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## Product Catalog

### SINGLE ESSENTIAL OILS



*Angelica*

## ANGELICA

*Angelica archangelica*

5 ML

**H**istory: In Asia, angelica's reputation is perhaps second only to that of ginseng. Angelica is referred to in Germany as the "oil of angels," perhaps because of its ability to calm anxiety, restore happy memories, and bring peaceful sleep. Relaxing to nerves and muscles, the essential oil is steam-distilled from the root.

#### **Historical Uses:**

- People in the Middle Ages chewed the herb and seeds to protect from the plague.
- Traditional medicine practitioners used it as a stimulant, digestive tonic, expectorant. Used to relieve intestinal colic and poor digestion.
- Claimed to combat bronchitis, colds, colic, and rheumatism.
- Medieval and Renaissance herbals stated the herb had blood purifying powers.
- Anciently used as a remedy for "poisons, agues and all infectious maladies."
- Highly regarded as an anti-spasmodic for menstrual cramps and minimizing flow.
- Said to strengthen the heart and lungs and improve liver and spleen function.

Epidemiological research has not yet verified these historical uses.

### **Directions:**

**Dietary Supplement:** Dilute 1 drop with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily or as needed.

**Topical:** Dilute 1 drop of product with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Then apply on location.

**Aromatic:** Diffuse up to 30 minutes three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use. Avoid direct sunlight or UV rays for up to 24 hours after applying product.

### **References:**

Reiter M, Brandt W. Relaxant effects on tracheal and ileal smooth muscles of the guinea pig. *Arzeimittelforschung*. 1985; 35(1a): 408-14.

## **BLUE CYPRESS**

*Callitris intratropica*

15 ML

**H**istory: Originating from Bathurst and Melville Islands, off the coast of the Northern Territory of Australia, blue cypress is more ancient than the Eucalyptus or Melaleucas species. Distilled from the wood, blue cypress is one of the highest known essential oils in sesquiterpenes (over 50%).

### **Historical Uses:**

- A major part of the aboriginal pharmacopoeia is the preparation and use of essential oil-bearing plants.
- Tiwis and some mainland aboriginal groups used it as a wash to relieve abdominal cramps, and apply it to sores and cuts.
- The bark is thrown into the campfire to drive off mosquitoes.
- In ancient times, Blue Cypress was used as incense, perfume and for embalming.

Epidemiological research has not yet verified many of these traditional uses.

### **Directions:**

**Topical:** Apply 2-4 drops on location. Dilution not required, except for the most sensitive skin.

**Aromatic:** Diffuse up to 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

## **BLUE TANSY**

*Tanacetum annuum*

5 ML

**H**istory: Blue tansy is also known as Moroccan chamomile and is rich in sesquiterpenes similar to those found in German chamomile.

### **Historical Uses:**

- Claimed to combat inflammation and pain.
- Soothing to the skin
- Supportive to digestion

Epidemiological research has not yet verified these historical uses.

### **Directions:**

**Dietary Supplement:** Put 2 drops in a capsule. Take three times daily or as needed.

**Topical:** Apply 2-4 drops on location. Dilution not required, except for the most sensitive skin.

**Aromatic:** Diffuse up 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

## **CARDAMOM**

*Elettaria cardamomum*

15 ML

**H**istory: From the ginger family, it is steam-distilled from dried ripe fruit (seeds). Used to protect the stomach when used internally and used to invigorate the mind when used aromatically.

### **Historical Uses:**

- Used to improve and protect the digestive system.
- Aromatically said to improve mental alertness and fight fatigue.
- Topically used as an insect repellent.
- Indians regarded it as a cure for obesity in ancient times.
- It has been used as a digestive aid
- Said to soothe spastic colon and relieve flatulence and constipation.
- Used traditionally in India for asthma, bronchitis, kidney stones, and disorders of the urinary tract.

Epidemiological research has not yet verified these historical uses.

### **Directions:**

**Dietary Supplement:** Dilute 1 drop with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily or as needed.

**Topical:** Dilute 1 drop with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Then apply on location.

**Aromatic:** Diffuse up to 30 minutes three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

### **References:**

Jamal A, Javed K, Aslam M, Jafri MA. Gastroprotective effect of cardamom, *Elettaria cardamomum* Maton. fruits in rats. *J Ethnopharmacol.* 2006 Jan 16;103(2):149-53. Epub 2005 Nov 17.

Sandhu DS, Heinrich M. The use of health foods, spices and other botanicals in the Sikh community in London. *Phytother Res.* 2005 Jul;19(7):633-42.

Suneetha WJ, Krishnakantha TP. Cardamom extract as inhibitor of human platelet aggregation. *Phytother Res.* 2005 May;19(5):437-40.

## CARROT SEED

*Daucus carota*

5 ML

Distilled from the dried fruit (seeds)

**Historical Uses:** With tonic properties, it has been used for urine retention, for kidney and digestive complaints and to promote menstruation.

### **Historical Uses:**

- Traditionally used in aromatherapy for arthritis, gout, and menstrual problems.
- Claimed to improve digestion, to reduce toxins.
- Supports liver regeneration.
- Used to revitalize and regenerate dry, pallid skin by moistening and improving skin tone and elasticity.
- Said to be a muscle relaxant and vasodilator.
- Reputed to be heart and liver protective.

Epidemiological research has not yet verified these historical uses.

### **Directions:**

**Dietary Supplement:** Dilute 2 drops in a capsule. Take three times daily or as needed.

**Topical:** Dilute 2-4 drops directly on location. Dilution not required, except for the most sensitive skin. **Aromatic:** Diffuse up 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with

a health professional before use.

### **References:**

Friedman et al., Bactericidal activities of plant essential oils and some of their isolated constituents against *Campylobacter jejuni*, *Escherichia coli*, *Listeria monocytogenes*, and *Salmonella enterica*. *J Food Prot.* 2002 Oct; 65(10): 1545-60.

## CELERY SEED

*Apuim Graveolens*

15 ML

**History:** Historically used as an anti-inflammatory and to protect the liver. Also used as a mosquito deterrent.

In Chinese medicine, celery seed is the standard treatment for dizziness, high blood pressure, and regulating menstrual cycle. In folk medicine, celery has a long-standing reputation as a carminative, alleviating gas and the stomach pains associated it. It contains apiol, which may benefit the urinary tract.

### **Historical Uses:**

- Used to improve kidney function and relieve fluid retention to slow water retention and regulate blood pressure.
- Claimed to combat bladder infections and support urinary tract function
- Used to treat rheumatism, arthritis, and gout, and ease joint discomfort due to inflammation.
- Claimed to help eliminate uric acid.
- Said to promote the onset of menstruation.
- Reputed to soothe nerves, relieve pain, and quench muscle spasms.

Epidemiological research has not yet verified these historical uses.

### **Directions:**

**Dietary Supplement:** Dilute 2 drops with 2 drops vegetable oil (e.g., virgin coconut, olive, almond) Put in a capsule and take up to three times daily or as needed.

**Topical:** Diffuse 1 drop with 1 drop of vegetable (e.g., virgin coconut, olive, almond) Then apply on locations.

**Aromatic:** Diffuse up to 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

## Reference:

- Sultana S et al. Inhibitory effect of celery seeds extract on chemically induced hepatocarcinogenesis: modulation of cell proliferation, metabolism and altered hepatic foci development. *Cancer Lett.* 2005 Apr 18;221(1):11-20.
- Choochote W et al. Potential of crude seed extract of celery, *Apium graveolens* L., against the mosquito *Aedes aegypti* (L.) (Diptera: Culicidae). *J Vector Ecol.* 2004 Dec;29(2):340-6.
- Whitehouse MW, Butters DE. Combination anti-inflammatory therapy: synergism in rats of NSAIDs/corticosteroids with some herbal/animal products. *Inflammopharmacology.* 2003;11(4):453-64.

# CITRONELLA

*Cymbopogon nardus*

15 ML

ORAC = 3,100,000 mMTE/L

**History:** One of the oldest and widely used insect deterrents, citronella has been shown to deter a number of different ticks and mosquitoes. When combined with cedarwood essential oil, citronella may deter other insects. It also has been used in food to prevent spoilage by fungal and bacterial microorganisms. It has been used to deodorize surfaces. As a dietary supplement, citronella supports healthy digestive and glandular systems.

Aromatically, enhances well-being and dispel anxious thoughts and tension.

## Directions:

**Dietary Supplement:** Dilute 1 drop with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily or as needed.

**Topical:** Dilute 1 drop with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Then apply on location.

**Aromatic:** Diffuse up to 30 minutes three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

## Reference:

- Kumar R, Srivastava M, Dubey NK. Evaluation of *Cymbopogon martinii* oil extract for control of postharvest insect deterioration in cereals and legumes. *J Food Prot.* 2007 Jan;70(1):172-8.
- Duarte MC, Leme EE, Delarmelina C, Soares AA, Figueira GM, Sartoratto A. Activity of essential oils from Brazilian medicinal plants on *Escherichia coli*. *J Ethnopharmacol.* 2006 Dec 3.
- Helal GA et al. Effects of *Cymbopogon citratus* L. essential oil on the growth, lipid content and morphogenesis of *Aspergillus niger* ML2-strain. *J Basic Microbiol.* 2006;46(6):456-69.
- Raybaudi-Massilia RM, Mosqueda-Melgar J, Martin-Belloso O. Antimicrobial activity of essential oils on *Salmonella enteritidis*, *Escherichia coli*, and *Listeria innocua* in fruit juices. *J Food Prot.* 2006 Jul;69(7):1579-86.

Trongtokit Y, Curtis CF, Rongsriyam Y. Efficacy of repellent products against caged and free flying *Anopheles stephensi* mosquitoes. *Southeast Asian J Trop Med Public Health.* 2005 Nov;36(6):1423-31.

Yang P, Ma Y. Repellent effect of plant essential oils against *Aedes albopictus*. *J Vector Ecol.* 2005 Dec;30(2):231-4.

Ernst E. Herbal remedies for anxiety - a systematic review of controlled clinical trials. *Phytomedicine.* 2006 Feb;13(3):205-8. Epub 2005 Aug 15. Review.

Thorsell W, Mikiver A, Tunon H. Repelling properties of some plant materials on the tick *Ixodes ricinus* L. *Phytomedicine.* 2006 Jan;13(1-2):132-4. Epub 2005 Jul 1.

# GERMAN (BLUE) CHAMOMILE

*Matricaria recutita*

5 ML

ORAC = 2,100,000 mMTE/L

**H**istory: German Chamomile has been used for millennia to fight inflammation. It contains chamazulene, a compound studied extensively for its anti-inflammatory properties. The topical anti-inflammatory cream, Kamillosan, contains as its active ingredient a compound derived from blue chamomile.

Epidemiological research has not yet verified these historical uses.

## Directions:

**Dietary Supplement:** Put 2 drops in a capsule. Take three times daily or as needed.

**Topical:** Apply 2-4 drops on location. Dilution not required, except for the most sensitive skin.

**Aromatic:** Diffuse up 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

## References:

- Ganzer M, Schneider P, Stuppner H. Inhibitory effects of the essential oil of chamomile (*Matricaria recutita* L.) and its major constituents on human cytochrome P450 enzymes. *Life Sci.* 2006 Jan 18;78(8):856-61. Epub 2005 Aug 31.
- Hernandez-Ceruelos A, Madrigal-Bujaidar E, de la Cruz C. Inhibitory effect of chamomile essential oil on the sister chromatid exchanges induced by daunorubicin and methyl methanesulfonate in mouse bone marrow. *Toxicol Lett.* 2002 Sep 5;135(1-2):103-110.
- Rekka E et al., Synthesis of new azulene derivatives and study of their effect on lipid peroxidation and lipoxygenase activity. *Chem Pharm Bull (Tokyo).* 2002 Jul;50(7):904-7.
- Miller T, Wittstock U, Lindequist U, Teuscher E. Effects of some components of the essential oil of chamomile, *Chamomilla recutita*, on histamine release from rat mast cells. *Planta Med.* 1996 Feb;62(1):60-1.

Safayhi H, Sabieraj J, Sailer ER, Ammon HP. Chamazulene: an antioxidant-type inhibitor of leukotriene B4 formation. *Planta Med.* 1994 Oct;60(5):410-3.

## LEMON MYRTLE

*Backhousia citriodora*

5 ML

**H**istory: The richest source of the aromatic aldehydes citral (geranial + neral), lemon myrtle has been described as “lemongrass on steroids.” It has been studied for its antimicrobial properties and ability to inhibit the growth of *Helicobacter pylori*.

Aromatically described as “more lemon than lemon,” it has an uplifting, refreshing and clean citrus note. The mentally cleansing effect would be useful to enhance concentration as well as helping to clear the mind prior to restful sleep.

Epidemiological research has not yet verified these uses.

### **Directions:**

**Dietary Supplement:** Dilute 1 drop of product with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily or as needed.

**Topical:** Dilute 1 drop with 1 drop of vegetable oil (e.g., virgin coconut, olive, almond). Then apply on location.

**Aromatic:** Diffuse up to 30 minutes three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

### **References:**

Bergonzelli GE, Donnicola D, Porta N, Cortesy-Theulaz IE. Essential oils as components of a diet-based approach to management of *Helicobacter* infection. *Antimicrob Agents Chemother.* 2003 Oct;47(10):3240-6.

Wilkinson JM, Hipwell M, Ryan T, Cavanagh HM. Bioactivity of *Backhousia citriodora*: antibacterial and antifungal activity. *J Agric Food Chem.* 2003 Jan 1;51(1):76-81.

## PALMAROSA

*Cymbopogon martinii*

15 ML

**H**istory: Palmarosa is stimulating and soothing. Plate studies in vitro have shown that it inhibits the growth of fungi and gram negative and positive bacteria (ie., *pseudomonas* and *salmonella*) in university studies.

The oil is high in geraniol, which inhibits *Helicobacter pylori* microorganisms.

### **Directions:**

**Dietary Supplement:** Dilute 2 drops with 2 drops vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily or as needed.

**Topical:** Apply 2-4 drops on location. Dilution not required, except for the most sensitive skin.

**Aromatic:** Diffuse up 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.

### **References:**

Raybaudi-Massilia RM et al. Antimicrobial activity of essential oils on *Salmonella enteritidis*, *Escherichia coli*, and *Listeria innocua* in fruit juices. *J Food Prot.* 2006 Jul;69(7):1579-86.

Prashar A, Hili P, Veness RG, Evans CS. Antimicrobial action of palmarosa oil (*Cymbopogon martinii*) on *Saccharomyces cerevisiae*. *Phytochemistry.* 2003 Jul;63(5):569-75.

Pattanaik S, Subramanyam VR, Kole C. Antibacterial and antifungal activity of ten essential oils in vitro. *Microbios.* 1996;86(349):237-46.

Ansari MA, Razdan RK. Relative efficacy of various oils in repelling mosquitoes. *Indian J Malariol.* 1995 Sep;32(3):104-11.

Viollon C, Chaumont JP. Antifungal properties of essential oils and their main components upon *Cryptococcus neoformans*. *Mycopathologia.* 1994 Dec;128(3):151-3.

## PETITGRAIN

*Cirtus aurantium*

5 ML

**P**etitgrain (*Citrus sinensis*) has a fresh, citrusy scent that is revitalizing, yet relaxing and uplifting. Derived from leaves of the orange tree rather than the blossoms or fruit, it is beneficial for skin and hair. It is also supportive of the nervous system, having the ability to help re-establish emotional equilibrium.

### **Directions:**

**Dietary Supplement:** Dilute 2 drops with 2 drops vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily or as needed.

**Topical:** Apply 2 drops on location. Dilution not required, except for the most sensitive skin.

**Aromatic:** Diffuse up 1 hour three times daily.

**Caution:** Keep out of reach of children. If pregnant, nursing, or if you have a medical condition, consult with a health professional before use.