

# Zyto Compass Scan Quick Reference

Compiled by Laura Jacobs and PJ Hanks

**This list is a brief synopsis of some of the more common applications for the oils listed below.**

**Additional research is recommended. Utilize resources such as:**

*Modern Essentials* book

Compass descriptions at the end of their report (use the consent form)

*Emotional Healing with Essential Oils* by Daniel Macdonald

*Living Healthy & Happily Ever After* by Rebecca Hintze and Dr. Susan Lawton

Dr. Susan Lawton's handouts/recordings ([www.builddoterra.com](http://www.builddoterra.com), "Education")

Note: As an Independent Product Consultant(s) of doTERRA, I/We are issuing a declaration. It is not our intent nor are we in any way attempting to diagnose, cure, advise, or prescribe for any human disease, ailment, injury, infirmity, deformity, pain or any other condition, physical or mental, real or imaginary, by any means or instrumentality. I/We are disseminating information that has blessed my/our lives & our families. Please sign the consent form with your information indicating you understand and agree with this statement. *These statements have not been evaluated by the FDA. These product suggestions are not intended to diagnose, treat, cure, or prevent any disease.*

## **Basil**

- Strengthens adrenaline glands
- Soothes sore muscles and joints
- Eases breathing
- Renewal from overwhelm, exhaustion
- Recovery, restoration
- Spider bites

## **Bergamot**

- Calms
- Antidepressant
- Self-love, self-acceptance

## **Black Pepper**

- Anxiety, tobacco cravings (aromatic)
- Anti-rheumatic, analgesic, antispasmodic (topical)
- Digestive, anti-microbial (internal)

## **Cassia**

- Candida, yeast
- Antibacterial, antiviral
- Anti-diarrhea

## **Cilantro**

- Analgesic, antiseptic, migraines (topical)
- Cleansing, chelation of heavy metals (internal)

## **Cinnamon**

- Balances blood sugar
- Cleansing, antifungal
- Eases aches and pains
- Cholesterol
- Libido

## **Clary Sage**

- Balance hormones
- Estrogen levels – male, female
- Calm nerves

## **Clove**

- Supports thyroid
- Antimicrobial (fungus/candida)/parasites
- Antioxidant
- Analgesic, endorphins – restock
- Anti-parasitical

## **Coriander**

- Supports a healthy insulin response
- Anti-fungal
- Supports digestion
- Soothes skin – candida rashes

## **Cypress**

- Circulatory (veins, RLS, brain, extremities)
- Respiratory; relaxing, ease tension

## **Eucalyptus**

- Respiratory
- Inflammation
- Analgesic, endorphins - restock
- Improve oxygen levels

## **Frankincense**

- Anti-inflammatory, analgesic
- Antidepressant
- Nerves, crosses the blood/brain barrier
- Stimulates the limbic system
- Stimulates the immune system
- Promotes oxygen (brain), cellular respiration
- Promote appropriate apoptosis

## **Geranium**

- Soothes skin, calming
- Hormonal, menstrual support
- Emotional release, heal heart
- Liver, gallbladder

## **Ginger**

- Helps digestion, blood sugar
- Relaxes tense muscles
- Reduce excessive estrogen

## **Grapefruit**

- Suppresses appetite, addictions
- Antioxidant, uplift
- Liver, detoxify
- Weight loss

## **Helichrysum**

- Regenerates, powerful healer
- Analgesic, endorphins - restock
- Aids the liver, anger
- Alcohol, sugar addictions

## **Lavender**

- Soothes/calms (less), stimulates (more)
- Rashes, bites, stings, burns
- Antihistamine, allergies

## **Lemon**

- Detoxify, liver
- Uplift, antidepressant

- Antioxidant (glutathione0
- Dissolve fat
- Kidneys, edema

## **Lemongrass**

- Aids thyroid function
- Antimicrobial (candida/athlete's foot)
- Energizes and relieves fatigue
- Connective tissue, ligaments
- Regenerator
- Lymphatic cleanser

## **Lime**

- Soothes sore throats
- Aids mental clarity, calms for focus and stimulates concentration
- Antifungal
- Anti-mucous, natural decongestant
- Heart

## **Marjoram**

- Relaxes/calms constricting muscles, spasms
- Eases pain
- Dissolves cramping muscles/constipation

## **Melaleuca**

- Skin issues
- Antimicrobial /antiseptic
- Antifungal/anti-candida – big emphasis

## **Melissa**

- Antidepressant - powerful
- Antiviral - powerful
- Dispels darkness

## **Myrrh**

- Antimicrobial
- Immune, sore throat, gums
- Thyroid
- Heal skin, sunscreen

## **Oregano**

- Antibacterial, antiviral, antifungal
- Antioxidant, brain plaque
- Progesterone

### **Patchouli**

- Tonic to nerves, central nervous system
- Mood, hormonal
- Grounding, calming, “get some nerve”

### **Peppermint**

- Uplifts/increases alertness
- Eases breathing and congestion
- Aids digestion
- Anti-inflammatory, analgesic, headaches
- Pre-exercise treatment for muscles

### **Roman Chamomile**

- Antidepressant/serotonin/
- Calming
- Aids in sleep

### **Rosemary**

- Eases muscle aches & pains
- Aids digestion, immune
- Adrenal exhaustion/mental fatigue

### **Sandalwood**

- Increased oxygen, brain
- Skin – healer
- Hormonal support, testosterone
- Anti-depressant, serotonin

### **Thyme**

- Assists cleansing, anti-inflammatory
- Antifungal, antibacterial, antiviral
- Progesterone
- Prostate
- Brain antioxidant

### **Vetiver**

- Focus/concentration – attention
- Get to the root of a matter, get re-rooted
- Tranquilizer, sedative, relaxation

### **White Fir**

- Relieves/soothes muscles aches, pains
- “Trunk” issues – spinal, skeletal
- Clear generational patterns
- Respiratory

### **Wild Orange**

- Digestion, calming
- Abundance, uplift, mood
- Productivity – need for
- Promote appropriate apoptosis

### **Wintergreen**

- Eases pain
- Analgesic
- Endorphins - restock

### **Ylang Ylang**

- Depression
- Adrenal fatigue
- Hormonal imbalance
- Heart, blood pressure
- Aphrodisiac

### **AromaTouch**

- Relaxes muscles, calms tension
- Increases circulation

### **Balance**

- Grounding, calming
- Rooting, stilling
- Decrease anxiety, improve attention

### **Breathe**

- Improves respiration/symptoms of asthma
- Antimicrobial (bacteria, fungal, and viruses)
- Relieves allergy symptoms

### **Citrus Bliss**

- Uplifts moods, antidepressant
- Stress-reducing, invigorate

### **Clear Skin**

- Antimicrobial, antifungal
- Clears skin blemishes
- Warts

### **DDR Prime**

- Damage DNA repair, protect cellular health
- Promote appropriate apoptosis
- Antifungal

### **Deep Blue**

- Pain and inflammation
- Supports deep emotional healing
- Healing structural wounds, bruising

### **DigestZen**

- Aids digestion - anything digestive
- Clears mucus congestion
- Constipation/diarrhea

### **Elevation**

- Alleviate frustration/depression
- Improves blood flow
- Support joyful state of being

### **OnGuard**

- Immune boost
- Support energetic “shield”
- Kills pathogens
- Sore throat

### **Immortelle**

- Protect and nourish skin health
- Promotes tissue matrix mending and renewal
- Antidepressant
- Support “thin-skinned” personality

### **InTune – Roll-on**

- Focus, concentration
- Depression, soothing, calming
- Alertness, clarity of thought

### **Past Tense – Roll-on**

- Tension, stiff/rigid muscles
- Tension headaches, migraines

### **Purify**

- Detoxify, lymph
- Addictions - clear
- Bug bites – clear venom

### **Serenity**

- Quiet mind, calming
- Sleep, instill peace

### **Slim & Sassy**

- Balances metabolism
- Balance blood sugar
- Aid in detoxifying, cholesterol
- Control cravings, appetite
- Addictions

### **TerraShield**

- Bug repellent
- Repel things/people that “bug” you
- Strengthen your “shield”

### **Whisper**

- Hormone balance/support
- Balance libido
- Beauty, femininity
- Perfume

### **Zendocrine EO Blend**

- Assists in cleansing organs and skin
- Detoxify liver, gallbladder
- Antioxidant
- Endocrine system