

Essential Oils & Their Uses for Psychological Purposes

Bergamot – treats depression, relieves anxiety

Blue Tansy – reduces stress, increases feelings of well-being

Celery – sedates

Chamomile – calms, reduces stress, irritability and depression

Citrus – relaxes and calms

Clary Sage – helps with symptoms of PMS, relaxes muscles, calms

Clove – treats symptoms of fatigue

Geranium – sedates, treats nervousness

Lavender – reduces headaches, relieves insomnia, reduces symptoms of PMS,
reduces stress

Lemon grass – calms

Marjoram – calms, warms, soothes

Melaleuca – calms jangled nerves, relieves pain

Melissa – treats depression

Mint – clears the mind

Neroli – treats depression & anxiety

Orange – lifts spirits

Patchouli – relaxes

Pennyroyal – stimulates

Peppermint – improves mental acuity, decreases fatigue

Rose – calms nerves, assuages anger

Rosemary – clears the mind, energizes, helps memory

Rosewood – clears the head

Sage – relaxes

Sandalwood – calms nerves, relieves anxiety

Tangerine – lifts spirits

Thyme – stimulates the brain, fortifies

Turkish rose – stimulates, elevates the mind

Wintergreen – stimulates

Ylang ylang – relieves tension, soothes, helps with PMS



Ylang ylang
Cananga odorata

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