



Essential Oils

FOR EMOTIONAL NEEDS

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ESSENTIAL OILS FOR EMOTIONAL NEEDS

ESSENTIAL OILS FOR GRIEF

Rose, Palo Santo, Sandalwood, Cypress, Helichrysum

ESSENTIAL OILS FOR FEAR

Neroli, Frankincense, Cedarwood, Bergamot, Lemon, Roman chamomile.

ESSENTIAL OILS FOR FATIGUE, EXHAUSTION, AND BURNOUT

Vetiver, Sandalwood, Rosemary, Peppermint, Patchouli, Lemon, Jasmine, Ginger, Cypress, Black Pepper, Basil, Bergamot, Clary sage.

ESSENTIAL OILS FOR SADNESS

Ylang- Ylang, Orange, Sandalwood, Jasmine, Lemon, Mandarin, Grapefruit, Bergamot, Roman Chamomile, Neroli, Palo Santo, Helichrysum, Geranium, Rose.

ESSENTIAL OILS FOR CONFIDENCE

Rosemary, Orange, Jasmine, Grapefruit, Cypress, Bay Laurel, Bergamot

ESSENTIAL OILS FOR ANXIETY

Sandalwood, Roman chamomile, Mandarin, Lavender, Geranium, Frankincense, Cedarwood, Clary Sage.

ESSENTIAL OILS FOR ANGER MANAGEMENT

Vetiver, Rose, Palo Santo, Petitgrain, Patchouli, Neroli, Jasmine, Bergamot.