**Essential Oils and Their Uses**

Arnica: A go-to for busy moms, avid athletes, and everyone in between, arnica oil is considered a natural solution for muscle aches and soreness. What is more, research demonstrates that “mountain tobacco,” as it is also known, accelerates bruise healing.

Bergamot: With its bright, citrusy scent, bergamot—which comes from Citrus bergamia fruits (a hybrid of oranges and lemons)—is relied upon to reduce stress and uplift a negative mood. In addition, bergamot contains flavonoids that may organically support cholesterol levels. (A word of caution: Bergamot essential oil may render your skin photosensitive, so stay out of the sun when using it.)

Chamomile: Feeling anxious, irritable, and frustrated? Chamomile essential oil may be just the ticket. Thought to increase feelings of well-being and decrease nervous tension, it is used to relax—both at bedtime and when you are struck with menstrual cramps.

Cinnamon: Beloved for the cozy feeling it evokes, cinnamon essential oil is best used for an emotional lift, in that it soothes anxiety and promotes ease and comfort. Furthermore, it is used to combat constipation and safeguard skin against insects.

Clary Sage: Need to sharpen your mental skills for a meeting or presentation? Reach for clary sage. Frequently used to bolster attention and improve memory, the essential oil is also called upon to decrease menstrual cramps.

Eucalyptus: If you are feeling congested, elect eucalyptus. A key ingredient in Vicks, this mint-scented essential oil may loosen mucus and quiet a cough. Bonus points? Eucalyptus essential oil may help lower joint pain and functions as a natural breath-freshener.

Frankincense: Do not let its ancient name fool you, as frankincense has more than one modern application. Studies have revealed that the oil may be helpful for those with arthritis, asthma, and psoriasis. What is more, the oil, with its fresh, woody scent, is believed to slow and deepen breathing, indicating precisely why it is commonly used in meditation.

Geranium: This pleasant, floral oil—with a scent as lovely as the geranium flower—is typically used to reduce fluid retention, curtail cellulite and balance hormones.

Ginger: Fresh ginger, ginger tea, ginger ale—all are used to tackle tummy woes. The same holds true for ginger essential oil, which is used to alleviate heartburn and relieve gastrointestinal distress.

Grapefruit: Grapefruit essential oil smells as ah-mazing as the fruit—and offers just as much zing. Used to reduce jet lag and mental fatigue, the sweetly aromatic essential oil is also a popular ingredient in skincare.

Lavender: Lavender is as soothing as it is diverse. In addition to promoting a good night’s sleep, it is used for minor wounds such as bruises, cuts, scrapes, and sunburns. The fresh floral scent is also used for PMS and to shrink the pain of headaches.

Lemon: Are you a mother-to-be? Consider lemon essential oil. A small study published by the National Institutes of Health found that expectant mothers who smelled lemon were less nauseous in the days to come than women who did not. This citrusy essential oil is also used to fight fatigue and boost mental clarity. Additionally, lemon is perfect for your homemade cleaning products, in that it contains antiseptic and antibacterial properties.

Orange: Like other citrus-based essential oils, orange essential oil may be a boon for those suffering from anxiety and the exhaustion that comes with it. One study also found that orange essential oil may soothe the symptoms associated with PTSD.

Patchouli: No longer just the domain of the counterculture, patchouli has gone mainstream. The earthy essential oil is called upon to lessen depression, manage appetite, and assist with skin conditions such as dermatitis, acne and dry, cracked skin.

Peppermint: Need a pre-workout pick-up? opt for peppermint. Most used for a burst of energy, this candy-cane scented oil is also utilized to elevate alertness and improve memory. Also, notable? Some use it to curb chocolate cravings.

Rosemary: Rosemary does not just take a meal from good to great: the camphor-scented essential oil is used to increase circulation and soften stress-related tension. Research also shows that rosemary oil may be helpful in stimulating hair growth in those who suffer from the autoimmune condition, alopecia.

Sandalwood: With its woodsy, even exotic aroma, sandalwood essential oil—derived from a tree that is deemed to be holy, and the most expensive EO on the market—is used for grounding, focusing, and balancing. One to try: Now Essential Oils’ Sandalwood blend.

Tea Tree: Also known as melaleuca, tea tree oil has long been one of the most favored essential oils around. Functioning as a powerful antiseptic, it is used to calm insect stings and reduce mild to moderate acne.

Vetiver: Relied upon in traditional medicine in South Asia and West Africa, vetiver—which is taken from a perennial bunchgrass native to India—is used as a home remedy for burn relief, acne, wounds, and cuts. It is also used to improve overall body function, and, for those who live in tropical climates, to repel termites.

Ylang-Ylang: Even the most assured among us may need a surge of confidence occasionally. When in need, reach for ylang-ylang essential oil (pronounced EE-lang, EE-lang), which is used to stimulate self-esteem and promote inner harmony.

**Meditation**

Frankincense: Frankincense has a long religious history because of its ability to help one access the spiritual realms. It awakens higher consciousness and is good for meditation. It has a spicy, woody scent.

Myrrh: To help deepen the meditation experience, inhale this rich, slightly bitter scent. It helps you to become aware that this reality is not the only one.

Sandalwood: Slow, yet powerful, Sandalwood has been said to oversee opening the highest and lowest Chakras, so it is helpful for unleashing the kundalini energies while keeping one grounded. It helps guide one toward enlightenment.

**Enhancing Psychic Awareness**

Bay: Bay purifies negativity, releasing you to your psychic self. It is also the scent used by the Delphic Oracle in Greece.

Cinnamon: Cinnamon arouses physical senses beyond the normal limits. It helps increase psychic abilities and increases vibratory qualities.

Lemongrass: Lemongrass awakens the psychic mind and is very opening. It helps concentration and purifies.

Yarrow: Yarrow opens to cosmic energies, is balancing, and good for strengthening intuitive abilities.

**Exploring The Astral Through Dreams**

Clary Sage: This scent is centering for the soul. It is very relaxing and can be narcotic. Clary sage helps one access the creative element within and is famous for inducing exciting and interesting dreams. Inhale for a brief period before sleep, while using affirmations to induce lucid dreams.

Hops: Hops is a tranquilizer that has been used often as an ingredient in sleep pillows. It is very relaxing. It can also free the soul during sleep.

Jasmine: Calming and relaxing, jasmine also lifts the spirits. Psychic dreams result from inhalation, although the essential oil is expensive.