

Properties of Essential oils

Essential oils are said to have “properties”. What are all the different properties they can have?

The properties can be very general and some are more specific.

The most common ones we use for infections are: Anti-bacterial, Anti-fungal and Anti-viral and also include terms like antiseptic, anti-infective.

There are the ones that are anti-inflammatory, analgesic, anti-spasmodic and also ones considered hypo-tensive (for low blood pressure) and hypertensives (for high blood pressure), rubefacients, antitoxic, and lymphatic stimulants that help circulation.

There are expectorants and decongestants, aperitifs to help with appetites, There are aphrodisiacs and mental stimulants. Then there are those that are sedative and nervines. There are antidepressants and other emotional concerns.

As you can see these are just a few of the types of actions essential oils can provide.

Below is a list of the common terms listing the properties of essential oils. Not every oil will possess each of these properties, but most all oils will be able to be listed under 3-4 or even up to 15-20 properties. And all essential oils have varying degrees of the anti-infective properties. With different oils better for some infections than others.

Because they can have different properties and everyone can have different chemical needs explains why certain blends or single essential oils work better for one person and another blend or oil will work better for someone else. It all depends what they each need from the oils and in what proportions are available in each oil.

The following lists are not all inclusive, but a small sampling of many of the properties essential oils can and do possess.

Antiseptic	Anti-viral	Diuretic	Relaxing
Analgesic	Aperitif	Emmenagogue	Restorative
Anesthetic (numbing)	Aphrodisiac	Expectorant	Sedative
Antiarthritic	Astringent	Febrifuge	Stimulant
Anticatarrah	Bactericidal	Fungicidal	Stomachic
Antidepressant	Balsamic	Galactagogue	Tonic
Anti-emetic	Calming	Germicidal	Vasoconstrictive
Antiflatulent	Carminative	Hypertensive	Vasodilatory
Antihistaminic	Cicatrizant	Hypotensive	Vermifuge
Antipruritic	Decongestant	Insect-repellant	Vulnerary
Antipyretic	Demulcent	Mucolytic	
Antirheumatic,	Deodorant	Muscle relaxant	
Antispasmodic	Diaphoretic	Nervine	
Antitoxic	Digestive	Parasiticide	
Antitussive	Disinfectant	Rebefacient	

Hope this gives you a little inkling of all the helpful properties these precious oils can have.

Again, this list is not totally inclusive. There are other properties – less common that some oils will have.

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