# Emotional Aromatherapy

**Arborvitae**: The grounding aroma of Arborvitae oil can help promote a sense of peace and calm.

**Basil**: Diffuse Basil oil to lessen occasional anxious feelings.

**Bergamot**: Both calming and uplifting, Bergamot can be used to reduce feelings of negativity and stress.

**Cardamom:** The clear, refreshing aroma of Cardamom oil can help promote a positive mood.

**Cedarwood**: Use Cedarwood oil aromatically to help relax the mind and body.

**Clary Sage**: Clary Sage creates a restful environment while reducing feelings of stress and anxiousness.

**Clove**: Many people use Clove oil for its stimulating and energizing properties.

**Coriander**: Coriander oil can be used to promote feelings of calmness and relaxation.

**Cypress**: The refreshing aroma of Cypress oil can be energizing and can help reduce anxious feelings.

**Douglas Fir**: Use Douglas Fir oil to promote a positive mood and sense of focus.

**Eucalyptus**: Eucalyptus is commonly used to lessen feelings of tension and promote relaxation.

**Frankincense**: Use Frankincense oil to induce feelings of peace, satisfaction, and overall wellness.

**Geranium**: Inhaling Geranium oil can produce a calming, grounding effect.

**Grapefruit**: The fragrance of Grapefruit oil is light and uplifting for the user.

**Jasmine**: Use Jasmine oil to evoke feelings of peace, joy, and self-confidence.

**Juniper Berry**: When used aromatically, it can promote positive feelings and lessen feelings of stress.

**Lavender**: People commonly use Lavender oil for its relaxing and calming properties.

**Lemon**: Use Lemon oil aromatically to promote a positive mood.

**Lime**: The chemical constituents of Lime oil make it useful for promoting emotional balance and wellbeing.

**Marjoram**: For centuries, Marjoram oil has been used for its calming properties.

**Melissa**: Use Melissa oil to help calm tension and nerves.

**Myrrh**: Myrrh oil can help increase spiritual awareness and promote a creative, inspiring, energetic mood.

**Patchouli**: Aromatic use of Patchouli oil can help ground and balance emotions.

**Peppermint**: Use Peppermint oil for an invigorating energy boost.

**Petitgrain**: The aroma of Petitgrain oil can help ease feelings of tension and promote feelings of calmness.

**Roman Chamomile**: Use Roman Chamomile oil to promote peaceful, calming feelings.

**Rose**: The scent of Rose oil can be emotionally uplifting.

**Sandalwood**: Sandalwood oil can help enhance mood.

**Spearmint**: The fresh aroma of Spearmint oil uplifts mood while promoting a sense of focus.

**Spikenard**: Frequently used in aromatherapy, Spikenard oil is renowned for its grounding properties.

**Tangerine**: Apply Tangerine oil topically to help promote feelings of happiness.

**Vetiver**: Vetiver oil can have a calming, grounding effect on emotions.

**White Fir**: The invigorating aroma of White Fir oil can promote feelings of energy and empowerment.

**Wild Orange**: With a revitalizing aroma, Wild Orange oil can provide energy on a stress-filled day.

**Ylang Ylang**: Apply Ylang Ylang oil topically for a calming, uplifting effect.