

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 Reference Guide

KG Stiles



Aromatherapy Reference Guide:

Reference Guide for Essential Oils Connie Higley, Alan Higley, 2013 *A Complete Essential Oils Reference Guide* Nancy Connor, 2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life

Reference Guide for Essential Oils ,1996 **Essential Oils Guide Book** Olivia Banks, 2018-09-12 Looking for books on essential oils and aromatherapy You ve come to the right place Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know You ll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it s all here Here s a quick preview of what s inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils **Aromatherapy Reference Guide Library** KG Stiles, 2025-04-15 ESSENTIAL OILS REFERENCE GUIDE LIBRARY 6 Book Healing Bundle Comprehensive Aromatherapy Guide for Natural Healing Essential Oil Chemistry Therapeutic Blending Unlock the power of essential oils with this best selling six book aromatherapy bundle a must have reference library for anyone interested in natural remedies holistic wellness and mind body healing Whether you re a beginner exploring how to use essential oils for common ailments or a practitioner seeking to deepen your

understanding of essential oil chemistry this complete guide is your go to resource WHAT S INSIDE BOOK 1 Essential Oils Quick Reference Guide for Over 100 Common Ailments Discover over 100 conditions and how to treat them with essential oils Covers support for body mind emotions and spirit including stress sleep skin issues immune support and more BOOKS 2 4 Essential Oil Chemistry Series Formulating Blends that Heal Deepen your understanding of essential oil chemistry the foundation of true aromatherapy Each book offers a concise overview of chemical families their therapeutic properties and practical applications for formulating synergistic blends Book 2 Alcohols Sesquiterpenes Esters Ethers Book 3 Aldehydes Ketones Lactones Book 4 Monoterpenes Oxides Phenols BOOK 5 Aromatherapy Healing Power of Scent Blending Secrets 18 Aroma Classifications Explore the energetic and emotional aspects of scent with expert guidance on how to blend for physical emotional and spiritual transformation BOOK 6 Chemistry of Essential Oils Quick Reference Summary A user friendly summary of the 12 chemical families with their aromatic qualities healing actions and safety notes for quick blending guidance WHAT READERS EXPERTS SAY I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience combined with her compassionate passion to assist and facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA NYT Bestselling Author of Choices and Illusions Highly recommended for anyone interested in holistic healing and the therapeutic use of aromatherapy as a powerful mind body technique John L Turner MD KG has been a key resource in developing our hospital based aromatherapy program Her expertise in essential oils is exceptional Linda McGwire RN BSN HNC B ABOUT THE AUTHOR KG Stiles BA CBT CBP LMT Certified Clinical Aromatherapist Metaphysician Coach Founder of PurePlant Essentials With more than four decades of experience in the healing arts KG Stiles is a globally respected aromatherapy educator practitioner and the creator of the LoveNotes healing series Her work integrates plant based medicine energy healing and mind body wisdom She has worked with top wellness professionals hospitals and internationally renowned celebrities and athletes KG is a NAHA approved Continuing Education Provider contributing author for aromatherapy journals and passionate advocate for natural wellness Her books and formulas have empowered thousands around the world to take charge of their health through the ancient wisdom of essential oils *Quick Reference Guide for Using Essential Oils* ,2005 **Reference Guide for Essential Oils** Abundant Health,Connie Higley,Alan Higley,2001-02-01

A Basic How to Use Essential Oils Reference Guide Nancy Connor,2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to

use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life P S This is a second edition of the book A Basic How to Use Essential Oils Reference Guide 250 Aromatherapy Oil Diffuser Recipes Healing Solutions for Stress Anxiety Depression Sleep Colds Allergies Headaches Sinus Problems **The Essential Oils Complete Reference Guide** KG Stiles,2017-01-31 Everything You Need to Know About Essential Oils for Pure Healing Wellness Explore the world of natural nontoxic essential oils for all aspects of your life Stimulate your senses and soothe your body and soul with the popular practice that has become a respected safe alternative to modern medicine Learn all about essential oils to use for bettering your life and the lives of your family and friends Included are Profiles of the most widely used essential oils Formulas and blending guides with the most effective techniques for using them Accurate application methods from time honored poultices to modern day steam inhalation Remedies for a wide range of ailments including muscle strain headaches and skin problems DIY personal care from beauty treatments massage and cooking to moms new babies pets and spiritual healing Over 300 stunning images This comprehensive guide is a must have resource and welcome addition to the libraries of experienced and novice aromatherapists alike **Reference Guide for Essential Oils** Connie Higley,1998

Unveiling the Magic of Words: A Review of "**Aromatherapy Reference Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Aromatherapy Reference Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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