

# From Aromatherapy to Perfumatherapy™

**By: Dr. Timothy Yeh & Dr. Pearl Yeh**  
**Research by: Dr. Janet Yeh, Elizabeth Yeh & Rebecca Yeh**

## THE USE OF PERFUMATHERAPY™ IN NATURAL MEDICINE

Even though perfumes and fragrances are manufactured by the perfume industry and sold as products, the art of perfumery is a real and integral part of our daily lives. Perfumes and fragrances are in many household products that we utilize daily. They are in the foods we eat, the bath and body products we use, the hair care and skin care products we utilize, and the colognes and sprays we wear. Each fragrant medicinal herb has two major functions: medicine and perfume - just as a human has two hands and feet, and a bird has two wings for balance. Therefore, it is important to introduce and utilize perfumery for aromatherapy in natural medicine because it is a precious knowledge.

Natural medicine professionals are the closest to understanding this knowledge for they know about the utilization of natural raw herbs, natural herbal essential oils and fragrances for healing. The taste, smell, and internal properties of herbs are important because they are crucial in determining how to balance the body. Thousands of years of research by the Chinese on clinical herbal fragrances and hundreds of years by Western experience on herbal essentials oils tell us that natural fragrant herbs and oils have medical effects, such as:

1. Opening the orifices: Styrax, Frankincense, Sandalwood, Lemon, Rose of Damascus, Melissa, etc. - all have instant effects.
2. Strengthening the heart: Musk, Bark of Cassia, Ginseng, Peppertree Prickly Ash, etc.
3. Eliminating the dampness: Patchouli, Magnolia Bark, Eupatorium, Chinese Atractylodes Rhizome, etc.
4. Expelling the Wind-Cold: Herba Schizonepleta, Radix Ledebouriellae, Cassia Twig, Magnolia, Ginger, Welsh-Onion Stalk, Onion, Garlic, etc.
5. Expelling the exogenous pathogens from the body surface: Mulberry Leaf, Chrysanthemum, Mint, Bamboo Leaf, etc.
6. Detoxifying internal systems: Roman Chamomile, Honeysuckle, Gardenia, Rosemary, Lemongrass, Citronella, Australia Tea Oil, Licorice, Lavendin, Myrtle, etc.
7. Alleviating pain: Holly, Cassia Twig, Eucalyptus Oil, Cassia Bark, Musk, Myrrh, Frankincense, Ligusticum, Black Pepper, Rosemary, etc.

8. Removing blood stasis: Peach blossom, Peach Kernel, Frankincense, Salvia Root, Myrrh, etc.
9. Promoting blood circulation: Safflower, Chinese Angelica, Ligusticum, etc.
10. Strengthening sexual libido: Clove, Fennel, True Star Anise, Costus Root, Leek Seed, Alfafa, etc.
11. Uplifting the Yang: Sage, Bark of Cassia, Ginseng, etc.
12. Benefiting sleep: Lavender, Wild Jujube, Schisandra Fruit, Agalloch Eagle Wood, etc.
13. Promoting joy: Lemon, Neroli, Rose, Ylang Ylang, Helichrysum, Geranium, Jasmine, Dai Dai, etc.
14. Calming the body: Lavender, Benzoin, Amber, Patchouli, Sandalwood, Vetiver, etc.
15. Anti-depression properties: Cinnamon Bark, Clary Sage, Frankincense, Jasmine, Lavender, Sandalwood, Rosewood, Geranium, etc.
16. Strengthening the immune system: Frankincense, Hyssop, Clove, Black Cumin, Tansy, Lemon, Tangerine Peel, etc.
17. Reducing addictions: Hyacinth, Helichrysum, Narcissus, Tuberose, Laurel Bay, etc.
18. Establishing self-image: Neroli, Rose, Jasmine, Frankincense, Myrtle, Melissa Juniper, Sandalwood, etc.
19. Benefiting personality: Nutmeg, Rockrose, Frankincense, Coriander, Hyacinth, Rose Damascus, Neroli, Dahurian Angelica, Geranium, Rosemary, Clary Sage, etc.
20. Regulating energy: Nutgrass, Citron, Green Tangerine Peel, Citrus Peel, Costus Root, Lindera Root, Magnolia Bark.

**FROM AROMATHERAPY TO PERFUMATHERAPY™**

The medical use of aromatic herbs is an Asian discovery. However, the use of aromatic essential oils was discovered in the West. Both are used as natural perfume remedies, and they are both part of natural medicine. The clinical use of these fragrances is called aromatherapy. Natural essential oils represent the best ingredients of the perfume industry. Based on scientific research, the effect of essential oil is 50-70 times greater than raw herbs. There are about 500,000 different types of plants on the earth. Indian Aryurveda lists eight thousand kinds of natural plants, animals, and minerals. The Chinese herbal classics list more than six thousand kinds.

Aromatherapy is beneficial for the treatment of diseases due to the medical mechanism of the aromatic herb or the aromatic essential oil. These have been utilized in China for thousands of years and in the West for hundreds of years. Although aromatherapy has wonderful healing effects, these products have never reached the technique of perfume and perfumatherapy™ because many opposing or random notes are mixed together.

Since Chinese medicinal herbs have their herbal oils, each of these are now identified with their aromatic and physical properties using the theory of Yeh notes of perfume. They are prepared with tenet and experience and brought into the field of natural medicine and perfume. Natural medicinal perfume has the effects of aromatherapy and more importantly, the fragrances harmonized. There are approximately three hundred different kinds of plants extracted for the manufacturing of medical perfume oil. And through over 43 years of knowledge in medicine and perfume, we have added many others. Mr. Ru Yu Yeh, the father of Dr. Timothy Yeh and senior engineer of the natural perfume industry of China, was in charge of this operation.

This unique theory increases the number of perfume industry projects as well as the scope of utilization of these products. For instance, there is a medicinal herb called Eupatorium, which is the sister herb to patchouli. This herb was exported in large amounts to a perfume company in France from 1950 to 1980. This Chinese herbal oil was famous all over the world for over thirty years with the modern techniques of perfumery. Based upon what was done and what is being done, natural medicinal perfume is spreading both nationally here in the USA and worldwide. It is important to note the following:

1. The finished product must have two major functions: medicine and perfume – not only medicine and not only perfume. It should have medicinal effects as well as a pleasing aroma for the senses.
2. The product must be convenient to take, use, and store.
3. The natural products are made into oils, liquids, pills, capsules, or sprays.
4. The product will bring new life to traditional herbal medicine.
5. The product will benefit people worldwide

# **The Mechanism of Natural Perfume and Essential Oils**

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The use of perfumery not only encompasses natural medicine, modern medicine, and natural perfume, but also the basic sciences. Natural medicine is a synchronized science of physics, chemistry, and biology. It is not complete to treat diseases based only upon chemistry, such as drug medications prescribed by modern medicine. Chemical drugs are dead molecules, unfit for live human cells and possess harmful negative side effects that patients are unwilling to continuously accept. Natural herbs contain live molecules having biological, physical and chemical properties of three synchronized sciences that feed human cells, without the harmful side effects. Natural perfume medicine deals with synchronized biology, chemistry and physics.

## **THE THREE PHASES OF SCIENCE FOR MEDICINAL OILS**

### **First Phase - Chemistry**

There are fifty million olfactory receptors on human olfactory nerve fibers that receive numerous kinds of chemical information, such as the shape of fragrance molecules, if it has a left or right rotation, if it has a positive or negative charge, and whether if it is polar or non-polar. These receptors are able to distinguish more than ten thousand different kinds of fragrances.

It seems complicated to use chemical structures to explain fragrances. l-carvone or d-carvone are stereo isomers only. One hydrogen atom is opposite in chemical molecule structure, but the fragrance is very different. l-carvone has a fragrance of mint while the d-carvone has the fragrance of caraway. These physiological wonders signify to us of the Creator that designed all of these intricate structures.

Recently Dr. Tyler of the University of Austin, Texas pointed out that medical perfume oil contains countless natural phytochemical compounds, which cannot be completely analyzed by chemists today. Now there are more than 30,000 kinds of aromatic molecules that form a large amount of oil content through permutation and combination. Because of the abstruseness of the creation, many scientists no longer want to research and dig in deeper. Instead, research is conducted in a superficial and synthetic way, which is faster and more convenient.

Synthetic “fake” perfume is simpler and cheaper to make than natural “real” perfume. However, it has no medical benefits or value. Instead, it is “air pollution”.

## **Man-made perfume contains chemical poison**

Which is more complicated to manufacture: natural perfume or synthetic perfume?

From the manufacturing process of natural perfume, every step needs special attention and great detail. It costs more, it is worth more and it has medical benefits. Synthetic perfume is more convenient, easier and cheaper to make, therefore, it dominates the majority of the products on the market. Synthetic perfume is not used by natural medicine because it has no medicinal value. It is a chemical poison and is actually an air pollutant that many of us breathe in everyday.

Inside the atmosphere, there are many natural chemical groups in addition to oxygen that the human body needs. We breathe in these natural chemical groups to sterilize, adjust the immune system, and adjust endocrine and the nervous system. Natural perfumes offer such medical benefits for our health and benefit. For example, musk has a powerful bio-chemical effect, which supplies the power necessary for cells. However, when man makes synthetic muskone, the important properties are no longer present and what we inhale are merely chemicals.

Such natural chemical groups are:

1. Natural Aldehydes: Cassia Oil, Clary Sage Oil, and Lemon Oil are some examples. Aldehydes are anti-bacterial, antiviral, and antiseptic. They help inflammation and can calm the mind.
2. Natural Alcohols: The University of Vienna in Switzerland and The University of Berlin in Germany pointed out that sesquiterpineols can go through the Blood Brain Barrier (B.B.B), and supply oxygen around conarium and hypophysis. Therefore it can promote the function of the immune system. Geraniol is a very strong antioxidant.
3. Natural Phenols: They are antiseptic. Natural phenols such as Eugenol, the main ingredient in clove oil, are used as an antiseptic for the teeth. Natural phenols contain a large amount of molecules, which makes it a strong antioxidant. They are one of the most powerful for adjusting the immune system.
4. Natural Azulene: It can stimulate the hypophysis-adrenal gland axis, block the release of histamine, and promote the secretion of cortisone. It will accelerate in the treating of diseases. Natural azulene can also stimulate regeneration of liver cells so it is anti-inflammatory.
5. Natural Bisalcohol: It is a very powerful antiviral, antibacterial, and anti-mycotic. It is the most powerful alcohol group among sesquiterpenes to kill micro-organisms.
6. Natural Esters: In medicine, it has an effect of relaxing and calming the mind. It supplies a sweet fragrance in perfumery.

7. Natural Flavonoids: They affect the vascular system, and can accelerate blood stream and the oxidation of tissues cells. They can suppress methyl transference to prolong the life of Norepinephrine (NE). They can also stimulate the hypophysis-adrenal gland and other endocrine glands.
8. Natural Farnesol: It is anti-bacterial and anti-inflammatory.
9. Natural Farnesene: This is a kind of natural alcohol group. It is antibacterial and very powerful.
10. Natural Ketones: They stimulate the regeneration of cells and create tissue. They can also bate and dissolve phlegm and help expel it out of the body. Therefore, they help with the cold, coughs, the flu and asthma.
11. Natural Lemonene: It is a strong antiviral group.
12. Natural Terpene Alcohols: It is anti-bacterial and can stimulate the immune system. Borneol, Citronellol, Nerol, Geraniol, and Terpineol are some examples of these alcohols.
13. Natural Terpenhydrocarbons: They are a strong antiviral. Some of these are Sebanine, Pinene, and Limonene.
14. Natural Thujones: It helps relax respiration and stimulates the immune system. This group can be toxic to the central nervous system.
15. Linalool: It is a strong anti-bacterial and can stimulate the immune system. It also can be used as a diuretic. It relaxes and calms depression without any stimulation.
16. Sesquiterpenes: They are antiseptic and anti-inflammatory. They can also be antiseptic Sesquiterpenes contain Caryophyllene and Valencene. Research from The University of Vienna in Switzerland and The University of Berlin in Germany has proved that they have an effect of oxygenation to the region of the pineal gland and the hypophysis. The pineal gland can adjust the amount of blood sugar and can affect the function of the adrenal gland and the thyroid gland.
17. Natural Thymol: It is a strong antiseptic, but not as caustic as the phenol group.
18. Natural Carvacrol: A kind of antiseptic. It improves energy and has anti-tumor properties.
19. Natural Citral: A kind of aldehyde group. It has the affect of calming and also has strong antiviral properties.

## **THE THREE PHASES OF SCIENCE FOR MEDICINAL OILS**

### **Second Phase - Physics**

Medicinal perfume oil not only has chemical power but can also give out infrared power of physics. Scottish scientist, John Tyndall discovered that Patchouli, Sandalwood, Clove, Lavender, Lemon, Rosemary, and Thyme oils are able to absorb infrared. In addition, medicinal perfume oils also possess other physical properties such as fragrance, flavor, taste, color, internal temperature, aroma, motion, energy, impulse, momentum, elasticity, fluid mechanics, waves, vibrating bodies, thermodynamics, acoustic phenomena, electrostatics, electric currents, electrodynamics, optics, high energy physics, and relationship with internal organs and organ systems.

From the physics point of view, medicinal perfume molecules are a kind of vibrant particles transmitted in forms of waves, which have the frequency between fifty-two and thirty-two MHZ. Dr. Rife had said: "Every kind of disease has its own electric frequency." Afterwards, Dr. Ottowarburg, who researched about cancer and was awarded the Nobel Prize, discovered that cells in the human body mutate when it comes down to a certain level. In 1992 a bio-frequency scientist, Bruce Tainio, invented the first bio-frequency monitor. He pointed out that when the frequency of human cells fall from the normal 60-70 MHZ, the immune system is compromised.

The frequency of a healthy body is between 62-68 MHZ and brain cells are between 70-78 MHZ. The brain vibrates about seventy million times per second, but we cannot feel it. When people become sick, the vibrating lowers. When infected by viruses, the frequency also becomes lower. If the frequency of normal cell lowers to 42 MHZ, it becomes a cancer cell. Then how can we get cells back? We can choose Lavender oil, which has a frequency of 118 MHZ and Rose oil, which has a frequency of 320 MHZ.

That is why Dr. Bruce Tainio stressed that out of all the natural materials known, only the natural essential oils have the highest bio-frequency. Therefore, it helps the lower body cells ascend onto the peak level and eliminate bacteria, viruses, and fungi. Dr. Bruce Tainio was also awarded the Nobel Prize for this theory and experiment. His research has become the foundation of natural perfume science.

There are many illnesses caused by pollution, changed DNA of foods, high pressure of life, and the degeneration of human morality. These factors may contribute to getting cancer. To treat this, the use of medicinal perfume oils is suggested: Rose Oil 320MHZ, Angelica Oil 85 MHZ, Chamomile Roman 105 MHZ, Helichrysum Oil 181 MHZ, and Cinnamon oil. They possess beneficial effects and a pleasant fragrance.

CFIDS can be treated with natural medicinal perfume. While natural medicinal oil molecules are inhaled through the nose, two hundred and forty thousand olfactory nerves and fifty million olfactory receptors help the fragrant molecules to travel into the

pituitary gland and the limbic system. These medicinal fragrant oil molecules create fantastic reactions both physically and mentally in those areas.

## **THE THREE PHASES OF SCIENCE FOR MEDICINAL OILS**

### **Third Phase - Biology**

The leading Professor of brain chemistry is Candace Pert. She is the founder of the opium receptor and other peptide receptors. In the latest twenty years, she had led scientists to believe that the chemicals of the brain are made up of a continuous circuit, that are not only associated with the receptors in the brain, but also with the immune system, nervous system, and the endocrine system. The immune system cannot be separated from the nervous system and the endocrine system.

The hypophysis (pituitary gland) is very small (1.5 cm=0.5 inch). It is divided into two parts, front and rear. The front part secretes seven kinds of hormones, to adjust the functions of the body between growth and procreation. It weighs 75% of the entire gland. The rear has five thousand nerve axes and fiber forms. The nine hormones secreted by the two parts are: Human Growth Hormone (HGH), Adrenocorticotrophic Hormone (ACTH), Melanocyte Stimulating Hormone (MSH), Thyroid Stimulating Hormone (TSH), Follicle Stimulating Hormone (FSH), Luteinizing Hormone (LH), Prolactin (PRL), Oxytocin (OT), and Antidiuretic Hormone (ADH).

The hypothalamus is a part of the limbic system, so it is the master of the hypophysis (pituitary gland). It also secretes Growth Hormone Releasing Hormone (GHRH), Growth Hormone Inhibiting Hormone (GHIH), Thyrotropin Releasing Hormone (TRH), and Corticotropin Releasing Hormone (CRH).

The limbic system is the center of pain, happiness, anger, fear, depression, gentleness, and other emotions. It integrates and connects to the nervous and the endocrine systems. The limbic system receives all the information from the auditory system, pallium, reticular activating system, and the optic system. It can control and adjust body temperature, hunger, thirst, sex, fear, and emotions.

Almost the whole body's activities are under the control of the hypophysis and the hypothalamus. It is extremely important to take proper care of this control center for the body. Many different oils may be used to help the whole body through using harmonized natural perfume treatments. The following chapter is to introduce the mechanism of natural medicine perfume on the immune, nervous and endocrine systems.

# **The Mechanism of Natural Medicinal Perfume on the Immune, Nervous & Endocrine Systems**

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In the past, traditional immunology considers research to be done on anti-infectious diseases. However, since its theory and clinical development went deeper, immunology now has passed the bound of anti-infectious diseases.

## **THE FOUR STAGES OF IMMUNOLOGICAL DEVELOPMENT**

1. Since the 1970's, the research on immunology turned to cells, molecules, and genes. The old method of checking the function of the immune system by only checking antibodies was challenged.
2. Immune structures and functions were found within cytoplasm and on cell walls, which refreshed the old thinking and old concepts.
3. After molecular biology had been introduced into immunology, many researches were conducted on the cellular factors produced by immune cells, which accelerated the development of molecular immunology to understand more clearly the mechanism of diseases. It also showed the function and structure of the antigen more clearly, which provided the powerful evidences to the theory for preventing and treating diseases. To classify the cellular factors is based on each clone of cDNA and the different biological function of each group of cellular factors, such as: migration inhibitory factor, MIF; macrophage aggregation factor, MAF; macrophage chemotactic factor, MCF; specific macrophage arming factor, SMAF; macrophage disappearance factor, MDF; lymphocyte blastogenic or mitogenic factor, LBF or LMF; lymphocyte chemotactic factor, LCF; helper factor; suppressor factor; transfer factor, TF; leucocyte migration inhibitory factor, LMIF; leukotoxin; hematopoietic colony stimulating factors, HCSF; interferon, IFN; tumor necrosis factors, TNF; chemotactic factors, CF; transforming growth factors, TGF; nerve growth factors, NGF; epidermal growth factors, EGF; thrombocyto poietic factors, TPF; adhesion molecules...etc.

4. Engineering and genetic engineering have broadened the ways and developed the products of cellular diagnosis and treatment. Recent years many scientists combined engineering, genetic engineering technology, and protein engineering to prepare genetic engineering antibodies used for tumor image analysis and the structure of immune toxins. The newest report was in using genetic treatment to cure cancer, which was a new method. However, the future of genetic engineering still is unsure, and there are many issues to consider. Therefore, scientists and medical professional must realize the seriousness of health care – that we are dealing with lives and not with tubes and machines.

### **Three physiological functions of the immune system**

The immune system is one of the vital structures within the human body and conducting normal physiological functions such as:

1. **Immunological Defense:** This is the effect through the immune response against antigens (pathological microbes, vaccines, toxoids, super antigens, foreign proteins, etc.). This effect begins at the recognition of the antigen by immune cells. They are then activated and differentiated and produce different immune molecules to activate lymphocytes. This whole process leads to the elimination of the antigen. If the defense functions, such as skin, membrane, complement system, macrophage, or the structure and function of the immune system, are weak or deficient, one is easy to catch contagious or infectious diseases. Natural perfume medicine, such as Lavender, Lemon, Tea Tree, Mint, Cassia, Rosemary, Clove, Marjoram and Thyme may be used to protect the skin – the first layer of immune defense, as well as the respiratory system, oral cavities, and digestive system.

2. **Immunologic Surveillance:** This contains specific and nonspecific recognition and destruction. One of its main functions is to recognize the antigen of the cancer cell by immune cells and destroy the cancer cells by specific and nonspecific killer cells. Based on our experience with cancer patients, we use both internal and external methods for treatment: such as acupuncture, herbal medicine, food medicine, and medicinal perfume. The theory of Chinese nature medicine states that cancer is caused by coldness, a deficiency of Yang, and blood stasis. In natural perfume medicine, frankincense essential oil, myrrh essential oil, musk essential oil, rose essential oil and ledum essential oil are used to benefit such conditions. In the Bible, when Jesus Christ was born, the wise men from the East gave him three gifts: two of them were natural fragrances: frankincense and myrrh. Therefore, frankincense and myrrh play an important role in perfume from the very beginning.

3. **Immunological Homeostasis:** Lymphocytes can recognize “self” or “non-self” antigens. They do not respond to the antigens on the tissue cells of our own body, so it is termed as immunological homeostasis, but eliminates the “non-self” substance. If this function becomes out of control, it is easy to catch autoimmune diseases. To strengthen this function, we use purple or dark red, white, yellow rose oils and Neroli oil. It is

wonderful to see how natural medicine gives amazing results in treating autoimmune diseases, such as Crohn's Disease, Ulcerative Colitis, Lupus, Sjogren's Syndrome, Rheumatoid Arthritis, etc.. Great clinical results are seen when these patients are treated with natural medicine – which is a great medical scientific break through.

## **THE TWO WAY REGULATION OF THE IMMUNE SYSTEM**

Beside the self-adjustment of the immune system, there are several external elements affecting the immune adjustment. The self-adjustment of the immune system contains: 1. the path and properties of the antigens entering the body; 2. response and control of the specific antibody; 3. self response adjustment of the complement system; 4. restriction of different kinds of immune cells; 5. control effect of the cells' adjustment network and major histo-compatibility complex MHC to the immune system. The immune system and nerve-endocrine system is an adjustment network. The relationship between them can be explained with Descending Pathway and Ascending Pathway. From the modern medical science we know that the nervous system cannot be separated from the endocrine system, so it is termed the nervous-endocrine system.

**1. Descending Pathway:** This is the pathway from the central nervous system through the endocrine system to the immune system. The descending pathway is divided into three parts:

A. The immune control of the cerebral cortex - The information received by the cerebral cortex is sent to the hypothalamus through nerve conduction. The response hormone then affects the immune system. This process has been proved by scientific experiments;

B. The hypothalamus-pituitary-adrenal gland axis - Recent research shows that the hypothalamus is the integrated center of the nervous-endocrine system, which controls the secreting cells of the pituitary gland and participates in the synthesizing and releasing of neuro pituitary hormones. Therefore, the hypothalamus is the master of the pituitary gland. If the hypothalamus does not give an order, the pituitary gland will not work. On the other hand, the hypothalamus can also compose and release many kinds of neuro-endocrine hormones and peptides. The field of immunology states that the hypophysis and pituitary gland is the neuro-endocrine system, which directly affects the activity of the immune system;

C. Peripheral nervous system and immune organs: There are sympathetic nerve and parasympathetic nerve all over the body, which can adjust the immune function by the adrenergic and cholinergic neurotransmitters.

**2. Ascending Pathway:** The ascending pathway originates from the immune system to the nervous-endocrine system. Immunological information is received from the recognition of antigens by the immune cells, and the immune response begins. Immuno-reaction causes the change of  $\beta$ -endorphin and nor-epinephrine.

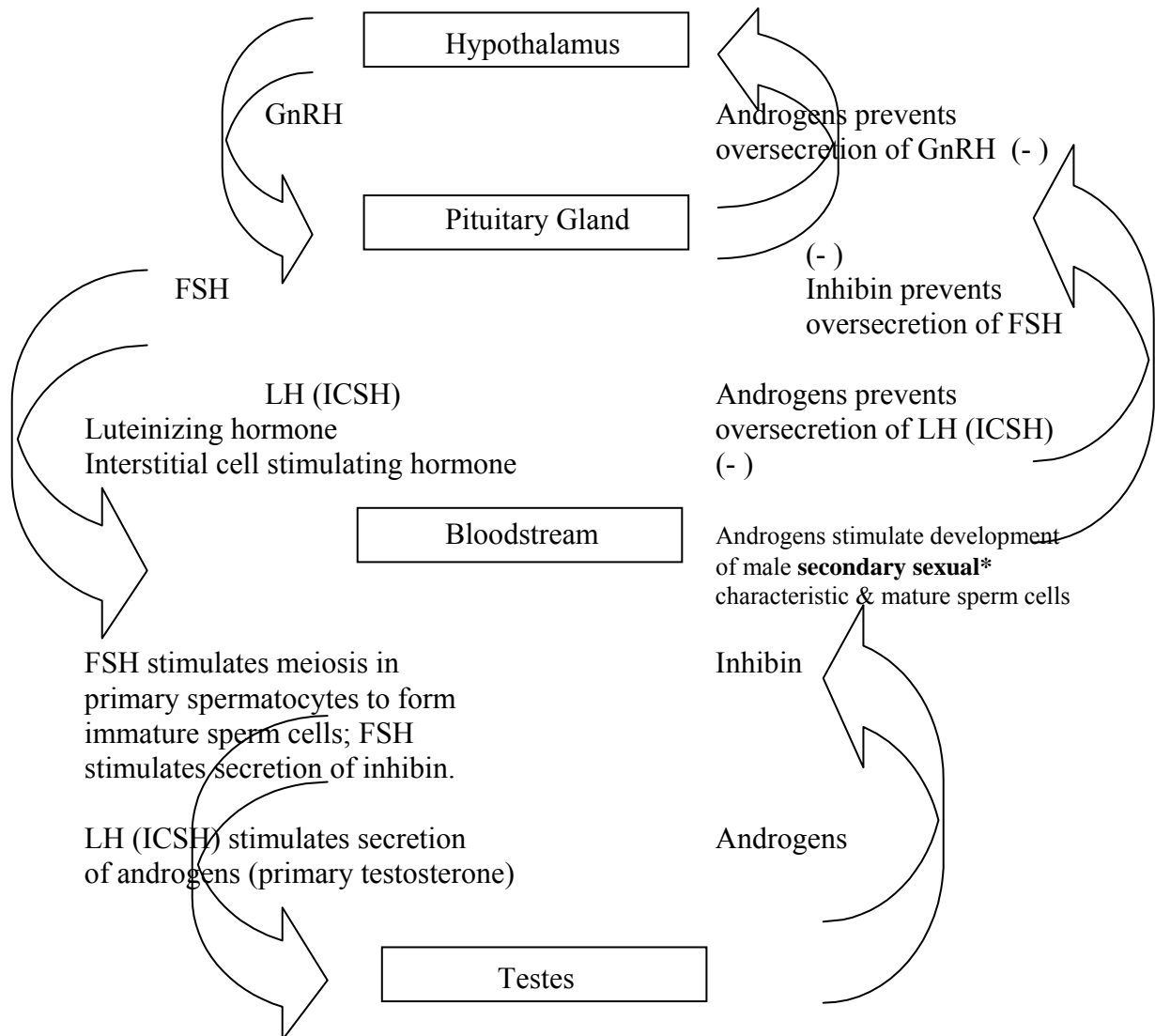
From the basic knowledge of descending pathway and ascending pathway, it is clear that there is a close relationship among the immune, nervous, and endocrine systems. Certain reactions may take place amongst these three: 1. the neuro-endocrine effect of immune system and immune cells; 2. the immune regulation effect of neuro-endocrine peptides.

3.  $\beta$ -endorphin promotes the multiplication of cytotoxic lymphocytes (CTL) and strengthens the activity of natural killers (NK). The nervous system, endocrine system, blood system, and immune system use the same information system. They are like a family and can't be separated. If the nervous system, especially autonomic nervous system loses balance, then endocrine and immune diseases will occur. Doctors need to pay attention to symptoms such as depression, fatigue, anxiety, insomnia, and memory loss in the patients. These are signs of an imbalance of the autonomic nervous system and these types of imbalances can cause many kinds of diseases. Natural medicinal perfumes may be utilized to treat many of these conditions to give more effective results.

## Male and Female Care

**THE REPRODUCTIVE SYSTEM:** In natural medicine, the reproductive system is a key system to maintain health and improve the quality of life.

### MALE CARE: The Male Endocrine System

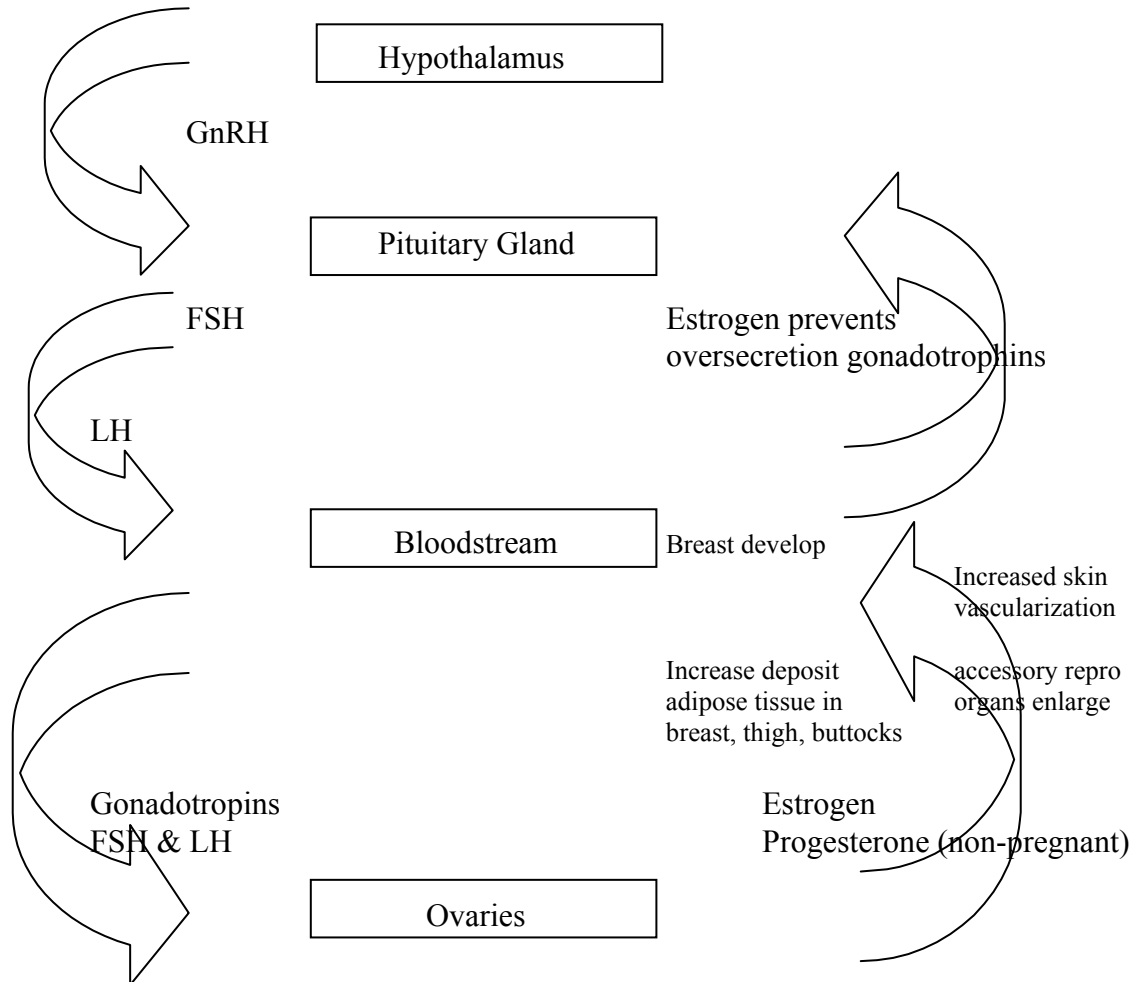


#### Actions of Testosterone:

1. Stimulates formation of male reproductive organs: penis, scrotum, prostate gland, seminal vesicles, ducts.
2. Causes testes to descend into the scrotum.
3. Secondary sexual characteristics:
  - a) increase hair growth on body: face, chest, axillary region, pubic region

- b) enlargement of larynx, thickening of vocal folds, lowering pitch of the voice
- c) thickening of skin
- d) increased muscular growth: broadening shoulders, narrowing of the waist

## FEMALE CARE: The Female Endocrine System



### Actions of Estrogen: (source –ovaries)

1. Stimulates enlargement of accessory organs: vagina, uterus, uterine tubes, ovaries, external structures.
2. Secondary sexual characteristics:
  - a) development of breasts and mammary glands
  - b) increased deposit of adipose in the breast, thighs, buttocks
  - c) increased vascularization of skin

### Actions of Progesterone: (source- ovaries in non-pregnant female)

1. Promotes changes in the uterus during the female reproductive cycle.
2. Affects mammary glands
3. Helps regulate Gn from anterior pituitary

### Actions of Androgen: (source- adrenal cortices)

1. Increased hair growth in pubic/axillary regions
2. Females are low in androgens: narrow shoulders, broad hips

## **Yeh Pearl Cosmetics & Perfume International**

### **Medicinal Herbal Oil Introduction**

There are many important essential oils in natural medicine. Essential oils are used in many different ways, such as for health, massage, cleansing, and much more. Each oil is unique and has its own specific uses. Here are some of the most important oils.

#### **Angelica Root**

Angelica Root is used in baths, facials and massages. Angelica Root is also good for medicine and as a cleanser. It is called in German “The oil of angels”.

Biological Features:

The Angelica plant usually grows near rivers and streams. It has small flowers and large, sharp leaves. These plants are found in several parts of Iceland, Russia, and Europe.

*Uses:*

Mind: Calming, helps anger

Body: migraines, digestive problems, gout, anorexia, and digestive spasms.

*Fragrance:* Sweet and a little musky.

*Note:* Base

*Ingredients:* Borneol, Linalool, , Limonene, Phellandrene, Bergaptene, Pinene, Monoterpenes, Bornyle Acetates, Estres, Angelica acid

*Physical Properties*

*Density:* (25/25 C) 0.853~0.876

*Refractive Index:* 1.4800~1.8

*Rotation:* +4~+16 degrees

*Ester Value:* 10~65

*Acid Value:* <7

## **Aniseed**

Aniseed is a digestive stimulant. It is a medicinal oil used as an diffuser in massages and baths.

*Biological Features:*

Aniseed is found in Europe, Africa, and The United States. It grows to be about 2 feet tall with white flowers and furry leaves. Aniseed oil is obtained from the brown seeds found in the flower.

*Uses:*

*Body:* Impotence, aerophagia, digestive problems or spasms, and migraines.

*Fragrance:* Pungent, licorice like, and warming

*Note:* Top to middle

*Ingredients:* Aldehyde, Anethoole, Methylchavicol, Limonene

## **Anise Star**

Anise star is used in cooking food. It is used in many dishes as a spice and is also used to flavor liquids. It is warming and soothing.

*Biological Features:*

The star comes from a tree found in East Asia. The oil is much stronger than Aniseed and comes from the fruits found on the tree.

*Uses:*

*Body:* Pain, tension, and the stomach

*Mind:* Nausea

*Note:* Top

*Fragrance:* Strong

*Ingredients:* Limonene, Pinene, Cineole, Carene, Dipentene

## **Basil**

Basil is used in baths, massages, and as a compress. Basil is an antiseptic and a stimulant.

Biological Features:

There are many varieties of Basil. They are found all over the world. Basil has a long stem and small flowers. The leaves are circular and pointy.

*Uses:*

Mind: Poor memory, depression, and mental fatigue.

Body: Intestinal infections, migraines

*Fragrance:* Clear, sweet, and spicy

*Note:* Top

*Ingredients:* Linalool, Borneone, Camphor, Cineole, Methylchavicol, Monoterpenes, Eugenol, Methyl-ether phenols, Pinenes, Sesquiterpenes, Monoterpenes, Terpeneol.

## **Benzoin Resinoid**

Benzoin Resinoid is good for body care and skin care. It helps to balance energy and it rejuvenates. It can be used as a diffuser in massages and in baths.

Biological Features:

The Benzoin tree is very rare. It is found in exotic places such as Thailand.

This oil is very thick has a dark brown color.

*Uses:*

Body: Body and skin care

*Fragrance:* Sweet

*Note:* Base

*Ingredients:* Benzoic, Cinnamic, Benzoic Aldehyde, Vanillin

*Perfumery:* It is an excellent fixative

## **Bergamot**

Bergamot is used in massages, facial masks, and lotions.

Biological Features:

Bergamot fruit is pear shaped and looks similar to an orange. The tree is the most fragile of all citrus plants. This tree is about 15 feet tall and has white flowers. It has long leaves and can only be grown in a special kind of soil.

*Uses:*

Mind: antidepressant, anxiety

Body: balances the body and skin. Treats acne and digestive problems.

*Fragrance:* Light, delicate, fruity, and refreshing

*Note:* Top

*Ingredients:* Linalool, Nerol, Limonine, Citral, Terpineol, Nerol, Bergaptene, Bergaptol, Bergamottin, Linalyl acetate, Methylanthranilate

*Physical Properties*

*Density:* (20/20C)

*Refractive Index:* 1.4640~1.4680

*Rotation Degree:* +8~+30

*Ester Value:* 10~65

*Acid Value:* <2

*Perfumery:* Widely used in soaps, colognes, and different types of natural perfumes.

*Flash Point:* 130 degrees Fahrenheit

## **Birch**

Birch is used as a cleanser. This oil is used in masks, baths, and compresses.

Biological Features:

The Birch tree is very large in size. Some can reach 80 feet tall. The smallest variety is the sweet Birch, which has thin branches and circular leaves.

*Uses:*

Mind: Hypertension

Body: Helps the kidney, arthritis, pain and obesity

*Fragrance:* Refreshing

*Note:* Top

*Ingredients:* Salicylic acid, Betulene, Esters, Methyl Salicylate (99%)

## **Caraway**

Caraway is a herb used to flavor food. It was first introduced in England.

**Biological Features:**

The plant grows to about 2 feet tall. It has brown fruits and white flowers. The leaves are small and soft, and it comes from Caria.

*Uses:*

Mind: Calming, relieves

Body: Bronchitis, the throat, digestion, appetite

*Fragrance:* Sweet and a little spicy

*Note:* Top

*Ingredients:* Carvone, Limonene, Cuminaldehyde

## **Cardamon**

Cardamon is used to stimulate elasticity. It is also used as a cleanser and a tonic for the skin.

Biological Features:

Cardamon is a shrub that grows to 18 feet tall and produces fruit. The leaves are very long and the flowers yellow.

*Uses:*

Mind: Stimulating

Body: Anorexia, anemia, energy deficiency

*Fragrance:* Sweet and spicy

*Note:* Top

*Ingredients:* Limonine, Terpineol, Sabinene

## **Cedar Wood**

Cedar Wood is used as a tonic and as lotions.

Biological Features:

Cedar wood comes from a red Cedar tree. It is found in The United States and there are many different kinds.

*Uses:*

Mind: Anger, anxiety, stress

Body: Urinary infections, psoriasis, water retention, hair problems

*Fragrance:* Woody

*Note:* Base

*Ingredients:* Cedrol, Cardinene, Cedrenol

*Physical Properties*

*Density:* 0.938~0.955

*Refractive Index:* 1.5000~1.5080

*Rotation Degree:* -35~ -20

*Ester Value:* 10~65

*Acid Value:* <7

## **Celery**

Celery is used for flavoring foods. It is also used as a tonic and is rich in minerals.

**Biological Features:**

Celery oils comes from the seeds. It is often found in India and France. It has a smooth stem with white flowers and green leaves, Celery grows to be about 2 feet high.

*Uses:*

Mind: Anxiety, nervousness

Body: Fevers, high blood pressure, heart diseases

*Fragrance:* Spicy and fresh

*Note:* Middle

*Ingredients:* Limonene, Selinene

### **Blue Chamomile**

Blue Chamomile is anti-inflammatory and is very soothing. This oil is used in skincare as facial masks, lotions, and massages.

*Uses:*

Body: Skin disorders, Ulcers, Liver and Gallbladder problems, pain

### **German Chamomile**

German Chamomile is also soothing just like the Blue Chamomile.

*Uses:*

Mind: Insomnia, stress

Body: Rashes, toothaches, cuts, acne

*Ingredients:* Sesquiterpenes, esters

### **Chamomile Mixta**

Chamomile Mixta is used to calm and soothe. It is used in massages, compresses, and as a diffuser.

*Uses:*

Mind: Insomnia, depression

Body: Digestion, gingivitis, skin problems

### **Roman Chamomile**

Roman Chamomile balances the mind and emotion.

*Uses:*

Mind: Insomnia

Body: Muscle tension, acne, boils, cuts

## **Cinnamon Bark**

Cinnamon Bark is used as a stimulant. It is also used in massages, diffusers, and baths.

Biological Features:

Cinnamon is a brown tree and blooms all year round. The bark is rolled up and reaches 30 feet tall.

*Uses:*

Body: the flu, infectious diseases, warts, coughs

*Fragrance:* Spicy, sharp, sweet

*Note:* Base

*Ingredients:* Linalool, Eugenol, Pinene, Cinnamic

## **Cistus**

Cistus treats ulcers, wounds, and urinary infections. It can be used as a stimulant and in massages.

*Uses:*

Body: immune system

*Ingredients:* Monoterpenes, Cetones, Aldehydes, Eugenol

## **Citronella**

Citronella is used in deodorants, deodorizers, and purifiers. It is good for repelling insects and as an antiseptic. Citronella is used for sanitation and in massages. It is also used to treat infectious diseases.

**Biological Features:**

This plant is thin with flowers and long leaves. It grows to 3 feet tall. Citronella is a grass found in South America.

*Uses:*

Body: repels insects, infectious diseases

*Fragrance:* Sweet and lemon like

*Note:* Top

*Ingredients:* Citronellic acid, Borneol, Citrol, Camphene

*Physical Properties*

*Density:* 0.894~0.906

*Refractive Index:* 1.479~1.495

*Rotation Degree:* -9~18

## **Clary Sage**

Clary Sage is used in skincare products. It helps with dry skin, oily skin, and hair growth. This oil soothes and helps wrinkles and aged skin. It is also a cell regenerator.

**Biological Features:**

It is about 2 feet tall. It has wrinkled leaves and a red stem. It is found in Europe and in the United States.

*Uses:*

**Body:** Cholesterol, hemorrhoids, hormonal balance, impotence, ulcers

*Fragrance:* Herbal

*Note:* Top to middle

*Ingredients:* Linalool, Salviol, Cineole, Esters, Linalyle acetate, Oxides

## **Clove Buds**

Clove Buds are an antiseptic and a stimulant. They help the respiratory system and infectious diseases. It helps with pain and urinary diseases. It benefits energy, ulcers, and wounds.

Biological Features:

The buds are reddish brown in color. The leaves are small and gray and are shaped like nails.

*Uses:*

Body: immune system, anti-viral

## **Cypress**

Cypress is warming and medicinal. It is used in deodorants and deodorizers. It is an astringent and a tonic. Cypress helps with asthma, cough, and perspiration.

**Biological Features:**

Cypress is a tall tree and is common to many places. It is an evergreen tree with red wood and cones. This oil is obtained from France.

*Uses:*

Mind: stress

Body: wounds, skin care, spasms, menstrual pain, liver, lung

*Fragrance:* Woody, refreshing, and clear

*Note:* Middle to base

*Ingredients:* Pinene, Camphene, Cymene, Monoterpenes, Sesquiterpenes

## **Eucalyptus**

Eucalyptus balances energy and helps with diabetes. It is a stimulant and an anti-septic. It helps with asthma, bronchitis, and tuberculosis. It can be used in massages, baths, and as a diffuser.

**Biological Features:**

Eucalyptus is found in Australia. These trees can grow to be about 300 feet. The oil is obtained from many parts of the tree.

*Uses:*

Mind: increases energy

Body: burns, sore throat, skin, infections

*Fragrance:* Sharp, clear, and piercing

*Note:* Top

*Ingredients:* Camphene, Pinene, Citronellal, Monoterpenes, Cineole

## **Fennel**

Fennel is used in body and skin care products. It is a cleanser and detoxifier. It is also a regulator and helps with water retention, anemia, and digestive problems.

Biological Features:

It has yellow flowers and attracts bees. This plant is found in the Mediterranean. It was a very popular plant in China and was used to treat snake bites.

*Uses:*

Mind: increases courage

Body: breaks toxins, hormones, digestion, PMS, obesity

*Fragrance:* Spicy and herbal

*Note:* Top to middle

*Ingredients:* Anisic, Cuminic, Camphene, Limonene, Cetones, Monoterpenes

## **Frankincense**

Frankincense fortifies, stimulates, and regulates. This oil helps treat infections and skin problems. It can be used in massages, baths, and compresses. It can help those that suffer from cough and asthma.

Biological Features:

It comes from the Middle East. The oil comes from the bark of the Frankincense tree.

*Uses:*

Mind: stress, nervousness

Body: cancer, gonorrhea, headaches, inflammation

*Fragrance:* Woody and spicy

*Note:* Middle to base

*Ingredients:* Camphene, Cadinene, Olibanol, limonene, pinene

## Geranium

Geranium is an astringent and an insect repellent. It stimulates the mind and is very uplifting. Geranium can help with wounds, burns, and skin diseases. It can also help those with depression to feel better.

**Biological Features:**

Geranium is a small plant with red flowers and green leaves. The leaves are pointy and furry.

*Uses:*

Mind: refreshing, relaxes

Body: nerves, ringworm, wounds, sores, kidney stones

*Fragrance:* Sweet and heavy

*Note:* Middle

*Ingredients:* Geranic acid, Citronellol, Eugenol, Isomenthone, Rose Oxydes

*Physical Properties*

*Density:* 0.884~0.893

*Refractive Index:* 1.461~1.468

*Rotation Degree:* -7~ -14

## **Ginger Root**

Ginger Root helps with poor memory and stimulates the mind. It is an antiseptic and an astringent. This oil is used in massages, as a diffuser, and in compresses.

Biological Features:

It is found in tropical countries. The root comes from the ginger plant. It is an herb that is brown and tan. Ginger has no specific shape or size.

*Uses:*

Body: cramps, rheumatic pain, sprains, nausea

*Fragrance:* Spicy and warm

*Note:* Top

*Ingredients:* Borneol Alcohol, Camphene, Limonene, Linalol, Hydrocarbons

*Physical Properties*

*Density:* 0.872~0.884

*Refractive Index:* 1.487~1.492

*Rotation Degree:* -25~ -52

## **Grapefruit**

Grapefruit is good for those that suffer from obesity, digestive problems, and water retention. It has stimulating properties and is medicinal. Grapefruit oil can help the lymphatic system.

*Biological Features:* Grapefruit comes from the grapefruit tree. It is round and yellow. The amount of oil that can be obtained from a grapefruit is very small.

*Uses:*

Mind: antidepressant

Body: headaches, jet lag, lymphatic system, kidneys, eating disorders

*Fragrance:* Sweet and flowery

*Note:* Middle to base

*Ingredients:* Benzol, Jasmone, Eugenol, Aldehydes, Coumarines

*Physical Properties*

*Density:* 0.852~0.860

*Refractive Index:* 1.4740~1.4790

*Rotation Degree:* 91-96

## Jasmine

Jasmine is very soothing. It heals and moisturizes the skin. Jasmine can uplift those with anxiety, depression and sadness. It is used in baths and facial masks. This oil heals and soothes.

Biological Features:

Jasmine is a white flower found on a tree. It grows to be twenty feet tall. The flower's scent is the strongest at night.

*Uses:*

Body: muscles, water retention, infections, liver

*Fragrance:* Clear and light

*Note:* Middle

*Ingredients:* Pinene, Borneol, Geraniol, Monoterpenes, Sabinene

*Physical Properties*

*Density:* 0.8860~0.8987

*Refractive Index:* 1.4640~1.4658

*Rotation Degree:* +5~+12

*Ester Value:* 68~105

## **Lavender**

Lavender is used mainly in body and skin care. It helps treat burns, bruises, and wounds. This oil calms, and heals. It is also a good repellent for fleas and moths. Lavender can help those with asthma, colds, and migraines.

### **Biological Features:**

Lavender is a purple flower found in the Mediterranean. It is very small and the leaves narrow. This plant is a small shrub with long stems. There are a few varieties of Lavender.

### *Uses:*

Mind: insomnia, promotes love and peace

Body: burns, bee stings, heart, headaches, hair loss, wounds,

*Fragrance:* Citrus, fresh and sharp

*Note:* Top

*Ingredients:* Limonene, Dipentene, Pinene, Sesquiterpenes, Monoterpenes

### *Physical Properties*

*Density:* 0.876~0.894

*Refractive Index:* 1.458~1.464

*Rotation Degree:* -3~11

## Lemon

Lemon is an antiseptic. It is used in body and skin care. It helps with anxiety and depression and it is a digestive stimulant. Lemon can be used in massages and as a diffuser.

Biological Features:

Lemon is an oval shaped fruit. It is bright yellow in color and is grown on a thorny tree. There are several varieties of Lemon.

*Uses:*

Mind: anxiety, improves memory

Body: sore throat, blood pressure, respiratory problems

*Fragrance:* Citrus, light, fruity, fresh, and uplifting

*Note:* Top

*Ingredients:* Monoterpenes, Terpinenes, Coumarines, Aldehydes

*Physical Properties*

*Density:* 0.849~0.855

*Refractive Index:* 1.473~1.476

*Rotation Degree:* + 57 ~+ 65.6 degrees

*Flash Point:* 110 degrees Fahrenheit

*Ester Value:* 14~29%

*Acid Value:* <1.5

## **Lemongrass**

Lemongrass is good for digestive problems. It can open pores and treat infectious diseases. It helps with digestive problems and skin problems. This oil is also good for sanitation.

Biological Features:

The oil is obtained from the lemon grass, which grows to 3 feet tall. It originally comes from India.

*Uses:*

Body: tissues, headaches, kidney disorders, fevers

*Fragrance:* Lemon like

*Note:* Top

*Ingredients:* Farnesol, Gerniol, Citral, Limonene, Monoterpene aldehydes

*Physical Properties*

*Specific Weight:* 0.899~0.905

*Refractive Index:* 1.483~1.488

*Rotation Degree:* +1~-5

## **Litsea Cubeba**

Litsea Cubeba is used for the body and skin. It is healing, soothing, and medicinal. This oil helps with digestive problems and helps anxiety and depression. It is used in deodorants and deodorizers.

Biological Features:

It is a small tree with fruits and flowers. This tree was found first in Asia. The fruits are spicy and the leaves have a nice smell.

*Uses:*

Mind: anxiety, depression

Body: Skin

*Fragrance:* Citrus and fruity

*Note:* Top

*Ingredients:* Linalyl acetate, Citrol, Limonene

## **Marjoram**

Marjoram is a medicinal oil. It is used to uplift and soothe. Marjoram is used to treat insomnia and migraines. It is also used in massages and as a diffuser.

Biological Features:

There are several varieties of this plant. It reaches about 10 inches. The leaves are small and circular. The Marjoram plant has white or pink flowers.

*Uses:*

Mind: calms and relaxes, insomnia

Body: burns, bruises, water retention, sunburns, hysteria

*Fragrance:* Warm, penetrating and spicy

*Note:* Middle

*Ingredients:* Pinene, Borneol, Camphor, Monoterpenols

## **Melissa**

Melissa can be used in massages and facials. This oil is used for depression, insomnia, and migraines. It is also an antidepressant and a stimulant. It can calm, soothe, and uplift.

Biological Features:

This plant is found in France. The Greek word for Melissa means honeybee. It is about 2 feet tall and has small leaves.

*Uses:*

Mind: Brings out gentleness

*Fragrance:* Sweet and flowery

*Note:* Middle

*Ingredients:* Citronellic acid, Linalool, monoterpenes, nerol, geraniol

## Myrrh

Myrrh is good for aged skin and wrinkles. It is used in skin and body care products. It is medicinal and antiseptic. Myrrh can treat infected wounds and inflammations. It can be used in facials, massages, and as a diffuser.

### Biological Features:

It is native to Africa, Asia, and the Middle East. Myrrh is a yellow and white liquid. The bark is gray and most of the oil is obtained from the bark.

### *Uses:*

Mind: appetite

Body: thyroid problems, wrinkles, asthma, bronchitis

*Fragrance:* Smoky and musky

*Note:* Base

*Ingredients:* Cinnamic, Pinene, Cumminic, cetones, aldehydes

### *Physical Properties*

*Specific Weight:* 0.985~1.010

*Refractive Index:* 1.5190~1.5275

*Rotation Degree:* -60~ -83

## Myrtle

Myrtle is an energy balancer. It helps with urinary infections, asthma, and bronchitis. It is antiseptic and it is a stimulant. This oil can be used in massages and as a diffuser.

Biological Features:

This plant once grew as a wild bush. It was found in North Africa and Iran. It is an evergreen with shiny green blue leaves, flowers, and berries.

*Uses:*

Mind: anger, hormone imbalance, insomnia

Body: coughs, skin problems, respiratory system, psoriasis

*Fragrance:* Fresh, sweet

*Note:* Middle

*Ingredients:* Geraniol, Linalool, Myrtenol, Nerol, terpene esters, pinene, aldehydes

*Physical Properties*

*Specific Weight:* 0.8752~0.8920

*Refractive Index:* 1.465~1.470

*Rotation Degree:* +17~+30

## **Neroli**

Neroli can be used in body and skin care. It is good for sensitive skin and nervous tension. It is an antidepressant and a stimulant. Neroli is helpful for those who suffer from grief and emotional shock.

**Biological Features:**

This plant was first found in China. The oil is obtained from the white petals of the Seville orange. Now this oil can be obtained from Europe and Portugal.

*Uses:*

Mind: shock

Body: infections, digestive system, fights bacteria

*Fragrance:* Floral

*Note:* Middle to base

*Ingredients:* Terpeneol, Camphene, Limonene, monoterpenes, ketones

## Nutmeg

Nutmeg is good for those that suffer from digestive problems, pain, and impotence. It is an antiseptic and stimulates the mind. Nutmeg can also be toxic if you take it in high doses. This oil is used in massages and as a diffuser.

**Biological Features:**

Nutmeg grows on trees, which can be about 40 feet high. It has no specific size or shape.

*Uses:*

Mind: increases energy, appetite, helps the nervous system

Body: muscle pain, vomiting, fainting, circulation

*Fragrance:* Sharp, spicy

*Note:* Top

*Ingredients:* Pinene, Linalool, Borneol, monoterpenes, phenols, sabinene

*Physical Properties*

*Specific Weight:* 0.866~0.929

*Refractive Index:* 1.4750~1.4790

*Rotation Degree:* +9~ +40

## **Orange**

Orange is a stimulant and a medicinal oil. It can help those that have obesity and water retention. Orange can help hysteria, insomnia, and nervous tension. It is used in massages and baths.

Biological Features:

The orange fruit grows on a tree with large branches and was first found in China and India. The oil is obtained from sweet and bitter orange.

*Uses:*

Mind: brings peace, happiness, joy

Body: colds, fever, high cholesterol, water retention

*Fragrance:* Zesty

*Note:* Top

*Ingredients:* Citral, Limonene, Nerol, terinolene, esters, aldehydes

## **Oregano**

Oregano is a stimulant. It can help with metabolism, respiratory system, and pain. It is used in compresses, baths, and massages. It can help to heal wounds and burns.

*Uses:*

Mind: helps mental diseases, asthma

Body: colds, bronchitis

*Ingredients:* Monoterpenes, carvacrol, thymol, cetones

## **Palmarosa**

Palmarosa can help regenerate cells. It is used in body and skin care and is good for acne. It is also a stimulant and is used in facials.

Biological Features:

This is a grass that was first found in India and can also be found in parts of Madagascar. There are two varieties.

*Uses:*

Mind: helps the nervous system

Body: skin problems, rashes, candida

*Fragrance:* Sweet and floral

*Note:* Top

*Ingredients:* Citral, Limonene, Geraniol, monoterpenes

*Physical Properties*

*Specific Weight:* 0.882~0.896

*Refractive Index:* 1.4715~1.4780

*Rotation Degree:* -3~ +3

## **Parsley**

Egyptians used Parsley to treat urinary problems. There are many vitamins found in Parsley.

Biological Features:

Small with curly green leaves. The stems are about 2 feet long. There are many different varieties of parsley.

*Uses:*

Body: Wounds, bruises, stomach, insect bites

*Fragrance:* Spicy

*Note:* Middle

*Ingredients:* Phenols, Pinene, Apiol

## Patchouli

Patchouli can help regenerate tissue. It is calming and is an anti-depressant. It is good for dandruff, aged skin, and acne. This oil can help treat fungal infections.

Biological Features:

The plant has furry leaves about four inches long. It is a shrub with white flowers.

*Uses:*

Mind: anxiety, appetite, allergies, calming

Body: insect bites, acne

*Fragrance:* Strong and exotic

*Note:* Base

*Ingredients:* Benzoic, Cinnamic, sesquiterpenes, monoterpenes

*Physical Properties*

*Specific Weight:* 0.950~0.975

*Refractive Index:* 0.955~0.990

*Rotation Degree:* -48~ -65

*Acid Value:* <5

## **Pepper**

Pepper is anti toxic and comforting. It can help those with food poisoning, fever, pain, and digestive problems. Pepper is used as a diffuser and for massages.

Biological Features:

The shrub can grow to 25 feet tall and has dark green leaves and white flowers. It is found in India and other exotic places in the world.

*Uses:*

Mind: increases energy

Body: Rheumatoid arthritis, digestive glands

*Fragrance:* Spicy, strong

*Ingredients:* Monoterpenes, sesquiterpenes, cetones, aldehydes

## Peppermint

Peppermint is medicinal and can help the nervous system and metabolism. It is also a stimulant and is used in body and skin care. Peppermint is good for cleaning.

Biological Features:

It is an herb found in Europe and is used to flavor. Peppermint grows to about 2-3 feet tall and has purple flowers. There are many kinds of Peppermint.

*Uses:*

Mind: anger, depression, fatigue, hysteria, nausea

Body: headaches, liver problems, toothaches

*Fragrance:* Sharp, strong

*Note:* Top

*Ingredients:* Methol, Limonene, monoterpenes, terpene oxides, menthol

*Physical Properties*

*Specific Weight:* 0.900~0.910

*Refractive Index:* 1.462~1.464

*Rotation Degree:* -17~ -28

*Ester Value:* 14~34

## **Petitgrain**

Petitgrain is used in massages, baths, and as a diffuser. It is uplifting and an antidepressant. It can help those with poor memory, fatigue, mental strain, and confusion. It refreshes and clarifies.

Biological Features:

It is obtained from the orange tree and is found in Asia, Italy, and Spain.

*Uses:*

Mind: poor memory

Body: spasm, mental strain

*Fragrance:* Woody and floral

*Note:* Middle to top

*Ingredients:* Linalool, Citral, Nerol, monoterpenes, ester terpenols

*Physical Properties*

*Specific Weight:* 0.888~0.898

*Refractive Index:* 1.4560~1.4620

*Rotation Degree:* -6~ +1

## Rose

Rose oil is used in many body and skin care products. It moisturizes dry skin. It is good for those with impotence, depression, and sadness. It also stimulates the mind.

Biological Features:

Rose is a flower that grows on a thorny stem and there are many colors and varieties. It has pointy and sharp leaves.

*Uses:*

Mind: frigidity

Body: impotency, sprains, scarring, ulcers

*Fragrance:* Sweet and flowery

*Note:* Middle to base

*Ingredients:* Geranic acid, Eugenol, Nerol, monoterpenols, geraniol, citronellol

*Physical Properties*

*Specific Weight:* 0.893~0.916

*Refractive Index:* 1.4670~1.4730

*Rotation Degree:* -7~ +11

## Rosemary

Rosemary is an antiseptic and has rejuvenating properties. It is good for acne and other skin problems. It can help hair growth and dandruff. This oil is good for the heart, gallbladder, and the respiratory system.

Biological Features:

It is an herb that is about 3 feet tall with dark leaves. Rosemary grows near water.

*Uses:*

Mind: fatigue

Body: diabetes, hair loss, blood pressure, balance heart function

*Fragrance:* Strong and clear

*Note:* Middle

*Ingredients:* Borneol, Camphor, Pinene, monoterpenes, oxides

*Physical Properties*

*Specific Weight:* 0.914~0.931

*Refractive Index:* 1.445~1.470

*Rotation Degree:* -16~ +33

## **Rosewood**

Rosewood is used in facials, diffusers, and baths. It is a cell regenerator and has uplifting and calming properties.

Biological Features:

The oil is obtained from a tree found in Brazil. It grows to be 125 feet with yellow flowers.

*Uses:*

Mind: soothes, nausea

Body: skin care, oral infections

*Fragrance:* Sweet, woody and spicy

*Note:* Top to middle

*Ingredients:* Linalool, Geraniol, monoterpenes

## **Sage**

Sage is a stimulant and can help with healing. It can help to treat excessive sweating, fatigue, mental strain, and hypotension. This oil helps with the nervous system, and it is a tonic.

Biological Features:

Sage has purple leaves and blue flowers. There are many kinds. It grows to be about 2 feet tall.

*Uses:*

Mind: depression

Body: dandruff, acne, arthritis, infections

*Fragrance:* Clear and herbal

*Note:* Top

*Ingredients:* Camphor, Borneol, Salviol, esters, phenols

## **Sandalwood**

Sandalwood heals, moisturizes, and soothes. It is used in many skin and body care products. Sandalwood helps with depression.

Biological Features:

It comes from a tree. It has yellowish wood and comes from India.

*Uses:*

Body: coughs, acne, diarrhea

*Fragrance:* Woody and sweet

*Note:* Base

*Ingredients:* Santalol, Furfurol, santalene, sesquiterpenes

## **Spearmint**

Spearmint is a decongestant and can treat acne, headaches, fever, and asthma. It stimulates and calms the body and mind. This oil is used in massages and compresses.

Biological Features:

Spearmint has spiky leaves and purple flowers and grows to about 3 feet tall. There are many varieties found in Africa.

*Uses:*

Mind: appetite, hypertension

Body: fevers, kidney stones, weight, migraines

*Fragrance:* Sweet

*Note:* Top

*Ingredients:* Limonene, Cineole, camphene, monoterpenes, carvone

*Physical Properties*

*Specific Weight:* 0.915~0.938

*Refractive Index:* 1.4830~1.49100

*Rotation Degree:* -40~-60

## **Spruce**

Spruce warms and elevates the body. It is appeasing and it can help with asthma, bronchitis, and the respiratory system. This oil is good for baths and massages.

*Uses:*

Mind: depression, emotional blocks

Body: thymus, bone pain, adrenal glands

*Ingredients:* Esters, terpene. sesquiterpenes, borneol

## **Tangerine**

Tangerine can help with digestion. It stimulates and controls liquid processes. It can help with shock, grief, and tension. Tangerine can help with spasms and hiccups.

Biological Features:

Tangerine is similar to Mandarin. It is a small and round fruit. It has a dark orange peel.

*Uses:*

Mind: fear, dizziness, calming, sadness

Body: water retention, constipation, fat digestion, liver problems

*Fragrance:* Light and tangy

*Note:* Top to middle

*Ingredients:* Linalool, Citrol, Limonene, linolene

## **Tea Tree**

Tea Tree oil is used in many body and skin care products. It can help athlete's foot, infections, and diseases. It is used in compresses, oils, and baths.

*Uses:*

Body: infections, skin problems, acne

*Fragrance:* strong and sharp

## **Thyme**

Thyme is an antibiotic and antiseptic. It can help with burns or wounds. It is used as a tonic and as a stimulant. This oil helps with depression.

Biological Features:

Thyme was first found in Europe. It has green or gray leaves with white flowers.

*Uses:*

Mind: depression, fatigue

Body: headaches, the flu, wounds, stomach

*Fragrance:* Sweet and herbal

*Note:* Top to middle

*Ingredients:* Borneol, Terpene esters, Monoterpenes, Linalool, Thymol

## **Vetiver**

Vetiver comforts and stimulates. It can help with arthritis and is used in massages, diffusers, and baths.

Uses:

Body: arthritis

*Fragrance:* Deep and smoky

*Note:* Base

*Ingredients:* Benzoic acid, Vetivone

## **Ylang Ylang**

Ylang Ylang oil can treat oily skin and hair growth. It helps with the mind and emotion. This oil can help those that suffer from hypertension, impotence, and frigidity. This oil is used as a diffuser.

Biological Features:

This is a tree that has different colored flowers. It is found on islands in the South.

*Uses:*

Mind: calms and relaxes, anxiety, frustration

Body: diabetes, hair growth, rapid breathing, hypertension

*Fragrance:* Sweet and flowery

*Note:* Middle to base

*Ingredients:* Benzyl acetate, linalool, Sesquiterpenes, Esters