



Essential Oils & Crystals for aches & pains chart



TYPE OF PAIN	ESSENTIAL OILS	CRYSTALS
Muscle pain or soreness	Peppermint, eucalyptus, ginger, black pepper, marjoram, clove, helichrysum	Amethyst, chrysocolla, aquamarine
IBS/digestive pain	Peppermint, helichrysum, frankincense, ginger	Selenite, turquoise
Joint pain	Rosemary, frankincense, marjoram	Selenite, amethyst, chrysocolla
PMS, menstrual pain, or menopause symptoms	Clary sage, lavender, rosemary, clove	Bloodstone, amethyst, chrysocolla, lapis lazuli
Headaches, migraines	Peppermint, frankincense, rosemary	Selenite, lapis lazuli
Anti-inflammatory (for wound recovery, swelling, or overall pain relief)	Peppermint, rosemary, eucalyptus, helichrysum, frankincense	Turquoise, selenite, amethyst
Post-surgery recovery	Lavender, marjoram, chamomile	Aquamarine
Stress, anxiety, or insomnia due to pain	Lavender, bergamot, chamomile	Lapis lazuli, aquamarine, amethyst

