



QueenBEE
essentials



Diane Elliott, the founder of QueenBee Secrets and a qualified aromatherapist, has selected her favourite scents and searched the world to find the finest quality essential oils.

She offers them to you with this short guide to their uses, combinations and origins.

This booklet is to be used as a guide only.

* Quotes have been taken from

The Complete Guide to Aromatherapy
by Savaltore Battaglia

(published by Perfect Potion, 1995)

We highly recommend this book!

If used topically, oils should be added to a carrier oil except when using Lavender as this is the only oil which can be used safely undiluted.

If using a burner or diffuser, a few drops of oil in water is sufficient.

As with all essential oils, caution should be used.

If sensitivity occurs, discontinue use.

External use only. Not tested on animals.

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BERGAMOT

*Thanks to Bergamot's sunny and warming disposition, the oil helps people regain self confidence and it uplifts and refreshes the spirit. The gentle fragrance, like a bouquet of flowers evokes joy and warms the heart.**

Botanical name: *Citrus bergamia*

Plant part: Fruit peel

Extraction method: Cold pressed

Aromatic scent: Fresh, lively with a gentle sweet fragrance

COMMON USES:

Bergamot helps people regain self confidence which uplifts and refreshes the spirit. Beneficial when used in an oil burner.

Blends well with Ylang Ylang, Lavender and Patchouli.

Caution: External use only. This oil is considered photo toxic. Avoid direct sun exposure after application. Avoid during pregnancy.

CEDARWOOD ATLAS

Botanical name: *Cedrus atlantica*
Plant part: Wood
Extraction method: Steam distilled
Aromatic scent: Woody, sweet tenacious and balsamic fragrance

COMMON USES:

Cedarwood has traditionally been used for its astringent and antiseptic properties.

Good hair tonic. It has been known to strengthen hair growth and alleviate dandruff. Warming, calming and harmonising.

Blends well with Bergamot, Patchouli, Rosemary, Frankincense, Ylang Ylang and Lavender.

Caution: External use only. Non-toxic, non-irritant and non-sensitising. Avoid during pregnancy.

EUCALYPTUS

Botanical name: *Eucalyptus citriodora*
Plant part: Leaves
Extraction method: Steam distilled
Aromatic scent: Strong, fresh citronella like aroma

COMMON USES:

Eucalyptus citriodora oil has traditionally been used for its antiseptic and fungicidal properties.

Used in a burner to help dispel colds and flu.

Useful in repelling insects and relieving insect bites and stings.

Blends well with Cedarwood, Lavender and Myrtle.

Caution: External use only. Non-toxic, non-irritating and non-sensitising. Avoid during pregnancy.

FRANKINCENSE

Botanical name: *Boswellia carteri*
Plant part: Resin
Extraction method: Steam distilled
Aromatic scent: Fresh and terpene-like scent with a subtle green-lemon note

COMMON USES:

Frankincense has traditionally been used to help relieve stress related conditions. It's cytophalactic properties make it ideal for mature wrinkled skin in need of a lift.

Helps balance oily skin. Useful for meditation when used in a burner frankincense produces a psycho-active substance which expands consciousness.

Blends well with Bergamot, Rose and Ylang Ylang.

Caution: External use only. Non toxic, non-irritant and non-sensitising. Avoid during pregnancy.

HONEY MYRTLE

Botanical Name: *Melaleuca teretifolia*

Plant part: Branch/Leaf

Extraction method: Steam distilled

Aromatic scent: Sweet and citrus similar to lemon myrtle

COMMON USES:

Due to the oils great antiseptic properties and citrus fragrance the oil is widely used as a deodoriser.

Honey Myrtle is a great oil to use in a vaporiser/oil burner around the home to add a light clean scent and to help clear germs.

Caution: External use only. Potential skin irritant. Use with caution. Avoid during pregnancy.

LAVENDER

Botanical name:	<i>Lavandula angustifolia</i> (Australian)
Plant part:	Flower head
Extraction method:	Steam distilled
Aromatic scent:	Distinct sweet floral herbaceous scent

COMMON USES:

Lavender essential oil is well known for its antiseptic, anti-microbial analgesic, antiviral and antirheumatic properties.

When inhaled through a vaporise diffuser Lavender has a calming and relaxing effect which may assist in times of stress and anxiety.

Lavender was used in the First World War on mustard gas burns to relieve pain and assist healing.

It is the only oil which can be used safely undiluted. Useful in the treatment of acne, fungal problems, cuts, abrasions and minor burns.

Lavender has been known to deplete the cold sore virus and golden staph.

Used in burners it creates calm and peace.

Use as a cold compress to relieve headaches and pain.

Useful to assist restless sleep, a few drops may be used undiluted on the neck or pillow for people over 18yrs.

Caution: External use only. Caution should always be used with all essential oils.

**If one was on a deserted island
Lavender would be the best
possible oil to have on hand.**



PATCHOULI

*For dreamers and people who tend to neglect or feel detached from their bodies.**

Botanical name: *Pogostemon cablin*

Plant part: Leaves

Extraction method: Steam distilled

Aromatic scent: Strong earthy, exotic fragrance

COMMON USES:

Patchouli essential oil has been known to be soothing to the nervous system and has traditionally been used to relieve symptoms of depression and stress.

It is used as a tissue regenerator helping stimulate regrowth of skin cells.

Used in a burner it helps dispel anxiety and depression.

Blends with Bergamot, Lavender, Frankincense.

Caution: External use only. Generally non-toxic, non-irritant and non-sensitising. Avoid during pregnancy



PEPPERMINT

Botanical name:	<i>Piperita mentha</i>
Plant part:	Leaves
Extraction:	Steam distilled
Aromatic scent:	Refreshing and clean

COMMON USES:

Peppermint essential oil has been known to help relieve symptoms of headache and migraine when used on a cold compress and applied to the back of the neck.

Peppermint is helpful in uplifting spirit and assists concentration.

Blends with Bergamot, Tangerine, Eucalyptus and Rosemary.

Caution: External use only. Avoid applying to skin. Avoid during pregnancy. Non toxic, non irritant. Use in moderation.

ROSE

*The rose, queen of flowers! Her fragrance captured in the essential oil, is the most precious of all heavenly scents. It refreshes the soul, its fragrant poetry brings joy to the heart.**

Botanical name: *Rosa damascena*
Plant part: Flowers
Extraction method: Steam distilled
Aromatic scent: Warm, spicy and floral aroma with undertones of honey

COMMON USES:

In skin care, rose oil has been known for its hydrating and soothing properties and is great for mature skin types.

Rose is harmonising, anti-depressive and helps make sorrow easier. It opens the heart and soothes feelings of anger fear and anxiety.

Blends with Patchouli, Lavender, Frankincense and Ylang Ylang.

Caution: External use only. Non-toxic, non-irritating and non-sensitising. Avoid during pregnancy.

ROSEMARY

Botanical name: Rosmarinus officinalis
Plant part: Herb
Extraction method: Steam distilled
Aromatic scent: Strong, woody and herbaceous scent

COMMON USES:

Rosemary has traditionally been used for its analgesic properties.

Useful in alleviating fluid retention by adding to foot bath or used as a compress on arthritis or overworked muscles.

Blends with Peppermint, Tangerine, Lavender and Frankincense.

Caution: External use only. Non-toxic, non-irritating and non-sensitising. Avoid during pregnancy

TANGERINE

Botanical name: Citrus Reticulata
Plant part: Fruit rind
Extraction method: Cold pressed
Aromatic scent: Light, fresh fruity aroma

COMMON USES:

Similar properties to Mandarin and Sweet Orange essential oil.

Tangerine essential oil has been known to be beneficial for acne, congested and oily skin types diluted in carrier oil.

Tangerine is a relaxant and helpful in relieving stress and tension. Soothing to the nervous system.

Blends well with Frankincense, Rosemary and Ylang Ylang.

Caution: External use only. Non-toxic, non-irritating and non-sensitising. Avoid if pregnant.

YLANG YLANG 1ST

*The spirit of ylang ylang usually fits the person naturally drawn to it. Upon inhaling ylang ylang with its heavy seductive, sweet aroma one can imagine a fiery, temperamental passionate and erotic person with an awesome radiance and confidence, never losing her balance. She would always dress in bright colourful clothing and loves to wear jewellery.**

Botanical name: Cananga odorata
Plant part: Flower
Extraction method: Steam distilled
Aromatic scent: Sweet, exotic, floral aroma

COMMON USES:

Ylang ylang has traditionally been used for its calming and balancing properties.

It has been known to relieve extreme mood swings associated with PMS as it has a balancing effect.

Ylang Ylang is helpful for the woman who hides her femininity and does not take care of herself.

It allows men to be less harsh and arouses their understanding

and intuition.

Blends with Bergamot, Lavender, Neroli, Jasmine.

Caution: External use only. Non-toxic, non-irritating and non-sensitising. Avoid during pregnancy.



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