



The most important essential oils

An overview of the most important essential oils in aromatherapy

There are almost as many essential oils as there are fragrant, aromatic plants. And every essential oil has its own exciting properties to discover. So as not to lose track of all the choices, it helps to focus on and familiarize yourself with the most popular essential oils. That's why we present you here the most important oils, quasi the all-rounders of aromatherapy, in short portraits and give you an insight into the effects, properties and application of the oils.



Anise

Illicium verum

Anise is the relaxing, slightly sweet aroma of pastis, ouzo and other drinks. Anise from *Illicium verum*, the so-called star anise oil gives these digestive drinks the typical, intense aroma, not to be confused with the slightly more subtle anise oil from *Pimpinella anisum*. Anise has a particularly positive, regulating influence on women. The 100% naturalness of the aniseed oil is important, as the compatibility with copies from the chemical laboratory changes significantly! Anise is popular in Chinese medicine for the relief of colds and spreads a wonderfully relaxing atmosphere.



Bergamot

Citrus bergamia

The refreshing scent of bergamot oil has the power to take away the tension in irritated situations and create a vibration that makes it easy to relax and re-energize. It is both soothing and relaxing as well as invigorating and refreshing. The fruity-bitter-smelling bergamot oil has a decidedly positive effect on all people who are prone to depressed mood and are anxious. On gray autumn and winter days the fragrance throws “light” into our living rooms and invigorates the mood. It blends well with lavender and flower scents!



Lemon

Citrus limonum

Lemon oil has a very fresh scent, which due to its slight volatility in the room quickly creates an invigorating, building and encouraging effect, which is indicated especially in general weakness and depression. Lemon moves between the fragrance and the effect of lime and lemongrass and is the ideal median for concentrated work at the desk. In the cold-endangered season, a few drops of citron oil in the indoor air have proven their worth due to their disinfecting properties.



Eucalyptus

Eucalyptus globulus

With laziness and listlessness eucalyptus has an invigorating and motivating effect. It increases the ability to concentrate and is therefore also suitable as a supportive fragrance during mental work. The somewhat medicinal fragrance is known to us because of its traditional use during the cold period and for rubbing in muscles and joints. As a standard drug eucalyptus is used to inhale for cough and cold, and embrocation for rheumatic complaints. In winter, eucalyptus is often used as a sauna infusion, a few drops in the infusion water make the breath free! Please note: Do not use for toddlers!



Grapefruit

Citrus paradisi

While smelling grapefruit, we immediately suspect why the plant bears the name *Citrus paradisi*, the fragrance is simply heavenly beautiful, revives immediately and makes us happy. When the scent molecules reach our nose, the release of messenger substances is stimulated in fractions of a second, which inspires our feelings. The scent is ideal for grumpy morning persons to get going in the morning and gives us the energy and motivation to perform tasks with focus and power.



Lavender

Lavandula angustifolia

The effects of lavender are extremely diverse. For palpitations, nervousness, excitement and insomnia, it is relaxing and soothing. A few drops dabbed on the temples or on the pillow help us to sleep more easily. Its main characteristic is being compensatory – it provides us what we are lacking. If we are stressed, it will calm us down, but if we are melancholy and burdened with worry, it will revive, refresh and build us up. Due to the pronounced skin-care properties, lavender, diluted in base oils, is also often used to care and regenerate the skin, for example after sunbathing.



Litsea Cubeba

Litsea cubeba

The scent of Litsea cubeba is reminiscent of lemon grass with its very fresh note, but is finer and therefore even more popular. In his origin China, the oil is called “Mai Chang” and used to compensate for stressed people. Who knows the oil, knows that it can give us relaxation and balance in a short time. It is ideal for people who are stressed and overworked and need a short break in the rush. It is important that the oil does not tire, but gives us new strength and energy to master our tasks. The higher Litsea Cubeba oil is dosed, the more the refreshing properties come into play.



Tangerine

Citrus reticulata

The mandarin essence has a fresh fruity-sparkling fragrance, which is very uplifting and makes enterprising. Mandarin is therefore always there, where tribulation is blown, listlessness prevails and boredom spreads. It is inspirational in creative phases and reconstructive after serious exhausting diseases. Due to its ingredients, mandarin is also used to rebalance depressed, anxious people. Also for relaxing room scenting for the evening it is often used. It blends well with lavender and in this combination it brings even children who do not want to sleep to rest.



Clary sage

Salvia sclarea

Clary sage was already known in the Middle Ages and was not only used for medical purposes, but also appreciated as an intoxicating medium. The fragrance of the clary sage is hard to describe – initially it is fresh, slightly sweet, almost nutty and has a delicate floral component. It has an invigorating, sensual-stimulating and intoxicating effect. This essence has the property of dissolving depressive tension, nervous over-stimulation and anxiety, and transforming the released energy into creativity. In times of tension and stress, clary sage is a valuable companion for women in the changing cycle.



Neroli 2%

Citrus aurantium var. aromata

Neroli has a strong influence on mind and soul and is considered as a “rescue” in aromatherapy. It is well suited to anxious people and situations where fear is spreading, such as exams or lectures. The gently sweet, floral fragrance of the neroli essence exudes a calming, relaxed atmosphere in the aroma lamp, in which it is easy to lean back, to forget all worries, to let anxiety fall and to settle down. Neroli is therefore often used in nervousness and restlessness, but also as a skin care against wrinkles.



Orange

Citrus sinensis

The sweet fruity scent of the orange oil has a calming and at the same time refreshing and invigorating effect. It has the power to take away the tension of nervousness and stress. Orange oil spreads a warming atmosphere, which is also liberating and amusing in the case of anxiety, grief and a depressive mood. It has a balancing effect in every situation and, with its slightly appetizing properties, makes you want to enjoy life. Orange blends well with all other scents and spreads an atmosphere of joy and good humor.



Oregano

Origanum vulgare

Oregano is a medicinal herb with a long tradition of cleaning and disinfecting. Oregano is traditionally used in stews and rich foods as it stimulates the stomach and digestion. Already its scent is appetizing. Oregano is essential in Italian cuisine f.e. in bruschetta, pizza and pasta. The strong aromatic oil with its slight sharpness also cleans the room air perfectly. Always use the strong oil sparingly! Oregano is also used in medical skin care, but in maximum concentrations of 1% it is well diluted in nourishing base oil.



Peppermint

Mentha piperita

The peppermint oil has a fresh, pure scent that makes clear again in mental fatigue and overwork and increases the ability to concentrate. Peppermint has a strong cooling effect and is therefore refreshing and invigorating. As a medicine, it is often used among other ingredients for rubbing in muscle and nerve pain and headache. Also for inhalation and gargling in the mouth area, the medicine has been proven. For pain in the head area, a cold neck compress is a proven blessing. Please note: Do not use for toddlers!



Rose

Rosa damascena

The range of application possibilities of the rose is very broad, especially because of the harmonizing effect on the soul. With deep sorrow, grief and sorrow that have hardened the heart for years and dulled the feelings, Rose is the ideal essential oil. It helps us to open up our hearts. Rose not only smells pleasant, but is also a wonderful essence for the care of the skin. Sensitive skin and, above all, irritated skin areas regenerate with rose oil diluted in fat base oil often unbelievably fast. Due to its strong relaxing properties, the essence has proven itself in both obstetrics and in the care of the dead and is also suitable for all situations of upheaval.



Rosemary

Rosmarinus officinalis

The rosemary essence has a spicy-fresh, camphor-like scent, which has a stimulating effect. Rosemary oil is therefore always suitable for room fragrances when states of exhaustion caused by mental work occur and the ability to concentrate wears off. It strengthens the willpower and is suitable as a room fragrance for both awareness exercises and creative work. Rosemary is also traditionally used in preparations for muscles and joints to promote blood circulation. This feature is used by athletes to warm up after sports rubs and after sports to prevent muscle soreness.



Sandalwood

Santalum spicatum

Traditionally used for perfumes, incense and jewelery, Sandalwood has been used as a traditional Ayurvedic remedy in India for centuries for its exceptional effects. Its main characteristic is its harmonizing and calming effect on the psycho-emotional area. Sandalwood oil has a sweet, archetypal scent reminiscent of fairytale tropical forests. However, the fragrance is not immediately noticeable, but unfolds its whole beauty as slowly as an opening lotus flower. When we perceive the fragrance, it has already transformed us and pulled us into its irresistible spell. Sandalwood takes the tension out of life and creates a meditative vibration in which we can gather new energies.



Tea tree

Melaleuca alternifolia

In Australia, tea tree oil is used as a means for “every opportunity,” traditionally used by Aboriginal people for millennia. It is suitable for the cold season for cleaning the room air. In addition to supportive care for skin problems such as blemishes and mild inflammation and for refreshment and disinfection of the feet. Tip: For small areas, the oil may exceptionally also be applied to the skin, e.g. after an insect bite. For larger areas, moisten a cotton ball with some water or almond oil and drizzle a few drops of tea tree oil on top of it and use immediately. For the application on the skin in massage oil dilute (to 50 ml almond oil 1.5 ml tea tree oil). For the use in indoor air, the herbaceous scent mixes well with other oils, such as lemon, orange or lemongrass.



Thyme red

Thymus vulgaris ct. *thymol*

Traditionally, naturopathy knows the thyme by the use in the cough and cold period. It cleans the room air and strengthens us. The thyme differs in the ingredients, depending on the region in which it grows. In normal cultivation of thyme in Mediterranean regions it is the vigorous “thyme red” (ct. *Thymol*). Also of interest is the chemotype linalool, also known as “thyme white” (ct. *Linalool*). It is much milder and therefore suitable for children and sensitive people.



Vanilla

Vanilla planifolia

Vanilla is used primarily for flavoring sweets such as chocolate, candy, pudding and ice creams. The great popularity of these sweets is due not only to the large amount of sugar, but also to the characteristic vanilla flavor. The well-known, sweet and warm aroma of vanilla seems to have a calming and soothing effect on the organism. This is maybe why sweets are often used as a small consolation against everyday frustration. Vanilla fragrance gives us an atmosphere of security and happiness and smells wonderful with cocoa, tonka, orange, sandalwood and cinnamon. With vanilla it is easier to relax and to find sleep.



Cinnamon

Cinnamomum zeylanicum

Cinnamon is very commonly used in Indian and Arabic cuisine as it supports the stomach in its work. In spiced tea, it is a main ingredient that activates and warms. Cinnamon bark oil has a pleasantly warm, sweet scent that creates a cozy atmosphere in the room and has a warming effect on both the inside and the outside. For this reason, it is so much used in the cold season for warming room scent, combined with mandarin, orange, carnation ... If it is uncomfortable outside, we look forward to a pleasantly scented home. The best mixture is cinnamon, which is a very strong oil, with uplifting, motivating citrus fragrances for a pleasant room fragrance.



Swiss stone pine

Pinus cembra

The Swiss stone pine oil with its cleaning properties absorbs both unpleasant odors and negative energies in the room and transforms them into a pleasant, fresh atmosphere. It goes very well with fresh citrus fragrances. Swiss stone pine oil carries the power and stability of the mountain trees and therefore helps people with low self-esteem to find new orientation and to feel better on the inside. It also helps us to get new energy after a long illness. Austrian scientists have found out that the Swiss stone pine has a very pleasant effect in the bedroom to help us to be more relaxed the next day.



Further information

in the “Lexikon der Düfte”

In this standard work of Aromatherapy, written by our company founder Axel Meyer, there is detailed information about all essential oils from A-Z.