

Our Favorite Essential Oils for Relaxation, Energizing, and Happiness

RecipeswithEssentialOils.com

Recommended Essential Oils for Relaxation:

- Bergamot
- Cedarwood
- Cistus
- Citrus Fresh
- Clary Sage
- Frankincense
- Gentle Baby
- Geranium
- German Chamomile
- Idaho Balsam Fir
- Jasmine
- Lavender
- Lemon
- Marjoram
- Orange
- Palmarosa
- Palo Santo
- Patchouli
- Sandalwood
- Sacred Frankincense
- Sacred Mountain
- Stress Away
- Tangerine
- Valor
- Vetiver
- White Angelica
- Ylang Ylang

3 Diffuser Blends for Relaxing:

1 drop Ylang Ylang
1 drop Tangerine
1 drop Marjoram

2 drops Lavender
1 drop Cedarwood

2 drops Orange
1 drop Jasmine
1 drop German Chamomile

Recommended Essential Oils for Energizing:

- Basil
- Bergamot
- Black Pepper
- Cinnamon Bark
- Clary Sage
- Cypress
- Eucalyptus Radiata
- Frankincense
- Geranium
- Grapefruit
- Idaho Balsam Fir
- Jade Lemon
- Joy
- Lemon
- Lemongrass
- Marjoram
- Nutmeg
- Orange
- Palmarosa
- Palo Santo
- Peppermint
- Rosemary
- Sacred Frankincense
- Stress Away
- Tangerine
- Thyme

3 Diffuser Blends for Energizing:

2 drops Lemon
2 drops Peppermint

2 drops Black Pepper
1 drops Rosemary

3 drops Grapefruit
1 drops Basil

Recommended Essential Oils for Happiness:

- Bergamot
- Black Pepper
- Christmas Spirit
- Citrus Fresh
- Cypress
- Elemi
- Geranium
- Grapefruit
- Hinoki
- Jasmine
- Jade Lemon
- Joy
- Lavender
- Lemon
- Lemon Myrtle
- Lime
- Marjoram
- Myrtle
- Orange
- Rose
- Spearmint
- Ylang Ylang

3 Diffuser Blends for Happiness:

1 drop Orange
1 drop Lavender
1 drop Cypress

2 drops Petitgrain
1 drops Black Pepper

2 drops Lemon
1 drops Joy