

Mountain Country Soap
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The column below contains the following information:

Essential Oil
Latin Name
Origin
*** Mountain Country Soap products containing this oil**



Therapeutic Benefits and Uses of Essential Oils

The following information has been obtained from sources considered reliable. This information is being provided as a guideline on the known uses of essential oils and is not intended to diagnose, treat, or provide medical advice. Consult a holistic doctor or other health care professional for treatment of health problems. Never take essential oils internally without the guidance of a professional. Essential oils are highly concentrated. Use caution when using essential oils on children and during pregnancy. Keep out of the reach of children. Most essential oils should be diluted before using on the skin.

Methods Of Using Essential Oils

Bath & Body Products: Mountain Country Soap's aromatherapy products contain many of the essential oils listed below.

Bath: Most effective way to use essential oils by absorption through the skin and inhalation of aromatic vapors to benefit the body, mind, and soul. Add a few drops to bath water & enjoy.

Massage: A few drops may be added to one ounce of carrier or massage oils; sweet almond, apricot, avocado, or grape seed oil.

Inhalation: Add a few drops to a pot of hot water or aromatic diffuser to permeate your surroundings. This is an excellent way to freshen the air, kill airborne bacteria, promote physical and emotional well being, and create various moods within your environment.

Combine several essential oils to create your own synergistic blend.

Essential oils are highly concentrated ~ dilute a few drops in water or a carrier (vegetable or nut) oil before using.

Bergamot, Italian
 Citrus bergamia
 Italy

A fresh sweet citrus scent, slightly spicy, floral, and green. Uplifting to bring more confidence and courage into your life and love into your heart. Antiseptic properties. Stimulates the immune system to prevent colds, fever, flu, and infectious diseases. Helps ease tension, anxiety, worry, and depression by balancing the nervous system. Soothing to aid sleep. Helps regulate the menstrual cycle and eases symptoms of PMS and menopause. Skin care: acne, eczema, insect bites, insect repellent, oily skin, psoriasis, and healing cold sores. **Note:** Use diluted in small amounts on the skin to prevent irritation. Bergamot, or any citrus oil, may cause photo sensitivity and should not be used prior to exposure to the sun or the use of tanning beds.

Cedarwood, Virginia
 Juniperus virginiana
 United States

Sweet, balsamic, sporty, tobacco-like scent. Balancing and grounding aiding in clarity and good judgment. Helps ease nervous tension, stress, and anxiety and calms aggression. Antiseptic properties. Eases coughs and bronchitis. Skin Care: Acne, dandruff, eczema, insect repellent, oily hair and skin, and psoriasis. **Note:** Use in small amounts and in moderation. Use in dilution only. May cause irritation in some individuals. Cedarwood should not be used if you are pregnant.

Cinnamon Leaf
 Cinnamomum zeylanicum
 Ceylon
 *Coyote Moon

A sweet, spicy, peppery, herbaceous, and warm scent. Stimulating and uplifting. Aphrodisiac. Eases frigidity, debility, nervous exhaustion, and stress related conditions. Helps regulate the menstrual cycle. Antiseptic properties beneficial in chills, colds, flu, and infectious diseases. Skin care: Acne, oily skin, lice, stings, warts. **Note:** Nontoxic but may possibly cause skin irritation in some individuals. Use in moderation diluted.

Clary Sage
 Salvia sclarea
 Russia

A musky, sweet, herbaceous, pungent scent. Euphoric and antidepressant bringing about tranquility and balance to the mind and emotions. Calms anxiety, panic, and paranoia promoting deep sleep. A relaxing aphrodisiac, eases frigidity, impotence, migraine, and nervous tension. Helps regulate the menstrual cycle and eases PMS. Skin Care: Regenerates skin cells, stimulates the scalp, promotes hair growth. Antibacterial and antiseptic properties. **Note:** Clary Sage should not be used during pregnancy. Non toxic, non irritant, non sensitizing.

<p>Clove Leaf Eugenia Caryophyllata Indonesia *Coyote Moon, When Pigs Fly</p>	<p>A powerful sweet, rich, peppery, spicy, oriental scent. Stimulating and uplifting beneficial for depression and lethargy. Aphrodisiac. Eases frigidity, debility, depression, and stress related conditions. Antiseptic and antiviral properties for colds, flu, bronchitis, and minor infections. Skin care: Athlete's foot, repels mosquitoes. Note: Clove Leaf should be used with caution on the skin and moderately in dilution only. Never use in large concentration. May cause skin irritation in some individuals.</p>
<p>Eucalyptus Eucalyptus globulus China</p>	<p>Camphoraceous, fresh, slightly sweet scent. Helps clear and open energetic pathways of the body and mind. Purifies and clears negative energy. Balances the heart chakra and emotions to help alleviate grief and sorrow. Speeds physical and emotional healing. Antiseptic, antiviral, and antibiotic properties. Steam inhalation and spray mist is highly beneficial for respiratory infection, congestion, colds, flu, fevers, congestion. Skin Care: Burns, blisters, cuts, herpes, insect bites, insect repellent, skin infections. Note – Use in dilution only. In concentration, eucalyptus oil can irritate the skin. Do not use on young children. Toxic if taken internally.</p>
<p>Fir Needle, Siberian Abies sibirica Siberia</p>	<p>Rich, balsamic, refreshing, and deodorizing. It's calming properties are beneficial in easing anxiety, stress, and stress related condition. Stimulating to restore energy due to fatigue and nervous exhaustion. Antiseptic and antiviral properties are beneficial for colds, flu, infectious diseases, and helps ease respiratory difficulties, muscular aches & pains. Skin care: Cuts, sores, and excessive perspiration. Note: Do not use if you have allergic conditions. Can irritate skin in concentration. Use in moderation and dilution only.</p>
<p>Lavender Lavandula angustifolia France *Lavender Fields, Lavender Herbal Body Balm</p>	<p>Classic floral, light, mellow scent. One of the most gentle and versatile essential oils. Excellent for clearing negative energy enhancing clarity, peace of mind, and emotional balance. Eases insomnia, depression, impatience, anger, stress, worry, and shock. Strengthens immune system, aids healing process, promotes a calming effect promoting restful sleep, especially when used in the bath. Helps alleviate headaches, regulate the menstrual cycle, eases PMS., muscle spasms, and pain. Strong antibacterial, antiviral, antifungal, and antiseptic properties. Skin Care: Acne, athlete's foot, burns, dermatitis, eczema, insect bites, psoriasis, sunburn, wounds, regenerates skin cells. Note: Non toxic, non irritant, non sensitizing.</p>
<p>Lemon Citrus limon United States *Citrus Splash</p>	<p>Fresh, clean, fruity, and lemony. A refreshing stimulant bringing vitality and energy to the body and clarity to the mind easing anxiety, depression, and confusion. Antiseptic and antibacterial properties. Stimulates the immune system to prevent colds, fever, flu, and infectious diseases and aids in healing. Skin care: acne, insect bites, oily skin, infections, wounds, and warts. Note: Use diluted in small amounts on the skin to prevent irritation. Lemon, or any citrus oil, may cause photo sensitivity and should not be used prior to exposure to the sun or the use of tanning beds.</p>
<p>Lemongrass Cymbopogon citratus Guatemala *Citrus Splash</p>	<p>Citrus, lemony, grassy, pungent scent. Eases anxiety and depression. Brings cheer, optimism, and humor into one's life. Helps alleviate headaches, nervous exhaustion, stress related conditions, and achy muscles. Antibacterial, antiseptic, and anti-fungal properties. Skin Care: Acne, athlete's foot, insect repellent, excessive perspiration, open pores, tissue toner. Note: Non toxic, non irritant, non sensitizing in most people. Do not use on cats.</p>
<p>Lime Citrus aurantifolia Persia *Limelight Bay</p>	<p>A fresh, green citrus scent; fruity and clean. Refreshing, stimulating, and uplifting beneficial for apathy, depression, and anxiety. May be helpful in treating alcoholism due to its disinfecting and detoxifying properties. Antiviral, antiseptic, and antibacterial properties. Stimulates the immune system to prevent colds, fever, flu, and infectious diseases. Skin care: acne, insect bites, oily skin, infections, wounds, and warts. Note: Use diluted in small amounts on the skin to prevent irritation. Lime, or any citrus oil, may cause photo sensitivity and should not be used prior to exposure to the sun or the use of tanning beds.</p>
<p>Patchouli Pogostemon cablin India *Aging Hippie</p>	<p>An earthy, musky, spicy, sensual scent. Helps one to feel comfortable, peaceful, safe, and grounded in their physical bodies. An aphrodisiac, easing frigidity and impotence. Small amounts stimulate the nervous system alleviating lethargy, confusion, and depression: larger amounts act as a sedative, calming stress and anxiety. Antibacterial, antiseptic, and anti-fungal properties. Skin Care: Acne, cracked and chapped skin, dandruff, dermatitis, eczema, insect repellent, fungal infections, impetigo, open pores, wounds, regenerates skin cells, anti-aging properties. Note: Non toxic, non irritant, non sensitizing.</p>

<p>Peppermint Mentha piperita China *Mint Tingle</p>	<p>Fresh, clean, minty, stimulating scent. Exciting, revitalizing, and refreshing. Stimulates and awakens the senses. Sparks our inner child bringing about a sense of enthusiasm and excitement. Helps clear negative energy. Aids concentration and decisiveness. Calms the nerves in times of shock, motion sickness, headaches, and nausea. Beneficial for fevers, colds, flu, respiratory problems, muscular aches and joint pains. Antiseptic and antiviral properties. Skin Care: Acne, antiseptic skin cleanser, oily skin, skin irritation, itching, dermatitis. Note: Use diluted in very small amounts on the skin due to menthol content. Possibility of skin irritation in some individuals with sensitive skin. Mint oils may negate the effects of homeopathic remedies; stop use of mint oils during treatment or as advised by your doctor. Keep away from eyes. Mint oils should not be used during pregnancy due to its stimulating effects.</p>
<p>Rose Geranium Pelargonium graveolens Egypt *When Pigs Fly, Facial Butter</p>	<p>Rosy, sweet, floral, minty, fresh scent. Balances the mind, body, and emotions. Eases anxiety, apprehension, depression, mood swings, emotional imbalance. Excellent for anxious children. Encourages harmonious relationships. Normalizing; either stimulating or sedating according to individual needs. Helps regulate the menstrual cycle and ease symptoms of PMS and menopause. Antiseptic and anti-fungal properties. Skin Care: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, mature skin, rejuvenates skin cells, wounds. Non toxic, non irritant, non sensitizing.</p>
<p>Rosemary Tunis Rosmarinus officinalis Tunisia *Coyote Moon, Citrus Splash</p>	<p>Fresh, woody, camphoraceous, balsamic scent. Enhances mental clarity, concentration, memory, and creativity. Helps clear negative energy with a protective quality. Helps alleviate physical, mental, and emotional lethargy. Promotes self confidence, courage, and determination. Beneficial to the immune and respiratory system. Relieves muscular, arthritic, and sciatica pain. Antiseptic and anti-fungal properties. Skin Care: Acne, burns, dermatitis, eczema, rejuvenates the skin, stimulates hair growth, beneficial to the scalp. Non toxic, non irritant when diluted, non sensitizing. Note: Rosemary should not be used during pregnancy, or by people with epilepsy, or high blood pressure.</p>
<p>Spearmint Mentha spicata United States *Citrus Splash, Java Mint, Lavender Fields, Mint Tingle, When Pigs Fly, Spearmint Herbal Lip Balm, Rose Geranium and Lavender Herbal Body Balms</p>	<p>Fresh, clean, and stimulating. Very similar to peppermint but sweeter and not as intense. Refreshing to the body and mind enhancing mental clarity and concentration by awakening the senses. Calms the nerves in times of shock, motion sickness, headaches, and nausea. Beneficial for colds, flu, respiratory problems, muscular aches and pains. Skin care: Acne, antiseptic skin cleanser, oily skin, insect repellent. Note: Use diluted in very small amounts on the skin due to menthol content. Possibility of skin irritation and irritation in some individuals with sensitive skin. Mint oils may negate the effects of homeopathic remedies; stop use of mint oils during treatment or as advised by your doctor. Mint oils should not be used during pregnancy due to its stimulating effects.</p>
<p>Sweet Orange Citrus sinensis USA *Citrus Splash, Coyote Moon, When Pigs Fly, Facial Butter, Sweet Orange Herbal Lip Balm, Rose Geranium Herbal Body Balm</p>	<p>Sweet, fresh, fruity, tangy scent. Brings the healing and rejuvenating qualities of solar energy into the mind and body. Promotes mental clarity, emotional balance, and harmonious relationships. Encourages confidence, trust, tolerance, and the release of deep emotional issues. Relaxing, calming, soothes the nerves, eases obsession, fear, and depression, aids in sleep. Great air freshener to remove odors and in cutting grease and sticky residue. Aids muscular spasms, lymphatic drainage, and fluid retention. Skin Care: Non toxic, non irritant, possible sensitization in photo sensitive people. Note: Sweet orange oil, or any citrus oil, may cause photo sensitivity and should not be used prior to exposure to the sun or the use of tanning beds.</p>
<p>Tea Tree Melaleuca alternifolia Australia *Citrus Splash, Coyote Moon, Herbal Lip Balms, Herbal Body Balms</p>	<p>Camphoraceous, medicinal, pungent, slightly spicy scent. Known as the “Miracle Oil” and “Australian Gold”. Penetrating, medicinal, stimulating, and refreshing. The single most effective and non-toxic antibacterial, anti-fungal, antiviral, and anti-infectious essential oil. A must for first aid kits. Stimulates the immune system, colds, flu, bronchitis. Assists and speeds all healing processes. Skin Care: Abscess, acne, athlete’s foot, blisters, burns, bruises, candida albicans, chicken pox rash, cold sores, dandruff, infections, insect bites and stings, fungus, herpes, insect bites, rashes, tooth and gum infections, warts, wounds. Non toxic, non irritant, and non sensitizing in most people. Note: Use diluted if skin is sensitive without diluting.</p>
<p>Ylang Ylang Cananga odorata genuine Phillipines</p>	<p>An exotic sweet sensual scent. Floral, slightly spicy with rich, heady, oriental tones. An aphrodisiac helping one overcome sexual difficulties by increasing sensuality and sexuality. Relaxing and calming to the nervous system easing stress, depression, anxiety, frustration, fear, and anger. Helps ease symptoms of PMS. Antiseptic and anti-infectious properties. Skin care: Acne, irritated skin, balances oily skin, stimulates hair growth, and insect bites. Note: Nontoxic and nonirritant in most people. Use diluted due to intense scent.</p>