

## ALDEHYDES

!

Anti-inflammatory  
Antiviral (Citral)  
Calming  
Skin irritant  
Sedative

- Citronella
- Eucalyptus Citridora
- Lemongrass **F**
- Lemon Verbena **F**
- Litsea Cubeba (May Chang)
- Melissa **T**

## KETONES

!

Abortive  
Cell regenerative  
Lipophilic  
Mucolytic  
Potentially neurotoxic  
Strong skin irritant  
**\*Avoid in pregnancy & asthma**

- Mugwort
- Sage
- Thuja

## SESQUITERPENES

N

Antihistamine  
Antiviral  
Cell Regenerative  
Calming  
Cooling  
Strong anti-inflammatory

- Cedar, Atlas
- Moroccan Blue Chamomile (Azulene)
- German Chamomile (Chamazulene)
- Frankincense **T**
- Myrrh **T**
- Patchouli
- Spikenard
- Vetiver

## ESTERS

N

Anti-inflammatory  
Antispasmodic  
Anxiolytic  
CNS nerveine  
Fungicidal (Candida alb.)  
Releasing tension  
Relaxing  
Safe for Children  
Sense of well-being

- Cardamom **F T**
- Roman Chamomile **F T**
- Clary Sage
- Helichrysum italicum
- Cocoa **F**
- Jasmine **F**
- Lavender **F T**
- Ylang Ylang **F**

## PHENOLS

!

Antibacterial  
Antifungal  
Antiviral  
Immunostimulant  
Potential skin irritant  
Strongest antimicrobial

- Thyme thymol **F T**
- Oregano **F T**
- Cinnamon Leaf

## ALCOHOLS

N

Antibacterial  
Antifungal  
Antiviral  
Diuretic  
Energizing  
Immune stimulant

- Basil, Linalol **F T**
- Eucalyptus Radiata **T**
- Eucalyptus Globulus
- Rose Geranium **F T**
- Marjoram, Sweet **T**
- Neroli **F T**
- Palmarosa **T**
- Peppermint **F T**
- Ravintsara **T**
- Rose otto & white **F T**
- Rosemary Cineol **F T**
- Sandalwood **T**
- Tea Tree **T**
- Thyme Linalol **F T**
- Vanilla **F**

## TERPENES

!

Antiseptic  
Antiviral  
Mild diuretic  
Possibly photosensitizing  
Potential skin irritant  
Stimulant

### CITRUS

- Bergamot **F T**
- Grapefruit **F T**
- Lemon **F T**
- Lime **F T**
- Orange **F T**

### TREES

- Cypress **T**
- Fir, Doug
- Pine, Wild Scotch **T**

## PHENYL-PROPANE ETHERS

N

Antispasmodic  
(Cramps/Asthma)  
Mentally stimulating

- Anise **F T**
- Fennel **F T**

## PHENYL-PROPANES

!

Antibacterial  
Antiviral  
Antifungal  
Strong skin irritant  
Warming  
Invigorating  
Immunostimulant

- Cinnamon Bark **F T**
- Clove **T**

**(N)** = Neat (UNDILUTED) Application

**!** = Use with Caution. Use Diluted 1-10% in a Carrier.

**(F)** = Used for Flavoring Food in Moderation.

**(T)** = Can be Used Therapeutically in Medicinal Honeys or Tinctures.

# Useful Guidelines

The following recommendations apply only to Veriditas ECOCERT organic essential oils. We cannot vouch for the quality of other companies' essential oils. Most brands on the American market should never be taken internally or used undiluted on the skin, as many contain pesticide residues and are not 100% pure, certified organic oils.

**F** = Used for Flavoring Food in Moderation.

**T** = Can be Used Therapeutically in Medicinal Honeys, or Tinctures.

By choosing organic essential oils, you support responsible land use. Each drop of an essential oil represents a mind-boggling amount of organic landmass. There are 2,000lbs of Lavender flowers in 1 liter of lavender essential oil. It takes an estimated 5.5 million roses in one liter of organic rose oil! By using Veriditas Oils, both your body and the land will thank you.

The recommended amount for internal use depends on which essential oil you're using and its intended use. The best rule of thumb, however, is to **START WITH ONE DROP**. You can always add more to taste, or as needed.

## Cooking Recommendations

Start by adding one drop of essential oil for a recipe that serves four. Add additional drops for taste, usually up to six. Always add essential oils at the end of cooking to limit heat exposure, which can damage the molecular structure and potency of the oils. For example, add 3 drops of Basil and 1 drop of Thyme oil to a 4-serving pasta sauce at the end, right before serving.

Get creative! Use these ideas to spark your imagination:

- **Peppermint** makes a minty mocha or hot chocolate.
- A drop of **Rose otto** in 1 glass of champagne is out of this world!
- Add 1-2 drops of **Lemon** to any beverage, cakes, cookies, salad dressings.
- **Basil, Linalol** is a great addition to olive oil, salad dressings or egg dishes.
- Try 1-2 drops of **Ginger** added to hot water for an easy ginger tea.
- Add 1-2 drops of **Lemongrass** in Asian soups, salads, etc.
- Try 1 drop of **Fennel** or **Peppermint** as a breath freshener or a digestive aid!

- **Cardamom** tastes delicious in coffee drinks and baked goods or chocolates.
- You can make your own Earl Grey tea with **Bergamot**.

Cooking with oils is great fun. They add tremendous flavor, as well as aid in digestion. Armed with a little knowledge and a lot of creativity, your taste buds and digestion will notice the difference.

## Topical Application

**N** = NEAT APPLICATION (Undiluted)

The **N** indicates the essential oils that are safe to be used undiluted on the skin. These essential oils can be used for perfume or therapeutic purposes. For example Lavender is used neat to heal burns/sunburns, itching, scrapes and cuts, etc. Peppermint and Helichrysum can be used neat to treat deep muscle pains. All essential oils with a **!** need to be diluted in a "carrier" to be used on the skin or they can be irritating or harmful. The following are acceptable carriers: Lavendar essential oil, lotion, any vegetable oils, alcohol, witch hazel, or vinegar.

## Storage/Shelf-life

Always keep your essential oils in a cool, dark place. Like fine wines, most essential oils age well, and become better over time. Note the year you bought your essential oil on your bottle so that you can compare your vintages! A five year-old Lavender will take on a completely different smell that is warm, rich and deep. ATTENTION: The Essential oils in the Terpenes group, however, can become rancid in 3-7 years, depending on storage.

## Safety

This is a mere introduction to the wide use of essential oils. Please see [www.veriditasbotanicals.com](http://www.veriditasbotanicals.com) for important basics, uses and cautions. Use Essential oils respectfully, drop by drop; they are extremely concentrated. Always keep away from eyes and children. **If you need to remove an essential oil from the skin**, use a vegetable oil, such as olive oil on a tissue or cloth to remove.