

## Complementary Essential Oils

Common Name	Botanical Name	Complementary Oils
Angelica	<i>Angelica archangelica (seed/root)</i>	Bergamot, Black Spruce, Blue Spruce, Cedarwood, Neroli, Orange, Petitgrain, Sage, Ylang Ylang, Vetiver
Balsam Fir (Idaho)	<i>Abies balsamea</i>	German Chamomile, Cedarwood, Cypress, Frankincense, Juniper, Lavender, Lemon, Myrtle, Petitgrain, Pine, Rosemary, Sandalwood, Ylang Ylang, Vetiver
Basil	<i>Ocimum basilicum</i>	Bergamot, Black Spruce, Cypress, Geranium, Helicrysum, Lavender, Lemongrass, Marjoram, Peppermint, Wintergreen
Bergamot	<i>Citrus aurantium ssp. bergamia</i>	Angelica, Clary Sage, Cypress, all other citrus oils, Eucalyptus oils, Geranium, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Neroli, Palmarosa, Patchouli, Peppermint, Ylang Ylang
Black Pepper	<i>Piper nigrum</i>	Carrot Seed, Clove, Fennel, Frankincense, Ginger, Lauris Nobilis, Lavender, Lemon, Marjoram, Neroli, Rose, Rosemary, Sandalwood, Tea Tree
Black Spruce (Northern Lights)	<i>Picea mariana</i>	Balsam Fir, Blue Spruce, Cedarwood, Cypress, Eucalyptus radiata, Frankincense, Helichrysum, Lauris Nobilis, Lavender, Lemon, Palo Santo, Petitgrain, Pine, Roman Chamomile, Sandalwood, Wintergreen
Blue Cypress	<i>Callitris intratropica</i>	Cedarwood, Frankincense, Helichrysum, Lavender, Melissa, Sandalwood
Blue Spruce	<i>Picea pungens</i>	German Chamomile, Cedarwood, Cypress, Frankincense, Juniper, Lavender, Lemon, Myrtle, Petitgrain, Pine, Rosemary, Sandalwood, Ylang Ylang, Vetiver
Blue Tansy	<i>Tanacetum annum</i>	Elemi, Hyssop, Lavender, Niaouli, Peppermint
Cardamom	<i>Elettaria cardamomum</i>	Bergamot, Black Pepper, Black Spruce, Cedarwood, Cinnamon Bark, Cistus, Clove, Eucalyptus species, Fennel, Lauris Nobilis, Lemon, Myrtle, Neroli, Orange, Pine, Rose, Rosemary, Thyme, Ylang Ylang
Carrot Seed	<i>Daucus carota</i>	Cistus, Citrus Oils, Fennel, Frankincense, Geranium, German Chamomile, Helichrysum, Lavender

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Cedarwood	<i>Cedrus atlantica</i>	Bergamot, Clary Sage, Cypress, Eucalyptus oils, Frankincense, Geranium, Grapefruit, Juniper, Myrrh, Orange, Patchouli, Rosemary, Ylang Ylang
Cinnamon Bark	<i>Cinnamomum zeylanicum (bark)</i>	All Citrus Oils, Cardamom, Clove, Coriander, Cypress, Frankincense, Geranium, Juniper, Lavender, Rosemary
Cistus	<i>Cistus ladaniferus</i>	Bergamot, Carrot Seed, Cypress, Frankincense, Helichrysum, Juniper, Lavender, Myrrh, Neroli, Patchouli, Pine, Sandalwood, Rose, Vetiver
Citronella	<i>Cymbopogon nardus</i>	Bergamot, Cedarwood, Geranium, Grapefruit, Lavender, Lemon, Orange, Patchouli, Peppermint, Pine
Clary Sage	<i>Salvia sclarea</i>	Bergamot, Cedarwood, Citrus Oils, Cypress, Geranium, Juniper, Sandalwood
Clove	<i>Eugenia caryophyllatta</i>	Basil, Bergamot, Cinnamon Bark, Cardamom, Cedarwood, Clary Sage, Grapefruit, Lavender, Lemon, Manuka, Nutmeg, Myrtle, Naiouli, Orange, Peppermint, Rose, Rosemary, Ylang Ylang
Copaiba	<i>Copaifera reticulata</i>	Balsam Fir, Black Spruce, Blue Spruce, Lavender, Marjoram, Peppermint, Wintergreen
Coriander Seed	<i>Coriandrum sativum</i>	Bergamot, Cinnamon Bark, Citronella, Clary Sage, Cypress, Fennel, Ginger, Jasmine, Lavender, Neroli, Marjoram, Orange, Petitgrain, Roman Chamomile, Sandalwood, Tangerine
Cypress	<i>Cupressus sempervirens</i>	Bergamot, Black Spruce, Cedarwood, Clary Sage, Geranium, Helichrysum, Juniper, Lavender, Lemon, Marjoram, Niaouli, Orange, Rose, Sandalwood
Dill	<i>Anethum graveolens</i>	Citrus Oils, Nutmeg
Dorado Azul	<i>Hyptis suaveolens</i>	Blue Cypress, Copaiba, Eucalyptus Oils, German Chamomile, Lavender, Niaouli, Sage, Wintergreen, Vetiver
Elemi	<i>Canarium luzonicum</i>	Angelica, Cedarwood, Cistus, Cypress, Frankincense, Helichrysum, Lavender, Myrrh, Neroli, Palo Santo, Rosemary, Sage

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Common Name	Botanical Name	Complementary Oils
Eucalyptus Blue	<i>Eucalyptus bicosta</i>	Cardamom, Eucalyptus (all types), Lauris Nobilis, Lavender, Lemon, Myrtle, Pine, Ravintsara, Rosemary, Tea Tree
Eucalyptus globulus	<i>Eucalyptus globulus</i>	Cardamom, Eucalyptus (all types), Geranium, Juniper, Lauris Nobilis, Lavender, Lemon, Lemongrass, Melissa, Myrtle, Pine, Ravintsara, Rosemary, Tea Tree, Thyme, Sandalwood
Eucalyptus radiata	<i>Eucalyptus radiata</i>	Cardamom, Eucalyptus (all types), Geranium, Juniper, Lauris Nobilis, Lavender, Lemon, Lemongrass, Melissa, Myrtle, Pine, Ravintsara, Rosemary, Tea Tree, Thyme, Sandalwood
Fennel	<i>Foeniculum vulgare</i>	Basil, Cardamom, Clary Sage, Coriander, Geranium, Ginger, Grapefruit, Lavender, Marjoram, Rosemary, Sandalwood, Tangerine, Ylang, Ylang
Frankincense	<i>Boswellia carteri</i>	all oils
Galbanum	<i>Ferula gummosa</i>	all oils
Geranium	<i>Pelargonium graveolens</i>	Bergamot, Clary Sage, Cypress, Lavender, Valerian particularly, and plays well with most other oils
German Chamomile	<i>Chamomila recutita</i>	Black Spruce, Clary Sage, Geranium, Helicrysum, Hyssop, Lavender, Lemongrass, Marjoram, Sandalwood, Roman Chamomile, Tangerine, Tea Tree
Ginger	<i>Zingiber officinale</i>	Black Pepper, Cardamom, Citrus Oils, Clary Sage, Clove, Geranium, Myrtle, Neroli, Rose, Rosemary, Spearmint, Spikenard
Grapefruit	<i>Citrus x paradisi</i>	Basil, Bergamot, Black Pepper, Cedarwood, Cypress, all citrus oils, Frankincense, Geranium, German Chamomile, Jasmine, Juniper, Lavender, Peppermint, Pine, Roman Chamomile, Rosemary, Ylang Ylang
Helicrysum	<i>Helicrysum italicum</i>	Carrot Seed, Cistus, Clary Sage, all Citrus Oils, Geranium, German Chamomile, Lavender, Roman Chamomile, Rose, Sage
Hyssop	<i>Hyssopus officinalis</i>	Blue Spruce, Eucalyptus globulus, Eucalyptus radiata, Lavender, Myrtle, Rosemary

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Common Name	Botanical Name	Complementary Oils
Jasmine	<i>Jasminum officinalis</i>	Angelica, Bergamot, Frankincense, Geranium, Helichrysum, Lemongrass, Melissa, Orange, Palmarosa, Rose, Spearmint, Tangerine, Ylang Ylang
Juniper	<i>Juniperus osteosperma</i>	All Citrus Oils, Cedarwood, Cypress, Eucalyptus globulus, Eucalyptus radiata, Geranium, Grapefruit, Lavender, Lemon, Tea Tree, Rosemary
Lauris Nobilis (Bay Laurel)	<i>Lauris nobilis</i>	Cypress, Eucalyptus globulus, Eucalyptus radiata, Grapefruit, Lemon, Juniper, Niaouli, Peppermint, Wintergreen
Lavender	<i>Lavandula angustifolia</i>	Blends well with most essential oils
Ledum	<i>Ledum groenlandicum</i>	Celery Seed, Grapefruit, Helichrysum, Hyssop, Spearmint
Lemongrass	<i>Cymbopogon citratus</i>	Basil, Cedarwood, Clary Sage, Cypress, Geranium, Ginger, Jasmine, Lavender, Palmarosa, Patchouli, Peppermint, Tea Tree, Rosemary, Ylang Ylang
Lemon	<i>Citrus limon</i>	Balsam Fir, Black Spruce, Blue Spruce, Cedarwood, Cypress, Elemi, Eucalyptus globulus, Eucalyptus radiata, Frankincense, German Chamomile, Geranium, Ginger, Grapefruit, Lavender, Juniper, Myrrh, Niaouli, Palmarosa, Peppermint, Pine, Ravintsara, Roman Chamomile, Sandalwood, Tea Tree
Lime	<i>Citrus aurantifolia</i>	All other citrus oils, Citronella, Clary Sage, Lavender, Neroli, Rosemary
Manuka	<i>Leptospermium scoparium</i>	All citrus oils, Cypress, Eucalyptus family, Lavender, Rosemary, Thyme
Marjoram	<i>Origanum marjorana</i>	Angelica, Bergamot, Blue Tansy, Cedarwood, Clary Sage, Cypress, Lavender, Melissa, Nutmeg, Orange, Palo Santo, Roman Chamomile, Rosemary, Spikenard, Tangerine, Ylang Ylang
Mastrante	<i>Lippia alba</i>	Black Pepper, Black Spruce, Lemon, Nutmeg, Ocotea,
Melissa	<i>Melissa officinalis</i>	Geranium, Lavender, Marjoram, Petitgrain, Roman Chamomile

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Common Name	Botanical Name	Complementary Oils
Mountain Savory	<i>Saturegia montana</i>	Cypress, Clove, Eucalyptus globulus, Eucalyptus radiata, Myrtle, Patchouli, Sandalwood
Myrrh	<i>Commiphora myrrha</i>	Black Pepper, Frankincense, Lavender, Lemon, Jasmine, Neroli, Palo Santo, Patchouli, Sandalwood, Rose
Myrtle	<i>Myrtus communis</i>	Bergamot, Cistus, Elemi, Eucalyptus globulus, Eucalyptus radiata, Frankincense, Hyssop, Lavender, Lemongrass, Manuka, Niaouli, Ravintsara, Rosemary, Spearmint, Thyme, Tea Tree
Neroli	<i>Citrus aurantium (blossoms)</i>	Angelica, Cedarwood, Geranium, Jasmine, Lavender, Lemon, Orange, Petitgrain, Rose, Sandalwood, Tangerine, Ylang Ylang
Niaouli	<i>Melaleuca quinquenervia</i>	Blue Tansy, Cistus, Eucalyptus globulus, Eucalyptus radiata, Manuka, Myrtle, Ravintsara, Rosemary, Thyme
Nutmeg	<i>Myristica fragrans</i>	Cardamom, Cinnamon Bark, Clove, Cypress, Frankincense, Ginger, Lavender, Lemon, Marjoram, Melissa, Niaouli, Orange, Patchouli, Petitgrain, Rosemary, Tea Tree, Ylang Ylang
Ocotea	<i>Ocotea quixos</i>	Copaiba
Onycha	<i>Styrax benzoin</i>	Coriander, Cypress, Frankincense, Jasmine, Juniper, Lemon, Myrrh, Rose, Sandalwood
Orange	<i>Citrus sinensis</i>	Cedarwood, Cinnamon Bark, other citrus oils, Elemi, Frankincense, Geranium, Juniper, Lavender, Marjoram, Neroli, Nutmeg, Patchouli, Spikenard
Oregano	<i>Origanum vulgare ct carvacrol</i>	Basil, Fennel, Geranium, Lemongrass, Myrtle, Pine, Thyme, Rosemary
Palmarosa	<i>Cymbopogon martinii</i>	Basil, Carrot Seed, Cedarwood, Clove, Elemi, Fennel, Geranium, Hyssop, Lavender, Lauris Nobilis, Lemongrass, Myrtle, Niaouli, Pine, Thyme, Rosemary
Palo Santo	<i>Bursera graveolens</i>	Angelica, Clary Sage, Cypress, Frankincense, Grapefruit, Lavender, Lemon, Onycha, Orange, Myrrh, Sandalwood, Spikenard, Valerian

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Common Name	Botanical Name	Complementary Oils
Patchouli	<i>Pogostemon cablin</i>	Angelica, Bergamot, Black Pepper, Cardamom, Cistus, Clary Sage, Elemi, Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemongrass, Myrrh, Orange, Pine, Sandalwood, Spikenard, Tangerine, Valerian
Peppermint	<i>Mentha x piperita</i>	Clary Sage, Fennel, Eucalyptus globulus, Eucalyptus radiata, Hyssop, Juniper, Lauris Nobilis, Lemon, Niaouli, Ravintsara, Spearmint
Petitgrain	<i>Citrus sinensis (leaves)</i>	Bergamot, Cistus, Clary Sage, Clove, Geranium, Jasmine, Lavender, Neroli, Orane, Palmarosa, Rosemary
Pine	<i>Pinus sylvestris</i>	Balsam Fir, Blue Spruce, Cedarwood, Eucalyptus family, Juniper, Lemon, Marjoram, Petitgrain, Rosemary, Sandalwood, Tea Tree, Valerian, Ylang Ylang
Ravintsara	<i>Cinnamomum camphorum</i>	Cypress, Eucalyptus globulus, Eucalyptus radiata, Hyssop, Myrtle, Niaouli, Sandalwood, Thyme
Roman Chamomile	<i>Chamaemelum nobile</i>	Angelica, Carrot Seed, Clary Sage, Elemi, Geranium, German Chamomile, Lavender, Marjoram, Melissa, Rose, Spikenard, Tangerine
Rose	<i>Rosa x damascena</i>	Cardamom, Coriander Seed, Cypress, Grapefruit, Myrrh, Neroli, Orange, Sandalwood, Tangerine, Ylang Ylang
Rosemary	<i>Rosmarinus officinalis ct. cineole</i>	Basil, Cedarwood, Any Eucalyptus, Frankincense, Grapefruit, Lauris Nobilis, Lavender, Lemon, Lemongrass, Juniper, Marjoram, Peppermint, Pine, Tea Tree, Thyme
Sacred Frankincense	<i>Boswellia sacra</i>	all oils
Sage	<i>Salvia officinalis</i>	Bergamot, Lemon, Lavender, Lemongrass, Peppermint, Pine, Rosemary
Sandalwood (Royal Hawaiian)	<i>Santalum paniculatum</i>	Bergamot, Cypress, Frankincense, Geranium, Jasmine, Lavender, Lemon, Myrrh, Rose, Tangerine, Palo Santo, Patchouli, Spikenard, Ylang Ylang, Valerian

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Common Name	Botanical Name	Complementary Oils
Spearmint	<i>Mentha spicata</i>	Balsam Fir, Basil, Eucalyptus radiata, Lavender, Ledum, Lemon, Myrtle, Palmarosa, Peppermint, Pine, Rosemary, Tea Tree
Spikenard	<i>Nardostachys jatamansi</i>	Clary Sage, Lavender, Roman Chamomile, Rose
Tangerine	<i>Citrus reticulata</i>	Basil, Bergamot, Clary Sage, Coriander Seed, Frankincense, Geranium, Grapefruit, Lavender, Lemon, Myrrh, Neroli, Orange, Palmarosa, Roman Chamomile, Sandalwood, Ylang Ylang
Tarragon	<i>Artemisia dracunculus</i>	Clary Sage, Juniper, Lavender, Marjoram, Neroli, Orange, Peppermint, Petitgrain, Pine, Tangerine
Tea Tree	<i>Melaleuca alternifolia</i>	Black Spruce, Blue Tansy, all Citrus oils, Cistus, Cypress, Eucalyptus family, Manuka, Myrtle, Pine, Ravintsara, Rosemary, Thyme
Thyme	<i>Thymus vulgaris ct. thymol</i>	Bergamot, Cedarwood, Juniper, Oregano, Rosemary, Tea Tree
Valerian	<i>Valeriana officinalis</i>	Black Pepper, Cedarwood, Cistus, Cypress, Lavender, Neroli, Patchouli, Petitgrain, Pine, Rosemary, Spikenard, Tangerine, Ylang Ylang
Vetiver	<i>Vetiveria zizaniodes</i>	Black Spruce, Clary Sage, Cypress, Ginger, Grapefruit, Jasmine, Lavender, Lemon, Myrrh, Neroli, Patchouli, Rose, Sandalwood, Ylang Ylang
Wintergreen	<i>Gaultheria fragrantissima</i>	Basil, Bergamot, Cypress, Eucalyptus Family, Geranium, Juniper, Lauris Nobilis, Lavender, Lemongrass, Marjoram, Peppermint
Ylang Ylang	<i>Cananga odorata</i>	Bergamot, Cardamom, Clary Sage, Geranium, Ginger, Grapefruit, Jasmine, Lavender, Lemon, Marjoram, Orange, Rose, Sandalwood, Spikenard, Tangerine, Vetiver