

# Essential Oils



| ESSENTIAL OIL   | AROMA  | MIXES WELL WITH                                       | BENEFITS                                 |
|-----------------|--|---|--|
| Anise           | Licorice-like, spicy                                 | Cedarwood, Lime, Orange, Vanilla                      | Uplifting, balancing, comforting         |
| Atlas Cedar     | Sweet, woody   | Chamomile, Cypress, Eucalyptus, Sandalwood            | Grounding, centering, balancing          |
| Balsam Fir      | Pleasant, woody                                      | Frankincense, Myrrh, Pine, Sandalwood Oil Blend       | Empowering, balancing, strengthening     |
| Basil           | Warm, spicy  | Bergamot, Citrus Oils, Hyssop                         | Uplifting, energizing, purifying         |
| Bergamot        | Sweet, fruity  | Lavender, Nutmeg, Citrus Oils                         | Lively, inspiring, uplifting             |
| Camphor         | Penetrating, medicinal                               | Cinnamon, Frankincense, Rosemary                      | Purifying, energizing, invigorating      |
| Cedarwood       | Warm, woody, balsamic                                | Cypress, Juniper, Rose, Sandalwood                    | Stress relief, strengthening, empowering |
| Chamomile       | Intense sweet, delightful                            | Bergamot, Grapefruit, Lemon, Tea Tree                 | Relaxing, calming, revitalizing          |
| Cinnamon Bark   | Warm, spicy  | Clove, Nutmeg, Ginger, Vanilla                        | Warming, comforting, energizing          |
| Cinnamon Cassia | Warm, spicy  | Clove, Ginger, Orange                                 | Warming, stimulating, refreshing         |
| Citronella      | Pungent, musky, citrus-like                          | Cedarwood, Lavender, Lemon, Lemongrass                | Clarifying, freshening, purifying        |
| Clary Sage      | Herbaceous, lavender-like                            | Frankincense, Patchouli, Lime, Pine                   | Focusing, stimulating, balancing         |
| Clove           | Warm, pungent  | Geranium, Ginger, Lavender, Lemon                     | Warming, soothing, comforting            |
| Cypress         | Sweet balsamic, warm overtones of pine/juniper berry | Cedarwood, Citrus Oils, Clary Sage, Ylang Ylang       | Balancing, clarifying, centering         |
| Eucalyptus      | Strong aromatic, camphoraceous                       | Cedarwood, Cypress, Rosemary, Thyme                   | Revitalizing, invigorating, clarifying   |
| Frankincense    | Mild camphor and citrus                              | Balsam Fir Needle, Myrrh, Orange, Sandalwood          | Relaxing, focusing, centering            |
| Geranium        | Subtly sweet, floral                                 | Clary Sage, Peppermint, Rose                          | Purifying, soothing, normalizing         |
| Ginger          | Spicy, warm  | Clove, Citrus Oils, Eucalyptus, Patchouli             | Balancing, clarifying, stabilizing       |
| Grapefruit      | Sweet, citrus  | Bergamot, Eucalyptus, Lemon, Thyme                    | Purifying, cheerful, uplifting           |
| Hyssop          | Camphor-like   | Clary Sage, Geranium, Rosemary, Sage                  | Clarifying, refreshing, purifying        |
| Juniper Berry   | Floral   | Cypress, Eucalyptus, Rosemary, Sage                   | Restoring, empowering, balancing         |
| Lavender        | Floral   | Lemongrass, Peppermint, Marjoram, Tea Tree            | Soothing, normalizing, balancing         |
| Lemon           | Fresh, lemon peel                                    | Chamomile, Eucalyptus, Frankincense, Lavender         | Refreshing, cheerful, uplifting          |
| Lemongrass      | Strong, lemon-like                                   | Citrus Oils, Geranium, Marjoram, Thyme                | Purifying, stimulating, cleansing        |
| Lime            | Fresh citrus lime                                    | Citrus Oils, Sage, Eucalyptus, Peppermint, Clove      | Uplifting, refreshing, elating           |
| Marjoram        | Camphoraceous, slightly medicinal                    | Basil, Clary Sage, Rosemary, Thyme                    | Normalizing, comforting, warming         |
| Myrrh           | Musky, warm  | Frankincense, Patchouli, Sandalwood, Vanilla          | Focusing, centering, meditative          |
| Nutmeg          | Spicy, nutty, soft, sweet aroma                      | Cinnamon, Clove, Orange, Vanilla                      | Energizing, stimulating, warming         |
| Orange          | Fresh, sweet orange peel                             | Citrus Oils, Clove, Cinnamon, Nutmeg                  | Refreshing, uplifting, invigorating      |
| Oregano         | Spicy, camphoraceous                                 | Chamomile, Eucalyptus, Tea Tree, Spearmint            | Purifying, comforting, invigorating      |
| Patchouli       | Musky, earthy  | Cedarwood, Geranium, Lavender, Lemongrass             | Romantic, soothing, stimulating          |
| Pennyroyal      | Fresh, minty-like                                    | Lemon, Eucalyptus, Lavender, Tea Tree                 | Repelling, stimulating                   |
| Peppermint      | Fresh, strong mint                                   | Eucalyptus, Juniper, Pine, Rosemary                   | Revitalizing, invigorating, cooling      |
| Pine            | Balsamic, pine scent                                 | Balsam Fir Needle, Cedarwood, Juniper Berry, Rosemary | Purifying, cleansing, refreshing         |
| Rosemary        | Warm, camphoraceous                                  | Bergamot, Lemongrass, Peppermint, Thyme               | Purifying, uplifting                     |
| Sage            | Warm, camphoraceous                                  | Citrus Oils, Hyssop, Lavender, Rosemary               | Normalizing, balancing, soothing         |
| Spearmint       | Refreshing, minty                                    | Bergamot, Lavender, Lime, Rosemary                    | Cooling, invigorating, stimulating       |
| Tangerine       | Pleasant, orange-like                                | Cinnamon, Citrus Oils, Nutmeg, Vanilla                | Cheerful, inspiring, invigorating        |
| Tea Tree        | Potent, warm, spicy                                  | Basil, Cypress, Eucalyptus, Lemon, Lavender, Thyme    | Cleansing, purifying, renewing           |
| Thyme           | Pleasant, pungent                                    | Basil, Lavender, Lemon, Marjoram                      | Uplifting, empowering, clarifying        |
| Wintergreen     | Warm, sweet  | Eucalyptus, Lemon, Peppermint, Tangerine              | Stimulating, refreshing, uplifting       |
| Ylang Ylang     | Pleasant, floral                                     | Citrus Oils, Clove, Jasmine, Patchouli, Rose          | Soothing, romantic, comforting           |

## ESSENTIAL OIL BLENDS

|                       |  |   |                                     |
|-----------------------|--|---|-------------------------------------|
| Cheer Up Buttercup    | Citrus with light herbal                     | Diffuse or add to favorite skin care oil              | Uplifting, refreshing, energizing   |
| Clear the Air         | Fresh mint                                   | Diffuse or add to favorite skin care oil              | Purifying, cleansing, refreshing    |
| Frankincense 20%      | Mild camphor and citrus                      | Balsam Fir Needle, Myrrh, Orange, Sandalwood          | Relaxing, focusing, centering       |
| Jasmine Absolute 7.5% | Warm, sweet floral                           | Citrus Oils, Ylang, Vanilla, Rose                     | Romantic, relaxing, calming         |
| Lavender & Tea Tree   | Soft, floral                                 | Lavender, Eucalyptus, Rose Absolute                   | Renewing, cleansing, stimulating    |
| Jasmine (Synthetic)   | Warm, sweet floral                           | Citrus Oils, Clove, Ginger, Ylang Ylang               | Romantic, relaxing, calming         |
| Lemon & Eucalyptus    | Citronella-like                              | Thyme, Lavender, Rosemary, Lemon                      | Clarifying, cleansing, invigorating |
| Mental Focus          | Minty citrus with wintergreen                | Diffuse or add to favorite skin care oil              | Balancing, centering, focusing      |
| Myrrh 20%             | Mild, musky, warm aroma                      | Frankincense, Patchouli, Sandalwood, Vanilla          | Focusing, grounding, meditative     |
| Naturally Loveable    | Sweet floral citrus                          | Diffuse or add to favorite skin care oil              | Romantic, comforting, calming       |
| Neroli 7.5%           | Deep, floral aroma                           | Citrus Oils, Chamomile, Patchouli, Ylang Ylang        | Calming, soothing, centering        |
| Oil of Oregano 25%    | Spicy, camphoraceous                         | Chamomile, Eucalyptus, Tea Tree, Spearmint            | Purifying, comforting, invigorating |
| Peace & Harmony       | Minty floral herb                            | Diffuse or add to favorite skin care oil              | Centering, calming, balancing       |
| Peaceful Sleep        | Floral citrus                                | Diffuse or add to favorite skin care oil              | Calming, relaxing, soothing         |
| Rose Absolute 5%      | Pleasant rose                                | Bergamot, Jasmine, Lavender, Lemon, Sandalwood        | Romantic, uplifting, comforting     |
| Sandalwood 14%        | Subtle, floral, undertones of wood and fruit | Citrus Oils, Frankincense, Jasmine, Vanilla, Lavender | Grounding, focusing, balancing      |
| Vanilla Concentrate   | Sweet, warm                                  | Citrus Oils, Jasmine, Rose, Sandalwood, Ylang Ylang   | Comforting, relaxing, nurturing     |

For NOW essential oil recipe blends, visit our website at [nowfoods.com/nowsolutions](http://nowfoods.com/nowsolutions).