

YIN • SEDATING • COLD/BLUE

**TART / LEMONY
ALDEHYDES**

Antiviral (Citral)
Skin irritant
Anti-inflammatory
Sedative
Calming

- Melissa
- Eucalyptus Citradora
- Lemon Verbena
- Lemongrass
- Citronella
- Litsea Cubeba

KETONES

Cell regenerative (wound healing)
Strong skin irritant
Mucolytic
Dermatophilic
Lipophilic
Potentially neurotoxic
Abortive
(Avoid in pregnancy, asthma, or any serious illness)

- Pennyroyal
- Thuja
- Sage
- Mugwort

**BLUE OILS
SESQUITERPENES ^N**

Strong anti-inflammatory
Antihistamine
Anti-viral
Cooling

- Blue Chamomile (Azulene)
- German Chamomile (Chamazulene)
- Yarrow

FLOWER OILS

ESTERS ^N

Antispasmodic
Fungicidal (Candida alb.)
Anti-inflammatory
CNS nerve
Anxiolytic
Safe for Children
Sense of well-being
Releasing tension
Relaxing

- Lavender
- Roman Chamomile
- Rose Otto
- Clary Sage
- Ylang Ylang
- Palmarosa
- Cilantro

ALCOHOLS ^N

Immune stimulant
Antibacterial
Antifungal
Antiviral
Energizing
Vitalizing
Diuretic

- Tea Tree
- Eucalyptus Radiata
- Ravintsara
- MQV (Naiouli)
- Thyme Linolol
- Rose Geranium
- Sweet Marjoram
- Rose Otto
- Rosewood (endangered)
- Cilantro (rosewood replacement)
- Coriander
- Peppermint

**PHENYL-PROPANE
ETHERS ^N**

Mentally stimulating
Anti-spasmodic
(Cramps/Asthma)

- Anise
- Basil
- Tarragon

HYDROPHOBIC • LIPOPHILIC

HYDROPHILIC • LIPOPHOBIC

PHENOLS

Strongest anti-microbial
Potential skin irritant
Antiviral
Antibacterial
Antifungal
Invigorating
Immunostimulant

- Thyme thymol
- Oregano
- Savory

PHENYL-PROPANES

Antibacterial
Antiviral
Antifungal
Strong skin irritant
Warming
Invigorating
Immunostimulant

- Cinnamon Bark
- Clove

**PINES & CITRUS
TERPENES**

Possibly photosensitizing
Potential skin irritant
Mild diuretic
Antiseptic
Stimulant
Antiviral

- Bergamot (Bergapten)
- Orange
- Lemon
- Lime
- Grapefruit
- Red Mandarin
- Firs
- Pines
- Spruce

YANG • STIMULATING • HOT/RED