



## Therapeutic Essential Oils for the Body

Apart from their enchanting aromatic effects, the application of essential oils to the body can address issues ranging from stagnation and sore muscles to dull and depleted skin. Please refer to the table below for some of our favorite essential oils and recommended applications for use in body care.

<b>Common Name</b>	<b>Botanical Name</b>	<b>Aroma</b>	<b>Actions</b>	<b>Skin Types &amp; Conditions</b>
Cedar Atlas	<i>Cedrus atlantica</i>	Woody, fruity	Soothing, Astringent, Clarifying, Grounding	All, Oily/Congested, Irritation, Respiratory Support, Improves Skin Tone/Texture
Clary Sage	<i>Salvia sclarea</i>	Nutty, musky, herbal	Astringent, Calming, Uplifting, Balancing	All, Dry, Oily/Congested, Irritation, Sensitive, Stress/Anxiety, Soothes Feminine Discomforts
Cypress	<i>Cupressus sempervirens</i>	Warm, fresh	Astringent, Balancing, Warming, Energizing	All, Oily/Congested, Improves Skin Tone/Texture, Stagnation, Respiratory Support
Ginger ^	<i>Zingiber officinale</i>	Spicy, sharp	Warming, Soothing, Stimulating, Aphrodisiac	Fatigue, Nausea, Stagnation
Grapefruit *^	<i>Citrus paradisi</i>	Sweet, fresh	Stimulating, Clarifying, Uplifting	Oily/Congested, Dull Skin, Fatigue, Stagnation, Stress/Anxiety
Juniper Berry ^	<i>Juniperus communis</i>	Fresh, woody, sweet	Cleansing, Stimulating, Uplifting	Oily/Congested, Sun Damage, Stress/Anxiety, Fatigue, Stagnation
Lemon *^	<i>Citrus limon</i>	Fresh, citrus	Uplifting, Clarifying, Refreshing, Stimulating	All, Oily/Congested, Dull Skin, Stagnation

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Marjoram	<i>Origanum majorana</i>	Cool, woody, herbal	Uplifting, Calming, Clarifying, Balancing, Aphrodisiac	All, Respiratory Support, Stagnation, Stress/Anxiety
Orange, Sweet *^	<i>Citrus sinensis</i>	Sweet, fresh	Calming, Clarifying, Cleansing, Detoxifying	All, Oily/Congested, Dull Skin, Sun Damage, Stress/Anxiety, Stagnation
Peppermint	<i>Mentha piperita</i>	Cool, fresh	Antiseptic, Decongestant, Stimulating, Cooling	All, Congestion, Mental Fatigue & Poor Memory, Stress/Anxiety, Stimulates Hair Growth
Ylang Ylang	<i>Cananga odorata</i>	Floral, sweet	Cleansing, Clarifying, Calming, Uplifting	All, Oily/Congested, Stress/Anxiety, Improves Skin Tone/Texture

\***May be photosensitizing:** Use caution when blending into formulations that may be used on exposed skin prior to sun exposure

^**Potential skin irritant:** Use moderately and highly diluted; not recommended for sensitive skin

### Applications of Therapeutic Essential Oils & Dilutions for the Body

Application	Drops	Notes
Body Massage Oils/Lotions	40-45	Per 4oz. carrier
Bath Oil	3-10	1oz carrier oil
Bath Salts	3-10	1oz salt base
Foot/Hand Soak	10-15	Drop into hot water bath
Dry Brushing	1-2	Apply directly to brush
Inhalation	3-5	Drop into bowl of hot water
Room Spray/Clearing Space	20-30	Per 4oz. of water/carrier
Diffuser	Can vary by product & application	Follow manufacturer's instructions

*DISCLAIMER: The information provided by KM Herbs, Inc. is for educational purposes only and is not intended as a substitute for advice from your physician or any other health care professional. These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent disease. Always seek professional medical advice from a qualified health care provider with any questions you may have regarding a medical condition. Pregnant or breastfeeding women should use caution and consult a professional before using essential oils. Additionally, all recommendations apply to dilutions and plant species of essential oils supplied by KM Herbs, Inc. as we cannot guarantee the source, quality, or efficacy of products supplied by other distributors.*