

Aromatherapy has a very positive and beneficial effect on relieving stress and supporting emotional well-being. When using essential oils to help with emotional healing, imagine the oil as having the ability to soften the emotional soil of a person, so the root of the issue can be pulled out. Understanding and processing through emotions is a lifelong practice, as feelings and emotions are your companions and guide to help you interpret and navigate your life.



## ESSENTIAL OILS

## Arborvitae

**Positive Attributes:** Connected to life, Personal boundaries, Peace, Calm  
**Supports a Deficiency:** Sad, Uncertain, Unstable, Directionless

## Basil

**Positive Attributes:** Connected to life, Personal boundaries, Peace, Calm  
**Supports a Deficiency:** Sad, Uncertain, Unstable, Directionless

## Bergamot

**Positive Attributes:** Joy, Contentment, Open-hearted, Confidence, Motivation, Harmony  
**Supports a Deficiency:** Depression, Anxiety, Unexpressed anger

## Black Pepper

**Positive Attributes:** Courage, Confidence, Inspiration, Motivation  
**Supports a Deficiency:** Fear, Timid, Fear of public speaking, Indecision, Irritability

## Black Spruce

**Positive Attributes:** Compassion, Nurture, Grounding, Resilient, Self-acceptance  
**Supports a Deficiency:** Despair, Grief, Emotional blocks

## Blue Tansy

**Positive Attributes:** Acceptance, Clears thoughts, Focus, Patience, Soothes worries  
**Supports a Deficiency:** Anger, Indecision, Anxiety, Depression, Impatience, Stress

## Cardamom

**Positive Attributes:** Confidence, Contentment, Enthusiasm, Straightforwardness  
**Supports a Deficiency:** Anxiety, Emotionally drained, Lack of direction

## Cassia

**Positive Attributes:** Courage, Potential, Creativity  
**Supports a Deficiency:** Shy, Fear, Mood swings

## Cedarwood

**Positive Attributes:** Strength, Focus, Balance, Persistence, Confidence, Courage  
**Supports a Deficiency:** Overly protective, Anxiety, Anger, Heavy burdens

## Celery Seed

**Positive Attributes:** Passion, Worthiness, Calming to the spirit, Flexibility  
**Supports a Deficiency:** Anger, Defensive, Despair, Fatigue, Fidgety feelings

## Cilantro

**Positive Attributes:** Hope, Joy, Laughter, Motivation, Clarity, Rejuvenation  
**Supports a Deficiency:** Anger, Stress, Insecure, Disconnected

## Cinnamon Bark

**Positive Attributes:** Joy, Creativity, Safety, Passion, Strength, Vitality  
**Supports a Deficiency:** Bitterness, Indecision, Irritability, Isolation, Loneliness

## Citronella

**Positive Attributes:** Confidence, Mental clarity, Protection, Energetic shield  
**Supports a Deficiency:** Anxiety, Anger, Emotionally drained from others

## Clary Sage

**Positive Attributes:** Calm, Confidence, Grounding, Balance, Intuition  
**Supports a Deficiency:** Irritability, Past traumas, Withdrawn, Mood swings

## Clove

**Positive Attributes:** Trust, Inspiration, Strength, Courage  
**Supports a Deficiency:** Unhealthy dependency, Not connected to life

## Copalba

**Positive Attributes:** Confident About Future, Survival Instinct, Resilient  
**Supports a Deficiency:** Overthinking, Fear, Anxiety, Excessive worrier

## Coriander

**Positive Attributes:** Hope, Mental clarity, Enthusiasm, Motivation  
**Supports a Deficiency:** Fear, Bad memory, Depression, Secretive

## Cypress

**Positive Attributes:** Emotional strength, Grounding, Nurturing  
**Supports a Deficiency:** Grief, Irritability, Self-doubt, Temperamental

## Douglas Fir

**Positive Attributes:** Alert, Rooted in life, Mental clarity, Peaceful  
**Supports a Deficiency:** Fear of failure, Self-aware, Guilt

## Eucalyptus

**Positive Attributes:** Creativity, Focus, A strong mind-heart connection  
**Supports a Deficiency:** Bitterness, Blame, Guilt, Feeling smothered

## Fennel

**Positive Attributes:** Motivation, Perseverance, Trustworthy, Longevity, Courage  
**Supports a Deficiency:** Suppressed emotions, Procrastination, Heavy burdens

## Frankincense

**Positive Attributes:** Personal growth, Self-worth, Communication  
**Supports a Deficiency:** Irritability, Stress, Anxiety, Negative mental chatter, Racing thoughts

## Geranium

**Positive Attributes:** Nurtured, Mothered, Balanced, Tranquill  
**Supports a Deficiency:** Denial, Perfectionism, Agitation, Fear, Volatile

## Ginger

**Positive Attributes:** Courage, Optimism, Initiative, Responsibility  
**Supports a Deficiency:** Self-worth, Procrastination, Low energy

## Grapefruit

**Positive Attributes:** Release past burdens, Expressive, Enliven  
**Supports a Deficiency:** Bitterness, Disappointment, Emotional eating, Loneliness

## Green Mandarin

**Positive Attributes:** Supported, Hopeful, Joy  
**Supports a Deficiency:** Anger, Sorrow, Disappointment

## Helichrysum

**Positive Attributes:** Calm, Acceptance, Patience, Tenacity, Inner strength  
**Supports a Deficiency:** Anger, Frustration, Jealousy, Resentment

## Jasmine

**Positive Attributes:** Trusting, Love, Passion, Socially confident, Sensual  
**Supports a Deficiency:** Withdrawn, Apathy, Anxiety, Pessimistic

## Juniper Berry

**Positive Attributes:** Will power, Focus, Self-acceptance, Self-worth  
**Supports a Deficiency:** Anxiety, Discouraged, Irritability

## Lavender

**Positive Attributes:** Nurtured, Peaceful, Mindful, Patient, Forgiving, Self-expression  
**Supports a Deficiency:** Depression, Anxiety, Non-communicative, Unexpressed emotions

## Lemon

**Positive Attributes:** Liveliness, Joy, Happiness, Focus  
**Supports a Deficiency:** Irritability, Resentment

## Lemon Eucalyptus

**Positive Attributes:** Enthusiasm, Innocence, Happy  
**Supports a Deficiency:** Childhood trauma, Sad, Depressed

## Lemongrass

**Positive Attributes:** Mentally stimulating, Awakens the spirit, Logical thinking, Hopeful  
**Supports a Deficiency:** Despair, Holding on to the past, Resentment

# Aromatherapy Reference Guide

**Tahlecion Jaay**

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