

AROMATHERAPY

SMALL NUMBERS INDICATE **THE TOP FOUR OVERALL** FRAGRANCES

EMOTIONAL HEALTH

ANGER

Bergamot¹, Jasmine, **Rose**²

ANXIETY

Bergamot¹, **Frankincense**⁴, Gardenia,
Lavender, Musk, **Rose**², **Sage & Citrus**³, Vanilla

BURNOUT

Bergamot¹, **Frankincense**⁴, Jasmine,
Musk, Peppermint, **Sage & Citrus**³

DEPRESSION

Bergamot¹, **Frankincense**⁴, Gardenia,
Jasmine, Lavender, Musk, **Rose**²

FEAR

Bergamot¹, **Frankincense**⁴, Jasmine,
Sage & Citrus³

GRIEF

Frankincense⁴, **Rose**²

INNER TURMOIL

Bergamot¹, **Frankincense**⁴, Musk, **Rose**²

INSECURITY

Bergamot¹, **Frankincense**⁴, Jasmine

IRRITABILITY

Gardenia, Lavender, Musk, Vanilla

MEMORY, CONCENTRATION

Peppermint

PANIC, PANIC ATTACKS

Frankincense⁴, Lavender, **Rose**²

STRESS

Bergamot¹, **Frankincense**⁴, Jasmine,
Lavender, Musk, **Rose**², **Sage & Citrus**³,
Vanilla

PHYSICAL HEALTH

BALSAM

Asthma, Bronchitis, Colds, Coughing, Flu

BERGAMOT¹

Fatigue, Exhaustion, Headache,
Loss of Appetite

CINNAMON

Appetite, Digestion, Fatigue, Sexual Energy

FRANKINCENSE⁴

Colds, Coughing, Insomnia, Tension Headache

GARDENIA

Dizziness, Headache, Insomnia, Menopausal
Imbalances, Nervous Tension

JASMINE

Enhanced Sexual Energy

LAVENDER

Allergies, Asthma, Congestion, Earache,
Headache, Insomnia, Migraine, Vertigo,
Whooping Cough

MUSK

Enhanced Sexual Energy

PEPPERMINT

Asthma, Fatigue, Headache, Nausea,
Sexual Energy, Sinusitis, Stomach Cramps,
Vertigo

ROSE²

Menopausal Symptoms, Sexual Energy

SAGE & CITRUS³

Asthma, Coughing, Sore Throat

INFORMATION COURTESY OF AROMAWEB

Aromatherapy is not an exact science. The information provided here is for educational purposes only. No medical claims are expressed or implied. The data is not considered complete and is not guaranteed to be accurate.

– Gelissimo

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AROMATHERAPY

SMALL NUMBERS INDICATE **THE TOP FOUR ONLINE** FRAGRANCES

[Lilac Bush came in #2, but it does not offer aromatherapy benefits.]

EMOTIONAL HEALTH

ANGER

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ANXIETY

Bergamot³, **Frankincense**¹, Lavender,
Musk, Rose, **Sage & Citrus**⁴, Vanilla

BURNOUT

Bergamot³, **Frankincense**¹, Jasmine,
Musk, Peppermint, **Sage & Citrus**⁴

DEPRESSION

Bergamot³, **Frankincense**¹, Jasmine,
Lavender, Musk, Rose

FEAR

Bergamot³, **Frankincense**¹, Jasmine,
Sage & Citrus⁴

GRIEF

Frankincense⁴, Rose

INNER TURMOIL

Bergamot³, **Frankincense**¹, Musk, Rose

INSECURITY

Bergamot³, **Frankincense**¹, Jasmine

IRRITABILITY

Lavender, Musk, Vanilla

MEMORY, CONCENTRATION

Peppermint

PANIC, PANIC ATTACKS

Frankincense¹, Lavender, Rose

STRESS

Bergamot³, **Frankincense**¹, Jasmine,
Lavender, Musk, Rose, **Sage & Citrus**⁴,
Vanilla

PHYSICAL HEALTH

BALSAM

Asthma, Bronchitis, Colds, Coughing, Flu

BERGAMOT³

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Loss of Appetite

CINNAMON

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Enhanced Sexual Energy

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Sexual Energy, Sinusitis, Stomach Cramps,
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