

1.	Bay	Helps heal the heart, throat chakras and the illnesses associated with them. Good for the immune system. Helps heal and balance the lung meridians.
	Angelica	Supports and connects the energy fields with the soul, opens intuition and helps one realize deep inner self. Puts one in touch with angelic realms, enhances meditation. Detoxifies the body. Rebuilds vital force. Good for headaches and stimulates glandular system.
	Basil	Cleanses the mind and colon. Antiseptic. Stimulating. Reduces fever and virus. Increases devotion and intuition. Helps with confidence and courage. Good for headaches and nerves, helps life depression.
2.	Bayberry	Clears the astral and mental bodies. Clears the entire auric field. Balances the spleen and heart chakras.
	Bergamot	Relaxing. Antiseptic. Stimulating, for courage, harmony, release depression, anxiety and anger, brings more light to the situations. Eases tension, worry and anxiety.
	Camphor	Opens the mind, senses and lungs. Increases perception and meditation. Alleviates headaches. Good for devotional ceremonies, brings more light. Good for confidence, discernment. Helps with nervous ailments.
3.	Carnation	Used to increase the metabolic system. Balances and removes negativity in the energy field. Clears and balances the meridians, protects and strengthens aura.
	Cedar	Encouraging, balancing, anxiety, emotional imbalance, stress, nervous system.
	Cedarwood	Relaxing. Aids Diabetes, arthritis, edema. Air cleanser. Harmonizing, opens psychic centers, aggression, anger, dishonesty, fear, bronchitis, urinary tract disorders.
4.	Chamomile	Is a soothing tonic for nerves and restlessness. Helps support the endocrine system, and supports the kidneys. Releases emotional toxins. Helps calm down the stomach area; good for indigestion. Excellent to use in calming down children.
5.	Cinnamon	Good for meditation. Enhances healing and good to use

		for protection.
	Clary	Stomach cramps, weak digestion, bronchitis, asthma, menstrual cramps, PMS, headache, nervousness, fear, paranoia, fear, depression, melancholy. Brings clarity and balance, eases tension, anxiety, worry and grief. Boast confidence.
6.	Clove	Very cleansing and antiseptic. Helps strengthen spleen and heart meridians. Used for protection and releases negative energy. Good for eyesight, nervousness and memory. Strengthens kidneys.
	Cypress	Weak connective tissue, heavy menstruation, bleeding, coughing, lack of concentration, nervous breakdown, squandering energies, uncontrollable sobbing, offers peace comfort, eases anxiety. Enhances physical vitality.
7.	Eucalyptus	Purification, health and vitality, confusion, rage, poor concentration. Healing oil that strengthens and balances all meridians. Used for all respiratory illness and to support the immune system. Balances the heart chakra and releases the pain of the past. Helps with all kinds of disturbing emotions. Cleanses and purifies negative energy from the aura. Helps alleviate grief and anxiety.
8.	Frangipani	Brings light and ease to the aura. Balances the throat chakra. Used for meditation.
9.	Frankincense	Used more commonly in meditation and for all sacred rituals. Cleanses and balances the aura. Purifies emotional and mental patterns; balances the crown chakras. Evokes inspiration, faith, inner strength and stability. Awakens the crown chakra and base chakra. Promotes deep stillness, connection with spirit and inner guidance. Promotes peaceful sleep.
10.	Gardenia	Works with the emotional planes to bring healthy boundaries. Stabilizes and strengthens all emotional conditions.
	Geranium	Good for emotional healing. Fresh harmonious and healing. Eases depression, emotional imbalance. Strengthens liver very good for endometriosis, effective for menopause problems, diabetes, blood disorders, throat infections, nerve tonic, works as a sedative. Helps

		in cases of uterine and breast cancer.
	Ginger	Good for detoxifying the physical body, tonic and stimulating. Promotes confidence and courage. Beneficial for colds, throat, fever, and aids digestive problems.
	Grapefruit	Helps with depression, brings light and vibrant energy into the system. Stimulates and clears the mind, strengthens the physical body, energizes the nervous system, promotes digestion.
	Jasmine	Assists in opening the heart and crown chakra and helps to integrate the energy fields. Stimulates creativity and imagination. Inspires grace and brings the essence of peace to one's being. Eases depression, back pain, frigidity, impotence, joint and muscle pain, depression, fear, low self confidence, emotional suffering. Antidepressant, Aphrodisiac. Heals breast and uterine infections.
	Juniper	Protecting, purifying, honoring, for anxiety, stress, fear and uncertainty, arthritis, poor circulation, indigestion, blood purifier. Promotes a sense of well being and inner strength. Clears negative energy from environment and removes negative energy from the aura. Strengthens the immune system.
11.	Lemon	Energizing, brings vitality to body, mind and spirit. stimulates clarity of thought. The color yellow strengthens and supports all mental processes. Works to balance the solar plexus chakra and the organs and conditions associated with it. Eases depression, confusion, a tonic for the immune system and nervous disorders. Cleansing, invigorating; supports immune system; balances the meridians. Joyous, purifying, strengthening. Emotional confusion, fragility. Stimulates clarity of thought. The color yellow strengthens and supports all mental processes. Works to balance the solar plexus chakra and the organs and conditions associated with it. Cleansing, invigorating, supports immune system; balances the meridians. Antiseptic. Cleansing. Stimulating.
	Lavender	Awakens the crown chakra, opens one to intuition and guidance, clears negative energy from the aura and the environment, increase peace of mind and emotional

		balance. Helps to heal inflictive emotions such as impatience, worry, shock, strengthens immune system, good for all infections and speeds up healing processes. Treatment for burns and scalds, a natural antibiotic, antiseptic, antidepressant, sedative and detoxifier. Promotes healing, stimulates the immune system. Stimulates circulation and helps with nervous system. Tranquility, nervous system, anxiety, depression. Helps with PMS.
12.	Lilac	Works with the brow chakras to bring clarity and heal and balance all other chakras. Opens one up to the magical aspects of nature such as angels and fairies. Supports memory and intuition.
	Lily	Calms heart, nerves, emotions and dry cough. Good for stomach and lungs. Increases faith, devotion and virtue.
	Lotus	Calms mind and heart. Affects deep sleep. Increases love, faith, devotion, and compassion. Opens crown and ajna centers.
13.	Magnolia	Works with the heart and throat chakras and the organs associated with them.
	Myrtle	For love and beauty, despair, short sightedness, distraction, coughs, colds, infections, bronchitis
	Mint	Stimulating. Clears mind, head and sinus
	Musk	Heals and balances the root and naval chakras. Strengthens the kundalini flow of energy. Purifies the blood stream. Revives those who are in exhaustion or collapse. Strengthens heart and reproductive system. Awakens the senses.
14.	Musk	Heals and balances the root and naval chakras. Strengthens the kundalini flow of energy. Purifies the blood stream.
	Neroli	Opens the heart, brings a sense of inner joy, inspiration, and creativity. Helps to transcend negative emotions and boosts confidence and self esteem. Relieves emotional stress and anxiety. Headaches, nervous heart, PMS, fear, anxiety, depression, shock, insomnia, anxiety, subconscious fear, hopelessness, for courage, depression,

		shock, anxiety.
	Orange	Assist the solar plexus chakra and rejuvenates the body mind system. Promotes mental clarity, and helps to resolve deep emotional issues. Helps to increase confidence, trust and harmonious feelings. Relaxes and calms the nerves. Weak digestion, gall bladder, heart muscle, bladder, kidney, disorders fever, sadness, need for warmth, self consciousness, anxiety nervousness.
	Patchouli	Earthy and peaceful, helps for grounding by strengthening the base and root chakras, brings a deep sense of emotional centeredness and stability.
	Peppermint	Inspirational oil, brings energy, enthusiasm and joy of life, awakens inner child. Releases negative thinking in the aura and environment. Clears the mind, stimulates thinking and perception and aides in discernment. Good for the body, mind and spirit. Excellent for headaches and stomach disorders and helps to support the immune system. a natural stimulator.
	Rockrose	Infections, slow healing wounds, chronic skin disorders, eczema, psoriasis, cystitis, menstrual cramps, swollen lymph glands, emotional coldness, emptiness
	Rose	Helps to awaken the heart chakra and brings love and mind into divine union. Helps with relationship difficulties, enhances peace, unity, beauty and creativity. Love of self and love of others. Relieves grief, depression, sadness and emotional pain. Nervous heart, irregular menstruation, fever, migraine, wound healing, skin disorders, sorrow, disappointment, sadness and depression.
	Rosemary	Awakens the brow chakra and brings mental clarity and energy for thinking. Stimulates heart and nerves. Rejuvenates the skin. Etheric, emotional and mental, stimulant, good for morning baths, good for massage for muscular disorders, fatigue, memory loss, migraine, headaches, coughs, flu and diabetes. Good for beauty, hair care, acne and cellulite remedies. Life giving, friendship, love, procrastination, fatigue, apathy, sluggish liver.
	Sandalwood	Opens one to a higher vibration, deepening one's

		connection to spirit. Brings inner peace to body, mind and spirit. Assists for deep and profound meditation. Relaxing and calming, eases depression, stress and fear. Cystitis, diarrhea, gastritis, bronchitis, throat infections, sinusitis, laryngitis, nervous tension, anxiety, isolation, stress, insomnia, impotence, frigidity, aggression, egocentricity.
	Tangerine	Good for second chakra, helps one to open and receive love and strengthen relationship. Assists one to adapt to changes. Relaxes nervous tension, good for massage or bath.
	Tea Tree	Speeds up all healing processes. Protection, courage, health, strength exhaustion, fatigue, immune stimulant, antiseptic, antiviral, antibacterial, anti-fungal, useful for many conditions, good for candida, for all infections, ringworm, sunburn, acne, athletes foot, toothaches.
15.	Thyme	Excellent for the immune system. Activates the thymus gland. Is calming and relaxing. Good for lung meridian. Balances the third eye and crown chakras.
16.	Tuberose	Healing fragrance for the crown chakra. Good for all meridians. Brings peace of mind and relaxation to all areas of the body. Helps strengthen emotional body. Increases inspiration and intuition. Good for love relationships.
	Vetiver	Oil of Tranquility. Brings a deep sense of inner stability. Grounding and feeling connected to inner earth. Extreme nervousness, stress, disconnectedness, anorexia, depression.
17.	Violet	Helps to relieve pain. Balances stomach meridian and bladder. Heals and balances conditions of the solar plexus chakra. Used in bathing for creating a sense of well being.
18	Wintergreen	Works with the spleen, solar plexus and heart chakras to promote healing, aligning all the energies together. Brings a positive attitude towards oneself and promotes health on all levels
19.	Wisteria	Brings good vibrations. Opens the heart and throat chakras. Strengthens the will and immune system.

20.	Orange	Strengthens emotional plane. Brings clarity and calmness. Supports navel chakra and energy.
21.	Patchouli	Awakens the yin or inactive meridians. Balances base and spleen chakras. Aligns all centers with the heart center.
22.	Pennyroyal	Protects the aura. Releases negative thoughts of others. Strengthens spleen and solar plexus and heals conditions such as: headaches, nervous conditions and skin conditions.
23.	Peppermint	Purifies and energizes the environment. Clears the aura; helps direct chi energy; antiseptic, cleansing and purifying. Stimulates the mind. Helps with fatigue and exhaustion. Good for stomach disorders, asthma and bronchitis.
	Pine	Healing, energizing, protecting, general fatigue, poor circulation, respiratory tract infections.
24.	Rose	Healing fragrance. Works to heal and balance the heart. Helps bring about love and healing with the crown and heart chakras. Works to increase the vibration of love.
25.	Rosemary	Clears the mind. Balances the solar plexus chakra. Stimulates brow and crown chakra. Aligns the emotional plane, bringing clarity to the mind. Used for meditation. Clears the mind. Balances the solar plexus chakra. Stimulates brow and crown chakras. Aligns the emotional plane, bringing clarity to the mind. Used for meditation. Antiseptic. Stimulation. Blood, heart, circulatory system tonic and helps headaches and emotional tension. Promotes menstruation.
26.	Sage	Cleanses; protects; awakens intuition. Releases toxins and tension in body. Balances the heart and solar plexus. Overall tonic and purifies.
27.	Sandalwood	Healing oil. Enhances healing on all levels. Open palm chakras for healing. Used for protection. Brings connection with spirit and increases concentration. Relaxing. Antiseptic. Best for the mind, heart and lung tonic. Cleanses kidneys; reduces fever, irritability and anxiety. Promotes meditation.

	Yarrow	Confusion, depression, ambivalence, menopause, meditation.
	Ylang ylang	Helps to overcome sexual issues. Inspires creativity and one's appreciation of beauty, opens the heart and calms the nerves. Helps release negative emotions. High blood pressure, PMS, fear, rage, anger, low self esteem, impotence, nervous depression, nervous headaches.

YOUNG LIVING FEELINGS KIT

1.	Joy	Changes depression. Positive emotional qualities, clears anxiety and grief.
2.	Sandalwood	Relaxes emotions. Apply to big toes, temples and base of spine.
3.	Sara	Clears emotional trauma, balances chakras
4.	Peace and Calming	Brings mental clarity, spiritual body.
5.	Frankincense	Stimulates and elevates
6.	Rose	Increases spiritual focus
7.	White Angelica	Protection
8.	Three Wise Men	Grounding, release, deep-seated trauma.
9.	Valor	Enhances courage. Apply to feet and to top of shoulder.
10.	Immupower	Immune system; support immune system
11.	Clarity	Helps when there is a lack of mental clarity or the brain is under active

