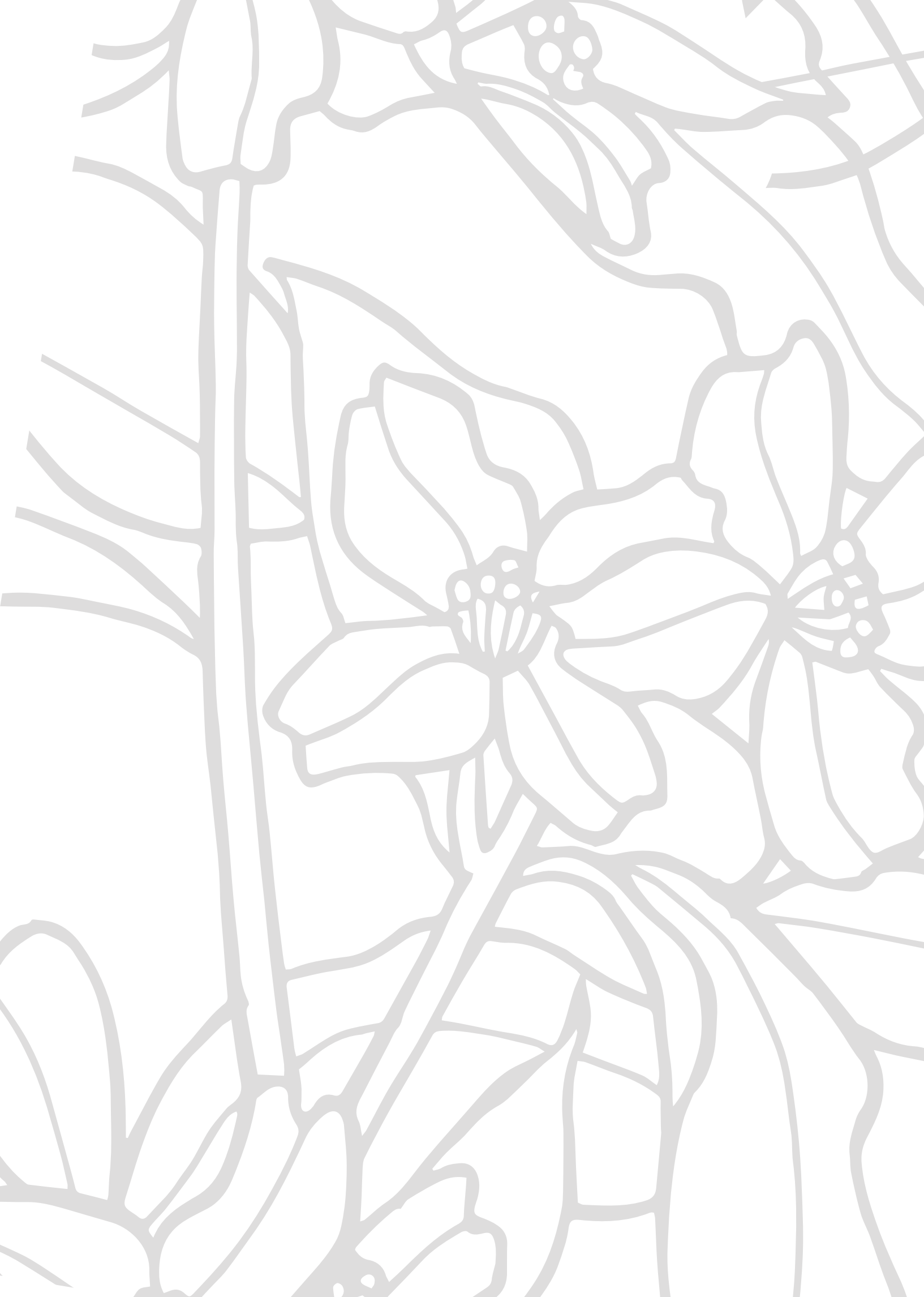


**The Botanical Apothecary  
Therapeutic Index**

*She sells soul shines by the  
Shields shore.*



## THERAPEUTIC INDEX

<b>Body system &amp; related problems</b>	<b>Top note</b>	<b>Middle note</b>	<b>Base note</b>
<b>Nervous system</b>			
Anxiety/tension on-going stress	Basil Bergamot Petitgrain	Camomile Clary Sage Juniper Lavender Marjoram	Cedarwood Jasmine Neroli Rose Patchouli Sandalwood Ylang-ylang
Depression	Basil Sweet Orange Petitgrain Bergamot	Camomile Clary Sage Geranium Lavender Rosemary	Frankincense Jasmine Neroli Rose Patchouli Sandalwood Ylang-ylang
Emotional	Basil Grapefruit Sweet Orange	Lavender Juniper Cypress	Benzoin Rose Frankincense Jasmine Neroli Vetivert
Insomnia, poor sleep patterns	Basil Petitgrain Orange	Camomile Cypress Juniper Lavender Marjoram	Ylang-ylang Neroli Rose Sandalwood
Irritability	Sweet Orange	Camomile Cypress Lavender Marjoram	Neroli Rose Vetivert
Headaches/Migraine	Lemon Eucalyptus	Camomile Lavender Marjoram Peppermint	Any of above - ask client for preference
<b>Circulatory/Lymph</b>			
Poor circulation	Lemon Sweet Orange	Black Pepper Cypress Juniper Rosemary	Ylang- ylang
High blood pressure	Lemon	Lavender Marjoram Clary Sage	
Low blood pressure		Rosemary	
Varicose Veins	Lemongrass	Cypress Peppermint	Neroli
Sluggish Lymph	Lemon Lemongrass	Lavender Geranium Rosemary	Benzoin

<b>Glandular system/ Immune system</b>			
Low immune system	Bergamot Lemon Tea Tree Sweet Orange	Camomile Lavender Rosemary	Sandalwood Neroli Rose
Throat infections	Bergamot Lemon Eucalyptus Tea Tree	Clary Sage Geranium Lavender Marjoram	Ginger Sandalwood
Swollen glands/Viral Infections	Eucalyptus Lemon Tea tree	Lavender Geranium Rosemary Geranium Black Pepper	Sandalwood
Thrush	Lemon Tea Tree		
<b>Respiratory System</b>			
Asthma	Basil Eucalyptus Lemon	Cypress Lavender Marjoram Peppermint Rosemary	Benzoin Frankincense Cedarwood Sandalwood
Bronchitis	Basil Bergamot Lemon Eucalyptus Tea Tree	Lavender Peppermint Rosemary	Benzoin Frankincense Cedarwood Sandalwood
Catarrh	Basil Lemon Eucalyptus	Black Pepper Lavender Marjoram Peppermint	Cedarwood Jasmine Frankincense Sandalwood
Coughs	Lemon Grapefruit Eucalyptus Tea Tree Sweet Orange	Black Pepper Cypress Lavender Peppermint Rosemary	Benzoin Cedarwood Jasmine
Colds/Influenza	Eucalyptus Lemon	Chamomile Lavender Cypress Peppermint Rosemary	Benzoin Cedarwood Sandalwood
Sinusitis	Basil Lemon Eucalyptus Tea Tree	Lavender Peppermint Rosemary	Benzoin
<b>Digestive System</b>			
Constipation	Sweet Orange	Black Pepper Juniper Marjoram Rosemary	Ginger
Diarrhoea	Eucalyptus	Camomile Cypress Geranium Lavender Peppermint	Ginger
Flatulence	Basil Bergamot Sweet Orange	Juniper Lavender Rosemary Peppermint	Ginger
Indigestion	Basil Bergamot Lemongrass Orange	Black Pepper Camomile Juniper Lavender Peppermint	Ginger

<b>Urinary System</b>			
Cystitis	Bergamot Eucalyptus Tea Tree	Juniper Lavender	Benzoin Frankincense Sandalwood
Fluid retention Oede- ma Kidney problems/ Urine infections	Eucalyptus Lemon	Rosemary Cypress Lavender Geranium Juniper	Patchouli Cedarwood Sandalwood
Reproductive System		Camomile Cypress Clary Sage Lavender	
Hormonal imbalance	Lemon Sweet Orange	Clary Sage Lavender Camomile Geranium	Rose Sandalwood
Irregular periods	Basil	Camomile Cypress Juniper Lavender Peppermint Rose- mary Marjoram	Rose
Painful periods	Lemon	Camomile Lavender Geranium Clary Sage	Rose Jasmine Sandalwood
Menopausal problems	Lemon Sweet Orange	Clary Sage Camomile Lavender Geranium	Rose Sandalwood Jasmine
PMT	Sweet Orange		Neroli Rose
Pregnancy	see separate section for safe oils to use in Pregnancy and choose according to condition		
<b>Muscular/Skeletal</b>			
Aches/pains/muscle tension/back pain	Eucalyptus	Black Pepper Camo- mile Juniper Lavender Marjoram Rosemary	Benzoin Ginger
Arthritis	Basil Eucalyptus Lemon	Camomile Juniper Marjoram Rosemary	
Spasms/Cramp	Basil	Camomile Cypress Lavender Marjoram	
Sprains	Eucalyptus	Lavender Marjoram Rosemary	
Neuralgia	Eucalyptus	Camomile Marjoram Geranium Lavender	
<b>Other</b>			
Anti viral	Lemon Tea Tree	Geranium Lavender	Rose

<b>Skin</b>			
Acne	Bergamot Lemon-grass Petitgrain Sweet Orange	Camomile Juniper Lavender	Vetivert Cedarwood
Allergy Prone/Sensitive		Camomile	Jasmine Neroli Rose
Broken Capillaries	Lemon	Camomile Cypress Lavender Peppermint	Neroli Rose
Bruises		Lavender	Neroli Rose
Cellulite	Lemon Lemongrass Tea Tree Mandarin	Juniper Lavender Rosemary Cypress Geranium	Patchouli
Congested Skin	Basil Lemon	Geranium Peppermint Rosemary	
Cracked/Chapped Skin		Camomile Geranium	Benzoin Rose Patchouli Sandalwood
Dandruff		Cypress Rosemary	
Dermatitis		Camomile Lavender Geranium	Benzoin Cedarwood
Dry Skin	Petitgrain	Camomile Geranium Lavender	Jasmine Neroli Rose Sandalwood Ylang-ylang Vetivert
Eczema	Bergamot	Camomile Lavender Geranium Juniper	Sandalwood
Fungal infection	Tea tree		
Inflamed skin	Clary Sage	Camomile Lavender	Frankincense Rose Sandalwood
Mature skin		Lavender	Frankincense Rose Neroli Patchouli
Mouth Ulcers	Tea Tree	Geranium	
Oily Skin	Bergamot Lemon Orange Grapefruit Petitgrain	Cypress Geranium Juniper Lavender	Cedarwood Ylang-ylang Vetivert
Psoriasis	Bergamot	Lavender	Sandalwood
Stretch marks	Mandarin	Lavender	Frankincense
Sunburn		Lavender	
Warts	Lemon Tea Tree		

