achillea millefolium*-

Steam distilled from the aerial parts. The blue in yarrow is chamazulene and it is wonderful for the skin. It is useful for acne, burns, sunburn, inflammation, eczema, warts, varicose veins and scars. Anti-wrinkle. Balances oily skin and scalp and promotes hair growth and encourages perspiration. It is said to be anti-inflammatory, antiseptic and anti-allergenic. Avoid in pregnancy, with babies and children.

Ylang-Ylang- *Cananga odorata*-

Steam distilled from the flowers. Ylang 1 and Ylang 3 are different distillations of the same oil. Ylang 1 is slightly superior in both smell and qualities, but both are very adequate. Used on dry, oily, combination, irritated skin, as well as, insect bites. Balances sebum. Do not use on inflamed skin. Excess may lead to headache. May cause a skin reaction in some. Do not use if pregnant, nor with children. No internal use.



References:



Sheppard-Hanger The Aromatherapy Practitioner Reference Manual,

Martin Watt,

Robert Rogers, Scents of Wonder

Tisserand Robert, & Young.

And the other references from the reference section, listed previously.