

Essential Oil Therapies

12 Oils of the Ancient Scriptures

It was these oils that sustained those who lived in biblical times with spiritual, mental, emotional, and physical healing—and it is these same oils that continue to provide us with their unique ability to heal, today.



Frankincense

Used for religious rituals, flavoring food, and for all manner of healing purposes, frankincense is the second most frequently mentioned oil of the Bible. Ancient Egyptians had a saying that “frankincense could be used to heal everything from gout to a broken head.” Frankincense has been used by various religions and royalty to help with:

- Reducing anxiety and concerns
- Promoting focus on spiritual matters



Cypress

Modern science has shown that inhaling, applying or taking cypress oils internally stimulates white blood corpuscle generation, which may have beneficial applications following chemotherapy and radiation. The molecules of cypress oil seem to have an affinity with all aspects of the cardiovascular system, including blood vessel and heart. Uses for cypress include:

- Fighting arthritis
- Battling laryngitis
- Reducing scar tissue
- Boosting the immune system



Cassia

Essential oils, including cassia, not only affect our physical bodies, but our emotions as well. Unlike our other four senses our sense of smell is linked directly to our emotional brain where feelings are catalogued. Cassia nourishes our body and spirit by:

- Stimulating feelings of joy, happiness, and gladness.
- Enabling emotional healing



Cedarwood

King Solomon built his palace and temple from unfinished cedarwood (1 Kings 6:9-15). This choice provided Solomon an environment in which he inhaled molecules of cedarwood oil continuously so he could think clearly and administer wise decisions. Smelling cedarwood has the following effects:

- Clearing our minds of clutter
- Clarifying our thinking



Rose of Sharon

Also known as cistus, labdanum, and rock rose, this is not traditional sweet smelling flower with the thorny stems we usually think of. It is a wild bloom that grows on the Plains of Sharon, west of Jerusalem, for thousands of years. Rose of Sharon has proven able in:

- Healing cuts and bruises
- Relieving sciatic nerve pain



Aloe or Sandalwood

Biblical aloe was an oil imported from India, also known as sandalwood. Sandalwood is known for its ability to nurture various systems in the body by:

- Oxygenating tissue, including the brain
- Stimulating natural secretion of melatonin
- Enabling a good night's rest

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Myrtle

To the ancient Jews, the myrtle tree was a symbol of peace and justice as well as a source for healing oil. In Biblical times, myrtle was used for the following reasons:

- Purifying from uncleanness
- Restoring normal thyroid activity
- Decongesting the respiratory tract and sinuses



Galbanum

Galbanum was one of the four oils in the holy incense, which has been burned in Jewish temples for thousands of years in combination with myrrh, onycha, and frankincense. Historically, Galbanum has been used for:

- Providing pain relief
- Hindering cramps and spasms
- Repairing abscesses, wounds, wrinkles



Myrrh

Myrrh is the most frequently mentioned oil of the Bible. It was one of the first to be received by the Christ child along with frankincense and the last to be offered as he stood at the cross. It is the first oil mentioned in the Old Testament and the last oil mentioned in the New Testament.

- Helpful aid to meditation
- Helps wrinkled, chapped, or cracked skin



Onycha

While onycha oil was used in the holy incenses of Exodus 30, its modern uses have been extensive. It has a wonderful odor of vanilla because it contains vanillin aldehyde, also found in the vanilla plant. Onycha contains more acids than any other oil, including benzoic acid. This oil has been used for:

- Providing antiseptic service to the body
- Producing a calming scent



Hyssop

Animal sacrifices were offered almost daily in Jewish temples, which could result in a bad odor problem. However, the Jewish congregation regularly supplied the priests with fresh fragrant herbs, including hyssop, which were scattered on the temple floor each morning.

- Noted for its purifying properties.



Spikenard

It was an ancient custom to honor distinguished guests by anointing their head or feet with spikenard. Jesus was anointed twice with spikenard the week before he died. The fragrance from this essential oil has been used in:

- Relieving fear and anxiety



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