

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



### Copaliba

**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, Tranquil  
**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, Frustrated, 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 mind, 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 Quick Guide

**Kathleen Armour**



## **Aromatherapy Quick Guide:**

## Decoding **Aromatherapy Quick Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Aromatherapy Quick Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **Table of Contents Aromatherapy Quick Guide**

1. Understanding the eBook Aromatherapy Quick Guide
  - The Rise of Digital Reading Aromatherapy Quick Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Aromatherapy Quick Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Aromatherapy Quick Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Aromatherapy Quick Guide
  - Personalized Recommendations
  - Aromatherapy Quick Guide User Reviews and Ratings
  - Aromatherapy Quick Guide and Bestseller Lists

5. Accessing Aromatherapy Quick Guide Free and Paid eBooks
  - Aromatherapy Quick Guide Public Domain eBooks
  - Aromatherapy Quick Guide eBook Subscription Services
  - Aromatherapy Quick Guide Budget-Friendly Options
6. Navigating Aromatherapy Quick Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Aromatherapy Quick Guide Compatibility with Devices
  - Aromatherapy Quick Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Aromatherapy Quick Guide
  - Highlighting and Note-Taking Aromatherapy Quick Guide
  - Interactive Elements Aromatherapy Quick Guide
8. Staying Engaged with Aromatherapy Quick Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Aromatherapy Quick Guide
9. Balancing eBooks and Physical Books Aromatherapy Quick Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Aromatherapy Quick Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Aromatherapy Quick Guide
  - Setting Reading Goals Aromatherapy Quick Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aromatherapy Quick Guide
  - Fact-Checking eBook Content of Aromatherapy Quick Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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