



# Aromatherapy Recipes for Emotional Issues

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**READ THE SAFETY PRECAUTIONS FOLLOWING THE RECIPES.**

Each of the following essential oil recipes may be blended with a variety of carriers. The choice of carrier is dependent on method of use. If you want to make an inhalation spray, 1-2 oz. of spring water; for a massage or bath oil use 1 oz. of jojoba oil, and for an inhaler use 1 Tbsp. of fractionated coconut oil.



## Lemon Zen for the Blues

4 drops melissa or lemon balm (*Melissa officinalis*)

6 drops lemon rind (*Citrus limonum*)

3 drops vetiver (*Vetiveria zizanioides*)

Occasionally I will add 2 drops of Lemongrass (*Cymbopogon citratus*) to brighten the blend. *For severe depression, please see a psychologist or other health professional.*

## Insomnia Blend

4 drops of Roman chamomile (*Chamaemelum nobile*)

4 drops of clary sage (*Sclarea salvia*)

4 drops of lavender (*Lavendula angustifolia*) or bergamot (*Citrus bergamia*), your choice

I also like to add 2 drops of sweet orange (*Citrus sinensis*).

Remember when dealing with insomnia there are many issues at hand. Make sure there is no physical cause by having a medical check up. If you find all is well, try to establish a nightly ritual that includes a warm bath, relaxing music, reading or other calming activity, use comfortable bedding, no light, and aromatherapy. Visualization may also help.



## Panic Relief

4 drops of neroli (*Citrus aurantium var. amara*)

4 drops of lavender (*Lavendula angustifolia*)

4 drops of sandalwood (*Santalum album*) or frankincense (*Boswellia carterii*)

If you have frequent panic attacks, it might be helpful to make this blend into an inhaler and combine it with the use of guided imagery or visualization for best results. Sometimes I also add 2 drops of grapefruit (*Citrus paradisi*) to brighten the blend.

## Grief Blend

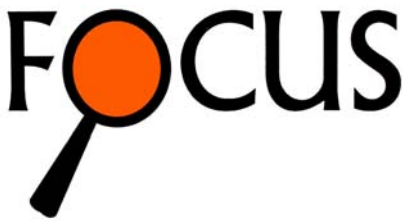
4 drops of rose otto (*Rosa damascena*)

3 drops of cypress (*Cupressus sempervirens*) or sandalwood (*Santalum album*)

4 drops of bergamot (*Citrus bergamia*)

3 drops of sweet orange (*Citrus sinensis*)

I have found this blend works best in either an inhalation spray, diffuser or roll-on.



## Focus Blend for scattered thoughts

4 drops peppermint (*Mentha piperita*)

2 drops spearmint (*Mentha spicata*)

4 drops rosemary (*Rosmarinus cineole*) or sweet basil (*Ocimum basilicum var. linalool*)

4 drops lime (*Citrus aurantifolia*)

I make this into an inhalation spray, use it in a shower gel, etc. It is especially helpful for those days when you need to stay on task or be alert. Some individuals with mild ADD have found it occasionally helpful too. Those with ADD often need to add essential oils that also promote grounding.

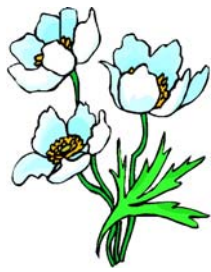
## Uplifting Blend (great for a winter day)

4 drops lemongrass (*Cymbopogon citratus*)

4 drops grapefruit (*Citrus paradisi*)

4 drops of sweet orange (*Citrus sinensis*) or lime (*Citrus aurantium*)

Almost any citrus oil will be uplifting; if you have a favorite, make a substitution. It works best in inhalation. Remember if you decide to use it topically that citrus oils are photosensitive. I also like a bit (2 drops) of rosemary (*Rosmarinus cineole*) or peppermint (*Mentha piperita*).



### Calming blends

These blends often depend on what aromas evoke pleasant memories or are the individual's favorite scent. Here is one that I like:

- 4 drops of lavender (*Lavendula angustifolia*)
- 3 drops of jasmine (*Jasminum officinale*) or ylang ylang (*Canaga odorata*)
- 3 drops of coriander (*Coriandrum sativum*)
- 4 drops of either grapefruit (*Citrus paradise*) or lime (*Citrus aurantifolium*)

This is a great inhalation mist, de-stress bath, or wonderful cream to apply after a stressful day. Find your own bliss by trying different combinations that make you happy!

## Safety First

Safety is one of my greatest concerns and so all of my classes start with basic safety precautions. Essential oils are the aromatic volatile substances that plants offer us, and as such they must be respected. I always tell my students that just because something is natural does not mean it is harmless. The oils are chemically complex and highly concentrated. I always recommend blending essential oils with carriers such as jojoba oil and not to take them internally. The scope of most aromatherapy education in the United States is not sufficient to understand everything involved in taking essential oils internally. However, the synergy of these life enhancing blends as diffusions, massage oils, and the many other methods of application aid us in healing body, mind and spirit. I hope you will decide to embark on your own aromatic journey. There are many masters in the field and it is always wise to read as much as possible.

\* Always patch test any essential oil or blend in a carrier oil on your forearm 24 hours prior to using. If you have any irritation or redness, do not use. Discontinue use if you should have any problems. Although natural essential oils have far fewer problems than synthetic products, there are occasionally individual sensitivities than can not be known.

\*All citrus oils including bergamot are photosensitive. The exceptions are grapefruit, tangerine and steam distilled lime. Any citrus oil other than the exceptions should not be used for 24 hours before being in the sun or exposure to any UV light. Irritation or allergic reaction may occur when used with exposure to UV light of any type.

\*Peppermint and rosemary essential oil should not be used by those with heart palpitations, high blood pressure, or epilepsy.

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Blessings on your aromatic adventures to emotional healing!

Sara

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