

# Effects of the Most Common Scents and Essential Oils

*(also aroma therapy)*

## **Anise Oil – Illicium verum Hooker fil.**

- Psyche: comforting, relaxing
- Inhalation: against asthma and colds

## **Valerian Oil – Valerianae offic.**

- Psyche: comforting, strenghtening, stabilizing, anti-depressive
- Inhalation: sleepy

## **Bergamot Oil – Citrus aurantium L./ssp. Bergamia**

- Psyche: moodlifter, balancing
- Inhalation: refreshing

## **Basil Oil – Ocimum basilicum L.**

- Psyche: moodlifter, strenghtening, stabilizing, anti-depressive
- Inhalation: sleepy

## **Bergamot Oil – Citrus aurantium L./ssp. Bergamia**

- Psyche: vitalizing, moodlifter, balancing
- Inhalation: refreshing

## **Cajepute Oil – Melaleuka leucadendron L.**

- Psyche: activating, stimulating
- Inhalation: against asthma, bronchitis and throat infections

## **Cassia Oil – Cinnamomum cassia Nees ex Blume**

- Psyche: relaxing, creativity-increasing, harmonizing
- Inhalation: exciting, anti-depressive

## **Cedar Oil – Juniperus virginiana L.**

- Psyche: anti-depressive, exciting, moodlifter
- Inhalation: disinfecting, refreshing, vitalizing

## **Lime Oil – Citrus limon L.**

- Psyche: warming, concentration-increasing, antipasmodic
- Inhalation: reshreshing, vitalizing, air sterilization

## **Coriander Oil – Coriandrum sativum L.**

- Psyche: warming, erotic, supports creativity
- Inhalation: comforting

## **Eucalyptus Oil – Eucalyptus globulus – Labil L.**

- Psyche: activating, increases concentration, cooling
- Inhalation: against colds, cooling, air sterilization

## **Fennel Oil – Foeniculum vulgare – Mill.**

- Psyche: comforting, antipasmodic, relaxing
- Inhalation: expectorant, relaxing, comforting heart and breathing

## **Spruce Needle Oil – Pincea abies L.**

- Psyche: mobilizing, anti-depressive, comforting, erotic
- Inhalation: against asthma, infections of upper air passages, sinus catarrh

**Cranesbill Oil – Pelargonium odorantissimum**

- Psyche: strengthening, anti-depressive, comforting, erotic
- Inhalation: warming, heart and breathing relaxing

**Grapefruit Oil – Citrus decumana, Citrus paradisi-Mac.f.**

- Psyche: vitalizing, refreshing, euphorising
- Inhalation: refreshing, cell-renewing, anti-inflammatory

**Chamomile Oil – Matricaria chamomilla L.**

- Psyche: harmonizing, balancing, relaxing, comforting
- Inhalation: antiseptic, antispasmodic, abating tickles in throat

**Mountain Pine Oil – Turra var. Pumilio**

- Psyche: energizing, strengthening, moodlifter
- Inhalation: against colds, disinfecting, illness-preventing

**Lemongras Oil – Cymbopogon citratus / D.C. Stapf.**

- Psyche: refreshing, vitalizing, moodlifter, concentration-increasing
- Inhalation: activating breathing and metabolism

**Majoram Oil – Majorana hortensis Moench**

- Psyche: relaxing, mood-lifting, positive, warming
- Inhalation: relaxing, antispasmodic, refreshing

**Melissa Oil – officinalis**

- Psyche: anti-depressive, harmonizing, increasing the body's defences
- Inhalation: antibacterial, refreshing, vitalizing

**Muscatel Sage Oil – Salvia selarea**

- Psyche: creativity-increasing, mood-lifting, euphorising
- Inhalation: Relaxing and vitalizing heart and breathing at the same time

**Myrrh Oil – Myrestica officinalis**

- Psyche: balancing, mediatively comforting
- Inhalation: against bronchitis

**Clove Leaf Oil – Syzygium aromaticum L.**

- Psyche: vitalizing, concentration-increasing
- Inhalation: disinfecting, against colds

**Clove Blossom Oil**

- Psyche: see clove leaf oil
- Inhalation: disinfecting, against colds

**Neroli Oil – Citrus aurantium L.l.ssp.**

- Psyche: harmonizing, warming, anti-depressive
- Inhalation: sleepy, antispasmodic, comforts in stressy situations (e.g. after accidents)

**Orange Oil Sweet – Citrus aurantium**

- Psyche: harmonizing, warming, anti-depressive
- Inhalation: antispasmodic, harmonizing, comforting

**Patchouli Oil – Pogostemon patchouli**

- Psyche: balance for mood and body
- Inhalation: warming, erotic

**Peppermint Oil – Mentha piperita L.**

- Psyche: refreshing, concentration-increasing, cooling, clearing
- Inhalation: against asthma and colds, refreshing

### **Rose Wood Oil**

- Psyche: mood-lifting, warming, relaxing, anti-depressive
- Inhalation: heart and breathing relaxing

### **Rosemary Oil – Rosmarinus officinalis**

- Psyche: strengthening, clearing, concentration-increasing, memory-improving
- Inhalation: refreshing, against colds

### **Sage Oil – Salva officinalis L.**

**MAY ONLY BE USED IN SMALL DOSES. MUST NOT BE CONSUMED. TOXIC!**

- Psyche: memory-improving, stabilizing, strengthening, warming
- Inhalation: supports healing processes

### **Sandelwood East-Indian:**

- Psyche: comforting, relaxing, mood-lifting, exciting
- Inhalation: sleepy

### **Tea Tree Oil – Santalum album L.**

- Psyche: activating, strengthening
- Inhalation: improving body's own defences, against colds, reduces fever / antiseptic when applying externally

### **Thyme Oil – Thymus vulgaris L.**

- Psyche: strengthening, activating, memory-improving, dynamising
- Inhalation: air improving, tonating, against colds

### **Vetiver Oil – Vetiveria zizanioides L.**

- Psyche: mediative, erotic
- Inhalation: see above – apply dilutedly only –

### **Juniper Berry – Juniperus communis L.**

- Psyche: activating, anti-depressive, concentration-increasing
- Inhalation: improving air, against colds

### **Incense Oil – Boswellia carterii Birdwell**

- Psyche: stimulating, concentration-increasing, harmonizing
- Inhalation: mediatively comforting, air sterilizing

### **Ylang-Ylang Oil – Cananga odorata**

- Psyche: fantasy-stimulating, anti-depressive, erotic
- Inhalation: relaxing, sleepy

### **Cinnamon Oil Ceylon – Cinnamomum ceylanicum**

- Psyche: relaxing, creativity-increasing, inspiring
- Inhalation: relaxing, exciting