

Essential Oils for Pain and Inflammation

	Arthritis- Chronic Pain	Bruises	Bunions	Bursitis	Cramps / Muscle Spasms	Gout	Headaches & Migraines	Muscular Aches & Pains (including Sciatica)	Sprains / Sports Injuries - Acute Pain	Toothache
Balsam Fir	X									
Basil					X		X	X		
Benchmark Thyme	X							X		
Bergamot					X			X		
Black Pepper	X	X			X			X	X	
Black Spruce	X			X	X			X		
Carrot Seed	X					X				
Cinnamon Bark								X		
Clary Sage					X		X			
Clove Bud	X							X	X	X
Cypress					X					
Eucalyptus Dives									X	
Eucalyptus Globulus				X			X	X		
Eucalyptus Radiata				X			X	X		
Frankincense	X						X	X		
Geranium		X			X					
German Chamomile	X	X	X					X	X	

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Ginger	X			X				X		
Helichrysum	X	X						X		
Juniper Berry	X			X	X	X		X	X	
Lavender	X		X		X		X	X		
Lemon (Steam Dist.)		X	X			X	X			
Lemongrass	X				X		X	X	X	
Lemon Myrtle					X				X	
Melissa							X			
Neroli							X			
Nutmeg	X							X	X	
Orange					X					
Peppermint			X				X	X	X	
Ponderosa Pine	X					X		X	X	
Ravintsara					X		X	X		
Rockrose	X				X			X		
Roman Chamomile	X				X		X	X		
Rosemary	X	X	X	X		X	X	X	X	
Sandalwood	X	X					X	X	X	
Saro								X		

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Spike Lavender	X	X					X	X	X	
Spikenard									X	
Sweet Marjoram	X	X	X		X		X	X	X	
Thyme ct Linalol	X				X	X	X	X	X	
White Fir	X				X		X	X	X	
White Spruce	X				X		X	X	X	
Ylang Ylang	X				X			X	X	