SASY N SAVY PTY LTD ESSENTIAL OILS & ALIMENTS REFRENCE CHART

SASY n SAVY®
Australia's Organic Vegan Skincare & Wellbeing

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	Psychological						Respiratory				Skin Care					Hair		Digestive System						Circulation						Chiropractor			Gynecology						Pediatrics			Other		Reminder			
	Mental Fatigue	Anxiety	Depression	Insomnia	Sex-drive Problem	Headaches	Throat Infections	Cold & Flu	Sinus	Bronchitis / Asthma	Eczema	Acne	Stretch marks	Herpes Simples	Athlete's Foot	Dandruff	Hair Loss	Heartburn	Indigestion	Mouth Ulcers	Diarrhoea	Nausea	Constipation	Palpitations	Low blood Pressure	High Blood Pressure	Fluid Retention	Cellulite	Varicose Veins	Cramp	Sprains	Rheumatism / Arthritis	Pre-menstrual Syndrome	Menstrual Pain	Irregular Periods	Vaginal thrush	Menopausal problem	Cystitis	Infantile Colic	Head Lice	Diaper / Nappy Rash	Insects Bites	Antiseptic	Avoid during pregnancy	Don't Use before sun Bath	High blood Pressure - don't use	Sensitive skin people don't use
Basil					♣			♣	♣	♣	♣	♣							♣											♣												♣	♣	√			√
Bergamot		□	□								□	□							□											□													□		√		
Cedarwood Atlas		ϒ								ϒ	ϒ					ϒ	ϒ																										ϒ	√			
Clary Sage	♣	♣	♣		♣		♣												♣							♣				♣			♣	♣	♣		♣						♣	√			
Eucalyptus Australiana						♠	♠	♠	♠	♠				♠																♠		♠						♠		♠			♠			√	
Frankincense										•	•		•																								•						•				
Geranium		♠	♠		♠		♠	♠			♠	♠	♠	♠		♠				♠	♠						♠	♠					♠				♠			♠			♠	√			√
Grapefruit			□																									□					□	□									□		√		
Lavender Australian		♣	♣	♣		♣	♣	♣	♣		♣	♣	♣	♣	♣	♣	♣		♣	♣		♣		♣		♣	♣	♣			♣	♣	♣		♣	♣	♣			♣	♣		♣	√			
Lemon Australian							□	□				□		□		□		□	□	□	□				□				□			□					□						□				√
Lemongrass			♠				♠					♠			♠				♠																								♠				√
Lime		□	□					□	□	□									□																								□		√		√
Mandarin		□	□										□						□	□		□	□	□		□				□			□												√		
Marjoram Sweet		♠		♠		♠		♠	♠	♠									♠				♠			♠				♠	♠	♠		♠	♠				♠				♠	√			
Myrrh							•	•		•	•				•					•												•												•	√			
Orange Sweet		□	□	□				□		□			□						□																								□		√		√
Patchouli		♠			♠						♠	♠																♠														♠	♠	√			
Peppermint premium						♠	♠	♠	♠	♠		♠									♠	♠	♠						♠	♠			♠	♠	♠								♠	♠				
Rose		^	^	^	^																	^	^							^			^		^		^						^	√		√	
Rosemary	♣					♣		♣		♣						♣	♣		♣				♣		♣		♣	♣	♣		♣	♣		♣	♣									♣				
Sandalwood		ϒ	ϒ	ϒ	ϒ		ϒ			ϒ	ϒ					ϒ		ϒ			ϒ	ϒ							ϒ	ϒ			ϒ				ϒ	ϒ	ϒ		ϒ		ϒ	√			√
Tea tree							♠	♠		♠					♠	♠				♠	♠															♠						♠	♠				
Tangerine		□		□									□								□		□																				□		√		
Ylang ylang		^	^		^											^	^							^		^																	^				√
EXTRACT:	^ Petals / flowers						♣ Flowering Tops				□ Fruits					♠ Leaves								ϒ Woods								• resin															