

**Essential Oils  
 For  
 Anxiety/Stress**

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  
 Cedarwood  
 Sandalwood  
 Tamala  
 Vetiver

**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