

Essential Oils for Respiratory Support

	Asthma	Bronchitis	Decongestion	Colds & Flu	Coughs	Allergies/Hay Fever	Sinusitis
Balsam Fir			X		X		
Basil		X			X		
Black Pepper		X			X		
Black Spruce		X	X				
Cedarwood	X	X	X	X	X		
Cinnamon Bark				X			
Clary Sage	X				X		
Clove Bud				X			
Cypress	X				X		
Eucalyptus Dives			X				X
Eucalyptus Globulus			X	X	X	X	X
Eucalyptus Radiata	X	X	X	X	X	X	X
Frankincense	XX	X	X		X		
German Chamomile						XX	
Ginger		X		X	X		X
Green Myrtle	X	X	X		X	X	X
Helichrysum		X			X	XX	X
Lavender	X	X		X		X	
Lemon (Steam Dist.)	X			X			
Lemongrass				X			
Lemon Myrtle		X		X			
Mandarin	X						
Niaouli	X	X	X			XX	X
Peppermint	X	X	X	X		X	X
Ponderosa Pine		X		X	X	X	X
Ravintsara		X	X	X		X	
Rock Rose		X			X		

	Asthma	Bronchitis	Decongestion	Colds & Flu	Coughs	Allergies/Hay Fever	Sinusitis
Roman Chamomile	X						
Rosemary	X	X	X	X	X	X	X
Sandalwood		X	X	X	X		
Saro		X	X	X		X	X
Spike Lavender		X	X	X	X	X	X
Sweet Marjoram	X			X			
Tea Tree	X	X	X	X		X	X
Thyme ct Linalol				X	X		X
White Fir		X	X	X	X		X
White Spruce	X	X	X	X	X	X	X