

UNDERSTANDING *emotions*

We can look to an essential oil to help us when we want to feel a certain emotion or combat an emotion.

EMOTIONS & RESPONSES

USING OILS FOR EMOTIONS

Fear

Fear can be present when you feel anxious, prideful, judgemental, jealous, over-controlling, weak, or unsafe. Fear often triggers the fight or flight response which is why the associated emotions are on opposite ends of the spectrum.



10ML ROLLER

8 Wild Orange
8 Frankincense
8 Lavender
5 Clary Sage
5 Juniper
1 Geranium
Top with FCO

DIFFUSE

1 Clary Sage
2 Lavender
2 Frankincense
DIFFUSE
2 Juniper
3 Wild Orange
1 Frankincense

Anger

When you are displaying anger, you may feel your body tighten up, you may clench your jaw or your fists, you may physically feel hot and a warming sensation that overcomes your body.



10ML ROLLER

8 Breathe®
8 Ylang Ylang
8 Cardamom
5 Peace®
3 Siberian Fir
3 Myrrh
Top with FCO

DIFFUSE

3 Peace®
2 Ylang Ylang
1 Cardamom
DIFFUSE
3 Forgive®
2 Myrrh
1 Siberian Fir

Happiness

Happiness can come in many forms: contentment, joy, positivity, and excitement. When you are happy, you may experience a warm glow, deeper breaths, and increased energy.



10ML ROLLER

8 Citrus Bliss®
8 Grapefruit
8 Peppermint
5 Lime
3 Ylang Ylang
1 Vanilla
Top with FCO

DIFFUSE

3 Grapefruit
2 Citrus Bliss®
1 Vanilla
DIFFUSE
3 Peppermint
2 Ylang Ylang
1 Lime

Sadness

Sadness is a complex emotion. Sometimes we pull ourselves into sadness when we are overly taxed and stressed out. When you are sad you may feel a heaviness in your chest, a knot in your throat or extreme fatigue.



10ML ROLLER

8 Eucalyptus
8 Console®
8 Siberian Fir
3 Citrus Bliss®
3 Peppermint
1 Rose
Top with FCO

DIFFUSE

3 Eucalyptus
2 Console®
1 Breathe®
DIFFUSE
2 Peppermint
3 Citrus Bliss®
1 Ylang Ylang

Love

Love is a set of emotions and behaviors often characterized by passion, intimacy, and commitment. It involves trust, attraction, closeness, protectiveness, and care. We have different types of love for different people in our lives that elicit different associated emotions.



10ML ROLLER

8 Lavender
8 Passion®
8 Serenity®
5 Jasmine
3 Grapefruit
1 Rose
Top with FCO

DIFFUSE

3 Serenity®
2 Grapefruit
DIFFUSE
3 Align®
2 Jasmine
1 Rose

Stress

Stress can come from being generally overwhelmed, not feeling as supported as we should be, burnt out, or feeling like we are being controlled. Stress can start to mimic other root emotions based on your fight or flight response. You can become angry, sad, or fearful.



10ML ROLLER

8 Copaiba
8 Adaptiv™
8 Wild Orange
5 Citrus Bloom
5 Balance®
1 Frankincense
Top with FCO

DIFFUSE

3 Adaptiv™
2 Copaiba
1 Wild Orange
DIFFUSE
2 Citrus Bloom®
2 Balance®
2 Frankincense

Guilt

The very well mind describes guilt as a “self-conscious emotion that involves negative evaluations of the self, feelings of distress, and feelings of failure”. We often hold guilt when we feel we have wronged someone and we aren’t sure what we need to do or say.



10ML ROLLER

8 Copaiba
8 Juniper
8 Bergamot
5 Clary Sage
5 Forgive®
1 Arbovitae
Top with FCO

DIFFUSE

3 Bergamot
1 Lemon
1 Copaiba
DIFFUSE
1 Juniper
3 Citrus Bloom®
2 Bergamot

Peace

Feeling at peace creates stability in areas of your life like work, relationships, family, and friendships. When you are in a peaceful state you feel calm, relaxed, and safe. Even when you are stressed, you feel protected by this sense of peace.



10ML ROLLER

8 Wild Orange
8 Frankincense
8 Lavender
5 Balance®
5 Peace®
1 Patchouli
Top with FCO

DIFFUSE

3 Peace®
2 Lavender
1 Frankincense
DIFFUSE
2 Serenity®
2 Wild Orange
2 Balance®