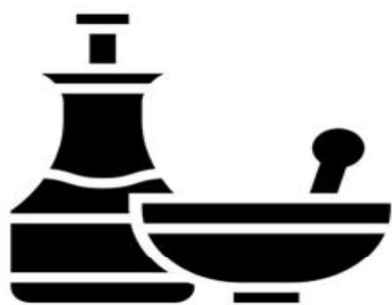




THE APOTHEQUEERY

A GAY MAN'S GUIDE TO ESSENTIAL OILS & HOW TO USE THEM



WWW.THEAPOTHEQUEERY.COM



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Acknowledgements

DISCLAIMER

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THE APOTHEQUEERY

WELCOME

For me, this book has been a long time coming. Over the last 20 years, I have been collecting knowledge I feel is being lost. Basic knowledge has given way to big box convenience. From growing my own food and learning to making cheese, to reducing my carbon footprint and starting down a sustainable path, I have come to appreciate knowledge in a different way. Now, it is time to start passing that information along to you, in an easy to use card system that will literally put this information at the tip of your fingers.

Essential oils have found their way into my home. This edition (more to come!) focuses on essential oils and their uses around my home. I have been able to eliminate the need to shop for cleaning supplies or bath and body products, by keeping a few base ingredients in my apothecary at home.

The first section of this book contains information about each of the essential oils that I currently use regularly. These cards are full of information I wish I had when I was starting off on this journey.

Following that is a section of aroma blends for use in rollers or inhalers. I took some time and designed each blend to hopefully leave a lasting impression, relax you in the right way, or to set the mood the way only a gay man can.

Then you will find recipes for the home and for the self that I use on a regular basis. Whether you are looking to clean the counter tops or clean your pores, there is a recipe that I am sure you will love. I hope this collection of cards will become a welcome edition to your apothecary.



THE APOTHECARY

OIL ESSENTIALS

- Bergamot
- Cedarwood
- Cinnamon
- Citronella
- Clove
- Copaiba Balsam
- Eucalyptus
- Fir Needle
- Frankincense
- Geranium
- Grapefruit
- Lavender
- Lemon
- Lemongrass
- Lime
- Orange
- Oregano
- Patchouli
- Peppermint
- Rosemary
- Sage
- Sandalwood
- Spearmint
- Tea Tree
- Thyme
- Ylang Ylang



OIL ESSENTIALS

This section contains information cards for the 26 essential oils that I currently use and keep in stock in my apothecary. I tried to include as much information per card as possible to put the greatest amount of information at the tip of your fingers. While each card is filled with information, I simply could not fit everything there is to know about each oil. Please do your own additional research so that you can fully understand the essential oils that you are working with and the benefits that each one can bring to the table.

If you are a creative type who likes to create their own blends, you will find helpful information listed. Some oils mix well with almost anything, while some may be better used alone. I have included the note level of each oil so you will be able to sort out your aroma levels. I have also included other oils that it may blend well with that particular oil. I took the guess work out so you can easily use these as suggestions to create your own custom blends.

Along with the scent characteristics, aroma family, and note, you will find several icons representing the season in which the oil may be best suited for use, based on the properties of the oil. There is also a special considerations box with icons representing a wide range of things that may require more investigation on your part. Certain essential oils can be toxic to pest, may cause interactions with medications, or may react negatively in direct sunlight. It is important to know these special considerations and how using these oils may positively (or negatively) affect your health. ALWAYS speak to your doctor before starting any kind of health regimen.



THE APOTHECARY



OIL ESSENTIALS

Suggest which season
is best for use:

Winter ❄️

Spring 🌸

Summer ☀️

Fall 🍂

BERGAMOT
Citrus, Fruity, Warm and Spicy, Focal

Aroma family: Citrus
Medium Note



Uses:

- Mental Health
- Mental Clarity
- Anxiety
- Skin Health
- Muscle Tension

Blends well with:

1. Sage
2. Eucalyptus
3. Frankincense
4. Lavender
5. Citrus oils
6. Patchouli
7. Rosemary
8. Sandalwood
9. Tea Tree
10. Thyme

Considerations

⚠️ 🐾

Suggests any issues or considerations:

Dilute Oil

Photosensitivity

Medication Interactions

Kids

Pets

BERGAMOT

Citrus, Fruity, Warm and Spicy, Floral



AROMA FAMILY:
CITRUS

Medium Note



Uses:

- Mental Health
- Mental Clarity
- Anxiety
- Skin Health
- Muscle Tension

Blends well with:

- | | |
|-----------------|---------------|
| 1. Sage | 8. Sandalwood |
| 2. Eucalyptus | 9. Tea Tree |
| 3. Frankincense | 10. Thyme |
| 4. Lavender | |
| 5. Citrus oils | |
| 6. Patchouli | |
| 7. Rosemary | |

Considerations



CEDARWOOD

Balsamic, Smoky, Sweet, Tar-like



AROMA FAMILY:
WOODY

Base Note

Uses:

- Products for Men
- Deodorize
- Prevent Mildew
- Improve Cerebral Activity
- Mental Clarity
- Stress
- Concentration
- Insect Repellent

Blends well with:

1. Sage
2. Cinnamon
3. Clove
4. Fir
5. Frankincense
6. Patchouli



THE APOTHEQUARY

Considerations



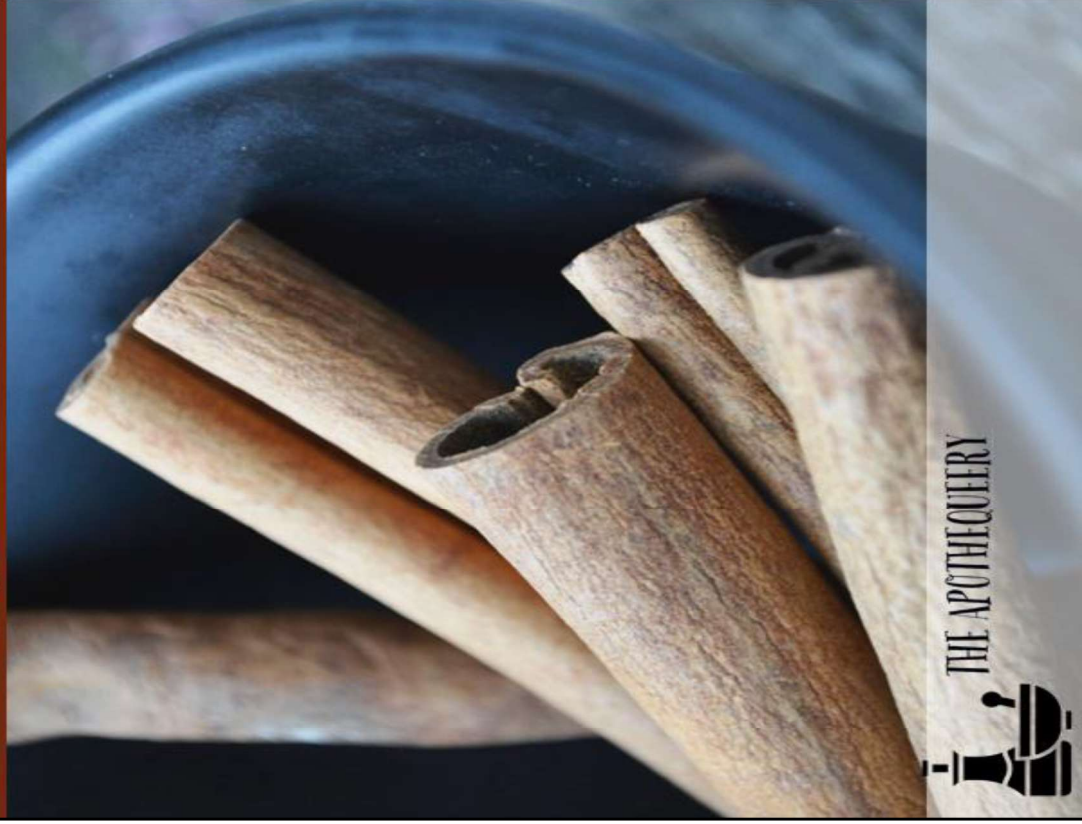
CINNAMON

Warm, Spicy, Sweet, Powerful



AROMA FAMILY:
SPICY

Middle Note



Uses:

- Products for Men
- Stimulate Circulation
- Aid Digestion
- Immune System Support
- Infections
- Reduce Stress
- Relieve Pain

Blends well with:

- 1.Sage
- 2.Cedarwood
- 3.Clove
- 4.Fir
- 5.Frankincense
- 6.Patchouli
- 7.Orange
- 8.Rosemary
- 9.Sandalwood

Considerations



CITRONELLA

Sweet, Lemony, Grassy, Woody



AROMA FAMILY:
HERBAL

Top Note

Uses:

- Insect Repellent
- Antifungal
- Parasites
- Wound Care
- Lift Mood
- Fight Fatigue

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Clove
5. Eucalyptus
6. Geranium
7. Lavender
8. Lemon
9. Lemongrass
10. Lime
11. Orange
12. Rosemary
13. Sage



THE APOTHECARY

Considerations



CLOVE

Warm, Spicy, Sweet, Rich



AROMA FAMILY:
SPICY

Middle Note

Uses:

- Products for Men
- Aid Digestion
- Infections
- Cleaning
- Relieve Pain

Blends well with:

- 1.Cinnamon
- 2.Bergamot
- 3.Geranium
- 4.Grapefruit
- 5.Lavender
- 6.Lemon
- 7.Orange
- 8.Oregano
- 9.Rosemary
- 10.Thyme

Considerations



THE APOTHECARY

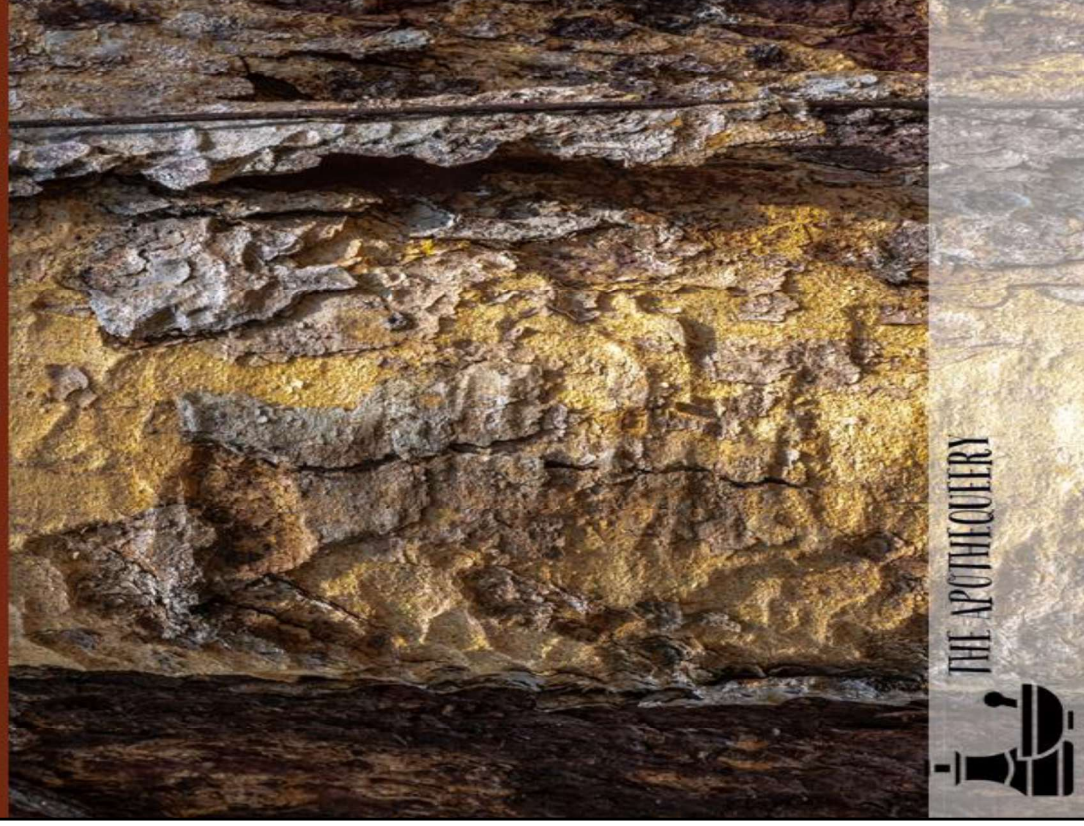
COPAIBA BALSAM

Sweet, Mild, Soft Woody, Slightly Peppery



AROMA FAMILY:
BALSAMIC, WOODY

Middle/Base Note



THE APOTHECARY

Uses:

- Anti-inflammatory
- Wound Care
- Pain Relief
- Infections
- Products for Men
- Aphrodisiac

Blends well with:

1. Cedarwood
2. Clove
3. Frankincense
4. Geranium
5. Lavender
6. Lemon
7. Patchouli
8. Sandalwood
9. Thyme

Considerations



EUCALYPTUS

Subtle Citrus, Slightly Peppery, Refreshing



AROMA FAMILY:
HERBAL

Middle Note

Uses:

- Antifungal
 - Candida Issues
 - Cuts/Wound Care
 - Viral Infections
 - Bacterial Infections
 - Cleaning
- Disinfecting
 - Ear Infections
 - Bug Repellent

Blends well with:

1. Cedarwood
2. Clove
3. Frankincense
4. Geranium
5. Lavender
6. Lemon
7. Patchouli
8. Sandalwood
9. Thyme

Considerations



THE APOTHECARY

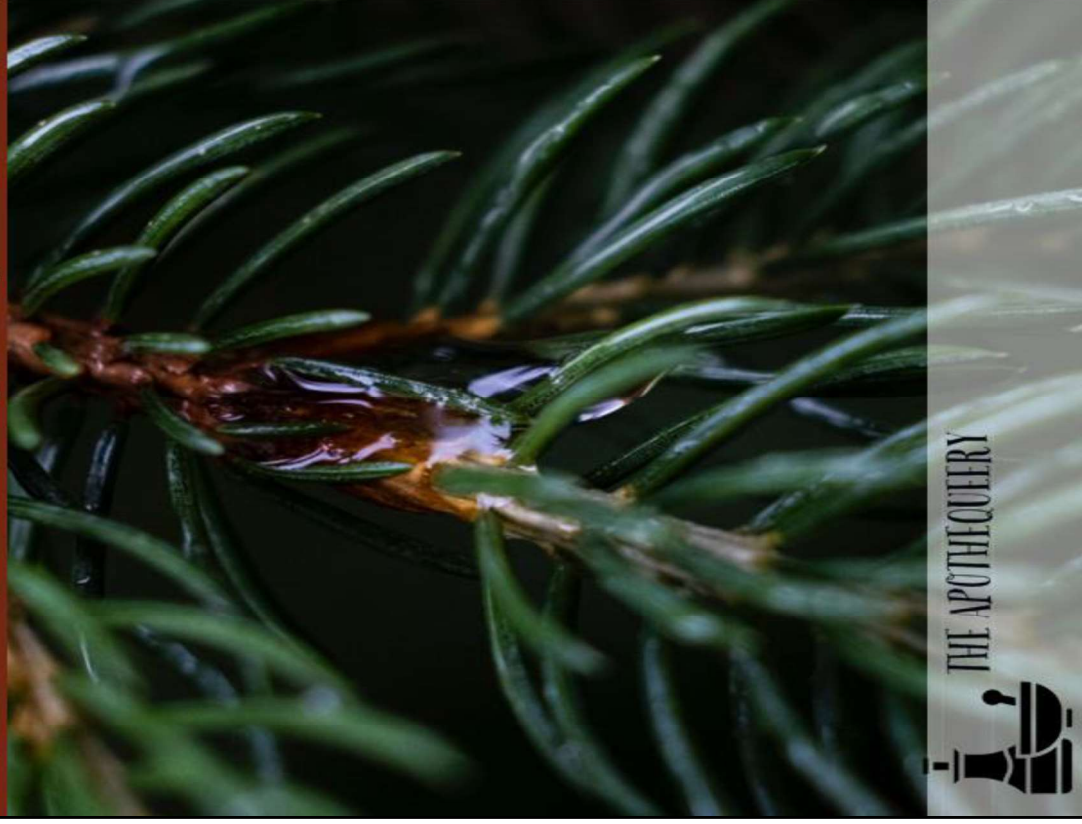
FIR NEEDLE

Green, Coniferous, Woody, Fruity



AROMA FAMILY:
CONIFER, BALSAMIC

Top/Middle Note



THE APOTHECARY

Uses:

- Respiratory Support
- Congestion
- Seasonal Allergies
- Pollen
- Pain Relief
- Fatigue
- Arthritis
- Sore Throat

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Eucalyptus
5. Frankincense
6. Lavender
7. Lemon
8. Lime
9. Orange
10. Patchouli
11. Thyme

Considerations



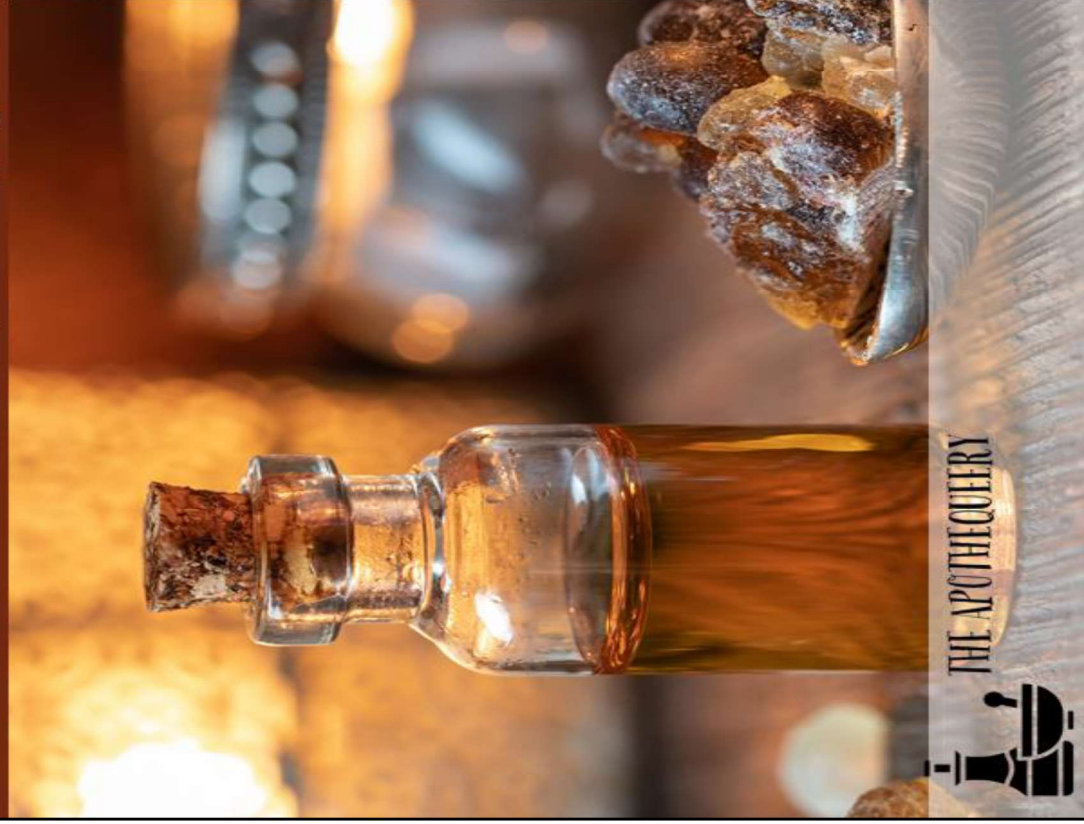
FRANKINCENSE

Fresh, Warm, Resinous, Coniferous, Peppery



AROMA FAMILY:
RESINOUS, WOODY

Base Note



THE APOTHECARY



Uses:

- Immune System Support
- Cellular Health
- Wrinkles
- Scars
- Depression

- Autoimmune Disorders
- Muscle Pain
- Headaches

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Clove
5. Geranium
6. Lavender
7. Lemon
8. Patchouli
9. Sage
10. Sandalwood
11. Thyme

Considerations



GERANIUM

Floral, Green, Rosy



AROMA FAMILY:
FLORAL

Middle Note

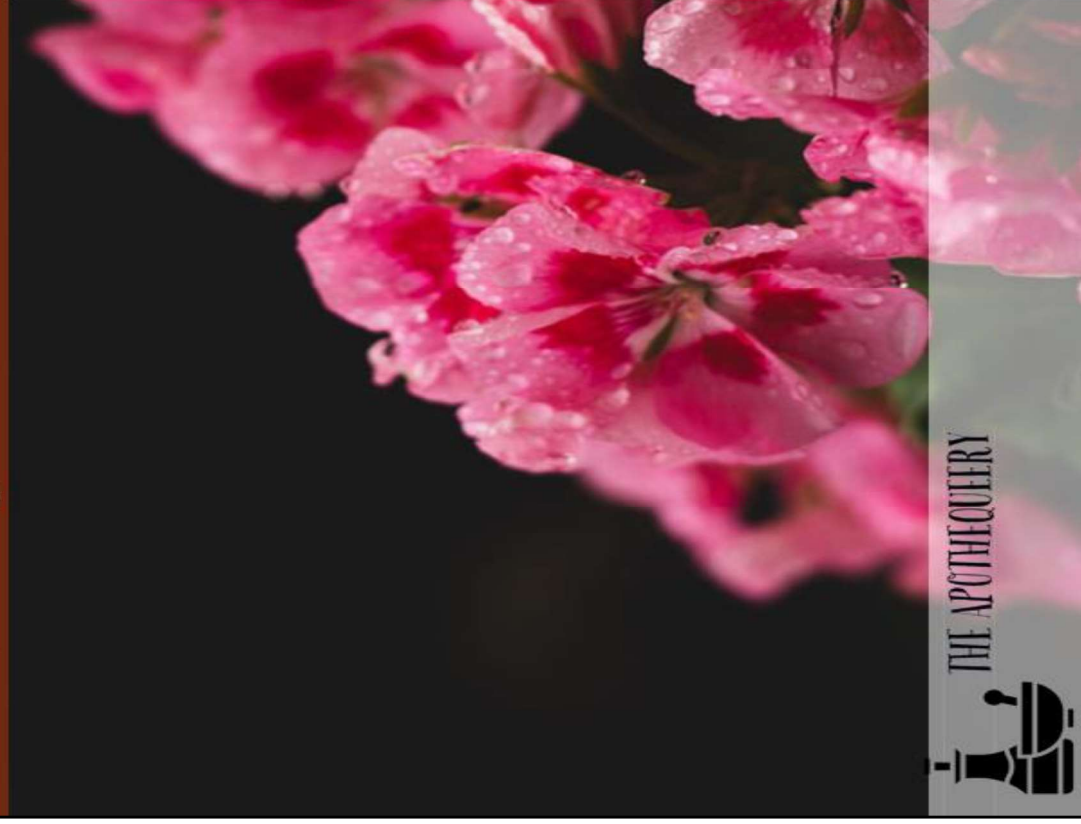
Uses:

- Anti-inflammatory
- Antiseptic
- Enhance Circulation
- Reduce Blood Pressure
- Pain
- Immune System Support

Blends well with:

- | | |
|-----------------|----------------|
| 1. Bergamot | 8. Lemon |
| 2. Citrus Oils | 9. Orange |
| 3. Cinnamon | 10. Patchouli |
| 4. Citronella | 11. Peppermint |
| 5. Frankincense | |
| 6. Grapefruit | |
| 7. Lavender | |

Considerations



THE APOTHECARY

GRAPEFRUIT

Citrus, Slightly Sweet, Sour



AROMA FAMILY:
CITRUS

Top Note



THE APOTHECARY

Uses:

- Suppress Appetite
- Promote Weight Loss
- Balance Mood
- Antibacterial
- Antimicrobial
- Cleaning
- Reduce Stress
- Reduce Blood Pressure
- Treat Acne

Blends well with:

1. Bergamot
2. Cinnamon
3. Citrus Oils
4. Clove
5. Frankincense
6. Geranium
7. Lavender
8. Lemon
9. Patchouli
10. Peppermint
11. Rosemary

Considerations



LAVENDER

Fresh, Floral, Green, Slightly Woody



AROMA FAMILY:
FLORAL

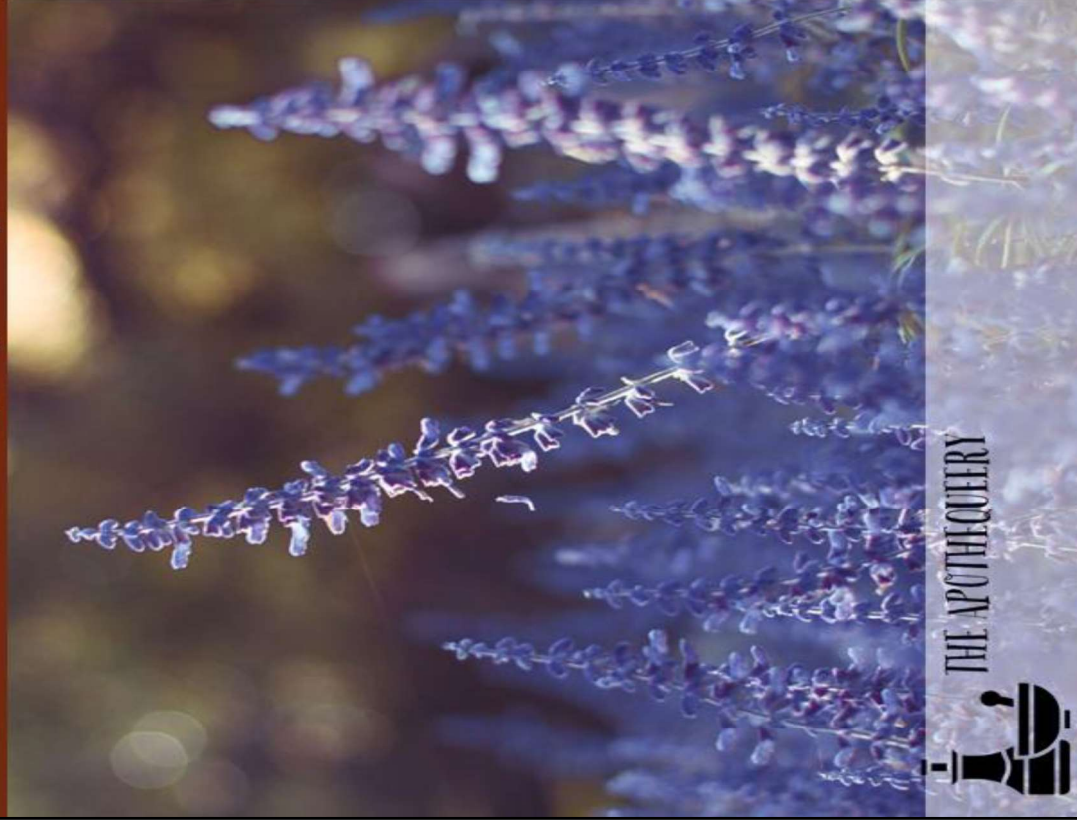
Top/Middle Note

Uses:

- Aids Sleep
- Relaxation
- Reduce Stress
- Reduce Anxiety
- Burns
- Scars
- Calming Mood
- Cuts
- Bug Bites

Blends well with:

1. Bergamot
 2. Citrus Oils
 3. Cedarwood
 4. Citronella
 5. Clove
 6. Frankincense
 7. Geranium
 8. Lemon
 9. Patchouli
 10. Rosemary
 11. Sandalwood
 12. Thyme
- Considerations



THE APOTHECARY



LEMON

Intense Citrus



*AROMA FAMILY:
CITRUS*

Top Note



Uses:

- Kidney Cleanse
- Liver Cleanse
- Runny Nose
- Allergies
- Disinfectant
- Cleaner
- Degreaser
- Some Bugs

Blends well with:

1. Bergamot
2. Citrus Oils
3. Frankincense
4. Geranium
5. Patchouli
6. Rosemary
7. Sage
8. Sandalwood

Considerations



THE APOTHECARY



LEMONGRASS

Fresh, Lemony, Grassy



AROMA FAMILY:
HERBAL

Top Note



Uses:

- Anti Bacterial
- Anti Fungal
- Anti Inflammatory
- Anti Oxidant
- Reduce Cholesterol

- Regulate Blood Sugar
- Nausea

Blends well with:

1. Bergamot
2. Citrus Oils
3. Geranium
4. Lavender
5. Patchouli
6. Rosemary
7. Tea Tree
8. Thyme

Considerations



THE APOTHEQUARY



LIME

Fresh, Citrusy



*AROMA FAMILY:
CITRUS*

Top Note



THE APOTHECARY

Uses:

- Wound Care
- Cold/Flu
- Toothache
- Acne
- Support Digestion

- Support Lung Function
- Boost Immune System

Blends well with:

1. Bergamot
2. Citrus Oils
3. Citronella
4. Geranium
5. Lavender
6. Lemongrass
7. Rosemary

Considerations



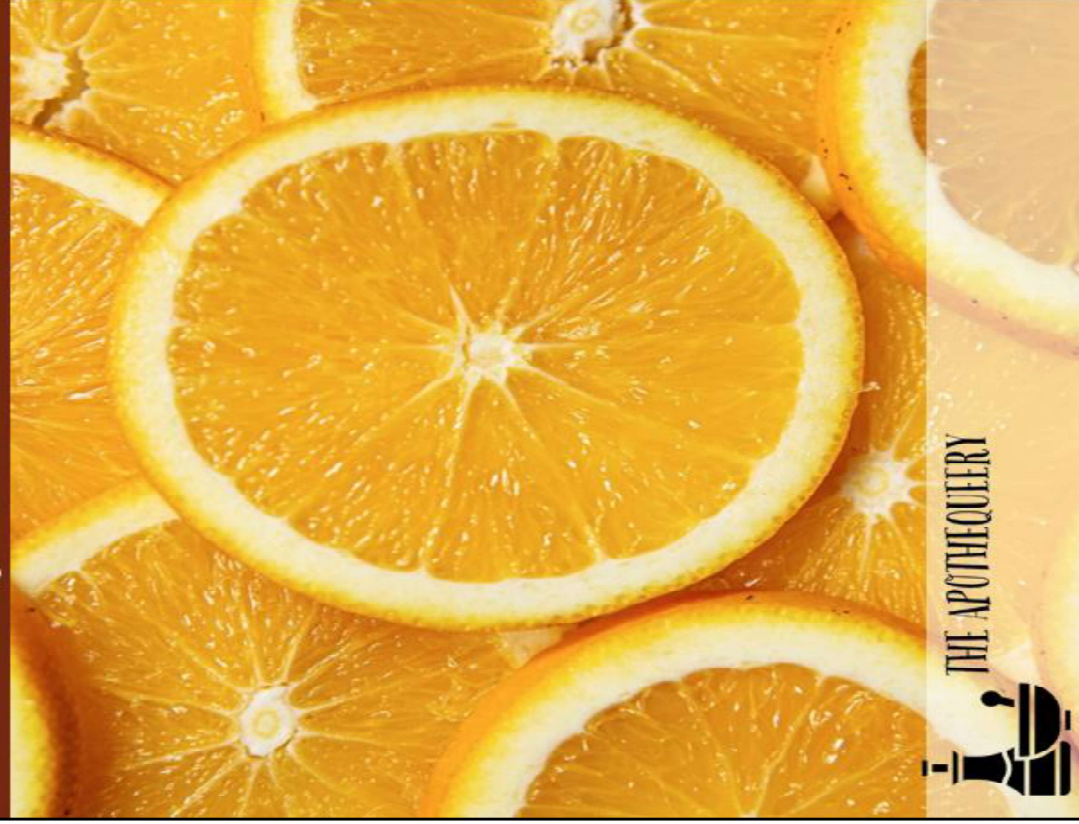
ORANGE

Fresh, Citrusy



AROMA FAMILY:
CITRUS

Top Note



THE APOTHECARY

Uses:

- Cleaner
- Boost Mood
- Face Cleaner
- Allergies
- Dental Health
- Aids Digestion
- Arthritis
- Disinfectant

Blends well with:

1. Bergamot
2. Cinnamon
3. Clove
4. Citrus Oils
5. Geranium
6. Lavender
7. Patchouli
8. Rosemary
9. Sage
10. Sandalwood
11. Thyme

Considerations



OREGANO

Woody, Herbaceous



AROMA FAMILY:
HERBAL

Middle Note



THE APOTHECARY

Uses:

- Strep Throat/Tonsils
- Viral Infections
- Bacterial Infections
- Warts and Moles
- UTI's
- Boost Immune System
- Skin Conditions

Blends well with:

1. Citrus Oils
2. Cedarwood
3. Cinnamon
4. Eucalyptus
5. Geranium
6. Lavender
7. Lemongrass
8. Peppermint
9. Rosemary
10. Tea Tree
11. Thyme

Considerations



PATCHOULI

Earthy, Rich, Herbaceous, Pungent



AROMA FAMILY:
WOODY, MUSKY

Base Note



THE APOTHECARY

Uses:

- Skin Conditions
- Colds
- Headaches
- Upset Stomach
- Depression
- Relaxation
- Control Appetite
- Oily Hair/Dandruff

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Frankincense
5. Geranium
6. Lavender
7. Lemon
8. Lemongrass
9. Sandalwood

Considerations



PEPPERMINT

Fresh, Cooling, Minty, Grassy



AROMA FAMILY:
MINTY, HERBAL

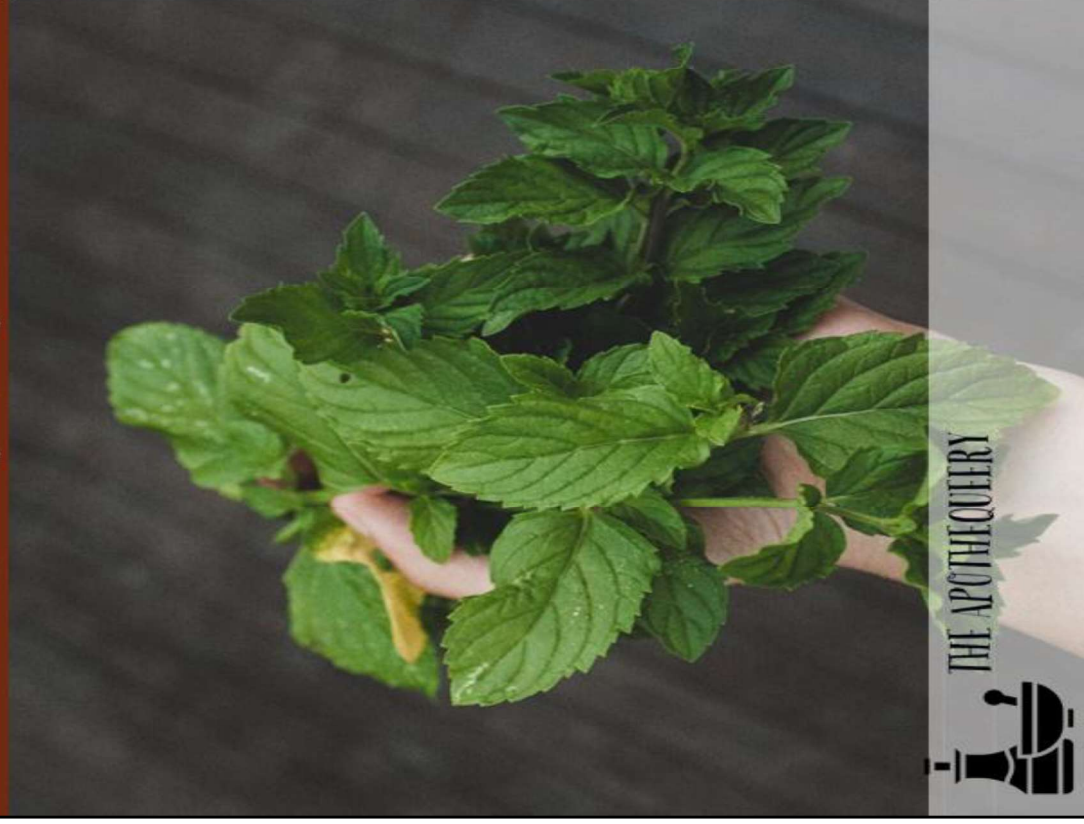
Top Note

Uses:

- Skin Conditions
- Colds
- Headaches
- Upset Stomach
- Depression
- Boost Energy
- Concentration
- Food Cravings
- Hot Flashes/Fever
- Muscles/Joints

Blends well with:

1. Cedarwood
2. Eucalyptus
3. Geranium
4. Lavender
5. Lemon
6. Rosemary



Considerations



ROSEMARY

Earthy, Strong, Herbaceous



**AROMA FAMILY:
HERBAL, MEDICINAL**

Middle Note



THE APOTHECARY

Uses:

- Increase Brain Function • Bug Repellent
- Hair Growth
- Relieve Pain
- Relieve Stress
- Increase Circulation

Blends well with:

- | | |
|-----------------|----------------|
| 1. Bergamot | 8. Grapefruit |
| 2. Citrus Oils | 9. Lavender |
| 3. Cedarwood | 10. Lemongrass |
| 4. Cinnamon | 11. Oregano |
| 5. Citronella | 12. Thyme |
| 6. Frankincense | Considerations |
| 7. Geranium | |



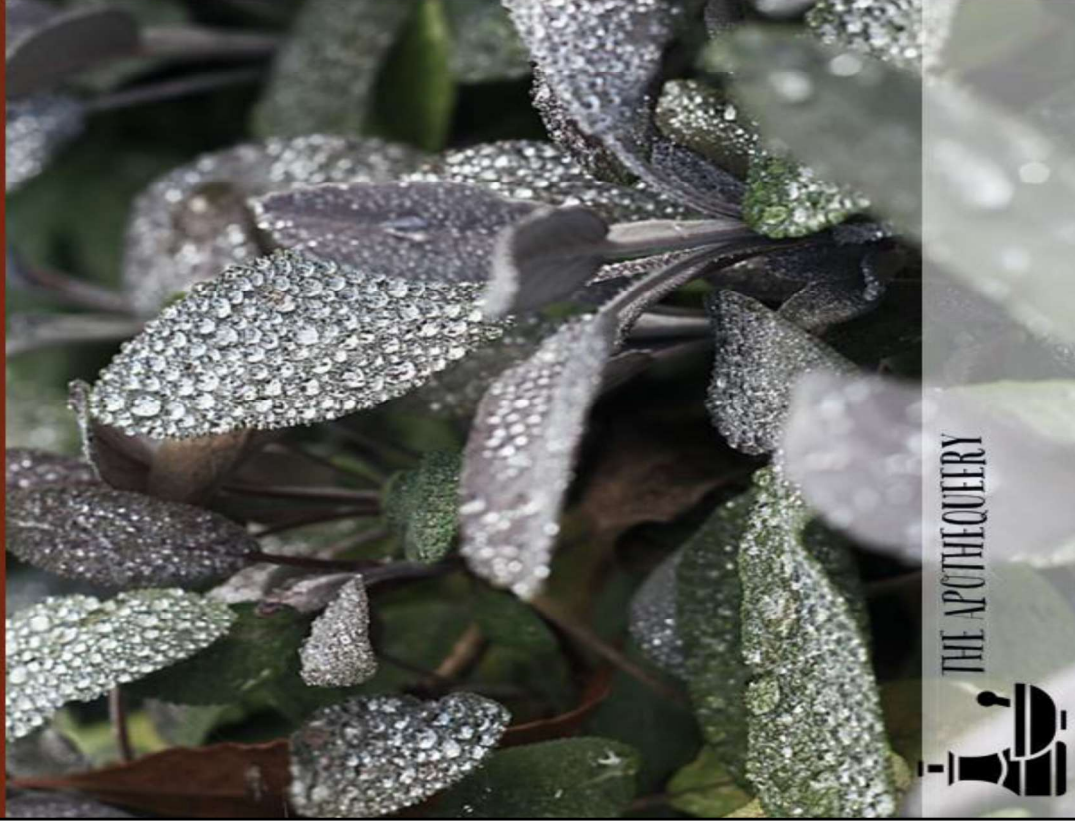
SAGE

Intense, Sweet/Bitter, Herbaceous



AROMA FAMILY:
HERBAL, MEDICINAL

Middle Note



THE APOTHECARY

Uses:

- Reduce Stress
- Antibacterial
- Depression
- Female Problems

Blends well with:

1. Bergamot
2. Citrus Oils
3. Geranium
4. Lavender
5. Lemon
6. Oregano
7. Rosemary
8. Thyme

Considerations



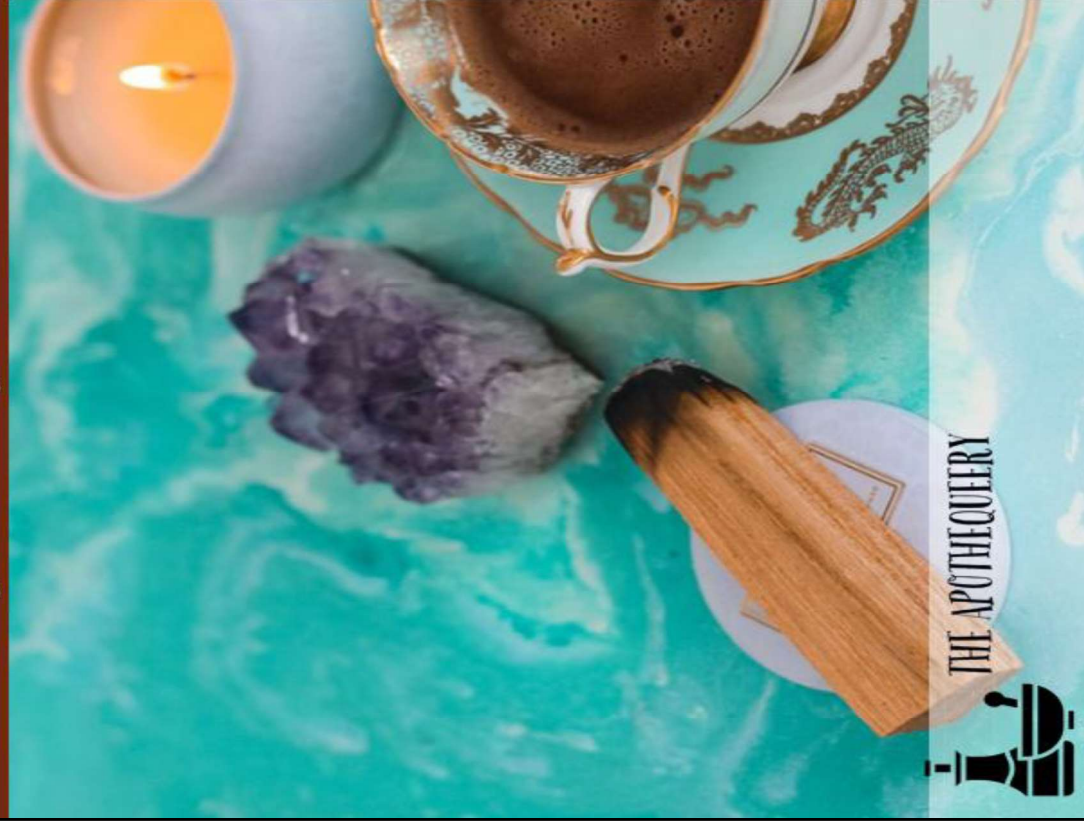
SANDALWOOD

Rich, Woody, Sweet, Baby Oil Scent



AROMA FAMILY:
WOODY

Base Note



THE APOTHECARY



Uses:

- Antiseptic
- Astringent
- Headache
- Stomachache
- UTI's
- Inflammation
- Skin Conditions
- Products for Men

Blends well with:

1. Bergamot
2. Citrus Oils
3. Clove
4. Frankincense
5. Geranium
6. Lavender
7. Lemon
8. Orange
9. Patchouli

Considerations



SPEARMINT

Fresh, Lightly Minty, Herbal



AROMA FAMILY:
HERBAL, MINTY

Top Note



Uses:

- Skin Irritations
- Athlete's Foot
- Antiseptic
- Support Digestion
- Nausea
- Inflammation
- Skin Conditions
- Relax Muscles/Nerves

Blends well with:

1. Eucalyptus
2. Grapefruit
3. Lavender
4. Lemon
5. Lime
6. Peppermint
7. Rosemary

Considerations



TEA TREE

Fresh, Medical, Slightly Spicy



AROMA FAMILY:
WOODY, MEDICINAL

Top Note



Uses:

- Hand Sanitizer
- Bug Repellent
- Deodorant
- Antiseptic
- Treat Acne
- Nail Fungus
- Cleaning

Blends well with:

1. Bergamot
2. Clove
3. Eucalyptus
4. Geranium
5. Lavender
6. Lemon
7. Peppermint
8. Rosemary
9. Thyme

Considerations



THYME

Woody, Herbaceous, Spicy, Peppery



AROMA FAMILY:
HERBAL
Base Note



THE APOTHEQUARY



Uses:

- Antibacterial
- Skin Conditions
- Bug Repellent
- Coughs
- Respiratory Infections

- Products for Men
- Hair Loss/Growth

Blends well with:

1. Bergamot
2. Eucalyptus
3. Geranium
4. Lavender
5. Lemon
6. Orange
7. Oregano
8. Peppermint
9. Rosemary
10. Tea Tree

Considerations



YLANG YLANG

Dense, Sweet, Floral



AROMA FAMILY:
FLORAL

Middle Note



THE APOTHECARY

Uses:

- Pain Relief
- Reduce Inflammation
- Improve Mood
- Enhance Libido
- Insect Repellent
- Wound Care
- Scars

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Citronella
5. Clove
6. Eucalyptus
7. Frankincense
8. Geranium
9. Grapefruit
10. Lavender
11. Patchouli

Considerations



Special thank you to the following for inspiring my recipes:

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Willow Wysteria on YouTube.com

Madeleine Olivia at madeleineolivia.co.uk

Madeleine Olivia on YouTube.com

Fairylandcottage.com

Joy in the Mountains: the Guy Side of doTERRA





THE APOTHEQUERY

GET THE T, AND LEARN TO GROW IT TOO!

