

Top 10 Essential Oils



[Image by monicore](#)

The top 10 essential oils have pleasing aromas, of course. But, they also have beneficial medicinal properties. These oils have been used for thousands of years to treat many conditions.

Top 10 Essential Oils Not Medical Quackery

While some think essential oils are merely perfumes with some attached medical quackery, scientific evidence shows the beneficial effects of these oils. Essential oils contain sometimes hundreds of natural organic compounds that are useful to both plants and people. Some oils contain more than half a dozen compounds in significant amounts while other oils primarily contain a single compound.

For example, nearly 90% of eucalyptus essential oil is composed of an organic compound called eucalyptol. And, more than 98% of orange essential oil is composed of the organic compound limonene.

On the other hand, lavender essential oil can contain up to

57% linalool with another 8 compounds with a presence of more than 5%. And peppermint essential oil can contain up to 60% menthol with another 6 compounds with a presence of more than 5%.

These oils and the compounds in them are usually used in [aromatherapy](#). Aromatherapy allows the small molecules of these organic compounds to enter the bloodstream (through the skin in a massage or through the lungs when breathed in). This allows the compounds to affect the body in natural, holistic ways.

These essential oils and the organic compounds that make them up have been studied in clinical trials. Many statistically significant medical findings have been reported. For example, studies demonstrate that [eucalyptol](#) (the major component in eucalyptus essential oil) is effective in helping asthma patients reduce the dose of their asthma medication. Other studies demonstrate that eucalyptol is effective in ulcer prevention and healing.

So, these oils and the organic compounds that make them up have been scientifically shown to have medical benefits.

Top 10 Essential Oils

Among the most popular and useful essential oils are these, my top 10 essential oils:

- [Peppermint](#) (anti-inflammatory, antimicrobial, decongestant, stimulant, antidepressant, helps indigestion)
- Lemon (anti-inflammatory, antimicrobial, insect repellent)
- [Rosemary](#) (boosts mental focus and concentration, stimulates hair growth, relieves pain, manages stress, improves circulation, boosts immune system, reduces joint inflammation and relieves congestion and

stiffness)

- [Orange](#) (calms emotions, lowers blood pressure, uplifts your mood, boosts your immune system, acts against cancer, repels insects, and improves your libido)
- [Eucalyptus](#) (antimicrobial, reduces muscle pain, decongestant, stimulant, deodorant)
- [Lavender](#) (soothing, calming effect that can improve sleep, relieves nausea, reduces bloating, and its antimicrobial properties can help protect cuts and aid healing)
- [Clove](#) (antimicrobial, analgesic/reduce pain, aids digestion)
- [Ylang Ylang](#) (anti-inflammatory, antioxidant, relaxing, reduces tension and anxiety, antimicrobial, insect repellent)
- [Patchouli](#) (promotes sleep, boosts the immune system, repels insects, regulates oily skin and acne, reduces inflammation, balances emotions, promotes healing, and acts as an aphrodisiac)
- [Geranium](#) (reduces inflammation and muscle pain, uplifts mood and balances hormones, reduces anxiety, antiseptic for wound healing, reduces blemishes and acne, increases urination to help flush out toxins, repels bugs)

Next in line are these useful essential oils:

- [Lime](#) (antimicrobial, pain relief, stops bleeding, reduces fever)
- [Spearmint](#) (relief of nausea, indigestion, gas, bloating and cramps, reduces oxidative stress, prevents infections)
- [Grapefruit](#) (reduces appetite and sugar cravings, mobilizes fat, boosts your mood, fights viral infections)
- [Cinnamon](#) (reduces muscle pain, boosts brain function, improves blood circulation, help heal wounds, helps control blood sugar, helps with indigestion and

bloating)

- [Lemmongrass](#) (repels insects, treats infections, reduces fever, helps injured ligaments heal, reduces swelling, eases muscle pain, and relieves intestinal distress)
- [Tea Tree Oil](#) (antiseptic to boost healing of cuts and acne, natural mouthwash, fights mold and fungus such as nail fungus and athlete's foot, repels insects, a natural deodorant)
- [Frankincense Oil](#) (anti-inflammatory properties to open up breathing, antiseptic properties to heal wounds, treat infections and clean up acne and other blemishes, cancer fighting properties, improves sleep quality, digestive relief, itching relief, and boosts the immune system)

The top 10 essential oils can help you feel better and have more energy. And they can help protect you from microbes including bacteria and viruses. And, of course, they smell good, too.

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