

Emotional Support Oils	Classic Essential Oils*			Psyche Essential Oils		
	Top	Middle	Base			
<b>Emotional Stress (General)</b>	Basil	Black Spruce	Benzoin	Black currant	Frangipani	Nightqueen
	Blood orange	Chamomile	Cedarwood	Carnation	Gardenia	Oakmoss
	Clary sage	Cypress	Jasmine	Cassia	Honeysuckle	Osmanthus
	Coriander	Fir	Helichrysm	Cassie	Hyacinth	Tonka bean
	Grapefruit	Geranium	Linden blossom	Champaca, red	Labdanum	Tuberose
	Lemon	Juniper	Neroli	Champaca, white	Lilac	
	Lime	Lavender	Patchouli	Cinnamon leaf	Lotus, pink	
	Litsea cubeba	Manuka	Poplar	Clementine	Lotus, white	
	Myrtle	Marjoram	Rose	Cocoa	Magnolia	
	Orange	Melissa	Sandalwood	Coffee bean, roasted	Mimosa	
	Palmarosa	Rosemary	Ylang ylang	Coffee flower	Motia	
	Verbena	Rosewood		Davana	Narcissus	
<b>Anxiety</b>	Basil	Black Spruce	Benzoin	Black currant	Frangipani	Nightqueen
	Bergamot	Chamomile	Cedarwood	Carnation	Gardenia	Oakmoss
	Blood orange	Douglas Fir	Frankincense	Cassia	Honeysuckle	Osmanthus
	Clary sage	Fir	Helichrysm	Cassie	Hyacinth	Tonka bean
	Grapefruit	Geranium	Jasmine	Champaca, red	Labdanum	Tuberose
	Lemon	Hyssop	Linden blossom	Champaca, white	Lilac	
	Lime	Juniper	Myrrh	Cinnamon leaf	Lotus, pink	
	Litsea Cubeba	Lavender	Neroli	Clementine	Lotus, white	
	Mandarin	Manuka	Patchouli	Cocoa	Magnolia	
	Myrtle	Majoram	Poplar	Coffee bean, roasted	Mimosa	
	Orange	Melissa	Rose	Coffee flower	Motia	
	Palmarosa	Peppermint	Sandalwood	Davana	Narcissus	
	Thyme	Rosemary				
	Verbena	Rosewood				
	Yarrow	West Indian Bay				
<b>Depression</b> <i>(not clinical)</i>	Basil	Black spruce	Benzoin	Black currant	Frangipani	Nightqueen
	Bergamot	Chamomile	Cedarwood	Carnation	Gardenia	Oakmoss
	Blood orange	Cypress	Frankincense	Cassia	Honeysuckle	Osmanthus
	Clary sage	Douglas Fir	Helichrysm	Cassie	Hyacinth	Tonka bean
	Grapefruit	Fir	Jasmine	Champaca, red	Labdanum	Tuberose
	Lemon	Geranium	Neroli	Champaca, white	Lilac	
	Lime	Hyssop	Patchouli	Cinnamon leaf	Lotus, pink	
	Litsea cubeba	Juniper	Poplar	Clementine	Lotus, white	
	Myrtle	Lavender	Rose	Cocoa	Magnolia	
	Orange	Melissa	Vetivert	Coffee bean, roasted	Mimosa	
	Tea tree	Rosemary	Ylang Ylang	Coffee flower	Motia	
	Verbena	Rosewood		Davana	Narcissus	
		West Indian Bay				
<b>Extreme Emotions</b> <i>(Shock, Hysteria, PTSD, Grief, etc.)</i>	Basil	Black Spruce	Benzoin	Hyacinth		
	Blood orange	Camphor	Cedarwood	Mimosa		
	Grapefruit	Chamomile	Frankincense	Narcissus		
	Lemon	Cypress	Helichrysm	Tuberose		
	Mandarin	Douglas Fir	Linden blossom			
	Orange	Fir	Neroli			
	Palmarosa	Lavender	Poplar			
	Verbena	Marjoram	Ylang ylang			
		Melissa				
		Peppermint				
		Rosewood				

\*ALWAYS refer to precautions before applying to anyone. See main Essential Oil Info:

<https://destressanddetox.com/essential-oils-info-pdf/>

To purchase any of these Essential Oils:

<https://destressanddetox.square.site>