

MELISSA'S Botanicals AROMATHERAPY & CHEMISTRY REFERENCE CHART

ALDEHYDES !

Antiviral (Citral)
Anti-inflammatory
Calming
Skin irritant

- Citronella
- Eucalyptus Citridora
- Lemongrass **F**
- Lemon Verbena **F**
- Melissa **T**

KETONES !

Cell regenerative
Mucolytic
Strong skin irritant
*Avoid in pregnancy & asthma

- Mugwort
- Sage
- Thuja

SESQUITERPENES N

Strong anti-inflammatory
Cell Regenerative
Calming
Cooling

- Cedar, Atlas
- Moroccan Blue Chamomile (Azulene)
- German Chamomile (Chamazulene)
- Frankincense **T**
- Myrrh **T**
- Patchouli
- Spikenard
- Vetiver

ESTERS N

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

- **#1 Lavender** **F T**
- Cardamom **F T**
- Roman Chamomile **F T**
- Clary Sage
- Cocoa
- Helichrysum italicum
- Jasmine **F**
- Ylang Ylang **F**

PHENOLS !

Strongest Antimicrobial
Antibacterial
Antifungal
Antiviral
Immunostimulant
Strong skin irritant

- Thyme thymol **F T**
- Oregano **F T**
- Cinnamon Leaf

ALCOHOLS N

Moderate Antimicrobial
Antibacterial
Antifungal
Antiviral
Diuretic
Immune stimulant

- Basil, Linalol **F T**
- Eucalyptus Radiata **T**
- Eucalyptus Globulus
- Rose Geranium **F T**
- Marjoram, Sweet **T**
- Neroli **F T**
- Palmarosa **T**
- Peppermint **F T**
- Ravintsara **T**
- Rose otto & white **F T**
- Rosemary Cineol **F T**
- Sandalwood **T**
- Tea Tree **T**
- Thyme Linalol **F T**
- Vanilla **F**

PHENYL-PROPANES !

Strongest Antimicrobial
Antibacterial
Antiviral
Antifungal
Immunostimulant
Strong skin irritant
Warming

- Cinnamon Bark **F T**
- Clove **T**

PHENYL-PROPANE ETHERS N

Antispasmodic
(Cramps/Asthma)
Mentally stimulating

- Anise **F T**
- Fennel **F T**

TERPENES !

Antiseptic
Antiviral
Mild diuretic
Possibly photosensitizing
Potential skin irritant
Stimulant

CITRUS

- Bergamot **F T**
- Grapefruit **F T**
- Lemon **F T**
- Lime **F T**
- Orange **F T**

TREES

- Cypress **T**
- Fir, Doug
- Pine, Wild Scotch **T**

N = Neat (UNDILUTED) Application

! = Use with Caution. Use Diluted 1-10% in a Carrier.

F = Used for Flavoring Food in Moderation.

T = Can be Used Internally in Honeys, Tinctures, or Medicinal Preparations.