



A Wellness Institute

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.