



# *Essential Oils for Emotional Balance*

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It's wonderful to e-meet you!

## I'M DR. LULU SHIMEK



I'm a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety, and fatigue. I believe that once we dive deep down to the root of the problem of the distortion and ignite our body's innate ability to heal, we see unimaginable changes in our well-being.

My passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, I journeyed through many careers, a true "renaissance woman." I studied interior design at the University of Georgia and have a doctorate from the prestigious Bastyr University. I also am an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Check out my new book - [Detox Nourish Activate: Plant & Vibration Medicine for Energy, Mood and Love](#). My podcast, *The Genetic Genius*, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing, and enhancing cellular performance.

I facilitate ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, I can share my expertise with the veteran community about using plants to help heal and elevate their lives. I am invigorated by traveling and seeing the world with my husband visiting botanical gardens and anything related to delicious food.

### ESSENTIAL OILS FOR EMOTIONAL BALANCE

I am so excited to share with you these essential oils to change your life for the better. These oils have been the foundation for my consistent good health and emotional well-being.

I was once in a dark and dingy place in my life where I didn't feel anything remotely close to healthy or energetic. As a matter of fact, I felt sickly and lethargic.

My body was sluggish, and I was taking a steady diet of medications for various ailments. Any type of activity exhausted me, and I never had the energy to finish the day strong.

I've put together these 10 essential oils that will help you walk the path to better health without taking too many wrong turns. As soulful human beings, we need to tap into our divinely given powers so that we can fulfill our life's purpose.

Let's get healthy together,

Dr. LuLu

# ESSENTIAL OILS FOR EMOTIONAL BALANCE

A fast-paced world necessitates a space for calm and relaxation. Constantly being on the run can take a toll on your health – spiritually, physically, and emotionally. Finding ways to care for your spirit, body, and mind is vital.

There are myriad ways to find harmony—healthy eating, regular exercise, yoga, or meditation. Essential oils are yet another approach and may enhance many methods you are already using. They can help re-establish balance and peace.

We have all experienced the power of a scent—the smell of baking reminding you of a family holiday, or the smell of cologne that reminds you of your first love.

There is a science to that.

Your sense of smell is your most important—and most primal—sense. It affects your behaviors, memories, moods, emotions, and thoughts. A pleasant smell can be both stimulating and calming, and essential oils offer that balance.

Essential oils are aromatic, naturally occurring compounds that interact with each other in various ways. They are extracted from the flowers, roots, stems, bark, seeds, and other parts of a particular plant. Essential oils can elevate the spirit and soothe the mind. Through massage, direct inhalation, and diffusion, these oils can balance and ground you.

Stress, anxiety, and mental trauma are incredibly common these days. You may have experienced something yourself or know someone who is suffering. Essential oils can provide a natural, soothing solution.

Essential oils have been scientifically proven to elevate mood. They have a direct impact on our limbic system that arouses the sensory stimuli and helps us release negative emotions.

# TOP 5 ESSENTIAL OILS FOR EMOTIONAL BALANCING

## Bergamot Oil

**Botanical name:** Citrus Bergamia

**Aromatic Description:** slightly floral, citrusy, fresh lemon, orange

Bergamot helps us transfer love back to ourselves. It has a pleasing and refreshing fragrance that uplifts the spirit and eases feelings of sadness, depression, anxiety, and pain. It has natural anti-depressant properties that promote relaxation and confidence. Bergamot oil is also used to stimulate the digestive system and reduce muscle tension and headaches. It can be applied topically or diffused. It can also be added to food, water or applied as a deodorant.

**Uses and Benefits:** Some of the most common uses and benefits of bergamot essential oil include:

- Processing and releasing emotional anguish, toxic shame, the need for approval, blame and fear.
- Lessens the feeling of worthlessness, inadequacy, and incompetence by helping us to step into empowerment and confidence.
- Balances the feelings of self-loathing, self-judgment, self-acceptance, self-worth, and self-love.
- Promotes relaxation by reducing feelings of anxiety and stress and increasing contentment and ease.
- Kills germs and bacteria, cleanses oily skin, works as a sedative and soothes skin irritation.

# Lavender Essential Oil

**Botanical Name:** Lavandula Officianalis / Lavandula Angustifolia

**Aromatic Description:** Lavender essential oil is herbaceous, sweet, fresh, floral, and sometimes slightly fruity. It can also be slightly camphor's.

Lavender is the most versatile of all the essential oils. Most known for its relaxing effects on the body, it is useful for a variety of emotional conditions. It has been proven beneficial for stress reduction, panic attacks, irritability, and anxiety. The fragrance is balancing, relaxing, and calming, both emotionally and physically. It is anti-bacterial and is a must-have for your first aid kit. Its sedative, relaxing and calming properties make lavender a wonderful oil for improving emotional well-being.

**Uses and benefits:** Add a few drops of lavender to bottoms of feet at bedtime or to bedding and pillows. Then use the inhalation method to draw the scent all the way into your amygdala gland to calm your mind. The various benefits of lavender essential oil include the following:

- Aids in balancing moods, emotional stress, and nervous tension.
- Increases mental activity and eliminates restlessness and exhaustion.
- Pleasing as a natural perfume for men and women both.
- Relieves skin issues, insect bites, itching, oily skin, and stretch marks.

# Rose Essential Oil

**Botanical Name:** Rosa Damascena

**Aromatic Description:** Sweet and strongly floral

Roses are considered one of the most beautiful flowers in the world. It is an integral part of innumerable legacies, myths, legends, and stories. With its incomparable fragrance, varied colors and ranges of shapes and sizes you can find one suitable for every occasion or mood. But it is more than just a flower. The essential oil of rose is extremely beneficial. Emotionally, rose oil is helpful during the times of stress. Its fragrance creates a sense of well-being and has a stimulating effect on the entire nervous system. Rose oil is also excellent for boosting mood, equanimity, joy, compassion, and loving-kindness.

## Uses and Benefits:

- Boosts mental strength, confidence, and self-esteem while efficiently fighting anxiety.
- Common in aromatherapy and invokes feelings of hope, happiness and joy, spiritual relaxation, and positive thoughts.
- Sedative properties provide emotional relief due to post-traumatic stress, jealousy, loss, grief, anxiety, and excessive worry.
- Strengthens nerves to bear the shock and protects them from disorders resulting from injuries or age.
- Supports balancing hormones, reduces the appearance of skin imperfections, and promotes an even skin tone and healthy complexion.

# Jasmine Essential Oil

**Botanical Name:** Jasminum Grandiflorum

**Aromatic Description:** Exotic, floral, warm

Jasmine absolute has an exquisitely unique floral aroma. It has stimulating effects that promote feelings of confidence and optimism to alleviate stress. It works well for inducing relaxation and relieving insomnia and headaches. Jasmine is considered the oil of support, helping you find your inner support and strength while allowing you to seek, find and receive support in new ways. Jasmine essential oil is also scientifically proven to increase mental focus.

## **Uses and Benefits:**

- Massage one drop of jasmine absolute over the heart center as desired for love.
- Place a dab of jasmine absolute in the hands, rub together or rub over the mouth or nose and inhale deeply. Massage over the heart center for hope.
- Apply to pulse points to uplift mood and soothe nervous tension
- Dab one or two drops on wrinkles and fine lines before applying a facial moisturizer.
- Combine one drop with conditioner in the palm of one hand and then apply to hair and scalp for added moisturizing and nourishing benefits.
- Supports joints and muscles.
- Provides a mild sedative effect, which has been known to promote sleep.



# Roman Chamomile Essential Oil

**Botanical Name:** Anthemis Nobilis / Chamaemelum Nobile

**Aromatic Description:** Herbaceous, fruity, sweet, crisp, bright

Roman chamomile essential oil brings a sense of calm to anyone going through a period of intense fear, loneliness or is challenged by post-traumatic shock or anxiety. This oil releases stress from our emotional, mental, and physical bodies while soothing our wounds. It also encourages spiritual peace, acceptance, and love to the self. It relieves feelings of grief or shock while encouraging receptivity and intuition.

## **Benefits and uses:**

- Roman chamomile essential oil has been used throughout history for multiple purposes. It is most effective for the skin, nervous system, and emotions. It is primarily used to promote peace, calm and restful sleep.
- Use a very small amount of essential oil with coconut oil or your lotion for skin benefits.
- Diffuse or apply few drops of Roman chamomile essential oil to the bottom of your feet at bedtime for a restful sleep.
- Add 1-2 drops of Roman chamomile essential oil to hot drinks or herbal tea to soothe the body and mind.

# TOP 5 ESSENTIAL OILS FOR EMOTIONAL WELL-BEING

Daily demands overwhelm and stress us, yearning for just a moment of calmness, mental clarity, and peace.

The following essential oils have extensive emotional benefits that support that calmness and focus. In addition to their pleasing scents, they are scientifically proven to positively affect overall mental health and well-being.

## Ylang - Ylang Essential Oil

**Botanical Name:** Cananga Odorata Var Genuina

**Aromatic Description:** Fragrant yet delicate, slightly fruity, sweet, floral, fresh

This essential oil can be either calming or stimulating and is considered to have aphrodisiac properties. It is particularly effective in dealing with anger. This essential oil releases negative emotions such as hate, jealousy, and even low self-esteem.

Massage the oil into your skin or diffuse it in your home for emotional balance, self-love, and confidence, and to promote peace.

### **Benefits of Ylang- Ylang Essential Oil:**

- Releases emotional traumas and helps us connect to our own heart.
- Stabilizes mood and encourages joy.
- Supports immediate positive effects on your mood.
- Minimizes stress responses allowing you to release negative energies.
- Safety information: Excess use of Ylang-Ylang essential oil may cause skin sensitization. Avoid using on damaged, diseased, or hypersensitive skin.

# Frankincense Essential Oil

**Botanical Name:** Boswellia Carterii

**Aromatic Description:** fruity, slightly spicy, balsamic, woody but fresh

Also known as Olibanum, Frankincense is a common essential oil used in aromatherapy that offers myriad benefits including reduction of inflammation and pain, relief of chronic stress and anxiety, and immunity boosts. Frankincense is also known as the “oil of truth”, revealing false truths and deceptiveness. It is calming, soothing and helps to create new perspectives based on enlightenment and integrity.

Frankincense oil is most effective through skin absorption or inhalation. You can also add a few drops of Frankincense oil to a diffuser or a hot bath for stress relief and relaxation.

## **Benefits of Frankincense Essential Oil:**

- Immediately induces the feelings of satisfaction, relaxation, and peace.
- Supports a healthy immune system.
- Promotes cellular health.

# Sandalwood Essential Oil

**Botanical Name:** Santalum Abum

**Aromatic Description:** Floral, woody, fragrant yet delicate, sweet, rich

Sandalwood is a profoundly versatile essential oil known for its emotional and spiritual qualities. Like other essential oils, it has a proven effect on the limbic system. The oil is used to balance both the immune system and emotions. It instills a sense of inner calm and peace, and reduces stress, anxiety, and sadness. It blends easily with other oils.

## **Uses and Benefits:**

- Induces relaxation and improves focus and fight against emotional or traumatic stress.
- Supports stress management.
- Triggers peaceful or positive feelings, resulting in an overall reduction in anxiety.
- Boosts memory and mental clarity.

**Safety Information:** Sandalwood has the potential to cause adverse skin reactions if used in excessive amount. The recommended dermal application for sandalwood essential oil is no more than 2%.

# Orange Essential Oil

**Botanical Name:** Citrus Sinensis

**Aromatic Description:** Sweet, citrusy, reminiscent of orange peels, but more concentrated

Orange has a mood-lifting, energizing, and refreshing effect. It eases the feelings of nervousness, irritation, anger, and panic. Because of its appealing fragrance, affordability, and versatility, it is one of the most popular essential oils. Orange oil is often said to be an oil of possibility or abundance, opening a person's heart and mind to potential. It stimulates humor, creativity, vision while widening your positive perspective.

## **Uses of orange essential oil:**

- Diffuse the oil to uplift energy levels and mood and to freshen the air.
- Add a drop to your water regularly to promote emotional and physical health.
- Inhale from cupped hands, rub through the hair or add a few drops to your shirt collar in a time of doubt, fear, or anxiety.
- Use in all-purpose spray to purify or cleanse the surfaces
- Dispense a few drops in the palm of your hand then inhale to energize the mind and body.



# Cedarwood Essential Oil

**Botanical Name:** Juniperus virginiana

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides myriad benefits. It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength, Cedarwood has a grounding aroma. When applied topically, Cedarwood has clarifying properties and is frequently used in massage therapy. \*note this is the Eastern Red Cedar

- Cedarwood is known for its rich hue and warm, woody scent that is both grounding and evocative of wellness and vitality.
- When applied topically, Cedarwood may help to keep the skin looking healthy.
- This essential oil has surface cleansing properties.
- Due to its soothing and calming properties, diffusing Cedarwood at the end of the day is a great way to unwind before bed.
- After a difficult day, diffuse Cedarwood to relax and soothe the mind and the body.

# GET ESSENTIAL WITH ME

I am so excited to share these amazing essential oils with you. Regular use of these essential can drastically improve the quality of your life and health. For free samples, more information, or to purchase these incredible oils, contact me and set up a FREE OIL CONSULTATION.

## HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

*Dr LuLu empowered me to take control of my own health to find ways to treat root cause. She opened my eyes to other options to healing, balancing and thriving--- healthier and more bio-individual approaches to wellness. - Julie W*

*I have known Dr LuLu since she first came to Asheville. I liked her as soon as I met her. My father came to live out his last days with me and Dr LuLu was part of my self-care team. I would not have made it through such a rough time without her. I was so stressed from no sleep, the stress of caring for a dying parent. The herbs for rest were like gold for my soul. Her kind and encouraging words and she kept checking up on me. I never felt alone. All I had to do was ask and Dr Lulu was there for me. I would recommend her to anyone. She walks her talk. - Sandra G*

## CONNECT WITH ME

Need more help getting started?

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# A LOVING DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my patients—spiritually, mentally, emotionally, and physically. I am a medical doctor and hold a degree in medicine and functional medicine.

**This content is not intended to diagnose or treat any diseases.**

It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

Please consult with your doctor or wellness team if you have any questions regarding this information, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

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**PLEASE NOTE:** All contents within this guide are based on my professional knowledge, opinions, and experience as naturopathic physician. Please consult your doctor regarding medications or medical advice.

