

CALMING EMOTIONS WITH TEAS AND ESSENTIAL OILS

⚠️ *Before using any teas or essential oils, always check for possible skin allergies, health conditions, pregnancy risks, and safety around animals.*

1. TEAS

Benefits of Teas for Mental Health

Drinking herbal and traditional teas can positively influence emotional and mental well-being. Beyond their physical health properties, many teas contain natural compounds that support the brain, regulate mood, and reduce stress.

Key mental health benefits include:

- **Promotes relaxation and reduces anxiety:**
Teas such as chamomile, lavender, and rooibos contain soothing compounds that calm the nervous system and reduce stress hormones.
- **Improves focus and alertness:**
Teas with moderate caffeine, such as green tea, black tea, and Earl Grey, gently stimulate the brain, improving attention and cognitive performance without the jittery effects of coffee.
- **Supports mood balance:**
Compounds like L-theanine in green and black tea increase levels of serotonin, dopamine, and GABA — neurotransmitters associated with calmness and happiness.
- **Enhances sleep quality:**
Herbal teas such as chamomile and peppermint encourage relaxation and better sleep patterns by easing tension and promoting a natural sense of calm.

- **Reduces symptoms of mild depression:**
Teas containing bergamot, rosemary, and ginger have uplifting aromas and bioactive compounds that can help ease fatigue and improve mood.
- **Provides mindfulness and routine:**
The simple act of preparing and sipping tea can serve as a grounding ritual, promoting mindfulness, presence, and emotional stability.

1.1 Chamomile Tea (*Matricaria chamomilla*)

- **Benefits:**
 - Reduces stress, anxiety, and promotes sleep.
 - Eases mild depression symptoms.
 - Antibacterial, anti-inflammatory, and liver-protective effects.
 - May help improve blood sugar control.
 - Soothes digestion—often linked to emotional calm.
- **Key compounds:** Apigenin (binds to GABA receptors for relaxation).
- **Best time:** Evening or before bed

1.2 Peppermint Tea (*Mentha piperita*)

- **Benefits:**
 - Refreshes the mind and boosts concentration.
 - Eases tension headaches and fatigue.
 - Helps relieve digestive discomfort linked to stress.
 - Contains antioxidant, anticancer, antibacterial, and antiviral properties.
- **Key compounds:** Menthol, menthone, rosmarinic acid.
- **Best time:** Midday or after meals.

1.3 Ginger Tea (*Zingiber officinale*)

Made from the root (rhizome) of the ginger plant, this warming and invigorating tea has been used for centuries in both traditional medicine and modern wellness for its energizing, anti-inflammatory, and mood-boosting properties.

Mental Health Benefits

- **Reduces stress and anxiety:**
Ginger naturally supports serotonin and dopamine regulation, helping to improve mood and emotional balance.
- **Fights fatigue and mental fog:**
The stimulating nature of ginger enhances circulation and oxygen flow to the brain, boosting alertness and focus.
- **Improves mood during low energy or seasonal blues:**
Its warming, uplifting aroma and taste can act as a gentle natural antidepressant.
- **Supports clarity and motivation:**
Ginger's energizing effect combats lethargy and helps maintain steady energy without caffeine.

Physical Benefits That Support Mental Well-being

- **Reduces inflammation:** Chronic inflammation has been linked to mood disorders; ginger's anti-inflammatory compounds (gingerols and shogaols) help combat this.
- **Aids digestion:** A settled stomach often leads to a calmer mind — ginger soothes nausea, bloating, and digestive discomfort.
- **Boosts immunity:** Feeling physically well contributes to better mental resilience.

Active Compounds

- Gingerol – antioxidant and anti-inflammatory compound that promotes mental clarity and brain health.
- Shogaol – enhances circulation and has neuroprotective effects.
- Zingerone – contributes to ginger's mood-elevating warmth and calming aroma.

Best Time to Drink

- Morning: for a natural, caffeine-free energy boost.
- Midday: to relieve stress, refresh focus, or ease digestion after meals.
- Evening (in small amounts): can be calming if prepared mildly with honey and lemon.

1.4 Rooibos Tea (*Aspalathus linearis*)

- **Benefits:**
 - Caffeine-free yet uplifting and soothing.
 - Helps reduce stress hormone (cortisol) levels.
 - Rich in antioxidants supporting brain and heart health.
 - Anti-allergy effects.
 - May lower blood pressure and cholesterol.
 - Supports bone health.
- **Key compounds:** Aspalathin and nothofagin (unique to rooibos).
- **Best time:** Any time of day

1.5 Green Tea (*Camellia sinensis*)

- **Benefits:**
 - Enhances focus, alertness, and calm energy.
 - Reduces anxiety and promotes relaxation.
 - Supports brain health and may protect against cognitive decline.
 - **Key compounds:** L-theanine (calming amino acid), caffeine (gentle stimulant), and antioxidants (EGCG).
- **Best time:** Morning or early afternoon.

1.6 Lemon Balm Tea (*Melissa officinalis*)

- **Benefits:**
 - Calms the nervous system and reduces anxiety.
 - Enhances mood and supports sleep quality.
 - May improve cognitive performance under stress.
- **Key compounds:** Rosmarinic acid, flavonoids, terpenes.
- **Best time:** Afternoon or evening.

1.7 Earl Grey Tea

- Made from **black tea infused with bergamot oil**, which gives it its unique aroma and flavor.
- Contains **antioxidants** (such as catechins and theaflavins) that help fight free radicals and support overall health.
- **Boosts energy** and mental alertness due to natural caffeine content.

- May **improve digestion** and reduce bloating or nausea.
- Promotes **heart health** by supporting healthy cholesterol levels and circulation.
- The **bergamot oil** in Earl Grey may help reduce stress, anxiety, and symptoms of mild depression.
- Supports **oral health** with natural antibacterial properties.
- May **enhance immunity** and support metabolism.

1.8 Lavender Tea (*Lavandula angustifolia*)

- **Benefits:**
 - Promotes calmness and reduces anxiety or mild depression.
 - Eases restlessness and supports deeper sleep.
 - Has mild pain-relieving and muscle-relaxing effects.
- **Key compounds:** Linalool, linalyl acetate.
- **Best time:** Evening or when stressed

1.9 Ashwagandha Tea (*Withania somnifera*)

- **Benefits:**
 - Adaptogenic—helps the body cope with stress.
 - Improves mood, sleep, and energy regulation.
 - Reduces anxiety and cortisol levels.
- **Key compounds:** Withanolides.
- **Best time:** Afternoon or evening.

1.10 Saffron Tea (*Crocus sativus*)

Overview

Saffron tea is made from the delicate red stigmas of the *Crocus sativus* flower — often called “**sunshine spice**” for its vivid color and uplifting effects. Though precious, even a few threads steeped in hot water create a golden tea that supports **happiness, calmness, and mental balance**.

Mental Health Benefits

- **Elevates mood and reduces depression symptoms:**
Clinical studies have shown saffron to be as effective as some antidepressant medications for mild to moderate depression. It increases levels of **serotonin, dopamine, and norepinephrine** — the brain’s “feel-good” neurotransmitters.
- **Reduces anxiety and irritability:**
Promotes a sense of calm and emotional stability without sedation.
- **Enhances focus and motivation:**
Supports cognitive function and memory while reducing mental fatigue.
- **Promotes relaxation and optimism:**
Its aroma and color alone have uplifting, mood-enhancing effects.

Physical Benefits That Support Mental Well-being

- **Antioxidant powerhouse:**
Rich in crocin, crocetin, and safranal — compounds that protect brain cells from oxidative stress.
- **Supports hormonal balance:**
Especially beneficial for mood swings related to PMS or menopause.

- **Improves sleep quality:**

Gentle calming effect that helps regulate sleep-wake cycles.

Active Compounds

- **Crocin & Crocetin** – promote positive mood and protect brain cells.
- **Safranal** – has anxiolytic (anti-anxiety) and antidepressant properties.
- **Picrocrocin** – contributes to saffron's distinctive flavor and mild stimulating effect.

Best Time to Drink

- **Morning:** to start the day with a calm, positive mindset.
- **Afternoon:** to lift energy and focus without caffeine.
- **Evening:** a light cup can help unwind and support restful sleep.

1.11 Turmeric Tea (*Curcuma longa*)

Turmeric tea is made from the root of the *Curcuma longa* plant, known for its deep golden color and earthy flavor. It has been used for centuries in Ayurvedic and traditional medicine to promote **emotional balance, brain health, and resilience to stress**.

Mental Health Benefits

- **Improves mood and reduces depression symptoms:**

The active compound **curcumin** boosts serotonin and dopamine — brain chemicals linked to happiness and motivation.

- **Reduces anxiety and emotional stress:**
Curcumin helps lower cortisol (the stress hormone) and calms an overactive nervous system.
- **Supports brain function and memory:**
Enhances neuroplasticity and may protect against age-related cognitive decline.
- **Promotes emotional stability:**
Its balancing effect on inflammation and oxidative stress supports overall emotional well-being.

Physical Benefits That Support Mental Health

- **Anti-inflammatory and antioxidant:**
Chronic inflammation is linked to depression and fatigue; turmeric reduces this at a cellular level.
- **Boosts immunity and gut health:**
A healthy gut microbiome supports better mood regulation and stress resilience.
- **Supports joint and muscle comfort:**
Reducing pain and tension contributes to a calmer, more relaxed state of mind.

Active Compounds

- **Curcumin** – primary active compound with anti-inflammatory and neuroprotective effects.
- **Demethoxycurcumin & Bisdemethoxycurcumin** – support antioxidant defense and brain health.
- **Turmerone** – enhances absorption and may promote nerve regeneration.

Best Time to Drink

- **Morning:** to start the day with gentle energy and focus.
- **Evening:** to relax and reduce inflammation after a long day.

1.12 Hibiscus Tea (*Hibiscus sabdariffa*)

Hibiscus tea is brewed from the dried petals of the *Hibiscus sabdariffa* flower, offering a tangy, cranberry-like flavor and a deep red color. It's rich in **antioxidants** and **vitamin C**, supporting both body and mind. Often associated with joy, renewal, and heart health, hibiscus tea promotes **emotional clarity and relaxation**.

Mental Health Benefits

- **Reduces stress and anxiety:**
The calming aroma and mild tartness help soothe the nervous system and ease tension.
- **Lifts mood and promotes relaxation:**
The bright color and refreshing taste can elevate emotional energy and reduce irritability.
- **Improves mental clarity:**
Enhances circulation to the brain, supporting focus and alertness without caffeine.
- **Supports emotional balance:**
Its heart-protective effects symbolically and physiologically support a “happy heart.”

Physical Benefits That Support Mental Well-being

- **Rich in antioxidants:**
Polyphenols and anthocyanins protect brain cells from oxidative stress and inflammation.
- **Supports heart and circulation health:**
Helps regulate blood pressure and cholesterol, which benefits overall calmness and vitality.
- **Hydrating and detoxifying:**
Encourages physical renewal and energy balance, reducing fatigue that can affect mood.

Active Compounds

- **Anthocyanins** – provide the red color and powerful antioxidant effects.
- **Flavonoids** – support mood regulation and protect neurons.
- **Vitamin C** – boosts immune and nervous system function, helping with stress resilience.

Best Time to Drink

- **Midday:** for a refreshing mood lift and focus boost.
- **Afternoon or early evening:** to unwind and rehydrate after a busy day.
- **Chilled (iced):** uplifting in warm weather; **warm:** cozy and comforting in the evening.

1.13 Black Tea (*Camellia sinensis*)

Overview

Black tea is fully oxidized leaves from the *Camellia sinensis* plant, giving it a rich flavor and dark color. It's known for its **stimulating yet steady energy, mental clarity, and mood-enhancing** effects. Varieties include Assam, Darjeeling, Ceylon, English Breakfast, and Earl Grey.

Mental Health Benefits

- **Enhances focus and alertness:**
The combination of **caffeine** and **L-theanine** sharpens concentration while supporting calm, sustained attention — ideal for work or study.
- **Improves mood and motivation:**
Stimulates dopamine and serotonin pathways in the brain, helping to elevate mood and mental energy.
- **Reduces stress:**
Studies show black tea can lower cortisol (the stress hormone) after challenging tasks.
- **Supports mental clarity and memory:**
Antioxidants in black tea protect brain cells and improve cognitive performance.

Physical Benefits That Support Mental Well-being

- **Rich in antioxidants:**
Contains theaflavins and thearubigins that protect against oxidative stress and inflammation linked to low mood and fatigue.

- **Supports heart and circulation health:**
Good circulation promotes oxygen flow to the brain, enhancing alertness and cognitive function.
- **Improves metabolism and gut health:**
Balanced digestion contributes to mental calm and physical energy.

Active Compounds

- **Caffeine** – boosts alertness and motivation.
- **L-theanine** – promotes calm focus and reduces mental tension.
- **Theaflavins & Thearubigins** – antioxidants supporting brain and cardiovascular health.

Best Time to Drink

- **Morning:** to awaken the mind and body.
- **Early afternoon:** to overcome fatigue and maintain focus.
- Avoid too late in the day if sensitive to caffeine, as it may affect sleep.

Five Roses Tea

- **Type:** Traditional **black tea** (*Camellia sinensis*)
- **Origin:** A well-known South African brand, established over a century ago. It's blended from high-quality black tea leaves sourced mainly from Kenya, Malawi, and Sri Lanka.
- **Flavor Profile:** Smooth, rich, and full-bodied with a comforting aroma — mild enough for everyday drinking but strong enough to provide energy and focus.

Mental & Physical Benefits of Five Roses (Black Tea)

- **Boosts alertness and concentration** – thanks to natural caffeine and L-theanine.
- **Improves mood and motivation** – enhances dopamine and serotonin activity.
- **Supports calm focus** – gives steady energy without the crash of coffee.
- **Rich in antioxidants** – helps protect the brain and body from stress and free radicals.

1.14 Dandelion Tea (*Taraxacum officinale*)

Overview

Dandelion tea is made from the root, leaves, or flowers of the *Taraxacum officinale* plant — a humble wildflower with impressive detoxifying properties. Known as a **natural cleanser and restorative tonic**, it gently supports mental clarity by helping the body eliminate toxins and balance energy levels.

Mental Health Benefits

- **Promotes mental clarity and focus:**
By supporting liver and digestive function, dandelion tea helps reduce sluggishness and brain fog.
- **Improves mood and emotional balance:**
Detoxifying and grounding properties help the mind feel lighter and more stable.
- **Supports resilience to stress:**
Contains trace minerals and nutrients that nourish the nervous system.

- **Encourages mindfulness and grounding:**
Its earthy, slightly bitter flavor has a calming, centering effect — ideal for reflection or relaxation.

Physical Benefits That Support Mental Well-being

- **Supports liver health:**
A healthy liver promotes hormonal and emotional balance, contributing to stable moods.
- **Aids digestion and gut health:**
Improves nutrient absorption, which in turn supports brain function and mood regulation.
- **Natural detoxifier and mild diuretic:**
Helps the body release toxins and excess water, promoting a feeling of lightness and renewal.
- **Rich in vitamins and minerals:**
Provides potassium, magnesium, and B vitamins that support brain and nervous system function.

Active Compounds

- **Taraxasterol & Taraxerol:** Anti-inflammatory compounds that support detox and immune balance.
- **Inulin:** A prebiotic fiber that supports healthy gut flora (and by extension, mood).
- **Flavonoids & Polyphenols:** Antioxidants that protect cells and support emotional resilience.

Best Time to Drink

- **Morning:** to gently awaken the system and support energy flow.
- **Afternoon:** for mental clarity and detox support.
- Avoid late evening if made from the root, as it has mild diuretic effects.

1.15 White Tea (*Camellia sinensis*)

Overview

White tea comes from the young buds and tender leaves of the *Camellia sinensis* plant, carefully dried with minimal oxidation. This gentle processing preserves high levels of **antioxidants, L-theanine, and polyphenols**, which support **calm alertness, emotional balance, and brain health**.

Mental Health Benefits

- **Promotes calm focus and relaxation:**
Contains **L-theanine**, an amino acid that increases alpha brain waves — helping you feel calm yet alert.
- **Reduces stress and anxiety:**
Offers mild caffeine for energy, balanced by soothing compounds that prevent overstimulation.
- **Protects brain health:**
High antioxidants (catechins and polyphenols) protect neurons and support cognitive longevity.
- **Elevates mood:**
Gentle, natural energy lift helps combat fatigue and low mood.

Physical Benefits That Support Mental Well-being

- **Rich in antioxidants:**
Fights oxidative stress that contributes to mental fatigue and inflammation.
- **Supports healthy skin and circulation:**
Improved blood flow helps oxygenate the brain and enhance vitality.
- **Strengthens immune and hormonal balance:**
Helps stabilize mood and overall energy through internal balance.

Active Compounds

- **Catechins (EGCG)** – powerful antioxidants for brain and heart health.
- **L-theanine** – promotes relaxation and alert focus.
- **Caffeine (mild amount)** – provides a smooth, sustained energy boost.
- **Polyphenols & Flavonoids** – reduce inflammation and protect against stress-related damage.

Best Time to Drink

- **Morning:** gentle awakening and clarity.
- **Midday:** stress relief and focus without caffeine overload.
- **Late afternoon:** calming yet refreshing before evening wind-down.

2. ESSENTIAL OILS

Essential oils (EOs) are aromatic plant extracts commonly used in **inhalation therapy**. Research has shown various **therapeutic benefits**, particularly for **relaxation, anxiety, and mood improvement**.

Lavender and bergamot are among the most widely used essential oils for promoting calmness and emotional balance.

Individuals may have three types of reactions to an essential oil: **strong attraction, strong repulsion, or neutral response**.

1. Frankincense

Benefits:

- Calms the mind and reduces anxiety or overthinking.
- Enhances meditation, mindfulness, and inner peace.
- May ease symptoms of depression by promoting a sense of grounding.

How to Use:

- Diffuse 3–4 drops during meditation or prayer.
- Add a few drops to a carrier oil (like jojoba) and apply to wrists or chest.
- Inhale directly from the bottle for quick stress relief.

2. Rosemary

Benefits:

- Improves memory, focus, and alertness.

- Reduces mental fatigue and brain fog.
- Uplifts mood and promotes confidence.

How to Use:

- Diffuse while studying or working.
 - Add 2 drops to a teaspoon of carrier oil and massage into temples or neck.
 - Mix into a morning shower gel to energize the start of your day.
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3. Bergamot

Benefits:

- Natural antidepressant and mood enhancer.
- Reduces anxiety and emotional tension.
- Promotes relaxation while maintaining alertness.

How to Use:

- Diffuse 4–5 drops in the evening to ease emotional stress.
 - Add a few drops to a warm bath (with carrier oil or Epsom salt).
 - Use in a personal inhaler or handkerchief for calming scent therapy.
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4. Pine Tree (Pine Needle)

Benefits:

- Refreshes the mind and relieves mental exhaustion.
- Encourages clarity, strength, and resilience.
- Can reduce feelings of isolation or burnout.

How to Use:

- Diffuse to purify the air and lift mood.
 - Combine with eucalyptus or rosemary in a steam inhalation.
 - Use in massage oil for grounding and mental balance.
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5. Grapefruit

Benefits:

- Uplifts mood and combats depression or lethargy.
- Promotes positive energy and motivation.
- Reduces mental and emotional fatigue.

How to Use:

- Diffuse in the morning to energize your day.
 - Add to a body lotion or carrier oil for an uplifting aroma.
 - Inhale directly when you feel low or tired.
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6. Lemongrass

Benefits:

- Reduces irritability and stress.
- Cleanses emotional negativity and boosts optimism.
- Improves concentration and refreshes the mind.

How to Use:

- Diffuse 3–4 drops in the workspace.
- Add to a foot bath for grounding relaxation.
- Use diluted in massage oil to relieve tension.

7. Peppermint

Benefits:

- Increases alertness, focus, and energy.
- Reduces mental fatigue, headaches, and tension.
- Can relieve mild symptoms of anxiety and brain fog.

How to Use:

- Inhale deeply from the bottle before studying or working.
 - Apply (diluted) to temples or the back of the neck.
 - Diffuse during work or exercise for mental clarity.
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8. Tea Tree

Benefits:

- Clears mental sluggishness and promotes confidence.
- Balances emotional energy and supports self-awareness.
- Helps release feelings of vulnerability or weakness.

How to Use:

- Diffuse to purify the environment and refresh energy.
 - Add a drop to your palms, rub, and inhale deeply.
 - Combine with citrus oils for an uplifting blend.
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9. Citronella

Benefits:

- Lifts mood and dispels negativity.
- Reduces anxiety and restlessness.
- Cleanses the mind of cluttered or racing thoughts.

How to Use:

- Diffuse to freshen the air and brighten mood.
 - Use in outdoor sprays for both insect protection and emotional balance.
 - Blend with lavender or orange for a calming, cheerful aroma.
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10. Sweet Orange

Benefits:

- Promotes happiness and emotional warmth.
- Reduces stress, sadness, and anxiety.
- Encourages creativity and optimism.

How to Use:

- Diffuse during social gatherings or stressful moments.
 - Add to bath water (with carrier oil) for emotional reset.
 - Mix with peppermint or rosemary for mental stimulation.
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11. Eucalyptus

Benefits:

- Clears the mind and enhances focus.
- Refreshes mental energy and combats fatigue.
- Helps release emotional blockages or mental heaviness.

How to Use:

- Diffuse during study or work sessions.
 - Add to steam inhalation to open the chest and clear thoughts.
 - Combine with lemon or peppermint for a refreshing mental boost.
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12. Lavender**Benefits:**

- One of the best oils for anxiety, insomnia, and depression.
- Promotes relaxation, calm, and emotional healing.
- Balances mood and eases nervous tension.

How to Use:

- Diffuse before bedtime or during stressful moments.
- Add to a pillow spray or warm bath for relaxation.
- Apply diluted oil to temples, wrists, or behind the ears.

13. Cinnamon

Cinnamon essential oil is a powerful natural extract known for its **warm, spicy aroma** and wide range of **therapeutic, emotional, and physical benefits**. It can be derived from either the **bark or the leaf** of the cinnamon tree — both types share similar properties but differ slightly in potency and composition.

Here's an overview of its **key benefits**:

Emotional & Mental Health Benefits

1. Boosts mood and energy:

The warm, invigorating scent helps combat fatigue, mental sluggishness, and feelings of depression or low motivation.

→ Great for enhancing focus during work or study.

2. Promotes emotional balance:

It's comforting aroma can reduce irritability, promote a sense of security, and help manage stress or anxiety.

3. Improves mental clarity:

Inhalation may enhance alertness and concentration, making it a useful oil for overcoming mental fog.

Physical Health Benefits**1. Antibacterial & antifungal:**

Cinnamon oil has strong antimicrobial properties that can help fight bacteria, viruses, and fungi — particularly *Candida* species.

2. Supports immune system:

Known to stimulate the immune response, especially during seasonal illnesses like colds and flu.

3. Improves circulation:

Its warming effect increases blood flow and can help ease muscle aches, stiffness, and joint pain when diluted properly.

4. Digestive support:

May aid digestion by reducing nausea, bloating, and gas when used aromatically or topically (diluted on the abdomen).

5. Antioxidant-rich:

Contains compounds like cinnamaldehyde and eugenol that help neutralize free radicals and support cellular health.

Topical & Aromatherapy Uses

- **Diffuser:** Add 1–2 drops to a diffuser to create a cozy, uplifting atmosphere.
- **Massage oil:** Dilute 1 drop in at least 2 teaspoons of carrier oil (such as coconut or almond) to warm muscles and promote circulation.
- **Air purification:** Diffuse or spray (in a diluted form) to cleanse the air and reduce airborne microbes.
- **Blends well with:** Orange, clove, ginger, frankincense, and vanilla essential oils.

⚠️ Safety Precautions

- **Always dilute:** Cinnamon oil is very strong and can irritate skin or mucous membranes if used undiluted.
- **Avoid near eyes or sensitive skin.**
- **Not recommended during pregnancy or for young children** unless advised by a qualified aromatherapist.
- Perform a **patch test** before topical use.
- Avoid ingestion unless under professional guidance.

Blending Tips for Emotional Wellness

You can combine oils for synergistic effects:

- **Calm & Sleep:** Lavender + Frankincense + Bergamot
- **Focus & Motivation:** Rosemary + Peppermint + Lemon
- **Uplifting Mood:** Grapefruit + Sweet Orange + Lemongrass

- **Grounding Energy:** Pine + Frankincense + Cedarwood
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⚠️ Safety Notes

- Always **dilute essential oils** with a carrier oil (e.g., coconut, jojoba) before applying to skin.
 - Avoid contact with eyes and mucous membranes.
 - Not all oils are safe for **pregnancy, children, or pets** — use caution.
 - Perform a **patch test** for allergies.
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Essential Oils Around Pets

Safe for Dogs & Cats	Unsafe for Dogs & Cats
Lavender	Wintergreen
Chamomile	Pennyroyal
Myrrh	Eucalyptus
Frankincense	Cinnamon
Ginger	Pine
Rosemary	Thyme
Bergamot	Tea Tree
	Anise
	Ylang-Ylang
	Juniper
	Citrus Oils