

THE FUNCTIONAL PERSPECTIVE

BLENDING REFERENCE

ESSENTIAL OILS 101

"THIEF" BLEND

40 drops of Clove

35 drops of Lemon

20 drops of Cinnamon

15 drops of Eucalyptus

10 drops of Rosemary

(This blend is great for cleaning and antiseptic uses)

ANALGESIC

Blue Tansy

Chili Seed

Rosewood

ANTIBACTERIALS

Ajowan

Anise star

Cassia Cinnamon

Clove

Gingergrass

Lime

Melissa

Myrrh

Oregano

Tea Tree

Thyme

ANTIFUNGALS

Ajowan

Anise Star

Cassia Cinnamon

Clove

Gingergrass

Helichrysum

Lime

Melaleuca (Tea Tree),

Melissa

Myrrh

Oregano

Thyme

ASTRIGENTS

Allspice

Carrot Seed

Frankincense

Ginger

Grapefruit

Juniper Berry

Lavender

Patchouli

Rosemary

