



# ESSENTIAL OILS FOR MIND, BODY & SPIRIT

Essential Oil	Spiritual Use	Emotional Use	Physical Use
LAVENDER	Crown chakra, aura healing, intuitive calming	Calming, reduces anxiety, supports restful sleep	Headaches, insomnia, minor skin issues
TEA TREE	Aura protection, energy clearing, cord cutting	Clears stagnant energy, mental detox	Skin irritations, immune support
PEPPERMINT	Third eye activation, mental fog clearing	Focus, energizing, clarity	Headaches, digestion, fatigue
FRANKINCENSE	Meditation, third eye + crown, divine connection	Grounding, spiritual focus	Inflammation, respiratory support
WILD ORANGE	Solar plexus activation, manifestation work	Joyful, uplifting, creativity boost	Immune support, energizing

