

essential oil	scientific name/links	Effect	Application/field of use	Components
<b>Rock Rose</b>	<i>Cistus incanus</i> <a href="https://www.medicinalherbs-4u.com/herbal-cancer-remedy.html">https://www.medicinalherbs-4u.com/herbal-cancer-remedy.html</a> <a href="https://mindbodyyes.com/cistus-incanus-health-benefits/">https://mindbodyyes.com/cistus-incanus-health-benefits/</a> <a href="https://healthyhumans.com/cistus-tea-health-benefits/">https://healthyhumans.com/cistus-tea-health-benefits/</a>	antibacterial ° antibiotic ° antiviral ° antioxidant ° antifungal ° antifungal ° anti-inflammatory ° expectorant ° stimulating ° tonic ° immune system strengthening ° neutralizes free radicals ° menstrual support	Allergies, bedsores, diarrhea, eczema, colds, ulcers, flu, skin problems (general), cardiovascular diseases, cough, bad breath, bedsores	Labdanum (Ladanum), polyphenols, resin, essential oils, borneol, cineol, eugenol, ledol, limonene, phenol
<b>Black cumin</b>  (Black cumin oil is not an essential oil - it can be used "normally" (salad, etc.), but only in the permitted dose)	<i>Nigella sativa</i> <a href="https://explore.globalhealing.com/black-cumin-seed-oil/">https://explore.globalhealing.com/black-cumin-seed-oil/</a> <a href="https://www.mindbodygreen.com/articles/black-cumin-seed-oil-101">https://www.mindbodygreen.com/articles/black-cumin-seed-oil-101</a>	Antioxidant, anti-inflammatory, antibacterial, antiparasitic, antiviral, blood pressure-lowering, immune system-strengthening, cell-protective (esp. lungs, liver, kidneys), anticancer	Diabetes mellitus ° elevated cholesterol ° rheumatism ° osteoarthritis ° Hashimoto thyroiditis ° white spots ° asthma ° allergic rhinitis ° cancers ° digestive problems ° bacterial & viral infections ° infertility (in men) ° withdrawal symptoms ° ADHD ° neurodermatitis	Beta-carotene or provitamin A ° Biotin ° Folic acid ° Magnesium ° Selenium ° Vitamin B1, B2 and B6 ° Vitamin C ° Vitamin E ° Calcium ° Iron ° Potassium ° Sodium
<b>Tea tree</b>	<i>Melaleuca alternifolia</i> <a href="https://draxe.com/essential-oils/tea-tree-oil-uses-benefits/">https://draxe.com/essential-oils/tea-tree-oil-uses-benefits/</a> <a href="https://healthyfocus.org/tea-tree-essential-oil-benefits/">https://healthyfocus.org/tea-tree-essential-oil-benefits/</a>	Relieves immune reactions after insect bites ° odor drives away insects and mosquitoes ° strong antimicrobial ° antibacterial ° antifungal (kills fungus) ° stabilizes the psyche ° relieves anxiety ° relieves psycho-somatic complaints ° relieves stress ° promotes wound healing ° acts against inflammatory skin diseases (e.g. acne, pimples, boils, etc..)	hair loss ° dandruff ° athlete's foot ° nail fungus ° vaginal fungus ° pimples ° acne ° skin inflammations ° insect bites ° insect repellent ° flaky, itchy skin ° against parasites ° to avert states of stress ° for	Terpineol ° terpinen-4-ol ° terpinene ° pinene ° terpinolene ° myrcene ° p-cymene ° phellandrene ° limonene ° cineol °

<b>Tea tree</b> (Continuation)	<i>Melaleuca alternifolia</i> <a href="https://www.medicalnewstoday.com/articles/262944#risks">https://www.medicalnewstoday.com/articles/262944#risks</a>	° cures mycoses (fungal diseases) of fingers, toenails and skin ° expels parasites (pests, such as fleas, ticks, mites, lice) ° protects and relieves colds and flu ° inhibits the growth of Escherichia coli, MRSA and Streptococcus pyogenes, bacteria, against which most antibiotics are now powerless ° has antibiotic and antiviral effects ° kills herpes viruses, as well as shingles ° relieves sore throat ° strengthens the immune system ° strengthens the drive, acts against listlessness ° increases self-confidence	disinfection in the household and for laundry ° against bleeding gums and inflammations in the mouth and throat ° against colds and flu-like illnesses ° to strengthen the immune system	1,8-cineol ° and other ingredients that have not yet been thoroughly researched.
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<b>Cloves</b>	<i>Caryophylli floris aetheroleum</i> (oil) / Syzygium aromaticum (Clove Tree) <a href="https://www.healthline.com/health/clove-essential-oil#benefits">https://www.healthline.com/health/clove-essential-oil#benefits</a> <a href="https://healthyfocus.org/clove-oil-benefits/">https://healthyfocus.org/clove-oil-benefits/</a>	analgesic ° anesthetic ° anti-inflammatory ° antibacterial ° antimicrobial ° antiseptic ° antimitotic ° stimulating blood circulation °	Toothache ° Inflammations of the throat and mouth ° Gum inflammations ° Sore throat ° bad breath ° insect bites ° Insect bites ° Mosquito repellent	Eugenol ° Beta-caryophyllene ° Oleanolic acid ° Polyphenols
<b>Thyme</b>	<i>Aetheroleum Thymi</i> (oil) / Thymus vulgaris (plant) <a href="https://www.organicfacts.net/health-benefits/essential-oils/thyme-essential-oil.html">https://www.organicfacts.net/health-benefits/essential-oils/thyme-essential-oil.html</a>	in the mental sphere stimulating ° in the physical sphere defense-strengthening ° stimulating ° antiseptic ° antiviral ° antispasmodic ° expectorant ° nervine ° diuretic ° diaphoretic ° digestive ° appetite-stimulating °	Whooping cough ° bronchitis ° tuberculosis ° asthma ° cold ° flu ° sinusitis ° sore throat ° secretion congestion ° immune deficiency ° reduced leukocyte count ° weakness ° circulatory disorders ° rheumatism ° gout °	Thymol ° Caravaryl ° Geraniol ° Thyanol ° Terpineol ° Linalol

<b>Thyme</b> (Continuation)	<a href="https://www.essentialoils.life/thyme-essential-oil/">https://www.essentialoils.life/thyme-essential-oil/</a>  <a href="https://www.healthline.com/health/thyme-oil#side-effects">https://www.healthline.com/health/thyme-oil#side-effects</a>	blood pressure-increasing ° diuretic ° bile flow-increasing ° skin-irritating ° antipruritic ° against worms blood-boosting ° memory-boosting ° bile flow-promoting ° skin-irritating ° antipruritic ° against worms ° stimulates the formation of white blood cells and thus protects against infectious diseases ° The antibacterial effect has been proven on: Escherichia coli, diphtheria, Streptococc. pyogenes, Menin-gokokken, Salmonella Thyphii, Staphylococcus aureus, Bakt. Subtilis, Streptococc. faecalis, Salmon. Thyphosis.	arthritis ° intestinal infections ° urinary tract infections ° amenorrhea ° impotence ° frigidity ° worms ° inflammatory skin lesions ° itching ° bruising ° verruca infections ° urinary tract infections ° amenorrhea ° impotence ° frigidity ° worms ° inflammatory skin lesions ° itching ° bruises ° dislocations ° boils ° scabies ° lice ° mouth and gum care ° mental exhaustion ° feeling of weakness ° lethargy ° sexual unwillingness	
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<b>Oregano</b>	<i>Origanum vulgare</i> (plant)  <a href="https://www.healthline.com/nutrition/9-oregano-oil-benefits-and-uses#6.-May-have-anti-inflammatory-properties">https://www.healthline.com/nutrition/9-oregano-oil-benefits-and-uses#6.-May-have-anti-inflammatory-properties</a>  <a href="https://draxe.com/essential-oils/oregano-oil-benefits/">https://draxe.com/essential-oils/oregano-oil-benefits/</a>	natural antibiotic ° antibacterial ° antiviral ° fungicidal (virus- and fungus-killing properties) ° antioxidative ° anti-inflammatory ° analgesic ° circulatory ° anti-cancer	Bacterial infections ° fungal infections ° parasites ° viruses ° inflammation ° allergies ° tumors ° digestive disorders ° candida ° acne ° allergies ° skin rashes ° asthma ° bronchitis ° rheumatism, arthritis ° colds and flu-like infections ° herpes simplex ° insect bites ° muscle aches ° earaches ° psoriasis ° toothaches	Thymol ° Carvacrol ° P-Cymol ° Anti-oxidants ° B vitamins, C vitamins and K vitamins ° Iron ° Flavonoids ° Potassium ° Calcium ° Magnesium ° Zinc
<b>Cinnamon</b>	<i>Cinnamomum verum</i> (Cinnamon bark oil)/ Laurus cinnamomum	digestive ° anti-inflammatory ° bactericidal ° fungicidal ° against high blood sugar ° against	at pregnancy ° against ants ° for weight loss ° for digestion °	Cinnamaldehyde ° Cineol ° Cinnane aldehyde °

<b>Cinnamon</b> (Continuation)	(Cinnamon tree) <a href="https://www.healthline.com/health/cinnamon-oil#risks">https://www.healthline.com/health/cinnamon-oil#risks</a> <a href="https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-cinnamon-oil.html">https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-cinnamon-oil.html</a>	diabetes ° for heart health ° inhibits MDA production ° balances cholesterol levels (together with sports) ° fights infections ° antioxidant ° stimulates the immune system ° stimulates libido ° fights parasites	for the skin ° for the lips ° against nail fungus ° against blood sugar & diabetes	Cymene ° Eugenol ° Fufurol ° Linalool ° Phellandrene ° Pinene
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<b>Eucalyptus</b>	<i>Oleum eucalypti</i> (oil (lat.))/ Eucalyptus globulus (plant)  <a href="https://draxe.com/essential-oils/eucalyptus-oil-uses-benefits/">https://draxe.com/essential-oils/eucalyptus-oil-uses-benefits/</a> <a href="https://upnature.com/blogs/news/top-20-incredible-benefits-of-eucalyptus-essential-oil">https://upnature.com/blogs/news/top-20-incredible-benefits-of-eucalyptus-essential-oil</a>	expectorant ° expectorant ° antibacterial ° antiseptic ° antirheumatic ° invigorating, refreshing ° bactericidal ° antipyretic ° circulatory ° fungicidal / antifungal ° wound-healing ° antiparasitic ° antiviral ° antitussive ° insecticidal ° antispasmodic ° analgesic ° motivating ° germicidal ° astringent ° deso- dorant ° concentration enhancer	against angina pectoris ° germicidal ° antifungal ° anti- bacterial ° antiviral ° antiseptic ° supports immune system ° antipyretic ° against bronchitis ° against bronchial asthma ° expec- torant ° motivating ° increasing concentration ° against lethargy, relieves sinusitis, sinusitis and headaches ° increases blood circulation ° relieves muscle pain, joint problems, rheumatism and nerve inflammation ° reduces the symptoms of bronchitis ° relieves mucus ° increases concentration ° relieves lethargy, sluggishness and listlessness ° relieves cramps ° relieves sinusitis and headaches ° increases blood circulation ° relieves muscle pain, joint problems, rheumatism and nerve inflammations ° repels insects	pinene ° geraniol ° cineole ° limonene ° cymene ° Eucalyptone ° Tannins ° Phellandrene ° Phenolic carboxylic acids ° Bitters ° Proanthocyanidins ° Triterpenes ° Euglobale ° Resins ° Flavonoids
<b>Ginger</b>	<i>Zingiber officinale</i> (root)	analgesic ° anti-inflammatory ° antiviral ° anti-bacterial ° against	Colds ° Nausea and	Gingerol ° zingibereol ° camphene ° Cineol °

<b>Ginger</b> (Continuation)	<a href="https://www.webmd.com/vitamins/ai/ingredientmono-961/ginger">https://www.webmd.com/vitamins/ai/ingredientmono-961/ginger</a>  <a href="https://www.healthline.com/health/ginger-oil#benefits">https://www.healthline.com/health/ginger-oil#benefits</a>	bad breath ° cholesterol lowering ° stimulating the metabolism ° against nausea ° beneficial to the intestinal mucosa ° for motion sickness ° soothing against headaches ° against age spots ° skin caring ° hair growth stimulating	indigestion ° Aromatherapy Nausea and digestive disorders ° Aromatherapy ° Massage ° Gum inflammation ° Menstrual pain ° Skin care ° Hair care ° Weight loss	Citral ° Phellandrene ° Borneol ° $\gamma$ -Bisabolen ° $\beta$ -farnesene ° $\alpha$ -farnesene ° curcumene ° $\beta$ -sesquiphellandrene ° $\alpha$ -phellandrene ° $\alpha$ -pinene ° limonene
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<b>Peppermint</b>	<i>Menthae piperitae aetheroleum</i> (oil) / Mentha x piperita (plant)  <a href="https://www.organic.io/essential-oils/peppermint-english/">https://www.organic.io/essential-oils/peppermint-english/</a>  <a href="https://draxe.com/essential-oils/peppermint-oil-uses-benefits/">https://draxe.com/essential-oils/peppermint-oil-uses-benefits/</a>	expectorant ° appetite stimulant ° analgesic (gastro-intestinal tract) ° increases bile production ° reduces bad breath ° relieves headaches ° increases concentration ° strengthens the mind ° stimulates the immune system ° stimulates the mind ° strengthens the ability to think ° stabilizes the immune system ° antibacterial ° anti-inflammatory ° regulates digestion ° stimulates blood circulation	Tension headache ° Flatulence ° Cold ° inflammations of the oral mucosa ° pruritus ° nausea ° pregnancy-related nausea ° myalgias ° against headaches and migraines ° against mice and spiders for baking and cooking ° against the irritable bowel syndrome ° for hair and scalp care ° for inhalation ° in aromatherapy ° as massage oil	Peppermint oil ° Menthol ...(up to 45 %) ° Menthol Menthone ...(about 20%) ° menthofuran ° cineol ° rosmarinic acid ° flavonoids ° Triterpenes °