



# GROW AS AN AROMATHERAPIST

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## ESSENTIAL OIL LIST

TOPIC	ESSENTIAL OILS	HOW TO USE
<b>Thoughts</b>	Basil Peppermint Rosemary Black Pepper Marjoram	Inhale or put in an atomiser to infuse into the environment.
<b>Physical</b>	Lemongrass Peppermint Chamomile Neroli Lavender Eucalyptus	Make a blend up with a base oil and apply to the body, for use in a bath or inhalation.
<b>Engeries</b>	Lemon Juniper Tea Tree Clary Sage Tangerine	Put in an atomiser to infuse into the environment or inhalation.
<b>Communication</b>	Cypress Marjoram Rose Clary Sage Geranium	In a blend applied to the throat area, infuse into the environment or inhalation.