

**Essential Oils Safety
Quick Reference by
FrannsAltHealth.com**

Oil Latin name

Oil	Latin name	Extracted from	Contra-indications													Cautions						
			With homeopathy	With alcohol	With blood thinners	Pregnancy/Lactation	Cancer patient	Sensitive skin	Diabetes/Hypoglycemia	Epilepsy	Hypertension	Kidney problems	Other	Baby 0-12 months	Infant 1-5 years	Child 6-12 years	Lowers concentration	Phototoxic	Irritant	Sensitizes	DO NOT USE	PROFESSIONAL USE
Ajowan	<i>Trachyspermum ammi</i>	fruit, seed or aerial parts				X													X			
Allspice	<i>Pimenta dioica</i>	berry				X	X						X	X	X				X			
Almond, Bitter more info	<i>Prunus dulcis var. amara</i>	nut																			X	
Almond, Sweet more info	<i>Prunus dulcis</i>	nut																				
Ambrette	<i>Abelmoschus moschatus</i>	seed																				
Amyris	<i>Amyris balsamifera</i>	wood																				
Angelica	<i>Angelica archangelica</i>	seed				X			X													
		root				X	4		X									X				
Anise, Star	<i>Illicium verum</i>	seed			X	X	X	X				e		X	X							
Aniseed	<i>Pimpinella anisum</i>	fruit			X	X	X	X											X	X		
Aniseed Myrtle	see Myrtle, Aniseed																					
Apricot	<i>Prunus armeniaca</i>	kernel																				
Arabian Jasmine	see Jasmine Sambac																					
Arjowan	see Ajowan																					
Armoise	<i>Artemisia vulgaris</i>		X	X	X	X	X	X	X	X	X	X	X	X	X							X
Arnica	<i>Arnica montana</i>	flowers, root	X	X	X	X	X	X	X	X	X	X	X	X	X							X
Australian Sandalwood	see Sandalwood, Australian	heart wood																				
Avocado more info	<i>Persea americana</i>	fruit																				
Balm, Bee	see Monarda																					

- 0. May cause sensitization.
- 1. Absolute may cause dermatitis
- 2. Absolute sensitizes.
- 3. Avoid if suffering from estrogen-dependant cancer.
- 4. Avoid if suffering from skin cancer/melanoma.
- 5. Photo-toxic except bergapten-free/rectified oil.
- 6. Do not use during the first 4 months of pregnancy.
- 7. Undiluted oil is irritant.
- 8. Do not use on irritated skin.

NEVER swallow essential oils, even if you think you have diluted them.

Essential oils may cause serious permanent injury if swallowed.

- 9. Do not drive or operate machinery.
 - a. Hypoglycemia (low blood sugar).
 - b. Absolute is phototoxic.
 - c. Dill seed essential oil sensitizes.
 - d. May cause irritation in sensitive people.
 - e. Endometriosis.
 - f. Liver conditions. Avoid with pethidine, MAOIS and SSRIs.
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Balm, Lemon	<i>Melissa officinalis</i>	leaves, flowering tops				X									X	X			X	X		
Balsam, Canadian more info	<i>Abies balsamea</i>	oleoresin					X															
Balsam, Canada (<i>Tsuga canadensis</i>)	see Spruce																					
Balsam, Copaiba more info	<i>Copaifera officinalis</i>	balsam from trunk																		0		
Balsam, Peru more info	<i>Myroxylon balsamum var. pereira</i>	balsam																		1		
Balsam, Tolu more info	<i>Myroxylon balsamum var. valsamum</i>	balsam																		X		
Basil, Holy	<i>Ocimum tenuiflorum</i>				X																	
Basil, Madagascan	<i>Ocimum gratissimum</i>				X																	
Basil, Sweet	<i>Ocimum basilicum</i>	leaves, flowering tops				X	X							X	X	X				0		X
Bay Laurel	<i>Laurus nobilis</i>	leaf				X	X	X						X	X	X			X	X		
Bay, West Indian	<i>Pimenta racemosa</i>	leaf			X	X	X	X			X	f	X	X	X			X				X
Bee Balm	see Monarda																					
Benzoin	<i>Styrax benzoin</i>	resin					X						X	X		X		X	X			
Bergamot (Citrus) more info	<i>Citrus bergamia</i>	outer skin					4						X	X	X		5					
Bergamot (Herb), Wild	see Monarda																					
Birch, Sweet	<i>Betula lenta</i>	bark	Most oil sold is fake																		X	

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Birch, White	<i>Betula pendula</i>	leaf buds or bark																			
Bitter Almond	see Almond, Bitter																				X
Bois de Rose	see Rosewood																				
Blackcurrant	<i>Ribes nigrum</i>	seeds, buds																			
Boldo	<i>Peumus boldus</i>	leaf	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Borage	<i>Borago officinalis</i>	seed				X															
Borneol	<i>Dryobalanops aromatica</i>	wood																	X		
Broom, Spanish	<i>Spartium junceum</i>	dried flowers																			X
Buchu	<i>Agothosma betulina</i>	leaves				X															
Cade	<i>Juniperus oxycedrus</i>	wood							X										0		
Cajuput	<i>Melaleuca cajuputi</i>	leaves, twigs				X								X	X	X					
Calamus (Sweet Flag)	<i>Acorus calamus var. angustatus</i>	rhizomes, leaves	X	X	X	X	X	X	X	X	X	X	X	X	X	X				X	X
Calendula	see Marigold																				
Calophyllum more info	<i>Calophyllum inophyllum</i>	dried aged nuts																			
Camphor, White see also Ravintsara	<i>Cinnamomum camphora</i>	crystals	X			X		X		X				X	X	X					
Camphor, Yellow/Brown see also Ravintsara	<i>Cinnamomum camphora</i>	crystals	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Canada Balsam <i>(Tsuga canadensis)</i>	see Spruce																				

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Canadian Balsam	see Balsam, Canadian																				
Cananga	<i>Cananga odorata</i>	flower																			
Canola	<i>Brassica napus</i>	seed																			
Capucine/ Capuchina	see Nasturtium																				
Caraway	<i>Carum carvi</i>	seed				X												0			
Cardamon	<i>Elettaria cardamomum</i>	dried seed											X	X	X				X		
Carnation	<i>Dianthus caryophyllus</i>	flower														X					
Carrot	<i>Daucus carota</i>	seed																			
Cassia	<i>Cinnamomum cassia</i>	bark, leaves, twigs, stalks	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	
Cassie (not Cassia)	<i>Acacia farnesiana</i>	flower											X	X	X						
Catnip (Catmint)	<i>Nepeta cataria</i>	flowering tops				X															
Cedar, White	see Thuja																				
Cedarwood, Atlas	<i>Cedrus atlantica</i>	wood				X							X	X	X						
Cedarwood, Himalayan	<i>Cedrus deodara</i>					X							X	X	X						
Cedarwood, Texas	<i>Juniperus ashei</i>	wood				X							X	X	X						
Cedarwood, Virginian	<i>Juniperus virginiana</i>	wood				X							X	X	X						
Celery	<i>Apium graveolens</i>	seed				X											X				
German Chamomile more info	<i>Matricaria recutita, M. chamomilla</i>	flower				X										X					

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Maroc Chamomile more info	<i>Ormenis multicaulis</i>	flowering tops				X								X	X	X	X							
Roman Chamomile more info	<i>Chamaemelum nobile</i>	flower				X											X							
Chervil	<i>Anthriscus cerefolium</i>	seed, fruit	X	X	X	X	X	X	X	X	X	X	X	X	X	X						X		
Cinnamon more info	<i>Cinnamomum zeylanicum</i>	leaf				X													X					
		bark	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Citronella	<i>Cymbopogon nardus, C. winterianus</i>	grass				X	3	X			X											h		
Clary Sage more info	<i>Salvia sclarea</i>	tops and leaves		X		X								X	X		9			X				
Clove more info	<i>Eugenia caryophyllata</i>	bud			X	X	X	X						X	X	X			X				X	
		leaf			X															X		X		
Copaiba	see Balsam, Copaiba																							
Coriander	<i>Coriandrum sativum</i>	seed	X				6						X	X	X	X								
Cornmint	see Mint, Cornmint																							
Costmary	<i>Tanacetum balsamita</i>	leaves				X																		
Costus	<i>Saussurea costus</i>	root																				0		
Cotton Lavender	see Santolina																							
Cress, Indian	see Nasturtium																							
Cubeb	<i>Piper cubeba</i>	unripe fruit																						
Cumin	<i>Cuminum cyminum</i>	seed				X	4	X						X	X	X			X					

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Cyperus (Cypriol)	<i>Cyperus scariosus</i>	tuber																					
Cypress	<i>Cupressus sempervirens</i>	needles, twigs												X									
Deertongue	<i>Carphephorus odoratissimus</i>	dried leaves	X	X	X	X	X	X	X	X	X	X		X	X	X							X
Dill	<i>Anethum graveolens</i>	fruit, seed or whole herb				X					X							X		c			
Elecampane	<i>Inula helenium</i>	dried root and rhizome	X	X	X	X	X	X	X	X	X		X	X	X								X
Elemi	<i>Canarium luzonicum</i>	gum																					
Eucalyptus: Blue Gum more info	<i>Eucalyptus globulus var globulus</i>	leaves and young twigs	X			X	3				X			X	X	X							
Eucalyptus: Broad Leaved Peppermint more info	<i>Eucalyptus dives</i>	leaves and twigs	X				3				X												
Eucalyptus, Lemon (-scented) Ironbark	<i>Eucalyptus staigeriana</i>	leaves	X										X	X									
Eucalyptus, Lemon Scented more info	<i>Eucalyptus citriodora</i>	leaves and twigs	X				3				X												
Eucalyptus: Narrow Leaved Peppermint more info	<i>Eucalyptus radiata</i>	leaves and twigs	X				3				X												
Everlasting, Italian	see Helichrysum																						
Fennel, Bitter	<i>Foeniculum vulgare var. amara</i>	seed, herb	X	X	X	X	X	X	X	X	X		X	X	X						X	X	

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Fennel, Sweet	<i>Foeniculum vulgare var. dulce</i>	seed			X	X	X	X		X						X	X	X				
Fig	<i>Ficus carica</i>	leaf																		2		
Fir, Silver	<i>Abies alba</i>	needles and young twigs, cones						X								X	X	X				
Flag, Sweet	see Cajeput																					
Frankincense more info	<i>Boswellia carteri</i>	resin			X	X										X	X					
Galbanum	<i>Ferula galbaniflua</i>	oleoresin, gum																		X		
Geranium (Apple Geranium) more info	<i>Pelargonium odoratissimum</i>	leaves, stalks				X			X				a	X				X				
Geranium (Rose Geranium) more info	<i>Pelargonium graveolens</i>	leaves, stalks				X			X				a	X				X				
Ginger	<i>Zingiber officinale</i>	root						X							X	X	X					
Grapefruit more info	<i>Citrus x paradisi</i>	fresh outer peel					4								X	X			X			
Hawaiian Sandalwood	see Sandalwood, Hawaiian																					
Helichrysum more info	<i>Helichrysum angustifolium ssp serotinum</i>	fresh flowers, flowering tops													X	X	X					
Henna	<i>Lawsonia inermis</i>	flower																				
Ho, all types	see Camphor, White																					
Honeysuckle Absolute	<i>Lonicera caprifolium</i>																	X				

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Hops	<i>Humulus lupulus</i>	cones, catkins														X						
Horseradish	<i>Armoracia rusticana</i>	root	X	X	X	X	X	X	X	X	X	X		X	X	X					X	
Hyacinth	<i>Hyacinthus orientalis</i>	flower														X			2			
Hyssop	<i>Hyssopus officinalis</i>	leaves, flowering tops				X				X	X			X	X	X					X	
Immortelle	see Helichrysum																					
Indian Cress	see Nasturtium																					
Inula, Sweet	see Elecampane																					
Italian Everlasting	see Helichrysum																					
Jaborandi	<i>Pilocarpus jaborandi</i>	dried leaflets	X	X	X	X	X	X	X	X	X	X		X	X	X					X	
Jasmine Absolute more info	<i>Jasminum officinale</i>	flower				X								X	X	X				X		
Jasmine Auriculatum Absolute more info	<i>Jasminum auriculatum</i>	flower				X														X		
Jasmine Grandiflorum Absolute (Royal, Spanish or Catalanian Jasmine) more info	<i>Jasminum grandiflorum</i>	flower				X														X		
Jasmine Sambac Absolute (Arabian or Tuscan Jasmine) more info	<i>Jasminum sambac</i>	flower				X														X		
Jati	see Jasmine Grandiflorum																					

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Juhi	see Jasmine Auriculatum																					
Juniper	<i>Juniperus communis</i>	berry				X					X		X	X	X				X			
		needles and wood				X					X		X	X	X				X			
Labdanum	<i>Cistus ladaniferus</i>	gum; leaves and twigs				X																
Labrador Tea	<i>Rhododendron groenlandicum</i>	herb																				
Lantana	<i>Lantana camara</i>	herb																				
Larkspur, Yellow	see Nasturtium																					
Lavandin more info	<i>Lavandula x intermedia</i>	fresh flowering tops			X	X																
Lavender, Cotton	see Santolina																				X	
Lavender, Spike more info	<i>Lavandula latifolia</i>	flowering tops				X					X						X					
Lavender, True more info	<i>Lavandula angustifolia</i>					X											X	X				
Lemon more info	<i>Citrus limon</i>	fresh outer peel				X	4	X					X	X		X	X	X	X			
Lemongrass more info	<i>Cymbopogon citratus</i>	leaf																				
Indian Lemongrass	<i>Cymbopogon flexuosus</i>						3	X					X	X	X		X					
Lemon Tea Tree	see Tea Tree, Lemon																					
Lemon Thyme	see Thyme, Lemon																					
Lemon Verbena	see Verbena, Lemon	leaves and twigs				X												X		X		
Lime (Citrus) more info	<i>Citrus aurantifolia</i>	unripe outer peel					4											X				

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Lime, Common	see Linden																				
Linaloe	<i>Bursera glabrifolia</i>	wood; seed and husk; leaves and twigs																			
Linden	<i>Tilia vulgaris</i>	dried flower															X				
Liquidambar	see Styrax, Levant																				
Litsea Cubeba	see May Chang																				
Lovage	<i>Levisticum officinale</i>	root; leaves and stalks																	X		
Mace (see also Nutmeg)	<i>Myristica fragrans</i>	fruit peel															X				
Maidenhair fern	<i>Adiantum capillus-veneris</i>					X															
Mandarin more info	<i>Citrus reticulata</i>	outer peel																X			
Manuka	<i>Leptospermum scoparium</i>	leaf and branch																			
Marigold	<i>Calendula officinalis</i>	flower																			
Marigold, Tagetes	see Tagetes																				
Marjoram, Spanish	<i>Thymus masticina</i>	dried flowering plant					X											X			
Marjoram, Sweet	<i>Origanum majorana</i>	dried flowering plant			X	X							X	X	X	X					
Marjoram, Wild	see Marjoram, Spanish																				
Massoia or Massoybark	<i>Cryptocarya massoia</i>	bark																			

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 - b. Absolute is phototoxic.
 - c. Dill seed essential oil sensitizes.
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 - e. Endometriosis.
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Mastic	<i>Pistacia lentiscus</i>	oleoresin; leaves and branches																				
May Chang	<i>Litsea cubeba</i>	fruit																	0			
Melilotus	<i>Melilotus officinalis</i>	dried flower			X														X			X
Melissa	see Balm, Lemon																					
Menthe Pouliot	see Pennyroyal, European																					
Mimosa	<i>Acacia dealbata</i>																		2			
Mint: Cornmint	<i>Mentha arvensis</i>	flowering plant				X	4												0			
Mint: Peppermint more info	<i>Mentha piperita</i>	flowering plant	X			X		X					g	X	X				7			
Mint: Spearmint	<i>Mentha spicata</i>	flowering tops	X																			
Mogra	see Jasmine Sambac																					
Monarda	<i>Monarda fistulosa</i>	whole plant																				
Mugwort	see Armoise																					X
Musk Mallow	see Ambrette																					
Mustard	<i>Brassica nigra</i>		X	X	X	X	X	X	X	X	X	X	X	X	X							X
Myrrh	<i>Commiphora myrrha</i>	resin				X									X	X	X					
Myrtle	<i>Myrtus communis</i>	leaves, twigs				X																
Myrtle, Aniseed	<i>Syzygium anisatum</i>	leaf																				
Myrtle, Lemon	<i>Backhousia citriodora</i>																		X			

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Mysore Sandalwood	see Sandalwood																				
Narcissus	<i>Narcissus poeticus</i>	flower																			
Nasturtium	<i>Tropaeolum majus</i>	flower, seed, leaf																			X
Neroli more info	<i>Citrus aurantium var amara</i>	flower														X					
Nettle, Stinging	<i>Urtica dioica</i>	leaf	X	X	X	X	X	X	X	X	X	X	X	X	X					X	
Niaouli	<i>Melaleuca viridiflora</i>	leaves, young twigs											X	X							
Nutmeg (see also Mace)	<i>Myristica fragrans</i>	dried worm-eaten seed, mace											X	X	X	X					
Oak Moss	<i>Evernia prunastri</i>	lichen						X					X	X	X				X		
Olibanum	see Frankincense																				
Onion	<i>Allium cepa</i>	bulb																			X
Orange, Bitter more info	<i>Citrus aurantium var amara</i>	resin					4	X					X				X		X		
Orange, Blood	see Orange, Sweet																X		X		
Orange Blossom	see Neroli																				
Orange, Sweet more info	<i>Citrus sinensis</i> syn. <i>C. aurantium dulcis</i>	almost ripe outer peel					4	X					X				X		X		
Oregano, Common	<i>Origanum vulgare</i>	dried flowering plant	X	X	X	X	X	X	X	X	X	X	X	X	X			X		X	
Oregano, Mexican	<i>Lippia graveolens</i>				X																
Oregano, Spanish	<i>Origanum capitatus</i>	dried flowering plant	X	X	X	X	X	X	X	X	X	X	X	X	X					X	

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Ormenis	see Chamomile, Moroccan																					
Palmarosa	<i>Cymbopogon martinii var. martinii</i>	grass																				
Parsley more info	<i>Petroselinum sativum</i>	seed, herb				X		X				f	X	X	X		X	X				
Patchouli more info	<i>Pogostemon cablin</i>	leaves				X							X	X			X					
Pennyroyal, American	<i>Hedeoma pulegioides</i>	leaves	X	X	X	X	X	X	X	X	X	X	X	X	X							X
Pennyroyal, European	<i>Mentha pulegium</i>	fresh herb	X	X	X	X	X	X	X	X	X	X	X	X	X							X
Black Pepper	<i>Piper nigrum</i>	pepper-corns	X			X							X	X	X			X				
Peppermint	see Mint, Peppermint					X																
Peppermint, Broad-leaved	See Eucalyptus, Broad-leaved Peppermint																					
Peru Balsam	see Balsam, Peru																					
Petitgrain more info	<i>Citrus aurantium var amara</i>	leaves, twigs															X					
Pimento	see Allspice												X	X	X							
Pine, Dwarf	<i>Pinus inugo var. pumillio</i>	needles, twigs	X	X	X	X	X	X	X	X	X	X	X	X	X					X	X	
Pine, Longleaf	<i>Pinus palustris</i>	heart wood, roots						X			X		X	X	X			X	X			
Pine, Scots	<i>Pinus sylvestris</i>	needles, cones				X		X			X	X	X	X	X							
Rape	see Canola																					

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Ravensara more info , see also Havozo	<i>Ravensara aromatica</i> (syn. <i>Cryptocarya agathophylla</i>)	leaf				X																	
Ravintsara more info	<i>Cinnamomum camphora</i> ct. 1,8-cineole	leaf																					
Rockrose	see Labdanum																						
Rose Absolute more info	<i>Rosa damascena</i> , <i>Rosa centifolia</i>	fresh petals by solvent extraction				6									X	X							X
Rose Otto more info	<i>Rosa damascena</i> , <i>Rosa centifolia</i>	fresh petals by steam distillation				6									X	X							
Rose Geranium	see Geranium																						
Rosehip	<i>Rosa rubiginosa</i>	seed																					
Rosemary more info	<i>Rosmarinus officinalis</i>	fresh flowering tops				X		8		X	X				X	X							
Rose, Rock	see Labdanum																						
Rosewood	<i>Aniba rosaeodora</i>	wood													X	X							
Rue	<i>Ruta graveolens</i>	fresh herb	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Sage more info	<i>Salvia officinalis</i>	dried leaves	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X						X
Sage, Clary	see Clary Sage	leaves, flowering tops																					
Sage, Spanish more info	<i>Salvia lavandulifolia</i>	leaves				X																	
St John's Herb	see Helichrysum																						

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St John's Wort	<i>Hypericum perforatum</i>	root	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sandalwood more info	<i>Santalum album</i>	heart wood												X	X	X	X				
Sandalwood Amyris	see Amyris																				
Sandalwood, Australian more info	<i>Santalum spicatum</i>	heart wood												X	X	X	X				
Sandalwood, Hawaiian more info	<i>Santalum ellipticum</i>	heart wood												X	X	X	X				
Sandalwood Mysore	see Sandalwood																				
Sandalwood Vanuatu more info	<i>Santalum austro-caledonicum</i>	heart wood												X	X	X	X				
Santolina	<i>Santolina chamaecyparissus</i>	seed																			X
Sassafras	<i>Sassafras albidum</i>	root bark	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Sassafras, Brazilian	<i>Ocotea pretiosa</i>	trunk wood	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Savine	<i>Juniperus sabina</i>	leaves, twigs	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Savory, Summer	<i>Satureja hortensis</i>	whole dried herb	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X			X
Savory, Winter	<i>Satureja montana</i>	whole herb	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X			X
Southernwood	<i>Artemisia abrotanum</i>	herb	X	X	X	X	X	X	X	X	X	X	X	X	X	X					X
Spearmint	see Mint, Spearmint																				
Spikenard	<i>Nardostachys jatamansi</i>	dried rhizome and roots															X				

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Spruce more info	<i>Tsuga canadensis</i>	needles, twigs																			
Spruce, Black	<i>Picea mariana</i>	needles, twigs				X															
Starflower	see Borage																				
Styrax, Levant	<i>Liquidambar orientalis</i>	resin																	X		
Tagetes	<i>Tagetes minuta</i>	flowering plant					4	X					X	X	X		X	X	X		
Tangerine	see Mandarin																				
Tansy	<i>Tanacetum vulgare</i>	whole herb	X	X	X	X	X	X	X	X	X	X	X	X	X					X	
Tarragon	<i>Artemisia dracunculus</i>	leaves			X	X											X				X
Tea Tree more info	<i>Melaleuca alternifolia</i>	leaves, twigs											X	X					2		
Tea Tree, Lemon	<i>Leptospermum petersonii, L. citratum</i>	leaf																X			
Thuja	<i>Thuja spp</i>	fresh leaves, twigs, bark	X	X	X	X	X	X	X	X	X	X	X	X	X					X	
Thyme, Lemon more info	<i>Thymus citriodora</i>	leaves, flowering tops																			
Thyme, Spike	<i>Thymbra spicata</i>				X																
Thyme, Sweet (White) more info	<i>Thymus vulgaris</i>	distillate			X	X		X			X		X	X	X			X			
Thyme, Red	<i>Thymus vulgaris</i>	leaves, flowering tops			X	X		X			X		X	X	X			X			X
Tolu Balsam	see Balsam, Tolu																				
Tonka	<i>Dipteryx odorata</i>	cured beans	X	X	X	X	X	X	X	X	X	X	X	X	X					X	

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Tree Moss	<i>Evernia furfuracea</i>	flower																		X	
Tsuga	see Spruce																				
Turmeric	<i>Curcuma longa</i>	cured rhizome			X	X												X	X		
Turpentine	<i>Pinus palustris</i>	resin																		X	
Tuscan Jasmine	see Jasmine Sambac																				
Valerian	<i>Valeriana fauriei</i>	rhizome															X				
Vanilla	<i>Vanilla planifolia</i>	cured beans				X														X	
(Lemon) Verbena	<i>Aloysia triphylla</i>	fresh herb					3	X					X	X	X		X	X		2	
Vetiver	<i>Vetivera zizanoides</i>	roots															X				
Violet	<i>Viola odorata</i>	leaves; flowers																			
Wintergreen	<i>Gaultheria procumbens</i>	leaves	X	X	X	X	X	X	X	X	X	X	X	X	X						X
Wormseed	<i>Chenopodium ambrosioides var. anthelminticum</i>	whole herb inc fruit	X	X	X	X	X	X	X	X	X	X	X	X	X						X
Wormwood	<i>Artemisia absinthium</i>	leaves, flowering tops	X	X	X	X	X	X	X	X	X	X	X	X	X						X
Yarrow	<i>Achillea millefolium</i>	dried herb				X													d		
Yellow Larkspur	see Nasturtium																				
Ylang Ylang more info	<i>Cananga odorata</i>	fresh flowers											X	X	X	X				X	
Yuzu	<i>Citrus ichangensis</i> × <i>C. reticulata</i> , formerly <i>C. junos</i>	outer peel					4						X	X	X		X				

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