

What essential oils are Uplifting?

Long winter days and nights can make us all feel a little down. The holidays are soon here and then gone.

The excitement will soon disappear and then what? You will start the New Year with new resolutions and new goals. But along the way you may need a little boost in you spirits.

There are several essential oils that can help lift your spirits and sense of well being.

First again, like always, any essential oil you enjoy you should use in your blends.

Now the list of oils that are uplifting and will also give you a sense of peace include:

Ylang-ylang, Rose, Bergamot, Melissa, Neroli, Jasmine, Geranium, Petitgrain, Lavender, Lemongrass, Rosemary, Ravensara, Sandalwood, Rosewood

Also uplifting are Orange, Lemon, Grapefruit, Allspice, Basil, Roman Chamomile, Clary Sage, Frankincense, Helichrysum, Juniper, Peppermint, Spearmint, Patchouli, and Vetiver.

Again, there may be others that you love and you know will make you feel alive and happy, so by all means use them.

Here are a couple fun and exciting blends to try when you feel like you need a little uplifting!

UPLIFTING BLEND for WINTER

Bergamot - 6 drops

Lime - 5 drops

Geranium - 2 drops

Ylang-ylang - 2 drops

Rosewood - 2 drops

Blend well in a glass bottle and diffuse in any diffuser.

UPLIFTING BLEND # 2

Spearmint - 12 drops

Grapefruit - 8 drops

Clove bud - 2 drops

Vanilla Absolute - 2 drops

Blend well in a glass bottle and diffuse in any room diffuser.

Have fun - be creative and write your recipes down. If you find a few that you really enjoy please share with others!! It'll brighten their day too.

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Aromatherapy Tip of the Week

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