**Buoyant, Adaptable, Optimistic**

*(‘Dark night of the soul’, hopeless, resigned, in despair, pessimistic)*

* Bergamot
* Cedarwood
* Cheer Blend
* Console Blend
* Cypress
* Elevation Blend
* Eucalyptus
* Frankincense
* Green Mandarin
* Hygge Blend (pronounced “hoo-gah”)
* Lemon
* Lime
* Roman Chamomile
* Siberian Fir
* Tangerine
* Wild Orange

**Determination, Initiative, Passion**

*(Lack of productivity, lack of initiative, lethargic)*

* Citrus Bliss Blend
* Ginger
* Lemongrass
* Lime
* Wild Orange
* Vetiver (takes a while to come out – warm in hands first)
* 2 drops each of: Clary Sage + Bergamot + Vetiver + Cedarwood

**Focus**

*(Depression, unmotivated, lack of drive, scattered, lack of focus, emotional flatline, lack of passion)*

* Citrus Bliss Blend
* Frankincense with Wild Orange
* Lemon
* Lemongrass
* Rosemary
* Spearmint

**Creativity**

* Citrus Bliss Blend
* Clary Sage
* Tangerine
* Wild Orange

**Energy**

*(Adrenal fatigue, high strung, wound up, mental chatter, voices in your head, burnout, exhaustion, lack of short-term memory)*

* Basil
* Black Spruce
* Rosemary

**Cope**

*(Cry easily, not getting over things, have “melt downs”, can’t cope with life’s stresses, thrill-seeking, looking for “highs”, crave comfort)*

* Black Spruce
* Eucalyptus
* Ginger
* Bergamot
* Midnight Forest Blend
* Northern Escape Blend
* Peaceful child blend: Vetiver + Ylang Ylang + Frankincense + Clary Sage + Marjoram

**Anger**

* Cardamom
* Forgive Blend
* Geranium (only use 1-2 drops as it’s very strong)
* Lemongrass
* Midnight Forest Blend
* Purify Blend
* Thyme
* Ylang Ylang

**Heart**

*(Broken heart, grief, discouraged, heart isn’t in it anymore)*

* Geranium (only use 1-2 drops as it’s very strong)
* Hygge Blend (pronounced “hoo-gah”)
* Lime
* Ylang Ylang

**Grounded/Centred/Balanced/Relaxed/Calm/Trusting**

* Arborvitae
* Balance Blend
* Black Spruce
* Cedarwood
* Douglas Fir
* Frankincense
* Hygge Blend (pronounced “hoo-gah”)
* Midnight Forest Blend
* Northern Escape Blend
* Patchouli
* Peace Blend
* Siberian Fir
* Vetiver (takes a while to come out – warm in hands first)

**Boundaries/Cleansing**

* Bergamot
* Cypress
* Easy Air Blend
* Frankincense
* Lemon Eucalyptus
* Lemongrass
* Oregano
* Purify Blend
* Tea Tree
* Thyme
* Zendocrine Blend

**Transitions**

* DigestZen Blend
* Northern Escape Blend
* Rosemary
* Wild Orange
* Zendocrine Blend

**Social**

* Cedarwood
* Marjoram

**Health Concerns**

* Easy Air Blend
* Eucalyptus
* On Guard Blend
* Easy Air Blend + On Guard Blend

**Sleep & Calm**

*(Worry, can’t sleep, irrational fears, obsessive compulsive, perfectionistic, short fuse)*

* Adaptiv Blend
* Balance Blend
* Basil
* Bergamot + Patchouli
* Clary Sage
* DigestZen Blend
* Frankincense
* Juniper Berry
* Midnight Forest Blend
* Peace Blend
* Petitgrain
* Roman Chamomile
* Sandalwood
* Vetiver (takes a while to come out – warm in hands first)