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Essential Oil	Chakra Association	Physical Healing Properties	Metaphysical Healing Properties
Basil	heart, crown	combats adrenal fatigue, migraines, mental fatigue, digestive aide, helps rheumatism, supports strong immune system, treats dandruff, prevents hair loss	Promotes positivity, trust, abundance, offers protection, acclimates one to both spiritual and physical realms, dissolves judgement, clears the mind to receive higher guidance
Bergamot	solar plexus, heart	insomnia, joint issues, muscle cramps, treats fungus, tames frizzy/unruly hair	amplifies joy, peace, and lightness of being, promotes success, optimism, clears mental fog
Cedarwood	root, third eye,	Treats ADD/ADHD, psoriasis/ eczema, clears cough and sinus, clears acne, sedative qualities, relieves anxiety, stimulates hair follicles and increases circulation	cleanses and repels negative energies, protects, grounding, safety, stability, longevity, sanctifies a sacred space or ritual
Chamomile	heart, throat,	promotes restful sleep, eases headache, adds shine and softness to hair, controls dandruff, soothes irritated skin, adds moisture to hair and skin	Calming, restores essence of innocence, purity, unconditional love, releases anger and resentment awareness of Spirit
Cinnamon	root, sacral, solar plexus	boosts brain function, increases blood flow, eases muscle aches, aids in digestion, stimulates the follicle, reduces fine lines, and helps clear dandruff.	promotes warmth, strengthens libido, promotes passion, creativity, offers the vibration of abundance and vitality.



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Clary Sage	root, sacral, third eye, heart	calms a frantic mind, insomnia, balances severe hormone fluctuations, regulates estrogen, promotes healthy brain function, combats seizures/convulsions, aides in thickening hair	energetic balancing, restorative, contentment, inner peace, facilitates acceptance and self love
Clove	root, sacral	promotes blood flow that eases body pain and tension headaches. stimulates skin elasticity, treats acne and dandruff	aphrodisiac, offers vibration of abundance, prosperity, longevity, friendships, and good fortune. Protects against ill-will and envy
Cypress	root, throat,	eases carpal tunnel/ arthritis pain, liver/ gallbladder detoxifier, promotes prostate, pancreas & ovary health, deeply detoxifying	protective, comforting, healing, eases grief, carries ancient wisdom, intergenerational healing, assists in transitioning between worlds
Fennel	sacral, solar plexus,	digestive support, hormone imbalances, PMS and menopause symptoms, anti-dandruff, reduces hair loss, seals moisture into hair	courage, confidence, strength, protection, promotes forward progress
Frankincense	root, throat, third eye, crown	brain function, improves bodies response to cancer/tumors, treats warts/growths, scars/wrinkles, helps clear congestion, promotes optimal hair growth	grounding, balancing, and anti-depressant, heals trauma, deepens meditation/prayer, imparts one-ness with all.



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Geranium	sacral, heart, throat,	detoxifies liver/kidneys, hormone balancing, balances over dry OR over oily scalp/hair, improves sex drive	emotionally supportive/nurturing, gently uplifting, promotes creative fertility
Ginger	root, solar plexus,	soothes stomach upset, memory support, clears sinus congestion, relaxes muscle spasms/cramps, stimulates blood flow to scalp	activating, energizing, promotes prosperity, gives fire to new endeavors, passion, romantic love
Jasmine	heart, third eye, crown	great overall mood enhancer, balances hormones, promotes restful sleep, helps treat and prevent dandruff and soothes scalp irritations.	aphrodisiac, attracts love, opens and expands feminine polarity, increases intuition and psychic abilities.
Lavender	solar plexus, heart, throat, third eye, crown	Eases nervous system, cleanses skin irritations, treats eczema/dermatitis, dandruff, dry/chapped skin, promotes blood circulation, hair growth, prevents hair loss	allows calm assessment for deep healing, purifying, mother energy, lifts the veil of depression, quiets the mind for easier intuitive access.
Lemongrass	root, solar plexus, heart, third eye	soothes upset digestion, helps reduce stress, anxiety and lowers blood pressure, reduces body aches, helps stop hair loss by strengthening follicles.	offers a gentle clearing and opening, increases receptivity to love, imbues feeling of innocence, and strengthens the magical properties of other ingredients.



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Melaleuca (Tea Tree)	solar plexus, throat, crown	strong disinfectant/anti-fungal/ antibacterial properties, treats eczema, candida overgrowth, cuts and wounds, dandruff, acne, hives, clears follicles and stimulates hair root, detoxifying/clarifying for oily hair/scalp	imparts strength, creates harmony, encourages breath, carries wise healer energy
Myrrh	root, sacral, solar plexus, throat, crown	provides skin rejuvenation, smooths and soothes irritated or chapped skin, treats dandruff, supports immune system health.	one of the most sacred oils used in anointing, ceremony and ritual, connects with the spirit world and helps move deep sorrow. stimulates the mind and provides alertness and clarity.
Mugwort	solar plexus, third eye, crown	boosts energy, supremely helpful for many digestive issues, eases nausea and depression.	rich for use in dreamwork, astral travel & projection, remote viewing, and journey work.
Palo Santo	root, sacral, heart, third eye, crown	boosts immune system, anti- inflammatory, colds, flu, asthma, headaches, aids in liver detox, acne/skin disorders, calms nerves	powerful energetic clearing, boosts creativity, balances sexual energy, grounding, heart opener, opens channel to higher wisdom.



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Peppermint	solar plexus, throat,	relieves fever/ hot flashes, soothes headaches, increases focus/alertness, eases stomach upset, stimulates blood flow	invigorating, encourages breath, raises vibration, purifies, clears blockages, brings down barriers, uplifts, grants calm clarity
Peruvian Balsam	root, heart, crown	soothes and treats chapped skin and rashes, slow healing wounds, eases breathing disorders and nervous tension	used as aphrodisiac, promoting joy, prosperity, opening the heart to receive, and deepening visualization work.
Rose	sacral, heart, third eye, crown	treats skin redness, eases anxiety, balances hormones, soothes distressed skin, adds softness and shine	highest frequency vibration, promotes feelings of love for oneself and the world, unifies, transcends
Rosemary	solar plexus, throat, third eye, crown,	relieves respiratory distress, combats mental/adrenal fatigue, loosens sore muscles, improves memory, treats and prevents hair loss	provides clarity, upliftment, energizes, awakens sensitivity, protection, purification
Sage	sacral, solar plexus, crown	supports respiratory health, treats skin irritations, reduces inflammation, balances an over-oily scalp, and stimulates blood flow	offers protection, clearing, wisdom, health, sanctifies, cuts through the fog of loss or grief, leaving the energetic system clear.
Sandalwood	root, solar plexus, heart, throat, crown	heals skin wounds and infections, reduces inflammation, treats insomnia and restlessness, moisturizes dry skin and scalp	deepens meditation, creates a devotional feeling, sanctifying, blessing, astral travel, protection



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Thyme	sacral, heart, third eye	supports healthy digestion, immune support, powerful antioxidant, balances hormones, increases follicle health for optimal growth.	promotes optimism, courage, and breaks through melancholy and offers light infused energy and motivation
Vetiver	root, crown	clears acne, skin irritations and inflammation, anti-aging & cellular regeneration, adds luster to dull hair	calms nerves and lifts the spirit, shielding, calling in money, eases dream work
Valerian	root, solar plexus	improves sleep, calms anxiety, lowers blood pressure, antimicrobial	lifts depression and mental chatter, promotes deep and security in the body.
Ylang Ylang	sacral, heart, crown	balances hormones, helps stabilize equilibrium, stimulates hair growth, treats oily skin	dissolves frustration and fear, brings in the frequency of joy, protects from negativity, dispels jealousy

DISCLAIMER

Any information provided here is not intended to be substitution for appropriate medical care. Please be aware of your or your clients allergies, sensitivities. Use special care when working with women who are pregnant or nursing. Not all oils are safe to use internally or undiluted. This document is meant to be a starting off point for your own personal practice. Be empowered to do your own research.