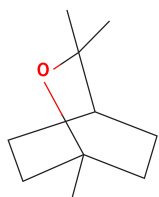


These five components show up in a lot of popular essential oils. For this list, we've "distilled" (pun intended!) each component's benefits down to just four (otherwise this PDF would be waaay too long!). But each component is complex and nuanced. Each component has more benefits than we had room to share, and it shows up in more oils than are listed. Consider this a quick reference sheet for these components!

COMPONENT:
1,8-Cineole

CHEMICAL FAMILY:
Oxides



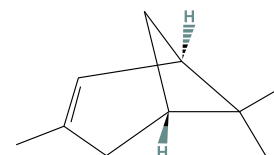
TOP 4 BENEFITS:

- Calm inflammation
- Decrease mucus
- Enhance cognition
- Reduce microbes

A main component in: eucalyptus (*Eucalyptus globulus*), eucalyptus radiata (*Eucalyptus radiata*), helichrysum (*Helichrysum gymnocephalum*), ravintsara (*Cinnamomum camphora ct 1,8-cineole*), saro (*Cinnamosma fragrans*)

COMPONENT:
***α*-Pinene**

CHEMICAL FAMILY:
Monoterpenes



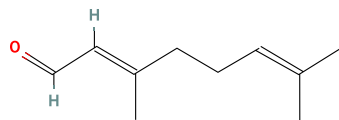
TOP 4 BENEFITS:

- Calm inflammation
- Ease anxiety & heavy emotions
- Reduce microbes
- Relax the nervous system

A main component in: cypress (*Cupressus sempervirens*), frankincense (*Boswellia carterii*), juniper berry (*Juniperus communis*), kanuka (*Kunzea ericoides*), myrtle (*Myrtus communis*), Norway pine (*Pinus resinosa*), white pine (*Pinus strobus*)

COMPONENT:
Citral

CHEMICAL FAMILY:
Aldehydes



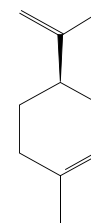
TOP 4 BENEFITS:

- Calm inflammation
- Reduce fungus
- Reduce microbes
- Relax the nervous system

A main component in: honey myrtle (*Melaleuca teretifolia*), lemon myrtle (*Backhousia citriodora*), lemongrass (*Cymbopogon citratus*), may chang (*Litsea cubeba*), melissa (*Melissa officinalis*)

COMPONENT:
***d*-Limonene**

CHEMICAL FAMILY:
Monoterpenes



TOP 4 BENEFITS:

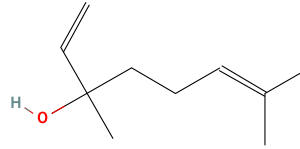
- Calm inflammation
- Ease anxiety & heavy emotions
- Reduce microbes
- Support immunity

A main component in: bergamot (*Citrus bergamia*), elemi (*Canarium luzonicum*), grapefruit (*Citrus paradisi*), lemon (*Citrus limon*), distilled lime (*Citrus aurantifolia*), sweet orange (*Citrus sinensis*), palo santo (*Bursera graveolens*), yuzu (*Citrus junos*)

COMPONENT:

Linalool

CHEMICAL FAMILY:
Monoterpenols



TOP 4 BENEFITS:

- Calm inflammation
- Reduce microbes
- Relax the nervous system
- Soothe damaged skin

A main component in: lavender (*Lavandula angustifolia*), bergamot mint (*Mentha citrata*), coriander (*Coriandrum sativum*), spike lavender (*Lavandula latifolia*), sweet basil (*Ocimum basilicum ct linalool*), thyme ct linalool (*Thymus vulgaris ct linalool*)

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