

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

Copaiba

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 Reference Guide

K Payea



Aromatherapy Reference Guide:

Aromatherapy Reference Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Aromatherapy Reference Guide**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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