

Aromatherapy

To Ease:	Try:
aggression	bergamot, chamomile, lemon, marjoram/sage, rosemary
anger	chamomile, jasmine, marjoram/sage
anxiety	bergamot, chamomile, frankincense, lavender, orange, sandalwood
disappointment	bergamot, frankincense, jasmine, orange, rose
fear	cedarwood, ginger, sandalwood, thyme
grief	bergamot, chamomile, jasmine, marjoram, rose
hysteria	chamomile, lavender, orange, tea tree/peppermint
impatience	chamomile, frankincense, lavender
indecision	basil, jasmine, tea tree/peppermint
jealousy	jasmine, rose
loneliness	marjoram
Fatigue (emotional and mental)	ginger, grapefruit, jasmine, orange, palmarosa, peppermint
fatigue (physical)	basil, ginger, lemon, lavender, orange, peppermint, rosemary
nervousness	chamomile, coriander, frankincense, orange
panic	chamomile, geranium, jasmine, lavender
sadness	benzoin, jasmine, rose, rosewood
shock	lavender, rose, tea tree/peppermint
shyness	black pepper, ginger, jasmine, peppermint, rose
stress	bergamot, cedarwood, chamomile, all citrus oils, sage, lavender, sandalwood
suspicion	jasmine, lavender
tension	chamomile, frankincense, jasmine, lavender, lemon, rosewood, sandalwood