

MOOD-BOOSTING *Essential Oils*

UPLIFTING ESSENTIAL OILS

- ◆ Wake-up Focus - Wild Orange, Bergamot, Peppermint, Spearmint, Ylang Ylang
- ◆ Energy - Wild Orange, Peppermint
- ◆ Fatigue - Bergamot, Grapefruit, Peppermint, Spearmint
- ◆ Motivation - Grapefruit, Lemon, Lime, Tangerine, Wild Orange, Peppermint, Spearmint
- ◆ Sad/Depressed - Sandalwood, Myrrh, Bergamot, Frankincense

VITALITY BLEND

- 3 drops Lemon
- 3 drops Wild Orange
- 2 drops Peppermint
- 1 drop Frankincense

Directions: Add oils to an ultrasonic cool-air diffuser and diffuse while taking deep belly breaths, or blend in a glass jar and apply 1-2 drops of blend to palms, cup, and inhale deeply.

CALMING BALANCING ESSENTIAL OILS

- ◆ Worry - Cedarwood, Geranium, Lavender
- ◆ Anger - Patchouli, Ylang Ylang
- ◆ Stress - Frankincense, Roman Chamomile, Vetiver, Lavender
- ◆ Brain Fog - Rosemary, Lavender, Patchouli
- ◆ Nervous/Anxious - Clary Sage, Bergamot, Vetiver, Lavender
- ◆ Insomnia - Lavender, Vetiver, Roman Chamomile, Clary Sage, Cedarwood

CALMING MEDITATION BLEND (p. 146)

- 2 drops Frankincense
- 2 drops Cedarwood
- 2 drops Wild Orange
- 1 drop Rosemary

Directions: Add oils to an ultrasonic cool-air diffuser and diffuse while taking deep belly breaths, or blend in a glass jar and apply 1-2 drops of blend to palms, cup, and inhale deeply.

EMOTIONAL SUPPORT ESSENTIAL OILS

- ◆ Motivation - Sandalwood, Bergamot, Ginger, Citrus Oils
- ◆ Release - Jasmine, Ylang Ylang
- ◆ Anger/Irritation - Clary Sage, Lavender, Sandalwood
- ◆ Anxiety - Cedarwood, Ylang Ylang, Patchouli
- ◆ Negativity - Bergamot, Clary Sage
- ◆ Overwhelm - Geranium, Clary Sage, Patchouli, Ylang Ylang

OVERWHELM RESET BLEND (p. 150)

- 2 drops Geranium
- 2 drops Clary Sage
- 1 drop Patchouli
- 1 drop Ylang Ylang

Directions: Add oils to an ultrasonic cool-air diffuser and diffuse while taking deep belly breaths, or blend in a glass jar and apply 1-2 drops of blend to palms, cup, and inhale deeply.