



62 ESSENTIAL OILS FOR SOAP MAKERS AND COSMETIC CRAFTERS

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About Essential Oils

Essential oils are fragrant oils that exist in the flowers, leaves, stems, bark and other parts of plants. Almost every plant has an essential oil. Essential oils are named after the plant they are removed from (ex: lavender essential oil comes from the lavender plant).

Essential oils are a valuable addition to handcrafted soaps and cosmetics when used properly. However, they should always be used with care. They are very potent, natural chemicals, and can be dangerous if used improperly. Use this chart as a first step to help you when deciding which oils to include in your products.

How To Use This Chart

Each essential oil listed on this chart is listed by its common and scientific name. Each essential oil has a mark under one or several categories. This information is to help you quickly identify which oil may be best for a particular project or recipe you might be working on.

Here is a brief description of the categories on this chart:

Antibacterial - An oil with a mark in this column fights bacteria.

Fixative: Oils marked as fixatives can be used to help scents last longer.

Soothing: These oils have properties which help to soothe irritated skin.

Irritant: These oils are potential irritants. Use sparingly if at all.

Phototoxic: These oils should not be worn on the skin at times when the skin will be exposed to direct sunlight.

Insect Repellent: These oils help to ward off insects.

They can be included in formulas for repelling bugs.

Insect bites: These oil helps to heal and soothe bug bites.

Skin & Hair Type: If an oil has properties which make it useful in skin or hair care, the condition which it may relieve is listed here.

Hair Growth: Oils with a marking in this column help to encourage hair growth.

Notes: Any other important notes are listed in this column.

Safety With Essential Oils

1) Essential oils can be harmful if ingested. Keep all ingredients and finished products safely out of the reach of children and pets. Keep your cosmetic tools separate from your eating tools.

2) If you suspect that you are allergic to an essential oil, perform an allergy patch test . To perform a patch test, first dilute the essential oil in lotion or vegetable oil. Apply a tiny amount of this to the inside of your arm. Cover it up with a bandage. Leave it alone for 24 hours. If you see a reaction, do not use that essential oil in your products.

3) Many essential oil vendors recommend that people who are pregnant, epileptic, who have heart conditions, or who are in a state of delicate health avoid certain essential oils. We recommend that if you fall under one of these categories that you see your physician before using essential oils in your cosmetic products.

4) The citrus essential oils (lemon, lime, orange, bergamot, tangerine, grapefruit, mandarin, etc.) make the skin more sensitive to ultraviolet light. Do not wear any product containing these oils when you sunbathe or go out into the sun for extended periods.

5) The essential oils from cinnamon and cloves can be extremely irritating to the skin. Be sure to limit any amount of either of these two oils if you use them at all.

No part of this document is intended for the treatment of disease. Those who have a disease of the skin or other parts of the body should seek advice from a qualified health professional.

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ESSENTIAL OILS CHART

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Essential Oil Name	Scientific Name	Antibacterial	Antioxidant	Fixative	Soothing	Irritant	Phototoxic	Bug Repellent	Bug Bites	Skin/Hair Type	Hair Growth	Notes
<u>Ambrette Seed</u>	Abelmoschus moschatus											Used as a natural musk substitute in perfumes
<u>Amyris</u>	Amyris balsamifera	●	●	●								Sometimes used as a substitute for sandalwood oil in perfumery
<u>Angelica Root</u>	Angelica archangelica	●			●		●					
<u>Aniseed</u>	Pimpinella anisum	●						●				can cause skin problems in some individuals
<u>Balm, Lemon (Melissa)</u>	Melissa officinalis	●						●	●			
<u>Balsam, Copaiba</u>	Copaifera officinalis	●		●								
<u>Balsam, Peru</u>	Myroxylon balsamum var. pereiera	●		●	●							some are allergic to
<u>Balsam, Tolu</u>	Myroxylon balsamum var. balsamum	●		●								
<u>Basil, French</u>	Ocimum basilicum	●						●	●			
<u>Bay, West Indian</u>	Pimenta racemosa	●									●	
<u>Benzoin</u>	Styrax benzoin	●		●								
<u>Bergamot</u>	Citrus bergamia	●					●	●	●	acne, oily		look for bergaptene-free to avoid phototoxicity
<u>Bois de Rose (Rosewood)</u>	Aniba rosaeodora	●								all types	●	

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<u>Cade</u>	Juniperus oxycedrus	●								dry, dandruff, eczema		helps relieve a flaky skin and scalp
<u>Cajeput</u>	Melaleuca cajeputi	●				●		●	●	oily		can be irritating if not diluted well
<u>Camphor</u>	Cinnamomum camphora	●						●				use only white camphor because it does not contain safrol
<u>Carrot Seed</u>	Daucus carota	●								wrinkles, dry		
<u>Cedarwood, Atlas</u>	Cedrus atlantica	●		●				●		acne, oily, dandruff	●	
<u>Chamomile, German</u>	Matricaria recutica	●			●				●	acne, sensitive		Chamazulene is obtained during distillation of flowers
<u>Chamomile, Roman</u>	Chamaemelum nobile	●			●				●	acne, sensitive		uses are same as for German chamomile
<u>Cinnamon</u>	Cinnamomum zeylanicum	●				●						only use leaf oil. Never use bark oil.
<u>Citronella</u>	Cymbopogon nardus	●						●				
<u>Clary Sage</u>	Salvia sclarea	●		●	●					oily, acne	●	
<u>Clove</u>	Syzygium aromaticum	●	●			●					●	Only use clove bud oil. Clove leaf & stem oil burn.
<u>Cypress</u>	Cupressus sempervirens	●						●		acne, oily		

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<u>Eucalyptus</u>	Eucalyptus globulus var globulus	●						●	●	oily		
<u>Eucalyptus, lemon</u>	Eucalyptus citriodora	●						●		dandruff		
<u>Fennel, Sweet</u>	Foeniculum vulgare var. dulce	●			●					dandruff		
<u>Frankincense</u>	Boswellia carteri	●		●	●					dry		
<u>Galbanum</u>	Ferula galbaniflua	●		●	●					dry		
<u>Geranium</u>	Pelargonium graveolens	●			●			●		acne, oily		Used as a rose substitute in perfume
<u>Ginger</u>	Zingiber officinale	●					●					stimulant
<u>Grapefruit</u>	Citrus x paradisi	●								acne, oily	●	
<u>Guaiacwood</u>	Bulnesia sarmienti	●	●	●	●					acne, oily	●	
<u>Helichrysum</u>	Helichrysum angustifolium	●		●	●					acne, irritated		
<u>Jasmine</u>	Jasmine officinale	●			●					dry, irritated		
<u>Lavandin</u>	Lavandula x intermedia	●			●			●	●	acne, dandruff		
<u>Lavender, True</u>	Lavandula angustifolia	●			●			●	●	acne, dandruff		
<u>Lemon</u>	Citrus limon	●					●		●	acne, oily		
<u>Lemongrass</u>	Cymbopogon citratus	●	●			●		●		acne		a possible irritant. Use carefully

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<u>Lime</u>	Citrus aurantifolia	●					● (see note)			acne, oily		The steam distilled oil from the fruit is not phototoxic
<u>Mandarin</u>	Citrus reticulata	●					●			acne, mature		
<u>Myrrh</u>	Commiphora myrrha	●		●	●					mature skin		
<u>Neroli (Orange blossom)</u>	Citrus aurantium var. amara	●								mature skin		
<u>Oakmoss</u>	Evernia prunastri	●		●								Use as a fixative with lavender scents
<u>Orange, Bitter</u>	Citrus aurantium var. amara	●			●		●			oily		
<u>Orange, Sweet</u>	Citrus sinensis	●			●		●			oily		
<u>Palmarosa</u>	Cymbopogon martinii var. martinii	●								acne, wrinkles, all		
<u>Patchouli</u>	Pogostemon cablin	●		●	●			●		acne, eczema, oily, dandruff		
<u>Peppermint</u>	Mentha piperita	●						●		acne		Use sparingly. Can cause irritation.
<u>Petitgrain</u>	Citrus aurantium var. amara	●								acne, oily		
<u>Rose</u>	Rosa centifolia and Rosa damascena	●			●					dry, mature		Damask rose (Rosa damascena) is preferred for perfumes
<u>Rosemary</u>	Rosmarinus officinalis	●	●					●		acne, dandruff	●	Stimulates hair growth

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<u>Sandalwood</u>	Santalum album	●	●	●				●		acne, dry and chapped, greasy		
<u>Tagetes</u>	Tagetes minuta	●										
<u>Tangerine</u>	Citrus reticulata	●					●			acne, mature		
<u>Tea Tree</u>	Melaleuca alternifolia	●						●	●	acne, oily		
<u>Thyme, Red</u>	Thymus vulgaris	●	●			●					●	
<u>Thyme, White</u>	Thymus vulgaris	●	●			●					●	
<u>Vetiver</u>	Vetiveria zizanoides	●		●						acne, oily		
<u>Wintergreen</u>	Gaultheria procumbens					●						Use sparingly, if at all. Is readily absorbed by the skin.
<u>Ylang-Ylang</u>	Cananga odorata var. genuina	●		●					●	acne, irritated, oily	●	Use Ylang-Ylang Extra for perfumery

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