














## ESSENTIAL OILS AND PAIN

 <p>ROMAN CHAMOMILE</p>	<p><u>NOBLE CHAMOMILE</u> : antispasmodic, anti-inflammatory, analgesic, anaesthetic</p>
 <p>CLOVES</p>	<p><u>CLOVE</u> : analgesic, anaesthetic (used in dentistry)</p>
 <p>EUCALYPTUS</p>	<p><u>EUCALYPRUS CITRIODORA</u> : analgesic, anti-inflammatory, antispasmodic</p>
 <p>HELICHRYSUM</p>	<p><u>HELICRYSUM</u> : analgesic, anti-inflammatory, antispasmodic</p>
 <p>JUNIPER BERRY</p>	<p><u>JUNIPER</u> : analgesic, anti-inflammatory, antispasmodic</p>
 <p>LAVENDER</p>	<p><u>LAVENDER FINE</u> : analgesic, anti-inflammatory, antispasmodic</p>
 <p>PEPPERMINT</p>	<p><u>PEPPERMINT</u> : useful cold effect on inflammations, menthol also has an anaesthetic action</p>
	<p><u>PETIT GRAIN BIGARADE</u> : antispasmodic, anti-inflammatory</p>
 <p>PINK PEPPER</p>	<p><u>PINK / BLACK PEPPER</u> : analgesic, anti-inflammatory</p>
 <p>SAVORY</p>	<p><u>SAVORY</u> : analgesic</p>
 <p>verbena</p>	<p><u>LEMON VERBENA</u> : anti-inflammatory, anti-neuralgic</p>
 <p>WinterGreen</p>	<p><u>WINTERGREEN</u> : anti-inflammatory, antispasmodic (known especially for tendonitis)</p>
 <p>YLANG YLANG</p>	<p><u>YLANG-YLANG</u> : anti-inflammatory, analgesic</p>