

CHAKRA AROMATHERAPY GUIDE

Essential Oil	RED Pain Relief Anti-Inflamm.	ORANGE Antibacterial Anti fungal	YELLOW Digestive Aid Liver Tonic	GREEN Cardio Tonic Diuretic	BLUE Cough Relief Decongestant	INDIGO Anti depressive Sleep Aid/Sedative	VIOLET Rejuvenator Stimulant
Amberette			X	X		X	
Amyris	X			X		X	X
Angelica	X	X	X	X	X		
Anise	X	X	X	X	X	X	
Basil	X	X	X	X	X		X
Bay laurel				X			
Bergamot	X		X		X		
Birch	X	X		X	X		
Cabeuva	X				X		X
Cardamon			X	X	X	X	
Cassia	X	X	X	X		X	X
Cedar				X	X		X
Chamomile	X	X	X	X	X	X	X
Cinnamon		X	X	X			
Clary Sage	X	X	X	X		X	X
Clove	X	X	X		X	X	X
Combava					X		
Coriander	X		X	X			
Cumin							
Cypress	X	X	X	X	X		X
Devil's club				X			
Eucalyptus	X	X		X	X	X	X
Everlasting	X	X		X	X	X	X
Fennel			X	X	X	X	X
Foraha		X	X			X	X
Frankincense			X	X	X	X	X
Galbanum	X		X		X		X
Geranium	X	X	X		X	X	X
Ginger			X				
Grapefruit	X			X			
Havozo		X	X	X	X		
Hyssop	X	X			X	X	
Jasmine	X						X
Juniper	X	X		X			X
nula graveoens					X		
Khella	X		X	X	X	X	
Lab. Tea	X	X	X		X	X	
Lantana		X	X	X	X		X
Lavender	X	X	X	X		X	X
Lemon	X	X	X	X	X	X	X
Lemon Myrtle	X	X	X		X	X	
Lemongrass	X	X		X		X	X
Lime		X		X			
Mandarin		X	X			X	



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Manuka	X	X			X	X	
Marigold		X				X	X
Marjoram	X	X	X		X	X	
Mastic	X			X	X		
May change					X		
Melissa		X				X	
Monarda							
Myrrh			X	X	X	X	X
Neroli	X	X	X	X		X	X
Niaouli		X		X	X	X	
Nutmeg	X		X	X			
Orange	X	X	X	X		X	X
Oregano	X	X	X	X	X		X
Patchouli						X	
Pepper-black				X			
Peppermint	X	X	X	X	X	X	X
Pine		X			X		
Ravensare		X			X		
Rosalina	X	X			X	X	X
Rose	X	X	X	X	X		X
Rosemary	X	X	X	X	X	X	X
Rose rock		X		X	X		X
Sage	X	X		X	X	X	X
Sandlewood	X	X					
Savory		X					
Spikenard		X	X	X		X	
Spruce	X	X		X	X	X	
Styrax						X	X
Tansy				X	X	X	
Tarragon			X	X	X		
Tea Tree	X	X		X			X
Thuja	X						
Thyme	X	X	X		X	X	
Vanilla							
Vitex berry				X			
Wintergreen	X						
Ylang ylang	X	X		X		X	

NOTE: Avoid toxic essential oils without advice from a holistic practitioner.

- Do not replace medical advice with aromatherapy

- Avoid toxic essential oils without advice from a holistic practitioner. A partial list of toxic essential oils is:

Arnica, Ajowan, Birch, Bitter almond, Boldo, Buchu, Cade, Camphor, Calamus, Elecampane, Goosefoot, Horseradish, Hyssop, Jaborandi, Mugwort, Mustard, Rue, Santolina, Sassafrass, Tansy, Tagetes, Tonka bean, Thuja, Turpentine, Wintergreen, Wormwood

- A partial list of the safest essential oils is:

Bergamot, Chamomile, Frankincense, Geranium, Lavender, Lemon, Marjoram, May chang, Myrrh, Neroli, Orange, Patchouli, Rose, Tea Tree, Ylang ylang, Jasmine

