

BEAUTY OILS - ESSENTIAL OILS CHART

Taken from: The Complete Book of Essential Oils & Aromatherapy by Valerie Ann Worwood

Essential Oil	EYES	HANDS	FEET	NAILS	NECK	LIPS
Lemon	◆	◆	◆	◆	◆	◆
Lavender	◆	◆	◆	◆		◆
Grapefruit				◆		
Carrot	◆	◆	◆	◆	◆	
Cypress				◆		
Rosemary		◆		◆		
Eucalyptus peppermint				◆		
Petitgraine					◆	
Tea Tree				◆ (nail-bed infections)		◆
Tagetes			◆	◆		
Oregano				◆		
Thyme			◆ (linalol)	◆ (all)		
Ravensara				◆		
Myrrh				◆		
Patchouli		◆		◆		
Calendula			◆	◆		◆
Fennel	◆		◆			
Chamomile (German)	◆		◆ (all)			◆ (all)
Geranium		◆			◆	◆
Rose		◆			◆	◆
Sandalwood		◆				
Neroli		◆				
Lime		◆				
Eucalyptus lemon		◆				
Orange					◆	
Basil					◆	
Palmarosa	◆	◆	◆		◆	◆
Clary Sage					◆	
Vetiver					◆	
Lemongrass					◆	
Bois de rose	◆					
Eucalyptus radiata				◆		