

THE METAPHYSICAL PROPERTIES OF ESSENTIAL OILS



- Basil: Harmonizes mind, body, and soul. It also deters mosquitoes.
- Bergamot: Calmly uplifts, promotes restful sleep
- Cedar Wood: Relaxes, draws good things
- Cinquefoil: Strengthens the senses (don't use if you're Highly Sensitive)
- Cinnamon: Heals, balances blood sugar
- Clove: Drives away disease (antiviral and antibacterial)
- Eucalyptus: Tones, heals cold symptoms, cleans, protects, energizes
- Fennel: Warms, promotes success
- Fir: Cleanses
- Frankincense (High Vibration Oil): Increases spiritual clarity, strengthens will power, heals (antibacterial)
- Geranium: Balances
- Honeysuckle: Encourages eloquence
- Hyacinth: Relieves anxiety, calms, induces sleep (when placed under pillow)
- Jasmine: Promotes peaceful sleep (as a tea or under pillow)
- Juniper: Purifies
- Lavender: Soothes emotional nerves, promotes sleep, heals (slightly antiviral)
- Lemon: Increases alertness, purifies, cheers
- Lemon Balm: Relaxes, promotes sleep (as a tea), heals (the #1 antiviral for HSV)
- Lemongrass: Cleanses
- Lime: Invigorates
- Lily of the Valley: Soothes stressed nerves
- Lotus (High Vibration Oil): Encourages peacefulness
- Magnolia: Encourages peacefulness
- Melilot: Fights depression
- Myrrh (High Vibration Oil): Heals (antimicrobial), inspires
- Narcissus: Heals, promotes sleep and relaxation
- Neroli: Reduces stress
- Nutmeg: Promotes sleep (consumed)
- Orange: Uplifts
- Patchouli: Promotes sensuousness, grounds and stabilizes, wards off negativity and negative people, eases separation anxiety
- Peppermint: Refreshes, unwinds
- Pine: Cleanses
- Rose (Highest Vibration Oil): Promotes peacefulness, heals, balances, increases loving energy
- Rose Geranium: Protects the mind, heals, strengthens courage, dispels fear
- Rosemary: Heals, stimulates, protects against negativity and evil
- Rue: Breaks spells and hexes (Use only in spells. DO NOT apply to skin or consume)
- Sage: Purifies, drives out evil
- Saint John's Wort: Fights depression (tea or capsule), fights HSV (topically)
- Sandalwood (High Vibration Oil): Heals, releases fear
- Sesame: Promotes feelings of hope when discouraged, sick or lonely
- Sweet Orange: Lifts the spirit (inhaled or diffused)
- Vanilla: Increases sensuality, happiness, and feelings of love
- Violet: Heals, promotes peace, wards off evil, encourages marital peace
- Ylang Ylang: Comforting, encourages marital peace