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

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