

## What Essential Oils are Uplifting?

by Penny Keay

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. Along the way you may need a little boost in your spirits.

Many folks in the northern hemisphere suffer from S.A.D. to varying degrees. S.A.D. is also known as Seasonal Affective Disorder.

(For more information on S.A.D. type in the Search box any of our website pages and you will get several articles specifically on essential oils that could be more helpful. )

Often times getting out in the bright sunshine even in the winter for a few minutes each day will help. S.A.D. can be serious for some and you may need to seek help from a licensed medical practitioner even if using and diffusing essential oils.

There are several essential oils that may help lift your spirits and give you a sense of well-being too.

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

Below is the list of oils that are uplifting and that might give you a sense of peacefulness.

Essential oils include: [Ylang-ylang](#), [Rose](#), [Bergamot](#), [Melissa](#), [Neroli](#), [Jasmine](#), [Geranium](#), [Petitgrain](#), [Lavender](#), [Lemongrass](#), [Rosemary](#), [Ravensara](#), [Sandalwood](#), [Rosewood](#)

Also uplifting are any of the citrus essential oils including; [Orange](#), [Lemon](#), [Grapefruit](#), [Lime](#), [Tangerine](#), [Mandarin](#)

And others include [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.

If you look closely at the lists above you will find many of them are 'florals'. Often times in aromatherapy we find essential oils relate to various parts of the plant and to the human body.

Since any essential oil that is uplifting is dealing with emotions and most emotions are felt with in your mind, the relationship from flowers to mind and emotions is a wonderful correlation.

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

### **UPLIFTING BLEND**

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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