



Essential Oils List

Chamomile

Soothing, Calming, Relaxing, Stress-related Conditions

Clary Sage

Calming, Insomnia, Depression, Exhaustion from Overwork, Harmonizing

Cypress

Soothing, Calming, Feelings-Being Overwhelmed, Helpful During Transitions

Eucalyptus

Uplifting, Refreshing, Aids in Concentration, Exhaustion, Purifying

Frankincense

Tension, Meditative, Reflection, Mental Focus, Tranquility, Soothes the Spirit

Geranium

Depression, Fatigue, Frustration, Stress, Harmonizing, Uplifting, Refreshing

Grapefruit

Concentration, Uplifting, Stimulating, Cleansing, Irritability and Moodiness

Lavender

Calming, Soothing, Balancing, Depression, Mental Exhaustion, Insecurity

Lemongrass

Uplifting, Fatigue, Grieving, Strength, transition and release work

Peppermint

Clearing, Stimulating, Uplifting, Fatigue, Invigorating, Cooling, Nausea

Rosemary

Stimulant, Headaches, Memory, Respiratory and Pulmonary Decongestant

Ylang Ylang

Antidepressant, Calming, Builds Self-confidence, Balancing, Calming,