

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



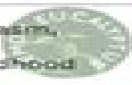
Lemon

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

J Rink



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