

Essential Oils Infographic

We are blessed to bring to you a comprehensive chart about essential oils.

The following two pages are the result of countless hours of work and organization, packaged in a vivid presentation of color, symbols and eye-catching format.

Color coded for easier referencing, the Essential Oils chart is designed to quickly inform you of 56 different essential oils' functions and qualities.

This intricately formatted chart also includes pet safety for each oil list. While this is not an exhaustive list, it is very comprehensive.

Other efficient factors include:

- Alphabetizing for quick referencing
- Pet safety
- Precaution notifications for pregnant and/or lactating women
- Shelf life (each essential oil)

Listed with initials for

Aromatic (A)

Topical (T)

Internal (I)

at a simple glance, you will be able to discern which essential oils will suit your particular needs at a moment's notice.

Thank you Angela, for your tireless work on putting this amazing info-graphic together!



| Properties | Essential Oil Properties | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Application (Topical) (Internal) | Concentration level (Neat) (Sensitive) (Dilute) | KEY & INFORMATION SOURCES | | | | | | | | | | | | | | | | |
|--------------|--------------------------|-----------|-----------------|----------------|---------------|------------------|----------------|---------------|---------------|----------------|----------------|------------|------------|-----------------|---------------|-----------------|-------------------|---------------|---------------|-------------|----------------|----------------|------------|---------------|-----------|--------------|-----------|-------------|------------|---------|----------------------------------|---|---------------------------|-------------|-------------|----------|---------------|--------------|-----------|------------|-------|-------|-------|-------------|----------------|-------------------------|---------------------|----------------------|-------------------------------|
| | Anaphrodisiac | Analgasic | Anti-allergenic | Anti-arthritis | Antibacterial | Anticarcinogenic | Anti-carcinoma | Anticatarrhal | Anticoagulant | Anticonvulsant | Antidepressant | Antiemetic | Antifungal | Antihemorrhagic | Antihistamine | Anti-infectious | Anti-inflammatory | Antimicrobial | Antimutagenic | Antioxidant | Anti-parasitic | Anti-rheumatic | Antiseptic | Antispasmodic | Antitoxic | Anti-tumoral | Antiviral | Aphrodisiac | Astringent | Calming | | | | Cardiotonic | Carminative | Cleanser | Cytophylactic | Decongestant | Deodorant | Detoxifier | 6 mos | 2 yrs | 6 yrs | 10 yrs | Pregnant (Y/N) | Lactating | Dog (Y/N) | Cat (Y/N) | Other |
| Oil | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | THE ESSENTIAL LIFE BOOK | | | | | | | | | | | | | | | | |
| Arborvitae | * | * | | * | * | * | | | | | | * | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | A | D | ESSENTIAL OILS DESK REFERENCE |
| Basil | | * | | * | | | * | | | * | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | C | AT | D | PERSONAL EXPERIENCES | |
| Bergamot | | * | | * | | | | | | * | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | S | YELLOW & ORANGE ARE | | |
| Birch | | * | | * | | | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | D | INFORMATION TO BE ADDED | | | |
| Black Pepper | | * | | * | | | * | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | AT | D | * = ACCEPTED USE | |
| Cardamom | | | | * | | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | D | Y= YES | | | |
| Cassia | | * | | * | | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | N | N = NO | | | | |
| Cedarwood | | | | * | | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | D | R = RESTRICTED | | | | |
| Cilantro | | | | * | | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | N | C = CAUTION | | | | | |
| Cinnamon | | * | | * | | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | S | | | | | | |
| Citronella | | * | | * | | | * | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | D | | | |
| Clary Sage | | * | | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | N | | | | | |
| Clove | | * | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | D | | | | |
| Coriander | | * | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | S | | | | | | |
| Cypress | | * | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | N | | | | |
| Dill | | * | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | S | | | | |
| Douglas Fir | | * | | * | | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | S | |
| Eucalyptus | | * | | * | | | * | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | AT | S | | | | | |
| Fennel | | * | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | D | | | | | |
| Fir Needle | | * | | * | | | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | D | | | | | | |
| Frankincense | | * | | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | N | | | | | |
| Geranium | | | * | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | N | ATI | S | | | | | | |
| Ginger | | * | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | S | | | | | | |
| Grapefruit | | | | * | | | * | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | N | | | | | | | |
| Helichrysum | | * | * | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | Y | ATI | N | | | | | | | |

| Properties | Anaphrodisiac | Analgasic | Anti-allergenic | Antiarthritic | Antibacterial | Anticarcinogenic | Anti-carcinoma | Anticatarrhal | Anticoagulant | Anticonvulsant | Antidepressant | Antiemetic | Antifungal | Antihemorrhagic | Antihistamine | Anti-infectious | Anti-inflammatory | Antimicrobial | Antimutagenic | Antioxident | Anti-parasitic | Anti-rheumatic | Antiseptic | Antispasmodic | Antitoxic | Anti-tumoral | Antiviral | Aphrodisiac | Astringent | Calming | Cardiotonic | Carminative | Cleanser | Cytophylactic | Decongestant | Deodorant | Detoxifier | 6 mos | 2 yrs | 6 yrs | 10 yrs | Pregnant (Y/N) | Lactating | Dog (Y/N) | Cat (Y/N) | Other | Application (Aromatic) (Topical) (Internal) | Concentration level (Neat) (Sensitive) (Dilute) | | | | | | | | | | | | |
|------------------|---------------|-----------|-----------------|---------------|---------------|------------------|----------------|---------------|---------------|----------------|----------------|------------|------------|-----------------|---------------|-----------------|-------------------|---------------|---------------|-------------|----------------|----------------|------------|---------------|-----------|--------------|-----------|-------------|------------|---------|-------------|-------------|----------|---------------|--------------|-----------|------------|-------|-------|-------|--------|----------------|-----------|-----------|-----------|-------|---|---|-----|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|
| | Oil | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Holy Basil | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ATI | N | | | | | | | | | | | | |
| Hyssop | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ATI | N | | | | | | | | | | |
| Jasmine | | * | * | | | | | | | | * | | | | | | | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | | | | 3 | * | * | * | N | N | Y | | | ATI | N | | | | | | | | | | | | |
| Juniper Berry | | * | * | | | | | | | | * | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | | | | | | | | | | | ATI | S | | | | | | | | | | |
| Lavender | | * | * | | | | | * | * | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | | | | | | | |
| Lemon | | | | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | | | | | | |
| Lemongrass | | * | | | * | | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S | | | | | | |
| Lime | | | | | * | | | | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S | | | | | | |
| Manuka | | * | | | * | | * | | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | | | | |
| Majoram | * | * | | | * | | | | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | D | | | | | |
| Melaleuca | | * | | | * | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | AT | N | | | | | |
| Melissa | | | | | * | | | | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S | | | | |
| Myrrh | | | | | * | * | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S | | | |
| Orange | | * | | | * | | * | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | D | | | |
| Oregano | | * | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | | |
| Patchoull | | | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | |
| Peppermint | | * | | | * | * | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | | |
| Ravensara | | * | | | * | | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | AT | S | | |
| Roman Chamomille | | | | | | | | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | | |
| Rose | | | | | | | | | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | AT | N | |
| Rosemary | | * | | | * | * | * | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N |
| Sandalwood | | | | | * | * | * | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S |
| Spearmint | | | | | * | | * | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S | |
| Spikenard | | | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N | |
| Tangerine | | | | | * | | | | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N |
| Thyme | | | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N |
| Tumeric | | | | | * | | * | | | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | D |
| Vetiver | | | | | * | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S |
| White Fir | | * | | * | | | * | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S | |
| Wild Orange | | * | | * | * | | * | * | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | S |
| Wintergreen | | * | | | | | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | AT | D |
| Yarrow | | | | | * | | * | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | AT | S |
| Ylang Ylang | | | | | * | | | | | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | * | | ATI | N |

THE ESSENTIAL LIFE BOOK

KEY & INFORMATION SOURCES