THERAPEUTIC CROSS REFERENCE CHART
including the
THE MUSCULAR, NERVOUS AND RESPIRATORY SYSTEMS,
SCALP AND SKIN PROBLEMS

THERAPEUTIC CROSS REFERENCE CHART

TOP NOTES	MIDDLE NOTES	BASE NOTES
Basil	Aniseed	Benzoin
Bergamot	Black Pepper	Cedarwood
Cajuput	Camphor	Cinnamon
Caraway	Chamomile	Clove
Clary Sage	Cypress	Frankincense
Coriander	Fennel	Ginger
Eucalyptus	Geranium	Immortelle
Grapefruit	Ho	Jasmine
Lemon	Hyssop	Linden Blossom
Lemon grass	Juniper	Myrrh
Lime	Lavender	Neroli
Mandarin	Marjoram	Nutmeg
Niaouli	Melissa	Origanum
Orange	Peppermint	Patchouli
Petitgrain	Pine	Rose
Sage	Rosemary	Sandalwood
Thyme	Savory	Vetivert
Ti-Tree		Ylang Ylang
Yarrow		

DIGESTIVE DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
COLIC	Bergamot Yarrow	Black Pepper Fennel Hyssop Juniper Lavender Peppermint	Cinnamon Sandalwood
CONSTIPATION	Basil Coriander Mandarin Orange	Black Pepper Chamomile (R) Camphor Fennel Hyssop Juniper Marjoram Rosemary	Ginger
DIARRHOEA	Caraway Eucalyptus Lemon Orange Yarrow	Chamomile (R) Cypress Geranium Juniper Lavender Marjoram Peppermint Rosemary Savory	Clove Bud Cinnamon Ginger Linden Blossom Myrrh Neroli Nutmeg Sandalwood
FLATULENCE (Gas)	Basil Bergamot Caraway Coriander Sage Yarrow	Aniseed Camphor Fennel Hyssop Juniper Lavender Peppermint Rosemary	Cinnamon Ginger Myrrh Tarragon
GASTRO-ENTERITIS	Basil Cajuput Niaouli Thyme Ti-Tree	Chamomile G/M Juniper Peppermint	
HAEMORRHOIDS	Bergamot Cajuput Clary Sage Niaouli Ti-Tree Yarrow	Cypress Geranium	Myrrh Neroli Patchouli Sandalwood

Digestive Disorders Continued

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
INDIGESTION	Basil Bergamot Grapefruit Lemon Grass Sage Thyme	Aniseed Black Pepper Chamomile Juniper Lavender Pine Peppermint	Clove Ginger Immortelle Linden Blossom
LIVER PROBLEMS	Grapefruit Lemon Sage	Chamomile Cypress Geranium Juniper Peppermint Rosemary	Immortelle Linden Blossom Myrrh Rose
LOSS OF APPETITE	Bergamot Caraway Coriander Mandarin Lemon grass	Black Pepper Chamomile Fennel Hyssop Juniper	Ginger Origanum Tarragon
NAUSEA	Basil Caraway Mandarin	Black Pepper Fennel Lavender Melissa Peppermint	Ginger Rose Sandalwood
SLUGGISH DIGESTION	Coriander Orange Yarrow	Black Pepper Fennel Savory	Ginger Nutmeg Origanum Tarragon
STOMACH ACHE	Bergamot	Chamomile Fennel Lavender Peppermint Rosemary	
VOMITING	Basil Lemon	Black Pepper Chamomile Melissa Peppermint Fennel	Ginger Rose

HEAD AND NECK DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
COLDS (see also Respiratory)	Basil Eucalyptus Lemon Niaouli Ti-Tree Thyme Yarrow	Black Pepper Cypress Geranium Juniper Lavender Marjoram Peppermint Pine Rosemary	Benzoin Cedarwood Frankincense
SINUS PROBLEMS (see also Respiratory)	Basil Cajuput Eucalyptus Lemon Niaouli Thyme Ti-Tree	Lavender Peppermint Pine	Clove Frankincense
SORE THROAT	Bergamot Cajuput Clary Sage Eucalyptus Lemon Niaouli Sage Thyme Ti-Tree	Geranium Lavender Peppermint Savory	Cedarwood Ginger Myrrh Sandalwood
MIGRAINE/ HEADACHES	Basil Eucalyptus Grapefruit Lemon Yarrow	Aniseed Chamomile Lavender Marjoram Peppermint Rosemary Ho	Immortelle Linden Blossom Rose
ACHES	Eucalyptus Grapefruit Lemon	Chamomile (R) Lavender Marjoram Melissa Peppermint Rosemary Ho	Immortelle Linden Blossom

MENSTRUAL DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
HEAVY PERIODS	Yarrow Sage	Chamomile Cypress Geranium Juniper	Frankincense Rose
IRREGULAR OR SCANTY PERIODS (ADD 25% CALENDULA CARRIER OIL).	Clary-Sage Basil Thyme	Chamomile Fennel Hyssop Lavender Peppermint	Rose Tarragon
PAINFUL PERIODS (ADD 25% CALENDULA CARRIER OIL)	Basil Cajuput Yarrow Sage	Aniseed Chamomile Cypress Juniper Marjoram Melissa Peppermint	Frankincense Jasmine Tarragon
PMS	Clary Sage Grapefruit Yarrow	Chamomile Geranium Lavender Melissa	Jasmine Neroli Rose

MUSCULAR & JOINT DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
ABDOMINAL CRAMPS	Basil Bergamot Caraway Clary Sage Orange Yarrow	Aniseed Black Pepper Fennel Marjoram Melissa Peppermint	Clove Bud Immortelle Neroli Nutmeg Tarragon
ACHES & PAINS	Basil Cajuput Caraway Coriander Eucalyptus Thyme Sage	Black Pepper Camphor Chamomile Geranium Juniper Lavender Marjoram Melissa Peppermint Rosemary	Benzoin Clove Ginger Immortelle Nutmeg Origanum
ARTHRITIS	Bergamot Cajuput Caraway Coriander Eucalyptus Grapefruit Lemon Niaouli Thyme Yarrow Sage	Black Pepper Camphor Chamomile (G) Cypress Fennel Geranium Juniper Lavender Marjoram Pine Rosemary	Benzoin Cedarwood Clove Frankincense Ginger Myrrh Nutmeg Origanum Vetivert
RHEUMATISM	Basil Cajuput Coriander Eucalyptus Lemon Niaouli Thyme Yarrow Sage	Aniseed Chamomile Cypress Fennel Hyssop Lavender Marjoram Rosemary Juniper	Benzoin Ginger Immortelle Nutmeg Origanum

MUSCULAR & JOINT DISORDERS continued...

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
MUSCLE SPASM OR MUSCLE CRAMP	Basil Bergamot Cajuput Caraway Clary Sage Coriander Eucalyptus Mandarin Orange	Black Pepper Camphor Chamomile Cypress Fennel Hyssop Juniper Lavender Marjoram Peppermint Rosemary	Ginger Immortelle Jasmine Linden Blossom Neroli Nutmeg Origanum Rose
SPRAINS/STRAINS	Eucalyptus Thyme	Black Pepper Camphor Chamomile Hyssop Lavender Marjoram Peppermint Rosemary	Clove Ginger Immortelle Rose Vetivert
IMPROVE MUSCLE TONE	Grapefruit Lemon grass	Black Pepper Lavender Marjoram Pine Rosemary	Ginger

NERVOUS OR MENTAL DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
STRESS (Anxiety)	Basil Bergamot Clary Sage Lemon Mandarin Orange Petitgrain Thyme Yarrow	Chamomile (R) Geranium Hyssop Juniper Lavender Marjoram Melissa Peppermint Pine Rosemary Ho	Benzoin Cedarwood Frankincense immortelle Jasmine Linden Blossom Myrrh Neroli Patchouli Rose Sandalwood Vetivert Ylang Ylang
DEPRESSION	Basil Bergamot Grapefruit Niaouli Orange Petitgrain Ti-Tree Thyme Clary-Sage	Chamomile Camphor Cypress Geranium Lavender Hyssop Juniper Marjoram Pine Rosemary Ho Melissa	Cinnamon Frankincense Immortelle Neroli Patchouli Rose Sandalwood Vetivert Ylang Ylang Jasmine
EMOTIONAL STRESS	Basil Clary Sage	Juniper Lavender Marjoram Savory	Benzoin Jasmine
HYSTERIA	Basil Orange Petitgrain	Camphor Chamomile Lavender Marjoram Melissa Peppermint	Cedarwood Frankincense Immortelle Neroli Ylang Ylang
INSOMNIA	Basil Orange Mandarin Petitgrain Thyme Yarrow	Camphor Chamomile Juniper Lavender Marjoram Melissa	Linden Blossom Neroli Rose Sandalwood Ylang Ylang

NERVOUS OR MENTAL DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
IRRITABILITY	Bergamot Clary Sage Grapefruit Orange	Chamomile Cypress Lavender Marjoram Melissa	Jasmine Linden Blossom Neroli Rose Ylang Ylang
SUDDEN STRESS	Basil	Juniper Lavender Marjoram Peppermint	Benzoin Neroli Rose

CIRCULATION DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
HIGH BLOOD PRESSURE	Basil Clary-sage Lemon Mandarin Yarrow	Juniper Lavender Marjoram Melissa Hyssop	Immortelle Ylang Ylang Linden Blossom
LOW BLOOD PRESSURE	Eucalyptus Thyme Lemon Niaouli Sage	Hyssop Rosemary Camphor Chamomile Black Pepper	Benzoin Cinnamon Ginger Immortelle
FLUID RETENTION	Eucalyptus Sage	Cypress Fennel Geranium Lavender Rosemary	Benzoin Patchouli
KIDNEY COMPLAINTS	Eucalyptus Grapefruit Lemon Sage Thyme	Fennel Geranium Juniper Lavender Pine	Cedarwood Linden Blossom Sandalwood
INFLAMED KIDNEYS	Coriander Eucalyptus Lemon Sage Thyme	Fennel Geranium Hyssop Juniper Pine Lavender	Clove Myrrh Sandalwood Cedarwood
CYSTITIS	Basil Cajuput Coriander Eucalyptus Niaouli Thyme	Chamomile (G) Hyssop Juniper Peppermint	Clove Sandalwood

CIRCULATION DISORDERS Continued

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
CONGESTED LYMPH	Lemon Grapefruit Niaouli Ti-Tree Yarrow Sage	Black Pepper Camphor Chamomile Juniper Rosemary Cypress Geranium Melissa Lavender	Benzoin Ginger Frankincense Immortelle Linden Blossom Rose
VARICOSE VEINS	Lemon	Cypress Peppermint	Neroli
THREAD VEINS	Lemon Orange Yarrow	chamomile Cypress Lavender Peppermint	Frankincense Neroli Patchouli Rose

DISEASES AND DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
DIABETES	Clary sage Eucalyptus Lemon Pine Thyme	Geranium Juniper	Vetivert Ylang Ylang
EPILEPSY	Basil Cajuput Clary sage Thyme	Lavender Marjoram Rosemary	
GOUT	Basil Lemon	Chamomile (R) Fennel Juniper Pine Rosemary	
MENOPAUSE	Clary sage Lemon Mandarin Sage	Aniseed Chamomile (R) Cypress Fennel Geranium Lavender Melissa Peppermint Pine	Sandalwood Jasmine Ylang Ylang
OSTEOPOROSIS	Eucalyptus Lemon Sage	Lavender Rosemary	
TUBERCULOSIS	Cajuput Eucalyptus Niaouli Ti-tree		

RESPIRATORY DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
ALLERGIES	Basil Eucalyptus Lemon Thyme	Chamomile Geranium Hyssop Melissa	Benzoin Frankincense Immortelle
ASTHMA	Basil Bergamot Cajuput Eucalyptus Lemon Mandarin Niaouli Thyme Sage	Aniseed Black Pepper Chamomile (R) Cypress Hyssop Lavender Marjoram Melissa Peppermint Pine Rose Savory	Benzoin Clove Frankincense Neroli Origanum Immortelle Rose
BRONCHITIS	Basil Bergamot Cajuput Caraway Eucalyptus Lemon Niaouli Orange Thyme li-Tree Yarrow Sage	Aniseed Black Pepper Camphor Cypress Hyssop Juniper Lavender Marjoram Peppermint Pine Rosemary Savory	Benzoin Cedarwood Clove Frankincense Ginger Immortelle Myrrh Origanum Sandalwood
CATARRH	Basil Cajuput Eucalyptus Lemon Niaouli Thyme Ti-Tree	Black Pepper Hyssop Lavender Marjoram Peppermint	Cedarwood Frankincense Ginger Myrrh Sandalwood

RESPIRATORY DISORDERS

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
COUGH	Basil Cajuput Eucalyptus Thyme Ti-Tree	Aniseed Black pepper Camphor Hyssop Melissa Peppermint Pine	Benzoin Cedarwood Cinnamon Ginger Immortelle Jasmine Myrrh Origanum
FLU	Basil Cajuput Coriander Eucalyptus Lemon Niaouli Thyme Ti-Tree Yarrow Sage	Cypress Hyssop Peppermint Pine Rosemary Ho	Cinnamon Clove Frankincense Ginger Immortelle Linden Blossom Myrrh
PLEURISY	Caraway Yarrow	Lavender Camphor	Clove
WHOOPING COUGH	Basil Niaouli Thyme Ti-Tree	Fennel Cypress Lavender Rosemary	Immortelle

SKIN DISORDERS

For all skin disorders chamomile is helpful because of the high azulene content, and also a 5% solution of calendula or oil of evening primrose give good results.

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
ABSCESSES/BOILS	Basil Bergamot Cajuput Lemon Niaouli Thyme Ti-Tree Sage	Chamomile(G) Geranium Juniper Lavender Peppermint Rosemary Savory	Clove Immortelle Myrrh Sandalwood
ACNE	Bergamot Cajuput Grapefruit Lemon Lemon grass Niaouli Orange Petitgrain Thyme Ti-Tree Yarrow	Camphor Chamomile (R) Geranium Juniper Lavender Rosemary Ho Juniper Berry	Benzoin Cedarwood Clove Frankincense Immortelle Patchouli Rose Sandalwood Vetivert
ALLERGIES (Skin)	Eucalyptus	Chamomile Hyssop Lavender Melissa	Immortelle Patchouli
ANTI-AGEING	Bergamot Clary Sage Orange (B)	Geranium Lavender Marjoram Ho	Frankincense Immortelle Linden Blossom Neroli Patchouli Rose Vetivert Ylang Ylang Sandalwood

SKIN DISORDERS Continued...

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
ATHLETE'S FOOT	Lemon Grass Ti-Tree	Lavender Peppermint Pine	Cedarwood Frankincense Immortelle Myrrh Patchouli
ECZEMA	Basil Bergamot Cajuput Eucalyptus Niaouli Thyme Yarrow Sage	Chamomile Geranium Hyssop Juniper Lavender Melissa	Benzoin Cedarwood Frankincense Immortelle Myrrh Patchouli Rose Sandalwood Clove
ALLERGY PRONE OR SENSITIVE SKIN		Chamomile Lavender	Immortelle Jasmine Neroli Rose
INFLAMED SKIN OR SUNBURN	Clary-sage Ti-Tree Yarrow	Chamomile Camphor Geranium Lavender Peppermint	Frankincense Sandalwood Myrrh Rose Benzoin Immortelle Patchouli
BROKEN CAPILLARIES	Lemon Bergamot Yarrow	Chamomile Cypress Lavender Peppermint	Neroli Rose
BRUISES	Sage Caraway	Black Pepper Camphor Chamomile (G) Fennel Hyssop Marjoram Rosemary Lavender	Myrrh Clove Ginger

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
BURNS	Sage Eucalyptus Niaouli Ti-Tree Yarrow	Chamomile (G) Geranium Lavender Camphor	Benzoin Linden Blossom
CANDIDA	Ti-tree Bergamot Eucalyptus Thyme	Savory Rosemary Ho	Cinnamon Immortelle Rose (Otto)
CELLULITE	Lemon grass Sage Grapefruit	Cypress Juniper Fennel Geranium Lavender Rosemary	Cedarwood Origanum Patchouli Sandalwood
DERMATITIS (Careful !)	Sage Bergamot Cajuput Eucalyptus Thyme	Geranium Chamomile (G) Hyssop Juniper berry Lavender Peppermint	Benzoin Patchouli
DRY-& CRACKED SKIN		Chamomile Geranium Lavender	Jasmine Neroli Sandalwood Rose
OEDEMA WATER RETENTION	Petitgrain Eucalyptus Sage	Fennel Geranium Juniper berry Cypress Lavender Rosemary	Cedarwood Benzoin Patchouli
PSORIASIS	Bergamot Cajuput Niaouli	Lavender Geranium Chamomile (R)	Benzoin Cedarwood Immortelle

Add a 5% solution of, oil of evening primrose

SKIN DISORDERS continued...

PROBLEM	TOP NOTES	MIDDLE NOTES	BASE NOTES
CHICKENPOX	Bergamot Eucalyptus Ti-tree Niaouli	Chamomile Lavender	Immortelle Sandalwood
SCABIES	Lemon Bergamot	Lavender Peppermint Rosemary	Benzoin Clove Myrrh Neroli
FUNGAL SKIN INFECTIONS	Niaouli Pine Sage Ti-tree Thyme Lemon grass	Cypress Geranium Peppermint Rosemary Pine	Patchouli Sandalwood Immortelle