

Essential Oils to Support Emotional Well-Being

	Anxiety/ Panic	Calms Anger & Irritability	Calms Excessive Thinking & Negative Thoughts	Depression	Emotional Uplifting & Balancing	Energizes, Awakens & Refreshes	Insomnia	Nervous Fatigue	Peace of Mind	Restores Emotional Ease After Trauma	Soothes the Perfectionist Who Can't Tolerate Mistakes	Stress Relief / Calming
Balsam Fir					X			X				X
Basil	X			X	X			X				X
Bergamot	X			X			X			X		X
Black Spruce					X							
Cardamom								X				
Cedarwood	X											X
Cinnamon Bark								X				
Clary Sage	XX		X	X	X			X	X			X
Clove Bud								X				
Cypress	X		X	X				X		X		
Eucalyptus globulus			X					X				
Eucalyptus radiata			X					X				
Frankincense	X			X					X			X
Geranium	X			X								X
German Chamomile		X										X
Ginger								X				
Grapefruit rose oil				X	X	X		X				
Green Myrtle						X						

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Helichrysum										X		
Juniper Berry			X						X			
Lavender	X			X			X		X			X
Lemon (Steam Dist.)				X	X	X	X	X				X
Lemongrass				X	X	X	X	X				X
Lemon Myrtle				X	X	X	X	X				X
Lime (Steam Dist.)	X			X	X					X		
Mandarin				X	X				X			X
Melissa	X	X		X			X		X	X		X
Niaouli					X							
Neroli	X			X			X					X
Orange				X	X		X		X		X	X
Palmarosa	X											
Patchouli	X		X					X				X
Peppermint				X	X	X		X				
Ponderosa Pine				X	X			X				X
Ravintsara	X			X								
Roman Chamomile	X		X	X			X					X
Rockrose										X		
Rosemary			X		X			X				X

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Rose Otto	X			X								X
Rosewood	X											X
Sandalwood		X		X			X					X
Saro					X							
Spearmint								X				
Spikenard	X						X		X			
Sweet Marjoram	X			X			X					X
Tangerine				X	X							X
Thyme Linalol								X				
Vetiver	X											X
White Fir	X				X							X
White Spruce	X				X							X
Ylang Ylang	X			X			X					X