



SNOW LOTUS

Aromatherapy, Education, Inspiration

TCM FUNCTIONS OF ESSENTIAL OILS

Angelica - Regulate Qi, resolve damp and harmonize the Mind

Aniseed - Regulate Qi and harmonize the Mind

Basil, Holy - Tonify Qi and strengthen the Mind

Bergamot - Regulate Qi and harmonize the Mind

Blue Tansy - Regulate the Qi, clear heat and calm the Mind

Cajeput - Warm the interior, raise Yang Qi and strengthen the mind

Chamomile, Roman - Regulate Qi, calm the Liver and harmonize the mind

Cardamom - Warm the interior, resolve damp and strengthen the mind

Carrot Seed Oil - Regulate Qi and harmonize the mind

Cedarwood, Atlas - Nourish the Yin, resolve damp and calm the Mind

Cinnamon - Tonify Yang, warm the interior and strengthen the will

Citronella - Regulate Qi, clear heat and strengthen the Mind

Clary Sage - Tonify Blood and Yin, and calm the Mind

Clove - Tonify Yang, warm the interior and strengthen the will

Coriander - Nourish the Blood, regulate the Qi and strengthen the Mind

Cypress - Tonify and activate Qi, invigorate Blood and strengthen the mind

Eucalyptus Globulous - Raise Yang, strengthen the mind and dispel external pathogens

Eucalyptus, Lemon - Regulate Qi, clear heat and harmonize the mind

Eucalyptus radiata - Raise Yang, strengthen the mind and dispel external pathogens

Fennel - Activate Qi, invigorate Blood and harmonize the mind

Fir, Grand - Tonify the Qi, dispel wind-damp-cold and strengthen the Mind

Fir, Siberian - Tonify Qi, regulate Lung Qi, and strengthen the mind

Fir, Silver - Tonify Qi, dispel wind-damp-cold and strengthen the mind

Frankincense - Activate Qi, invigorate Blood and harmonize the Mind

Geranium, rose - Nourish and invigorate the Blood, strengthen the Spleen and harmonize the Mind

Ginger - Tonify Yang, warm the interior and strengthen the will

Grapefruit, pink - Raise the Yang and regulate the middle warmer Qi

Helichrysum - Activate Qi and Blood, settle the Heart and harmonize the Mind

Hyssop - Tonify Qi, regulate Lung Qi and strengthen the mind

Juniper berry - Tonify Qi, resolve damp and strengthen the mind

Laurel, bay - Tonify Qi, resolve damp and harmonize the mind

Lavender, Bulgaria - Clear heat, regulate Qi and calm the Mind

Lavender, France - Clear heat, regulate Qi and calm the Mind

Lavender, Spike - Tonify Qi, dry damp, expel phlegm and strengthen the Mind

Lemon - Raise Yang and strengthen the Mind

Lemongrass - Regulate Qi, clear heat and harmonize the Mind

Lime - Regulate Qi, clear heat and harmonize the Mind

Mandarin - Regulate Qi and harmonize the Mind

Marjoram - Activate the Qi, calm the Liver and harmonize the Mind

May Chang - Regulate the Qi, clear heat and harmonize the Mind

Melissa - Regulate Qi, clear heat and harmonize the mind

Myrrh - Nourish the Yin, resolve damp and calm the Mind

Myrtle, Green - Tonify Qi, resolve damp and harmonize the Mind

Neroli - Regulate Qi and harmonize the Heart and Mind

Niaouli - Tonify Qi and Blood, and strengthen the Mind

Nutmeg - Tonify Yang, warm the interior and strengthen the Mind

Oregano - Tonify the Yang, warm the interior and strengthen the Mind

Palmarosa - Nourish the Blood and strengthen the Mind

Patchouli - Nourish the Yin, resolve damp and calm the Mind

Patchouli Abs - Nourish the Yin, resolve damp and calm the Mind

Pepper, black - Tonify the Yang, warm the interior and strengthen the Mind

Peppermint - Activate Qi, raise Yang and strengthen the mind

Petitgrain - Regulate Qi and harmonize the Heart and mind

Pimenta berry - Warm the interior, resolve damp and strengthen the Mind

Pine Scotch - Tonify the Qi and Yang, and strengthen the Mind

Ravintsara - Tonify Qi and Yang, raise Yang and strengthen the Mind

Rose Damask Absolute - Nourish the Blood and harmonize the Mind

Rose Damask Essential Oil - Tonify Blood and Yin, strengthen and harmonize the Mind

Rose damask 10% - To tonify Blood, strengthen and harmonize the Mind

Rosemary - Tonify Qi, warm the interior and strengthen the Mind

Sage - Tonify the Qi and Blood, resolve damp and strengthen the Mind

Sandalwood - Tonify the Yin, regulate Heart Qi and calm the Mind

Saro - Tonify the Qi and Yang, boost defensive Qi, raise Yang and strengthen the Mind

Siam wood - Nourish the Yin and calm the Mind

Spikenard - Tonify Yin, clear heat, calm the Liver and calm the Mind

Spruce, black - Tonify the Qi and Yang, and strengthen the Mind

Spruce Hemlock - Tonify the Qi and Yang, and strengthen the Mind

Tea tree - Tonify the Qi and Yin, clear heat and strengthen the Mind

Thyme linalool - Tonify Qi, boost defensive Qi, resolve damp and harmonize the Mind

Vetiver - Nourish the Blood, Yin and Essence, descend the Yang and calm the Mind

Wintergreen - Clears heat, phlegm and damp, dispels wind-damp heat bi and relieves pain

Ylang ylang - Break up stagnant Qi and harmonize the Mind