



Anxiety and Depression References Modules 1 - 11

Module 3

Bergamot

First and foremost, bergamot oil is deeply soothing to the nervous system. It fights stress and anxiety, helps in sleeping disorders and insomnia and promotes a deep, restful sleep.

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia

Clove

Nervous: alleviates anxiety, has calming properties, fights stress, soothes nerves, fights sleep disorders, sedative, enhances libido, aphrodisiac

Frankincense

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive, aids in sleep disorders and insomnia, helps in migraines and headaches

On the nervous system, the essential oil has a relaxing, reviving effect, fighting stress and depression and supporting the ability to focus.

Lavender

Lavender is one of the most potent aromas for the nervous system helping with stress, anxiety, restlessness, nervousness, insomnia, migraines and headaches.

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive mood, aids in sleep disorders and insomnia

Tea Tree

Nervous: tonic, fights stress and anxiety, helps concentration, supports the mind in stressful conditions

Modules 4 & 5

Inula

Inula essential oil also fights stress and anxiety, helps in sleeping disorders and insomnia, has tonic effects and energizes mind.

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia, soothes

In the nervous system, bornyl acetate has relaxing and nervine effects, which can be helpful in addressing stress, anxiety and depression.

Monarda

It fights stress and anxiety, helps in sleeping disorders and insomnia and promotes a deep, restful sleep.

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia

Anti-anxiety blend:

- 2 drops monarda
- 2 drops chamomile
- 1 drop neroli
- 2 drops mandarin
- 2 drops lavender
- 1 drop palo santo

Myrtle

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive attitude, aids in sleep disorders and insomnia

On the nervous system, the essential oil has a relaxing, reviving effect, fighting stress and depression and supporting the ability to focus.

Modules 6 & 7

Black Pepper

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia, boosts alertness and mental clarity

Piperine, one of the black pepper active ingredients also has showed anti-depressant and anti-anxiety properties in several in vitro studies.

Cardamom

In the nervous system it has a relaxing yet energizing effect, fighting anxiety and promoting emotional equilibrium.

Nervous: alleviates anxiety, calms nervousness, helps in depression, aids in insomnia and sleep disorders, promotes mental clarity and enables mental focus.

Chamomile

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive, aids in sleep disorders and insomnia, helps in migraines and headaches, helps in AD/HD

Reproductive: regulates menstrual flow, reduces menstrual pain, aids in PMS and menopause, helps in post-partum depression

Fennel

It also works on relieving stress and anxiety and promoting a deep, restful sleep.

Nervous: alleviates anxiety, fights stress, soothes nerves, helps in sleeping disorders and insomnia, and promotes restful sleep.

Module 8

Grapefruit

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia

Lemon balm

Used in aromatherapy it has a nervine action, with calming and soothing effects on anxiety, insomnia and depression.

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia, supports cognitive functions and memory

Peppermint

Nervous: alleviates anxiety, calms nervousness, soothes headaches and migraines, enhances concentration, supports memory, fights sleep disorders

Tulsi

Nervous: alleviates anxiety, calms nervousness, helps in depression, aids in insomnia and sleep disorders, soothes headaches and migraines

Module 9

Birch

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, enhances mental alertness, boosts alertness and mental clarity

Helichrysum

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, relieves shingles pain

Marjoram

Nervous: alleviates anxiety, calms nervousness, uplifts mood, enhances romantic mood, aphrodisiac, fights stress, soothes nerves, fights sleep disorders and anxiety, helps with mood swings

Wintergreen

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, enhances mental alertness, boosts alertness and mental clarity

Module 10

Clary Sage

Nervous: soothing, calming, euphoric, antidepressant, reduces stress and anxiety, calms anger, reduces irritation, helps in exhaustion and fatigue, balances emotions

Geranium

In aromatherapy, geranium is calming and grounding, relieving the nervous system from stress and anxiety and promoting a better connection between the body and mind.

Nervous: alleviates anxiety, fights stress, soothes nerves, helps in sleeping disorders and insomnia, and promotes restful sleep

Rose

In aromatherapy rose is used for its calming and uplifting effects relieving anxiety, stress and depression and overall for soothing the nervous system.

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive mood, aids in sleep disorders and insomnia

Ylang Ylang

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, aids in sleep disorders and insomnia

Module 11

Jatamansi

Nervous: antispasmodic, anti-seizure, fights restlessness, adjuvant in withdrawal, alleviates neuralgias, reduces panic attacks, attenuate headaches, calms irritability, treats exhaustion, helps in chronic fatigue, relieves stress and anxiety, has sedative effects, aids in insomnia and sleeping disorders

Mandarin

Mandarin essential oil also fights stress and anxiety, helps in sleeping disorders and insomnia and promotes a deep, restful sleep.

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia

Vetiver

Nervous: fights stress, aids in insomnia, promotes mental and emotional health; relaxing, calming, sensorial, provides a sense of security, fights anxiety, induces mental clarity, balances emotions, boosts confidence

Reproductive/endocrine: enhances romantic moods, aids in menopause and PMS, helps in postnatal depression