








## Recommended essential oils for depression

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|  <p>ANGELICA</p>        | <p><b>ANGELICA ROOT</b><br/>Nervous problems: stress, fatigue, insomnia, sleep disorders, depression</p>                              |
|  <p>BASIL</p>           | <p><b>BASILIC EXOTIC</b> (<i>Ocimum basilicum</i>)<br/>the balm of the soul, tonic and stimulating general, asthenia, depression.</p> |
|  <p>BERGAMOT</p>        | <p><b>BERGAMOT</b><br/>anti stress, very soothing, it brings comfort and relaxation, promotes a restful sleep</p>                     |
|  <p>CARDAMOM</p>        | <p><b>CARDAMOM</b><br/>Tonic and psychic stimulant, mental and nervous fatigue</p>  |
|  <p>CEDARWOOD</p>       | <p><b>CEDARWOOD</b><br/>Anti stress, anxiety, sleep disorders, confidence building, substance abuse</p>                               |
|  <p>ROMAN CHAMOMILE</p> | <p><b>ROMAN CHAMOMILE</b> (<i>Chamaemelum nobile</i>)<br/>Very calming (anger, anxiety, stress, nervous shock)</p>                    |
|  <p>CYPRESS</p>       | <p><b>CYPRESS</b><br/>Helps to soothe in case of emotional shocks, upset</p>  |
|  <p>FRANKINCENSE</p>  | <p><b>FRANKINCENSE</b><br/>Soothes nervous tension, anxiety, anxiety</p>  |
|  <p>GRAPEFRUIT</p>    | <p><b>GRAPEFRUIT</b><br/>Stimulating and anti-stress, anti depressive effective</p>   |
|  <p>HO WOOD</p>       | <p><b>HO WOOD</b><br/>Overwork, depression, asthenia</p>  |
|  <p>LAVENDER</p>      | <p><b>FINE LAVENDER</b><br/>Calming, antidepressant</p>   |
|  <p>LIME</p>          | <p><b>LIME</b><br/>Soothing, anxiety, overwork, nervous tension, depression, lack of self-confidence</p>                              |
|  <p>MARJORAM</p>      | <p><b>MARJORAM</b><br/>Calming, nervous rebalancing, brings inner peace</p>   |

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|  <p>Neroli</p>        | <p><b>NEROLI</b><br/>Restores vitality and self-confidence, both tonic and nervous soothing (aggression of children, fears, anguish, panic).<br/>For big nervous problems</p>  |
|                       | <p><b>PETITGRAIN</b><br/>Harmonizing, soothing and protecting emotionally, it is an oil of feeling (grief, loneliness), it is calming and nervous rebalancing (withdrawal for example). Useful in cases of depression, psychological disorders (Chronic infections of psychological origin).</p> |
|  <p>ROSE</p>          | <p><b>ROSE</b><br/>Nervous rebalancing, brings inner peace, soothes nervous tensions, anxiety, anxiety, anxiety, promotes letting go, is antidepressant</p>  |
|  <p>sage</p>          | <p><b>CLARY SAGE</b><br/>Effective antidepressant, relaxing, self-confident</p>  |
|  <p>sandalwood</p>    | <p><b>SANDALWOOD</b><br/>Antidepressant and balanced.<br/>will, going, helping to make the right decisions, seeking positive, vital and vibratory energies</p>   |
|  | <p><b>SARO</b><br/>Antidepressant, toning</p>  |
|  <p>TARRAGON</p>    | <p><b>TARRAGON</b> (<i>Artemisia dracunculus</i>)<br/>Positive and tonic mental, depression</p>  |
|  <p>YLANG YLANG</p> | <p><b>YLANG YLANG EXTRA</b><br/>Nervous balancing, depression, emotional shock</p>   |
|                     | <p><b>YUZU</b><br/>Calming of the sympathetic nervous system, very soothing, relaxing, restores confidence, for those who seek peace, serenity</p>   |

