

Essential Oils Guide

Oils by Need — Health, Feng Shui & Home

For each need below, these are the oils Danelle recommends — whether you're working on a health concern, activating a Feng Shui area, or choosing a scent for a room in your home.

HEALTH BENEFITS	
Headaches	EucalyptusLavenderLemongrassMarjoramPeppermintRosemaryYlang Ylang
Hair Growth / Dandruff	CedarwoodPeppermintRosemary
Stomach Issues	BergamotChamomileClove OilFrankincenseLemongrassMandarinPeppermintRosemary
Menopause	Clary SageGeraniumLavenderMandarinPeppermintYlang Ylang
Menstrual Cramps	ChamomileClary SageFrankincenseGeraniumJasmineMandarinMarjoramVetiverYlang Ylang
Calm / Stress / Anxiety / Worry / Relaxation	BergamotCedarwoodChamomileCypressLavandinLavenderRosemary
Sleep / Insomnia	ChamomileClary SageJasmineLavenderMandarinVetiverYlang Ylang
Concentration / Memory	CedarwoodEucalyptusLavandinLavenderPeppermintRosemaryVetiver
Sore Muscles	ChamomileCypressLavandinPeppermintRosemary
Sexual Problems / Aphrodisiac	Clary SageClove OilJasmineMarjoramVetiverYlang Ylang
Self Esteem / Depression / Negativity	GeraniumJasmineLavandinLavenderLemongrassYlang Ylang

FENG SHUI AREAS

Wealth and Prosperity	BergamotChamomileEucalyptusFrankincenseLemongrassPeppermint
Fame and Reputation	Peppermint
Health and Family	ChamomileEucalyptusGeranium
Love and Marriage	Clary SageJasmineLemongrassMandarinYlang Ylang
Children and Creativity	JasmineLavender
Helpful People and Travel	GeraniumLavender
Knowledge and Self Cultivation	CedarwoodFrankincense
Career	CypressFrankincenseRosemary

ROOMS IN YOUR HOME

Front Door / Entry Way	GeraniumVetiver
Kitchen	BergamotCedarwoodClary SageEucalyptusFrankincenseLemongrassMandarin
Living Room	CedarwoodClary SageEucalyptusLavenderLemongrassPeppermintRosemary Vetiver
Bathroom	CedarwoodClove OilMandarin
Master Bedroom	ChamomileCypressEucalyptusFrankincenseGeraniumJasmineLavender MarjoramVetiverYlang Ylang
Children's Room	CypressFrankincenseGeraniumLavenderLemongrassMandarinRosemary Ylang Ylang
Office	BergamotCedarwoodCypressEucalyptusFrankincenseGeraniumLemongrass MandarinPeppermint
Workout Room / Gym	LemongrassPeppermint
Entire House	CedarwoodClary SageEucalyptusLavandinLemongrassPeppermintRosemary