

ESSENTIAL OIL BLENDS CHART

Essential Oil	Properties	Try Blending With
Bergamot <i>Citrus bergamia</i>	Uplifting	Geranium, jasmine, mandarin, nutmeg, orange, rosemary, ylang-ylang, black pepper, clary sage, cypress, frankincense
Chamomile <i>Matricaria chamomilla</i> (German) <i>Anthemis nobilis</i> (Roman)	Sedative	Almost any other oil but particularly lavender, geranium, jasmine, bergamot, rose, neroli, clary sage, mandarin
Clary Sage* <i>Salvia sclarea</i>	Sedative, soothing	Orange, grapefruit, mandarin, geranium, lavender
Eucalyptus <i>Eucalyptus globulus</i>	Warming, refreshing	Lavender, chamomile, mandarin, tea tree, lemon
Geranium <i>Pelargonium odorantissimum</i>	Calming, uplifting	Bergamot, clary sage, orange, rose, lavender, jasmine and sandalwood
Grapefruit <i>Citrus grandis</i>	Refreshing, uplifting	Bergamot, neroli, tea tree, clary sage, mandarin and other citrus oils, geranium, lavender
Jasmine <i>Jasminum officinale</i>	Uplifting, relaxing	Rose, neroli, geranium and mandarin and other citrus oils, chamomile, lavender
Lavender <i>Lavandula augustifolia</i> <i>Lavandula officinalis</i>	Relaxing, balancing	Most oils but in particular, geranium, jasmine, chamomile, mandarin
Lemon <i>Citrus Limon</i>	Stimulating	Most oils
Mandarin (tangerine) <i>Citrus reticulata</i>	Refreshing, calming	Particularly lavender and neroli, but also geranium, jasmine, chamomile
Neroli (orange blossom) <i>Citrus bigaradia</i> <i>Citrus aurantium</i>	Refreshing, calming, uplifting	Geranium, grapefruit, mandarin, lemon, clary sage, ylang ylang, chamomile, rose
Rose <i>Rosa damascena</i>	Antidepressant, relaxing	Mandarin, neroli, chamomile, jasmine, lavender, clary sage, geranium, ylang ylang
Tea Tree <i>Melaleuca alternifolia</i>	Stimulating	Lavender, geranium, mandarin, lemon, grapefruit will all mask its rather medicinal smell

* Not recommended for use in early pregnancy, but can be safely used in late pregnancy and during labour.