

Essential Oils Benefit Chart



Essential Oil	Scent	Uses/Benefits
<p>Balsam Peru</p> 	<p>Rich and sweet like vanilla</p>	<p>Hydration, clear airways, mental awareness</p>
<p>Bergamot</p> 	<p>Pungent, fresh, and green</p>	<p>Relaxation, digestive system</p>
<p>Clary Sage</p> 	<p>A bittersweet floral</p>	<p>Relaxation, calming, stress relief, warming</p>

Essential Oil	Scent	Uses/Benefits
Cedarwood 	Syrupy thick and woody	Calming, stress relief, restful sleep, circulatory system and clear airways
Cinnamon Leaf 	Spicy and sugary cinnamon with musky undertones	Revitalizing and refreshing, warming
Geranium 	Very herbal with mint undertones	Relaxation, calming, mood improvement
Ginger 	Fresh, woody, and spicy	Digestive system
Grapefruit 	Fresh and fruity with a light tang	Refreshing, detoxifying, astringent
Lavender 	Herbal and lightly floral	Restful sleep, mood improvement, soothes sun-damaged skin

Essential Oil	Scent	Uses/Benefits
Lemon 	Light and sharp citrus, sweet and tangy	Uplifting, clarifying, astringent
Lemongrass 	A medium citrus with a strong herbal base	Clarifying, mental cleansing
Lime 	Sharp, bittersweet citrus	Uplifting, refreshing, revitalizing
Patchouli 	Warm and earthy, heavy with fruit-like undertones	Relaxation
Peppermint 	Cool, fresh mint	Energizing, stimulating, revitalizing
Rosemary 	A strong, fresh, and green herbal	Cleansing and clarifying, invigoration, reduces appearance of water retention

Essential Oil	Scent	Uses/Benefits
<p>Sweet Orange</p> 	<p>Sweet, warm, and tangy</p>	<p>Uplifting, calming, digestive system</p>
<p>Tangerine</p> 	<p>A light citrus, sweet with a slight hint of tang</p>	<p>Cheering and energizing, clears the mind, balancing</p>
<p>Tea Tree</p> 	<p>Sharp, camphor-like, with medium spice</p>	<p>Burns, deodorizing</p>
<p>White Camphor</p> 	<p>Sharp, camphor-like, with a woody undertone</p>	<p>Depression, improves mood</p>
<p>Ylang Ylang</p> 	<p>Sweet and intense, an exotic floral</p>	<p>Sensual, relaxing and soothing, hydrating, tension and stress relief</p>

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