

# Metropolitan Aromatherapy Reference Chart



<b>SYMPTOM</b>	<b>RECOMMENDED PRODUCTS</b>	<b>ESSENTIAL OILS</b>
Acne	Face - facials, facial saunas, spritzers Body - Tea tree shower gel, enthusiasm and cellulite bath salts.	Tea Tree, Lemon
Aches & Pains (muscular)	All bath salts, massagers, massage video, massage oil, green colour bath, massage bars, bath bombs, bath time buddy.	Muscle Relief Blend, Arthritis Blend, Chamomile
Addictions	Spritzers, massage oil, massagers, rose bath salts, diffusers, all colour baths, all chakra candles, detox box.	Lime, Sandlewood, Grapefruit
Ageing	Extreme cream, spearmint salve, spritzers, enthusiasm bath salts, energy shampoo & conditioner, tea tree shower gel, cellulite bath salts, detox box, massage oil, massagers, massage video, well being books especially ayurveda.	Thyme, Tea Tree, Bergamot Wrinkle Free Blend
Anger	Pink, blue, green colour bath, pink & white bath bomb, rose bath salts, all diffusers, candles - all colours except red & yellow, relaxation bubble bath, romance shampoo & conditioner, relax massage oil, pink & yellow soaps, rose quartz tealite, spritzers, lavender ona spray, massage bars.	Relax Blend, Rose, Frankincense
Anxiety & Tension	Rose bath salts, blue, green, pink, violet colour bath, geranium & orange dusting powder, lavender shampoo, conditioner & bubble bath, lavender & ylang ylang soaps, crystal candles especially rose quartz, massage oil, lavender ona spray, bath time buddy, anti-stress cassette, massagers, diffusers.	Relax Blend, Neroli, Bergamot,
Arthritis	Arthritis blend roll on, massage oil, relax and cellulite bath salts, detox box.	Muscle Relief, Chamomille, Thyme
Athletes Foot	Cellulite bath salts, cellulite massage oil, lavender dusting powder.	Tea Tree, Lime
Back Pain	Massagers, massage videos, all massage oils, blue colour bath, quartz crystal tea light.	Muscle Relief, Chamomille, Rosemary
Bladder Infections	Cellulite bath salts, cellulite massage oil.	Tea Tree, Sandlewood, Chamomile
Blisters	Massage oil, spritzers.	Chamomile, Lavender
Bruising	Massage oil, spritzer, lavender shampoo & conditioner, lavender dusting powder.	Lavender, Marjoram
Burn Out	Massage oil, diffusers, detox box, relax bath salts, bubble bath, enthusiasm bath salts, shampoo & conditioner, tea tree shower gel, crystal tea lights & diffusers, all candles especially chakra, all colour bath, facial saunas, health & well being books, all diffusers.	Grapefruit, Rosemary Lemon
Burns	Spritzers, after healing - relax bath salts, lavender dusting powder, spearmint salve.	Lavender, Lemon
Candida	Massage oil, cellulite or enthusiasm bath salts, green or pink colour bath, detox box.	Tea Tree, Chamomille
Capillaries (broken)	Massage oil, spritzer, facial saunas.	Wrinkle Free, Rose, Lemon

Cellulite/Circulation (Weight Loss)	Cellulite bath salts, enthusiasm shampoo & conditioner, yellow, orange, turquoise colour bath, bath bombs, massager, massage video, essential oil cassette - sinus & energy, cellulite massage oil, yellow candles, detox kit, pine ona spray.	Juniper, Grapefruit
Cold Sores	Spritzers, massage oil.	Tea Tree
Colds and Flu	Cellulite or enthusiasm bath salts, pine ona spray, scentball, car diffuser, tea tree & orange shower gel, green & white soaps, bath bombs, sinus cassette, spritzer, massage oil.	Immune Blend, Thyme, Tea tree
Comfort/Transition	Relax bath salts, relax blend, bubble bath, pink & orange colour bath, orange blue, & white candles all crystals especially rose, romance shampoo & conditioner.	Orange, Jasmine, Patchouli
Constipation	Cellulite bath salts, massage oil, relax bath salts & massage oil, bath time buddy, detox box, ayurveda & well being books.	Marjoram, Grapefruit
Coughs	Diffuser, scentball, spritzers, massage oil, pine ona spray, medicinal candles.	Cinnamon, Eucalyptus, Sandlewood
Creativity/Inspiration	Spritzers, massage oils, enthusiasm bath salts, shampoo & conditioner, orange, violet, & purple candles and all colour baths, especially violet & indigo, amethyst crystal.	Jasmine, Lime, Ylang Ylang
Cuts and Scrapes	Spritzers, (healed) spearmint salve, enthusiasm bath salts.	Lime, Tea Tree
Dandruff	Unscented shampoo and conditioner, enthusiasm shampoo and conditioner.	Rosemary, Lemon
Depression	All colour baths, especially indigo, lavender ona spray, massage oil, enthusiasm or rose bath salts, body jewelry, love your body - book, self-esteem cd, bath time buddy, scented bubble bath, shampoo & conditioner, geranium & orange, dusting powder, lavender soap, wellbeing/self care books.	Rose, Lime, Geranium
Dry Skin	Extreme cream, spearmint salve, after shower oil, massage oils, spritzers, elderflower facial sauna.	Wrinkle Free, Patchouli
Diarrhoea	Massage oil, spritzer, after shower oil, relax bath salts.	Chamomille, Geranium, Sandlewood
Eczema	Relax massage oil, spritzers, relax bath salts, lavender shampoo & conditioner, tea tree shower gel, glycerin soaps, lavender ona spray, diffusers.	Lavender, Chamomille Sandlewood
Fatigue	Enthusiasm shampoo & conditioner, tea tree shower gel, rosemary facial sauna, car diffuser, scent ball, diffusers, yellow, orange, red, white candles & colour baths, pine ona spray, spearmint salve, green & white fortune soap, energy cassette, pure quartz candle, cellulite bath salts & massage oil.	Energy Blend, Enthusiasm Blend, Rosemary
Flatulence	Cellulite bath salts, pine ona spray, enthusiasm shampoo & conditioner, massage oil.	Juniper, Peppermint
Headache/Migraine	Massage oil, spritzer, relax bath salts, massagers, massage video, detox kit, white candles, pink colour bath, headache cassette, relax bubble bath & bath salts, peppermint candle.	Headache Relief, Peppermint, Chamomille
Immune System	Unscented or energy shampoo & conditioner, tea tree shower gel, fortune cookie soaps, diffusers, Detox Box, bubble bath, candles, cellulite massage oil, massagers, massage video, cellulite bath salts, energy cassette.	Immune Boost, Relax Blend

Indigestion	Massage oil, cellulite bath salts, massage video, detox box, green and blue colour bath, green blue or white candles.	Peppermint, Grapefruit
Inner Strength/ Courage	Rose &/or enthusiasm bath salts, red & yellow colour baths & candles, spritzers, after shower oils, crystal diffusers, mantra cd, white bath bombs.	Lemongrass, Myrtle, Jasmine
Insect Bites	Spritzers, massage oil.	Tea Tree, Chamomile
Insecticide	Spritzers, massage oil.	Lemongrass, Thyme
Insomnia	Relax bath salts, all candles (except red), all colour baths (except red, yellow, turquoise), lavender shampoo & conditioner, lavender dusting powder, relax bubble bath, bath bombs - lavender, pink & white, bath time buddy, rose quartz tea lite, diffusers.	Chamomille, Marjoram
Jet Lag	Enthusiasm bath salts, shampoo & conditioner spritzers, massagers, bath bombs, scentball.	Enthusiasm Blend, Muscle Relief, Geranium
Meditation	All chakra and soya/hemp candles, all color baths especially purple, white, violet and indigo, amethyst crystal tea light, all crystals, diffusers, bindis, all cd's especially mantra.	Patchouli, Sandlewood, Frankincense
Menopause	Spritzers, massage oil, indigo, green, blue, pink, & violet colour bath, chakra candles, yellow, pink & blue soap, geranium & orange dusting powder, lavender shampoo & conditioner, relax bubble bath, bindis, white candles, pure quartz tea lites, elderflower facial saunas, rose bath salts, wellness book, cookies, pound cake.	Geranium, Rose, Lavender
Nausea	Massage oil, spritzers, rosemary facial sauna, headache cassette, green & white candles, blue colour bath.	Dill, Peppermint, Lemon
Obesity (Weight Loss)	Cellulite bath salts & massage oil, enthusiasm bath salts, shampoo & conditioner, detox kit, massagers, massage video, health books, energy cassette, pine ona spray, spritzers, yellow candles & colour bath.	Cellulite Blend, Energy Blend Juniper
Oily Skin	Spritzers, cellulite bath salts, detox box, rosemary facial sauna.	Lemon, Tea Tree
PMS	Pink, indigo, violet color bath, white, green, blue, & purple candles, lavender ona spray, massage oil, bath time buddy, lavender cookies, both dusting powders, spritzers, diffusers, orange calcite, rose quartz tea lites, relax bubble bath, relax bath salts, lavender shampoo & conditioner.	Geranium, Chamomille, Lavender
Prosperity	Red colour bath & candles, spritzers, diffusers, amethyst crystal.	Cinnamon, Vanilla
Rheumatism	Arthritis blend roll on, massage oil, relax and cellulite bath salts.	Arthritis Blend Roll On, Muscle Relief, Thyme
Self Esteem	Yellow & purple candles and colour bath, enthusiasm bath salts, massage oil, spritzers, esteem cd, massage video, enthusiasm shampoo & conditioner, lavender tea, rose bath salts, geranium & orange dusting powder, rosemary facial sauna, quartz & orange calcite diffusers.	Esteem Blend, Myrtle, Grapefruit

Sensuality/Romance (ask about our romance line, we have over 100 products)	Bubble bath, massagers, videos, body jewelry, pink, red, orange colour bath, all candles, massage oil, diffusers, metropolitan romance line.	Ylang Ylang, Patchouli, Love Potion #10
Sinuses	Sinus cassette, spritzer, rosemary facial sauna, enthusiasm shampoo & conditioner & bath salts, cellulite bath salts, diffusers, scent ball /car diffuser, pine ona spray, green & white fortune cookie soap.	Eucalyptus, Immune Boost, Lemon
Smoking	Health books, rosemary facial sauna, cellulite bath salts, detox box, massagers, massage video, pink colour bath, white candles, pure quartz crystal.	Sandlewood, Grapefruit, Lemon
Snoring	Spritzers, massage oil, relax bath salts, scentball, diffusers.	Marjoram
Stretch Marks	Massage oil, massagers, massage video, relax bath salts.	Lavender, Rose, Neroli
Stress	Anti-stress cassette, health books, massagers & massage video, lavender shampoo & conditioner, lavender dusting powder, relax bath salts, bubble bath & massage oil, all colour bath & candles except red & yellow, bath buddy, yellow/pink fortune cookie soap.	Relax blend, Marjoram, Orange
Sunburn	Spritzer	Lavender, Chamomille
Varicose Veins	Cellulite bath salts & massage oil, detox box, enthusiasm bath salts, shampoo & conditioner.	Geranium, Cypress, Juniper Berry
Warts	Spritzers, massage oil.	Tea Tree, Cinnamon
Water Retention	Cellulite salts and massage oil, spritzers, enthusiasm bath salts, shampoo & conditioner, rosemary facial saunas.	Grapefruit, Orange
Wrinkles	Massage oil, spritzers, rosemary facial saunas, elderflower facial saunas.	Wrinkle Free, Rose, Patchouli



## Metropolitan Aromatherapy Reference Chart

Disclaimer: Use essential oils at your own risk.

For more information contact:

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