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## **ESSENTIAL OILS FOR STRESS AND RELAXATION**

<b>Anger</b>	<b>Bergamot, chamomile, cypress, peppermint, ylang ylang</b>
<b>Anxiety</b>	<b>Bergamot, chamomile, clary sage, frankincense, geranium, lavender, mandarin, marjoram, sandalwood</b>
<b>Apathy</b>	<b>Grapefruit, jasmine, lavender, lemon, rosemary</b>
<b>Balancer (moods)</b>	<b>Lavender, geranium, jasmine</b>
<b>Burn out</b>	<b>Grapefruit, jasmine, lavender, lemon, sandalwood</b>
<b>Calming</b>	<b>Bergamot, cedarwood, clary sage, frankincense, jasmine, lavender, mandarin, marjoram, sandalwood, ylang ylang</b>
<b>Long-term depression</b>	<b>Bergamot, orange, chamomile</b>
<b>Loss of interest in life</b>	<b>Orange, rosemary, ylang ylang</b>
<b>Emotional stress</b>	<b>Ylang ylang</b>
<b>Excitability</b>	<b>Cedarwood, chamomile, lavender, mandarin, marjoram, ylang ylang</b>
<b>Fainting</b>	<b>Lavender, marjoram, peppermint</b>
<b>Frigidity</b>	<b>Clary sage, ylang ylang</b>
<b>Frustration</b>	<b>Bergamot, lavender</b>
<b>Grief</b>	<b>Cypress, marjoram, sandalwood</b>
<b>Guilt</b>	<b>Chamomile, clary sage, sandalwood</b>
<b>Hysteria</b>	<b>Clary sage, peppermint</b>
<b>Insomnia</b>	<b>Cedarwood, chamomile, lavender, mandarin, marjoram, sandalwood</b>
<b>Irritability</b>	<b>Cypress</b>



## **Range Products**

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<b>Listlessness</b>	<b>Geranium, jasmine, lavender</b>
<b>Manic depression</b>	<b>Geranium, grapefruit, lavender</b>
<b>Meditation</b>	<b>Cedarwood, frankincense, sandalwood</b>
<b>Mental dullness</b>	<b>Lemon, peppermint, rosemary</b>
<b>Mental stress</b>	<b>Cedarwood, chamomile, rosemary</b>
<b>Migraine</b>	<b>Grapefruit, marjoram</b>
<b>Negative thoughts</b>	<b>Orange, peppermint</b>
<b>Nervous exhaustion</b>	<b>Grapefruit, lavender, rosemary, ylang ylang</b>
<b>Nervous headache</b>	<b>Grapefruit, lavender, marjoram</b>
<b>Nervousness (jitters)</b>	<b>Bergamot, frankincense, geranium, lavender</b>
<b>Obsessiveness</b>	<b>Frankincense, sandalwood</b>
<b>Panic attack</b>	<b>Clary sage, Rescue Remedy, ylang ylang</b>
<b>Paranoia</b>	<b>Clary sage</b>
<b>Pre-exam or interview stress</b>	<b>Bergamot, grapefruit, lemon, lavender, rosemary</b>
<b>Pre-operative stress</b>	<b>Lavender, clary sage, ylang ylang, chamomile, Rescue Remedy</b>
<b>Post-operative stress</b>	<b>Lavender, grapefruit, mandarin, peppermint,</b>
<b>Restlessness</b>	<b>Marjoram, ylang ylang</b>
<b>Sexuality (insecurity)</b>	<b>Clary sage, jasmine, sandalwood, ylang ylang</b>
<b>Shock</b>	<b>Lavender, peppermint, Rescue Remedy</b>
<b>Sluggishness (mental)</b>	<b>Basil, lemon, grapefruit</b>
<b>Trauma</b>	<b>Lavender, marjoram, Rescue Remedy</b>
<b>Vertigo</b>	<b>Lavender, peppermint</b>