

**Essential Oils**  
**For**  
**Emotional Support**

The following **Essential Oils** can be helpful in aiding you to calming your emotions down.

Lavender

Lemon

Ylang Ylang

Bergamot

Petitgrain

Neroli

Grapefruit

Cardamon

Tulsi

Roman Chamomile

Geranium

Spikenard

Frankincense

Marjoram

Bergamot Mint

**Emotional Stress**

Clary Sage

Bergamot

Petitgrain

Geranium

Roman Chamomile

Sandalwood

**Environmental Stress**

Bergamot

Cypress

Geranium

Cedarwood

**Performance Stress**

Grapefruit

Bergamot

Ginger

Rosemary

**Physical Stress**

Lavender

Bergamot

Geranium

Marjoram

Tulsi

Roman Chamomile

Rosemary

Thyme

**Mental Stress**

Lavender

Grapefruit

Bergamot

Petitgrain

Tulsi

Sandalwood

Geranium