

Zyto Compass Scan Quick Reference

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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, "Education")

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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