



Chemical Families & Therapeutic Components

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Chemical Families: A Practical Guide

Family	Focus	Common Oils	Safety
Monoterpenes	Uplifting	Lemon, Frankincense	Store cool.
M. Alcohols	Calming	Lavender, Tea Tree	Gentle.
Esters	Calming	Chamomile, Bergamot	Safe.
Sesquiterpenes	Grounding	Patchouli, Cedarwood	Gentle.
Oxides	Expectorant	Eucalyptus, Rosemary	Avoid use with children.
Phenols	Antimicrobial	Clove, Oregano	Potent; <0.5%.

Therapeutic Components List

Component	Family	Medicinal Actions
Carene (δ -3)	Monoterpene	Anti-inflammatory
Bornyl acetate	Ester	Analgesic, sedative
Camphor	Ketone	Analgesic, antibacterial
Alpha-pinene	Monoterpene	Antimicrobial
Linalool	M. Alcohol	Calming, sedative
1,8-Cineole	Oxide	Expectorant, stimulating

Note: Research is often in vitro or animal-based. Use this list for blending guidance. Always prioritize the safety profile of the specific oil.