Essential Oils for Primary Emotional Conditions

Small list of essential oils (EOs) that can help calm:

Anger

Bergamot, Jasmine, Neroli, Orange, Patchouli, Chamomile, Rose, Vetiver, Ylang Ylang, Fragonia™

Best Mountain Sage Wellness EOs: Centered Sunshine™, Harmonious Journey™, Trust™, Namaste'™, Breath of Expansion™, Stress Relief™, Relaxing™, Fragonia™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help calm:

Anxiety

Cedarwood, Clary Sage, Frankincense, Geranium, Lavender, Mandarian, Neroli, Patchouli, Chamomile, Rose, Sandalwood, Vetiver, Fragonia™

Best Mountain Sage Wellness EOs: Centered Sunshine™, Harmonious Journey™, Trust™, Namaste'™, Breath of Expansion™, Stress Relief™, Relaxing™, Fragonia™, Insomnia Relief™, Chakra Awakening™, Microcosmic Orbit™, Breath of Expansion™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help calm:

Depression

(PMS, Hormonal Imbalance & Grieiving)

Basil, Bergamot, Clary Sage, Frankincense, Geranium, Grapefruit, Rose, Sweet Marjoram, Jasmine, Lavender, Lemon, Mandarian, Neroli, Orange, Chamomile, Sandalwood, Fragonia™

Best Mountain Sage Wellness EOs: Breath of Expansion™, Centered Sunshine™, Harmonious Journey™, Trust™, Namaste'™, Trust™, Namaste'™, Stress Relief™, Relaxing™, Fragonia™, Sensual Woman™, Sensual Man™, Lemurian Sage™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help:

Fatigue/Burnout

Basil, Bergamot, Black Pepper, Clary Sage, Cypress, Frankincense, Ginger, Grapefruit, Helichrysum, Jasmine, Lemon, Patchouli, Peppermint, Rosemary, Sandalwood, Vetiver

Best Mountain Sage Wellness EOs: Revitalizing™, Energizing™, Chakra Awakening™, Microcosmic Orbit™, Trust™, Namaste'™ & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help alleviate:

Fear

Bergamot, Cedarwood, Clary Sage, Frankincense, Grapefruit, Jasmine, Lemon, Neroli, Orange, Chamomile, Sandalwood, Vetiver

Best Mountain Sage Wellness EOs: Trust™, Namaste'™, Stress Relief™, Chakra Awakening™, Microcosmic Orbit™, Breath of Expansion™, Harmonious Journey™, Relaxing™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help:

Grief

Cypress, Frankincense, Helichrysum, Neroli, Rose, Sandalwood, Vetiver, Fragonia™, Jasmine

Best Mountain Sage Wellness EOs:

Breath of Expansion™ and Harmonious Journey™

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can bring forth:

Happiness/Peace

Bergamot, Frankincense, Geranium, Grapefruit, Lemon, Neroli, Orange, Rose, Sandalwood, Ylang Ylang, Fragonia™

Best Mountain Sage Wellness EOs: Chakra Awakening™, Microcosmic Orbit™, Breath of Expansion™, Centered Sunshine™, Harmonious Journey™, Trust™, Namaste'™, Stress Relief™, Relaxing™, Fragonia™, Sensual Woman™, Sensual Man™, Lemurian Sage™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can relieve:

Insecurity

Bergamot, Cedarwood, Frankincense, Jasmine, Sandalwood, Vetiver

Best Mountain Sage Wellness EOs: Trust™, Namaste'™, Stress Relief™, Chakra Awakening™, Microcosmic Orbit™, Breath of Expansion™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can calm:

Irritability

Lavender, Mandarian, Neroli, Chamomile, Sandalwood

Best Mountain Sage Wellness EOs: Centered Sunshine™, Trust™, Namaste'™, Stress Relief™, Breath of Expansion™, Harmonious Journey™, Relaxing™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can aid:

Memory

Basil, Black Pepper, Cypress, Hyssop, Frankincense, Lemon, Peppermint, Rosemary

Best Mountain Sage Wellness EOs: Revitalizing™, Energizing™, Chakra Awakening™, Microcosmic Orbit™, Trust™, Namaste'™ & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help relieve:

Panic Attacks

Bergamot, Jasmine, Neroli, Orange, Patchouli, Chamomile, Rose, Vetiver, Ylang Ylang

Best Mountain Sage Wellness EOs: Trust™, Namaste'™, Stress Relief™, Chakra Awakening™, Microcosmic Orbit™, Breath of Expansion™, Harmonious Journey™, Relaxing™, & more.

Essential Oils for Primary Emotional Conditions Cont.

Small list of essential oils that can help relieve:

Bergamot, Jasmine, Neroli, Orange, Patchouli, Chamomile, Rose, Vetiver, Ylang Ylang

Best Mountain Sage Wellness EOs: Stress Relief™, Chakra Awakening™, Microcosmic Orbit™, Breath of Expansion™, Harmonious Journey™, Relaxing™, : Trust™, Namaste'™, Lemurian Sage™ & more.

Medicinal/Pharmacological Effects of Essential Oils

- **Anti-spasmodic:** basil, cedarwood, chamomile, clary sage, coriander, cypress, jasmine, lavender, marjoram, neroli, orange, sandalwood, & many more
- **Antiviral:** marjoram, Fragonia™, rose, tea tree, & more
- **Antifungal:** Fragonia™,cedarwood, coriander, lemon myrtle, marjoram, myrrh, patchouli, tee tree, & more
- **Bactericidal:** clary sage, Fragonia™, lemon, marjoram, melissa, neroli, pine, rose, tea tree, & more

Other medicinal properties: astringent, diuretic, sedative, stimulant, anti-rheumatic, carminative, decongestant, deodorant, laxative, digestive, antidepressant, aphrodisiac, tonic, & much more!

Medicinal/Pharmacological Effects of Essential Oils

- **Insecticidal:** lavender, lemongrass, thyme, citronella, geranium, patchouli, tea tree, & more
- **Antiseptic:** Fragonia™, lavender, jasmine, ginger, tea tree, frankincense, cypress, cedarwood, & more
- **Analgesic:** basil, Fragonia™, chamomile, coriander, ginger, lavender, marjoram, peppermint, rosemary, & more
- **Anti-inflammatory:** chamomile, Fragonia™, eucalyptus, frankincense, lavender, myrrh, orange, & more
- **Antimicrobial:** Fragonia™, tea tree, lemon, & more

The Safe Use of Essential Oils

- Do not use essential oils internally without professional consultation or training.
- Do not apply directly to skin; dilute essential oils with carrier oils.
- Keep out of reach of children.
- Avoid eye contact and mucous membranes. Please flush with oil or milk if contact occurs.
- Do not use essential oils on infants, children, pregnant women, the elderly, or those with serious health problems, without advanced medical study.
- Avoid prolonged exposure without ventilation.
- Store essential oils and carrier oils away from heat and sunlight to avoid degradation and rancidity.

Important Considerations

- “essential oil” - good, but not the best
- “pure essential oil” – what to look for
- “Therapeutic grade” essential oil – even better
- Infused oils are not essential oils.
- Fragrance or synthetic oils do not offer the therapeutic quality.

Conclusion: Make certain essential oils are pure and therapeutic grade by checking labels and websites.

Clinical Aromatherapy & Conclusion

Clinic aromatherapy is based on all three original effects of essential oils:

Physiological: stimulant, relaxant, anti-infective, etc.

Topical: moisturizing, muscular and articular conditions, esthetic, etc.

Psychological: causing mental, emotional, and behavioral changes.

Clinical aromatherapy is the use of high quality plant essential oils to enhance health of the body and mind, and to treat disorders of these should they arise. Today, most forms of clinical aromatherapy use a combination of holistic and scientific styles.

All imbalances in the body hold both physiological and psychological roots. Essential oils work on all levels to achieve balance body, mind, and spirit.