



THE SCENTED GROOMER

ESSENTIAL OIL DESCRIPTIONS BY BBIRD

I know! Let's look at each of the essential oils that are used in The Scented Groomer oil blends for groomers and pets and identify their properties and uses.

BASIL - (*Ocimum basilicum*) - *Fragrance Value:* Warm top note

Therapeutic Values: Warm and uplifting, it soothes anxiety and eases the troubled mind. Helps to rebalance and bring clarity.

How Obtained: Steam Diffused from flowering tops.

Used in: Home Alone

Precautions: Avoid during pregnancy, can cause sensitivity reaction on skin. Best used blended in small amounts.

BERGAMOT - (*Citrus Bergamia*) - *Fragrance value:* *Exquisite* top note (Used extensively in perfume making)

Therapeutic values: Uplifting and antidepressant, good for anxiety or nervous tension. Excellent anti-viral. Facilitates communication by breaking down interpersonal barriers.

How Obtained: Cold pressed from fruit peel.

Used In: 22-Dog Day, Dr. DeFrazzle, Healthy Shop, Burnout Bandaid

Precautions: Photosensitizing. If applied directly could possibly irritate or sensitize skin for up to 24 hours.

CLARY SAGE - (*Salvia sclarea*) - *Fragrance value:* Warm middle note

Therapeutic values: Tranquilizing, calming, relieves underlying tensions to help headache or stress-related dysfunction, balances hormones. Opens the mind and stimulates creativity. Safe in blends for animals, it is gently calming to the central nervous system. Some humans report an euphoric effect.

How Obtained: Steam distilled from flowers.

Used In: Mellow Pet, Burnout Bandaid, 22-Dog Day, Let's Groom

Precautions: Avoid during Pregnancy.

EUCALYPTUS - (*Eucalyptus radiata*) - *Fragrance value:* Sharp top note

Therapeutic values: Anti-bacterial, anti-viral, anti-fungal. Also has invigorating and decongestant properties. The Scented Groomer uses a variety, *Eucalyptus Radiata*, that has a slightly more bright, less pungent fragrance.

How Obtained: Steam distilled from leaves and twigs.

Used In: Healthy Shop

Precautions: None

GERANIUM - (*Pelargonium graveolens*) - *Fragrance value:* Soft top to middle note

Therapeutic values: Balances emotions, antidepressant, and quiets anxiety, especially when blended. Also known to balance hormones (think PMS).

How Obtained: Steam distilled from plants.

Used In: Healthy Shop, Home Alone

Precautions: None

GRAPEFRUIT, PINK - (*Citrus paradisii*) *Fragrance value:* Crisp top to middle note

Therapeutic values: Balances emotions, brightens mood, relieves migraine, PMS, and performance stress.

How Obtained: Cold pressed from fruit peel.

Used in: Let's Groom

Precautions: None

LAVENDER - (*Lavandula officinalis*) - *Fragrance value:* Mellow yet bright middle note (Used extensively in perfumery and cosmetics)

Therapeutic values: One of the most versatile and widely used essential oils, it enhances the value of other oils, calms stormy emotions, soothes the nervous system, and balances body and mind. Its strong analgesic property has led to this oil being known as the "aromatherapy aspirin." Good for headache and great for skin.

How Obtained: Steam distilled from flowers.

Used in: Mellow Pet, Healthy Shop, Home Alone

Precautions: None

LEMON - (*Citrus limonum*) - *Fragrance value:* Bright top note

Therapeutic values: Antibacterial and strongly antiseptic. Known as the "purifying oil." Increases alertness, balances overly emotional states. Brings feelings of light, clearness and sharpness. Helps fight infections of all kinds because of its action on the white corpuscles.

How Obtained: Cold pressed from fruit peel.

Used in: Dr. DeFrazzle, Let's Groom, Healthy Shop.

Precautions: Photosensitive (may cause sun sensitivity when applied to skin) May irritate skin if applied directly.

LIME - (*Citrus medica var. acida*) *Fragrance value:* Bright and crisp top note

Therapeutic values: Reduces anxiety, mental fatigue and depression. Refreshing and uplifting.

How Obtained: Steam distilled from whole fruit.

Used in: 22-Dog Day, Let's Groom.

Precautions: None

MARJORAM - (Thymus Mastichina) *Fragrance value:* Warm middle to bass note
Therapeutic values: Acts as an anaphrodisiac, reduces sexual desire. Eases feelings of loneliness and rejection.
How Obtained: Steam distilled from flowering herb
Used in: Mellow Pet
Precautions: Avoid when pregnant.

NUTMEG - (Myristica fragrans) - *Fragrance value:* Haunting soft middle to bass note.
Therapeutic values: Invigorates the mind and dispels anxiety and fear.
How Obtained: Steam distilled from plant seeds.
Used in: Dr. DeFrazzle, Let's Groom.
Precautions: Avoid when pregnant.

ORANGE, SWEET - (Citrus sinensis) - *Fragrance value:* Warm sunny top note
Therapeutic values: Warming, cheering, soothing. Calms nerves and corrects imbalance. Good for quieting rambunctious kids.
How obtained: Cold pressed from fruit peel.
Used in: Mellow Pet, Burnout Bandaid
Precautions: Photosensitive, when applied to skin it may cause sensitivity to sun for up to 24 hours.

PEPPERMINT - (Mentha piperita) - *Fragrance value:* Spicy bright middle to top note.
Therapeutic values: Lifts mental fatigue and depression. Often recommended for headache. "Eases egotism and false pride while bolstering feelings of confidence."
How obtained: Steam distilled from flowering plants.
Used in: Let's Groom
Precautions: Could possibly irritate or sensitize skin.

PETITGRAIN - (Citrus aurantium) - *Fragrance value:* Light sunny top note. (Used in many colognes)
Therapeutic values: Calms anger and panic. Restores spirits.
How obtained: Steam distilled from plant leaves.
Used in: Home Alone
Precautions: None

RAVENSARE - (Ravensara aromaticum) - *Fragrance value:* Warm middle note (Would not be used in perfumery)
Therapeutic values: Very powerful anti-viral, antibacterial. Supports immune system.
How obtained: Steam distilled from leaves.
Used in: Healthy Shop
Precautions: None

VETIVER - (Vetiveria zizanioides) - *Fragrance value:* Woody bass note
Therapeutic values: Increases the ability to withstand stress without becoming ill, relieves depression, subdues neurotic behavior.
How obtained: Steam distilled from washed, chopped, dried and soaked root.
Used in: 22-Dog Day, Mellow Pet
Precautions: None.

YLANG YLANG - (Cananga odorata) - *Fragrance value:* Heavy sweet middle to bass note. (Used extensively in perfumery)
Therapeutic values: Superior anti-depressant, calmative, and anxiety reducer. Dispels anger. Aphrodisiac.
How obtained: Steam distilled from flowering tops.
Used in: Burnout Bandaid, Home Alone.
Precautions: None

REFERENCES:

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