



PLANTSENSE katybugs
Aromatherapy to heal the mind, body and spirit
Essential Oils

Priced in 7.5 ml cobalt blue bottles with orifice reducer. *Refer to website for pricing.

Angelica - *Angelica archangelica* (Belgium) - Opens sinus passages, reduces stress, deepens breathing. Regulates the nervous system, heightens sensory intuition, enhances stability and core integrity.

Holy Basil - *Ocimum sanctum* (India) - Restorative, general stimulant, antispasmodic, digestive tonic, intestinal antiseptic, anti-infectious. Clears toxins, enhances focus and intuition; encourages discernment.

Bergamot - *Citrus bergamia* (Italy) - Antiseptic, anti-spasmodic, antidepressant, and calmative. Counters anxiety and depression, clarifies thought patterns; circulates and harmonizes Chi energy.

Cedarwood - *Cedrus atlantica* (Morocco) - Antiseptic, tonic, antispasmodic. Regenerative. Calms anxiety and fear, relaxes muscular tension; imparts strength and protection.

Chamomile, G. - *Matricaria recutita* (Egypt) - Analgesic, anti-inflammatory, digestive and nerve sedative. For acne, allergies, earache, and eczema. Relieves muscular pain, eases anxiety, tension and grief; promotes personal transformation.

Cinnamon - *Cinnamomum zeylanicum* (Madagascar) - Anti-infectious, Antiseptic, analgesic, stimulant, antispasmodic. Decreases flatulence, induces menstruation. Encourages benevolence, strength, energy, and confidence.

Cistus - *Cistus ladaniferus* (Spain) - Anti-infectant, anti-bacterial, allieves arthritis. Opens the five senses, quiets fear and dread; restores stability & equilibrium.

Clary Sage - *Salvia sclarea* (Bulgaria) - Antiseptic, anti-infectious. A calmative, tonic and nervine. Encourages confidence, grounding, tranquility, balance, and restoration.

Clove Bud - *Eugenia caryophyllus* (Madagascar) - Clears bronchitis, quenches toothache, nausea and flatulence. An analgesic, and antiseptic. Clears negative energy - warm, peaceful and grounding.

Cypress - *Cypripinus sempervirens var. stricta* (France) - Fresh, piney, and balsamic. An astringent, mild diuretic, and decongestant. Eases grief and loss, offers strength and protection, instills wisdom.

Eucalyptus - *Eucalyptus globulus* (Portugal) - Clears colds and flu symptoms, calms muscle aches, boosts immune system, and sharpens concentration. Decongests and cleanses, promotes vitality and optimism, improves mental alertness.

White Fir - *Abies balsamea* (Canada) - An astringent, disinfectant, and expectorant. For respiratory infections, asthma, bronchitis, muscle aches and pains. Stress relieving, grounding, and elevating.

Frankincense - *Boswellia caterii* (Somalia) - Alleviates respiratory distress, analgesic, anti-bacterial, anti-infectious, astringent, calmative, and immune tonic. Clears stress and "mental chatter"; enhances meditation.

Frankincense - *Omani Boswellia sacra* - The chemistry profile for this frankincense demonstrates that it contains a higher alpha pinene constituent relating to its high capacity as an anti-inflammatory and anti-microbial. It can be used NEAT. Recent studies are finding that the anti-cancerous effects are greater than the *Boswellia carteri* species. These studies profess it is actually dissolving or digesting the nucleus or "brain center" of cancer cells.

Galbanum - *Ferula galbaniflua* (Iran) - Clears bronchitis and respiratory infections, promotes circulation, eases joint pain and calms nervous conditions.

Garlic - *Allium sativum* (China) - Amoebicidal, antibacterial, and anti-infectious. A fungicide and insecticide. Stimulates the immune system. A muscular tonic; releases anger, repressed trauma, and instills a sense of peace with self.

Geranium - *Pelargonium roseum* (Madagascar) - For emotional extremes, anxiety, depression, diabetes, circulatory issues, PMS, and menopause. Calms nervous tension, balances energy flow, prompts creative spontaneity.

Ginger - *Zingiber officinale* (Sri Lanka) - Warming, invigorating, and decongesting. Excellent for indigestion, flatulence, and nausea. Activates willpower and initiative, clears unprocessed emotions; counters fatigue and frigidity.

Grapefruit - *Citrus paradisi* (United States) - Combats cellulitis, dull skin, water retention, and toxin build-up. Grapefruit helps to disperse lactic acid from the muscles, reducing aches and stiffness. Grapefruit is uplifting and mentally enlivening. Excellent for Seasonal Affective Disorder. (S.A.D.)

Immortelle - *Helichrysum italicum* (Corsica) - Anticoagulant, anti-inflammatory, decongestant and useful for conditions of bronchitis, colitis, and rheumatoid arthritis. Relaxes and comforts the solar plexus. Heals emotional congestion, relieves grief, panic and burn-out; promotes inner strength and perseverance.

Juniper - *Juniperus communis* (Bulgaria) - A diuretic and lymphatic decongestant. Warming and invigorating, Juniper benefits chronic tiredness, cold hands and feet, lower backache, and fluid retention. Detoxifies the liver, stimulates self-confidence and improves mental clarity.

Kunzea - *Kunzea ambigua* (Australia) - Powerful anti-inflammatory action, making it effective for rheumatoid arthritis, rheumatism, and painful joints and sore muscles. Powerful anti-infectious and antimicrobial properties, combating infections. Relieves physical and emotional pain, enhances self-actualization and promotes transcendence. Often used for inner child issues bringing release and resolve.

Laurel - *Laurus nobilis* (Spain) - Acts as an antiseptic, antibacterial, anti-fungal and anti-tumor. Laurel is effective for neuritis, depression, anxiety, and fear. Its character embodies awareness, courage and confidence.

Lavender - *Lavender angustifolia* (France) - "The Balancer." Antibacterial, analgesic and anti-inflammatory. Regulates nervous system, high blood pressure, and blood sugar. Alleviates stress and restlessness. Promotes internal harmony.

Lemon - *Citrus limonum* (Argentina) - An immune booster for colds and flu symptoms. Enhances mental alertness, eliminates obstacles, eases confusion and worry; promotes optimism.

Lemongrass - *Cymbopogon citrates* (India) - Uplifting. For jet lag, muscle aches and pains, mental fatigue & indigestion. Mosquito repellent.

White Lotus - *Nelumbo nucifera* (India) - In India, the lotus is the Buddhist symbol of enlightenment and mental purity. This is a heart oil that brings peace and spiritual abundance. Used for protection. Opens the crown chakra.

Marjoram, Sweet - *Origanum marjorana* (France) - Warm, spicy & herbaceous. Analgesic, anti-spasmodic, vasodilator. Encourages calm, balance, and perseverance. Reduces insomnia.

May Chang - *Litsea cubeba* (China) - Refreshing citrus scent; powerful relaxant. Used for meditation and grounding. Excellent for digestive system. Treats acne.

Melissa - *Melissa officinalis* (France) - Stimulates the immune system. Antiviral, assists nausea, eases menstrual problems, anxiety, depression and hypertension. Improves mental clarity, heals "inner child" wounds, and fosters strength and competence.

Mugwort - *Artemisia herba alba* (Tunisia) - Anti-epileptic and anti-hysterical; offers soothing & relaxing effects on brain and nervous system. Anti-infectant, facilitates digestion. A diuretic, emmenagogue, vermifuge and nervine. Do not use during pregnancy & consult with an aromatherapist for safe dosage.

Myrrh - *Commiphora myrrha* (Somalia) - Assists eczema, athlete's foot, dry skin, coughs, colds, diarrhea, and cold sores. Emotionally grounding and meditative.

Myrtle, Anis - *Melaleuca teretifolia* (Australia) - Antiseptic, antibacterial, antifungal, and an insecticide. Eases pain from loss & separation; Releases anger & inner conflict. Instills composure and promotes mindfulness.

Neroli - *Neroli bigarde* (Tunisia) - An analgesic, antiseptic, and antidepressant. Uplifting. Promotes calm-ness, nurtures the heart & mind, increases strength & confidence; fosters spiritual bliss.

Blood Orange - *Citrus sinensis* (Israel) - An anti-depressant, nervous sedative and fungicide. Harmonizes the physical and mental bodies. A lymphatic stimulant.

Mandarin, Orange - *Citrus reticulata* (S.Africa) - Decongestant and diuretic; Calms and uplifts. Relieves emotional stress, tension and convalescence. Used in asthmatic blends to control bronchial spasms.

Sweet Orange - *Citrus aurantium* (Argentina) - Softens thick, chapped or fissured skin. Eases chills, palpitations, colds and flu. Harmonizes the physical and mental bodies.

Oregano - *Origanum vulgare* (Turkey) - Analgesic, anti-infectious, antiseptic, antiviral, bactericidal, fungicidal. Used for infections, parasites, waterlogged skin, asthma, colds and flu.

Patchouli - *Pogostemon cablin* (Indonesia) - Assists cracked skin, cellulite, fluid retention, stress, and anxiety. Instills a calm and grounded spirit.

Peppermint - *Mentha piperita* (India) - For indigestion, cold and flu, tired feet, mental fatigue, aches and pains. Clears emotional congestion enhances focus & memory; stimulates new ideas.

Ravensara - *Ravensara aromatica* (Madagascar) - For anxiety, stress and related illnesses such as insomnia and nervous fatigue. Embodies strength and well-being; restores health & expands aura. Excellent for asthma and respiratory challenges.

Rose - *Rosa damascena* (Bulgaria) - Cools and regulates the liver. Indicated for hot, stagnant conditions. It improves the flow of bile, reduces nausea, and supports the heart. The compassion of rose is revealed through its ability to heal emotional wounds.

Rose Attar - *Rosa damascena* (India) - Excellent for meditation. Positively influences aura and chakras. Where rose fragrance lingers, love and peace prevail. Wonderful tonic for all types of skin.

Rosemary - *Rosemarinus officinalis* (Corsica) - Assists memory, mental exhaustion, and hair growth. Increases blood pressure. For muscular aches and pains. Instills self-confidence, reduces negativity.

Rosewood - *Aniba rosaeodora* (Brazil) - A tonic for coughs, headaches and depression. Promotes balance and stability, decreases anxiety and irritability, and encourages cooperation. Rosewood is an oil with a spiritual and elevating character. It is used as the Root oil in the Reiki Chakra Kit imparting a calm, yet stimulating and steady flow as it moves through the chakra meridians.

Sage - *S. officinalis (Spain)* - Improves circulation and digestion. Purifies. Reduces stress, improves alertness, lessens aches, and relaxes sore muscles. Balances hormones and builds strength & courage.

Sandalwood - *Santalum album (India)* - Assists cystitis and is known as a powerful urinary antiseptic. Helps dry itchy skin, stress, and sore throat. Sandalwood is used for its deeply tranquil state of being instilling inner unity or a state where body, mind and spirit can align as one.

Spearmint - *Mentha spicata (India)* - Indicated for flatulence, indigestion, intestinal cramps, fevers and nausea.

Spikenard - *Nardostachys jatamansi (Nepal)* - Calms the heart, stabilizes the mind and settles emotions. Excellent for nervous tension, anxiety, and insomnia. Balances tachycardia and arrhythmia. Tonifies liver and clears inflammation. Spikenard has the ability to calm, restore and impart tranquility.

Spruce - *Tsuga Canadensis (Canada)* - A disinfectant. Reduces stress and calms the mind. Opens sinus and breathing passages, uplifts mood, improves mental clarity and encourages communication.

Tangerine - *Citrus reticulata (USA)* - A digestive and circulatory tonic. Calming. Alleviates anxiety and soothes a stressed nervous system. Diminishes stretch marks.

Tea Tree - *Melaleuca alternifolia (Australia)* - The world's number one First Aid oil. Warming and stimulating. Anti-bacterial, antiviral, anti-fungal, anti-inflammatory, and analgesic. A calmative, and sedative. For cuts, bites, cold sores, acne, athlete's foot, and nail fungus.

Thyme - *Thymus vulgaris (France)* - Used for acne, impetigo, abscesses, wounds, flu, coughs, asthma, muscular aches and pains, upset stomach, edema. An antidepressant. Strengthens core energy, stimulates conscious effort, and dispels struggle & adversity.

Wormwood - *Artemisia vulgaris (Tunisia)* - Offers soothing & relaxing effects on the brain and nervous system. Anti-infectant, facilitates digestion. A diuretic, emenagogue vermifuge and nerveine. Do not use during pregnancy.

Ylang Ylang - *Cananga odorata (Madagascar)* - Balances hormones. Instills confidence in sensuality, counters stress, worry and panic. Eases insomnia due to "mind chatter." Assists in breaking the cycle of addiction.

CHARACTERISTICS OF ESSENTIAL OILS

- They are highly volatile, which means they readily evaporate. That is why they are kept in dark bottles, tightly capped and away from light.
- The power of penetration through the skin is great. The time of absorption of a diluted oil is about 20 to 70 minutes and varies depending on the fat content of the individual.
- When used properly, Essential oils have minimal, if any, unwanted side effects and are known to support and enhance the body's own innate healing capacity.
- Essential oils are potent and should be used in drops rather than spoonfuls. The premise, LESS IS MORE, applies to essential oils. Essential oils are used externally and rarely internally.

This list of oils is not intended to diagnose, treat, cure, or prevent any disease. Please note, the IFA do not recommend that Essential Oils be taken internally unless under the supervision of a MD who is qualified in clinical Aromatherapy.

** Essential Oil prices vary depending on climate, availability and other variables. This document is for oil information only. Please be aware accurate prices are listed in the products section of our website katybugs.com.*