

Aromatherapy has a very positive and beneficial effect on relieving stress and supporting emotional well-being. When using essential oils to help with emotional healing, imagine the oil as having the ability to soften the emotional soil of a person, so the root of the issue can be pulled out. Understanding and processing through emotions is a lifelong practice, as feelings and emotions are your companions and guide to help you interpret and navigate your life.



ESSENTIAL OILS

Arborvitae

Positive Attributes: Connected to life, Personal boundaries, Peace, Calm
Supports a Deficiency: Sad, Uncertain, Unstable, Directionless



Basil

Positive Attributes: Connected to life, Personal boundaries, Peace, Calm
Supports a Deficiency: Sad, Uncertain, Unstable, Directionless



Bergamot

Positive Attributes: Joy, Contentment, Open-hearted, Confidence, Motivation, Harmony
Supports a Deficiency: Depression, Anxiety, Unexpressed anger



Black Pepper

Positive Attributes: Courage, Confidence, Inspiration, Motivation
Supports a Deficiency: Fear, Timid, Fear of public speaking, Indecision, Irritability



Black Spruce

Positive Attributes: Compassion, Nurture, Grounding, Resilient, Self-acceptance
Supports a Deficiency: Despair, Grief, Emotional blocks



Blue Tansy

Positive Attributes: Acceptance, Clears thoughts, Focus, Patience, Soothes worries
Supports a Deficiency: Anger, Indecision, Anxiety, Depression, Impatience, Stress



Cardamom

Positive Attributes: Confidence, Contentment, Enthusiasm, Straightforwardness
Supports a Deficiency: Anxiety, Emotionally drained, Lack of direction



Cassia

Positive Attributes: Courage, Potential, Creativity
Supports a Deficiency: Shy, Fear, Mood swings



Cedarwood

Positive Attributes: Strength, Focus, Balance, Persistence, Confidence, Courage
Supports a Deficiency: Overly protective, Anxiety, Anger, Heavy burdens



Celery Seed

Positive Attributes: Passion, Worthiness, Calming to the spirit, Flexibility
Supports a Deficiency: Anger, Defensive, Despair, Fatigue, Fidgety feelings



Cilantro

Positive Attributes: Hope, Joy, Laughter, Motivation, Clarity, Rejuvenation
Supports a Deficiency: Anger, Stress, Insecure, Disconnected



Cinnamon Bark

Positive Attributes: Joy, Creativity, Safety, Passion, Strength, Vitality
Supports a Deficiency: Bitterness, Indecision, Irritability, Isolation, Loneliness



Citronella

Positive Attributes: Confidence, Mental clarity, Protection, Energetic shield
Supports a Deficiency: Anxiety, Anger, Emotionally drained from others



Clary Sage

Positive Attributes: Calm, Confidence, Grounding, Balance, Intuition
Supports a Deficiency: Irritability, Past traumas, Withdrawn, Mood swings



Clove

Positive Attributes: Trust, Inspiration, Strength, Courage
Supports a Deficiency: Unhealthy dependency, Not connected to life



Copaliba

Positive Attributes: Confident About future, Survival instinct, Resilient
Supports a Deficiency: Overthinking, Fear, Anxiety, Excessive worrier



Coriander

Positive Attributes: Hope, Mental clarity, Enthusiasm, Motivation
Supports a Deficiency: Fear, Bad memory, Depression, Secretive



Cypress

Positive Attributes: Emotional strength, Grounding, Nurturing
Supports a Deficiency: Grief, Irritability, Self-doubt, Temperamental



Douglas Fir

Positive Attributes: Alert, Rooted in life, Mental clarity, Peaceful
Supports a Deficiency: Fear of failure, Self-aware, Guilt



Eucalyptus

Positive Attributes: Creativity, Focus, A strong mind-heart connection
Supports a Deficiency: Bitterness, Blame, Guilt, Feeling smothered



Fennel

Positive Attributes: Motivation, Perseverance, Trustworthy, Longevity, Courage
Supports a Deficiency: Suppressed emotions, Procrastination, Heavy burdens



Frankincense

Positive Attributes: Personal growth, Self-worth, Communication
Supports a Deficiency: Irritability, Stress, Anxiety, Negative mental chatter, Racing thoughts



Geranium

Positive Attributes: Nurtured, Mothered, Balanced, Tranquil
Supports a Deficiency: Denial, Perfectionism, Agitation, Fear, Volatile



Ginger

Positive Attributes: Courage, Optimism, Initiative, Responsibility
Supports a Deficiency: Self-worth, Procrastination, Low energy



Grapefruit

Positive Attributes: Release past burdens, Expressive, Enliven
Supports a Deficiency: Bitterness, Disappointment, Emotional eating, Loneliness



Green Mandarin

Positive Attributes: Supported, Hopeful, Joy
Supports a Deficiency: Anger, Sorrow, Disappointment



Helichrysum

Positive Attributes: Calm, Acceptance, Patience, Tenacity, Inner strength
Supports a Deficiency: Anger, Frustrated, Jealousy, Resentment



Jasmine

Positive Attributes: Trusting, Love, Passion, Socially confident, Sensual
Supports a Deficiency: Withdrawn, Apathy, Anxiety, Pessimistic



Juniper Berry

Positive Attributes: Will power, Focus, Self-acceptance, Self-worth
Supports a Deficiency: Anxiety, Discouraged, Irritability



Lavender

Positive Attributes: Nurtured, Peaceful mind, Patient, Forgiving, Self-expression
Supports a Deficiency: Depression, Anxiety, Non-communicative, Unexpressed emotions



Lemon

Positive Attributes: Liveliness, Joy, Happiness, Focus
Supports a Deficiency: Irritability, Resentment



Lemon Eucalyptus

Positive Attributes: Enthusiasm, Innocence, Happy
Supports a Deficiency: Childhood trauma, Sad, Depressed



Lemongrass

Positive Attributes: Mentally stimulating, Awakens the spirit, Logical thinking, Hopeful
Supports a Deficiency: Despair, Holding on to the past, Resentment



Aromatherapy Quick Guide

JL Elias



Aromatherapy Quick Guide:

Enjoying the Melody of Phrase: An Mental Symphony within **Aromatherapy Quick Guide**

In some sort of consumed by screens and the ceaseless chatter of instant conversation, the melodic splendor and mental symphony produced by the prepared term usually fade into the background, eclipsed by the persistent sound and disruptions that permeate our lives. However, set within the pages of **Aromatherapy Quick Guide** an enchanting literary prize filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts viewers on an emotional journey, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the emotional assessment, we can explore the book is main harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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