

Essential Oils and What They Can Do For You

Choosing the essential oils that are right for you can be difficult. This article will list some of the more popular and useful of essential oils. Knowing what's available should help you make an educated choice.

Some of the more popular essential oils in the market today include:

Basil. Basil, with botanical name *Ocimum basilicum*, is a sweet, licorice-like herb with a moderately strong aroma. To get its essential oil, it has to be steamed. Basil can be used to treat bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism, and sinusitis.

Black Pepper. Black pepper, with the botanical name *Piper nigrum*, is another essential oil that can be obtained through steam distillation. It is used for aching muscles, arthritis, constipation, muscle cramps, poor circulation, and sluggish digestion.

Bergamot. To obtain Bergamot essential oil, you can either cold press or distill it. Bergamot, or *Citrus bergamia*, smells like oranges or lemons. It is used for acne, abscesses, boils, cold sores, cystitis, depression, halitosis, itching, loss of appetite, oily skin, and stress.

Cypress. *Cupressus sempervirens*, more commonly known as cypress, is used to alleviate excessive perspiration, hemorrhoids, rheumatism, and varicose veins.

Frankincense. Also known as *Olibanum* or *Boswellia carterii*, frankincense is obtained by steam distillation. It emits a mild fragrance and sports a light yellow color. Its possible applications include anxiety, asthma, bronchitis, extreme coughing, scars, and stretch marks.

Jasmine. Jasmine is a solvent extracted essential oil with a deep brown color. Its potential applications include depression, dry skin, exhaustion, labor pains, sensitive skin.

Petitgrain. *Citrus aurantium*, also known as Petitgrain, is an essential oil obtainable through steaming. It is a potential treatment for acne, fatigue, oily skin, and stress.

Roman Chamomile. Chamomile, with the botanical name *Anthemis nobilis*, is a gray essential oil that is applied to arthritis, boils, colic, cuts, cystitis, dermatitis, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds.

Rose. Rose, also known as *Rosa damascena*, can either be obtained through solvent extraction or steam distillation. Its possible applications include depression, eczema, frigidity, mature skin, menopause, stress.

Lavender. *Lavendula officinalis* is an essential oil with a sweet, floral scent. It is one of the more popular essential oils in the market today. It can be applied to acne, allergies, anxiety, asthma, athlete's foot, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, dysmenorrhea, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labor pains, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, whooping cough.

Rosemary. *Rosmarinus officinalis* is a clear colored essential oil with a strong aroma. It is used to treat aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation, rheumatism.

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