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[Top 25 Aromatherapy Plants](#)

From anise to ylang-ylang

1. Anise (*Pimpinella anisum*). It works against distensions, coughing, colics, gut and stomach spasms, low digestive secretions and dry mucosae, bronchitis; it stimulates lactation in new mothers. 2. Bergamot orange (*Citrus x bergamia*). It works against anxiety, irritability, stress, distension, gut infections, colics, vaginal infections, stomach cramps. It is good for scars, but it must not be applied on the skin before sun exposure. 3. Fir. It is effective against bronchitis, tracheitis, laryngitis, sinusitis, general weakness, rheumatism. 4. Basil (*Ocimum basilicum*) treats anxiety, depression, irritability, nausea, stomach cramps, insect bites, lactation problems, pharyngitis, laryngitis, asthma, colds, colitis, parasites, migraines. Basil is a refresher and stimulant, intensifying sweating, lowering fever, and stimulating secretions. Pregnant women should avoid it. 5. Thyme (*Thymus vulgaris*) treats respiratory infections, coughing, colds, rheumatism, sole mycosis, lymph stasis, colitis and rectocolitis, chronic cholecystitis. It is a powerful bactericide, and stimulates secretions. Pregnant women should avoid it. 6. Coriander (*Coriandrum sativum*) treats irritability, depression, respiratory infections, distension, constipations, stomach aches, intestinal parasites, meteorism. It is a powerful bactericide, expectorant, sedative, and digestion stimulator. It is not indicated in case of hypertension. 7. Eucalyptus (*Eucalyptus globulus*) treats respiratory infections, colds, sinusitis, head aches, neuralgy, ulcer, gut parasites, fever, urinary infections, cystitis, herpes, muscle pains, nephritis, hypoglycemia. It is a powerful bactericide, expectorant, analgesic, diuresis stimulator. It irritates the mucosae, that's why small doses must be used. 8. Clove (*Eugenia caryophyllata*) helps birth preparation. It is effective in distension, wounds, low libido, dyspepsy, diarrhea, tooth pain. It is a powerful disinfectant and scaring agent, raising at the same time the mood. 9. Pot marigold (*Calendula officinalis*) works against stomatitis, gingivitis, aftosa, candidosis, wounds, bleeding, infected plagues, eczema, acne, frozen bites, ulcer, colitis, respiratory infections. 10. Geranium (*Pelargonium odorantissimum*) is a refresher, mood enhancer and antiseptic. It fights anxiety, depression, nervous affections, stress, skin issues, it lowers blood's sugar and favors scaring in case of diabetes. 11. Jasmine (*Jasminum grandiflorum*) is a good sedative, refresher, aphrodisiac, and anti-fever agent. It works in respiratory infections, irritability, uterine contractions, menstrual pains, low libido, coughing. 12. Juniper is a powerful disinfectant of the urinary, digestive and respiratory tracts. It treats kidney stone, cystitis, urethritis, dyspepsy, distension), acne, chronic eczema, anorexia. 13. Lime (*Citrus limonum*) boosts immunity, blood and lymph circulation, digestion, sebum secretion. It treats colds, constipations, acne, gout, liver and spleen affections, hypertension and anemia. 14. Lavender (*Lavandula officinalis*) combats lack of appetite, respiratory infections, distension, colds, digestive issues, neuralgy, irritability, insomnia, stress, head aches, shock states, chronic colitis, sores and infected eczema, asthma. It chases away insects. 15. Marjoram (*Origanum majoranum*) works against respiratory infections, hypertension, migraines, irritability, constipations, colics, menstrual pains, insomnia, uterine cramps, muscle fever, rheumatism, wounds. It is disinfectant and scaring agent. It decreases libido and it should be avoided by pregnant women. 16. Mint (*Menta piperita*) is effective against respiratory infections, colds, gastrointestinal infections, menstrual pains, diarrhea, nausea, migraines, sinusitis, asthenia, rheumatic pains, distension, vomits. It is disinfectant, stimulator, refresher, muscle relaxant, it decreases stomach acidity and it stimulates the liver and bladder. It irritates the mucosae, and should be taken in small amounts. 17. Chamomile (*Matricaria chamomilla*) fights abdominal colics, gastrointestinal infections, paradontosis, dysmenorrhea, infected sores and various skin affections,

blepharoconjunctivitis. 18. Orange (*Citrus aurantium*) fights chronic diarrhea, flatulence, anxiety, depression, hysteria, panic attacks. 19. Lemon balm (*Melissa officinalis*) fights distension, irritability, gastric affections on nervous causes, menstrual pains, head aches, insomnia. It should not be applied on the skin before sun exposure. 20. Rosemary (*Rosmarinus officinalis*) is a refresher, antiseptic and circulation stimulator. It treats lack of appetite, low libido, physical tiredness, muscle fever, cramps, blood and liver conditions, depression, menopause issues. It must be avoided in case of hypertension. 21. Sage (*Salvia officinalis*) treats respiratory infections and colitis. Externally, 15-20 droplets can be poured in the bath tube, but the oil can also be employed in massage or aromatic candles. 22. Sandalwood (*Santalum album*) is a mood enhancer, aphrodisiac, antiseptic and expectorant. It fights depression, inflammation, coughing, skin disorders. 23. St. John's wort (*Hypericum perforatum*) treats stomatitis, gingivitis, candidosis, gastritis, low bile, chronic colitis, constipations, benign tumors of the uterus and ovaries. 24. Rose is aphrodisiac, refresher, laxative; it stimulates blood circulation and balances hormones. It is recommended in affections of the blood vessels, uterus, ovaries, menstrual pain, irritability, dyspepsy, bile conditions, constipations, sterility. 25. Ylang-ylang (*Cananga odorata*) is an aphrodisiac, refresher, antiseptic and it decreases blood pressure. It is recommended in depression, low libido, tiredness, hypertension, wounds, irritability, and acne.