Aromatherapy Essential Oils

**Jasmine Essential Oil**
Jasmine essential oil promotes relaxation, self-confidence and a positive mind set.

**Lavender Essential Oil**
Lavender essential oil promotes sleep, helps with headaches, lowers stress and calms the mind.

**Orange Essential Oil**
Orange essential oil is uplifting to the body and mind. It also helps with anxiety and is an antidepressant.

**Geranium Essential Oil**
Geranium essential oil alleviates physical stress and depression. It promotes peace, well-being and emotional balance.

**Ylang Ylang Essential Oil**
Ylang Ylang essential oil helps with deep breathing, anxiety, depression, shock, alleviates anger, and promotes emotional balance.

**Peppermint Essential Oil**
Peppermint essential oil assists with memory, muscle fatigue, headaches, alertness and is invigorating.

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