

My Favorite Essential Oils for Emotional Wellness

Find more info at MercylsNew.com/EssentialOils

Frankincense - this is my go-to oil for being stressed out, having overwhelmed feelings or anxious thoughts. I use 1 drop in my face lotion every morning and sometimes again at night. I also put 1 drop on my thumb and press it to the roof of my mouth as needed for panicky moments. If I've had a really bad day I will put 1-2 drops in my diffuser before bed.

Lavender - this is such a calming oil and is great for kids, too. You can put a few drops in your diffuser at night beside your bed for good rest. I like mixing it with orange for a calming mood blend.

Orange - this is my very favorite HAPPY oil. I put it in a lot of my homemade roller bottle blends. I use it in my diffuser every single day. I often mix it with other things in the diffuser but even by itself it is heavenly. ALL citrus oils are GREAT for MOOD.

Joy - our joy blend is fantastic for mood and uplifting our spirits. It is a blend of several very powerful oils combined to help when we are struggling or feeling down. It has Ylang Ylang, Geranium, Jasmine, Palmarosa, Rose essential oil, Bergamot, Lemon, and Tangerine in it.

Northern Lights Black Spruce - this tree oil is a very rich and woody scent that is very uplifting. I love this oil in my diffuser, especially with Peppermint because it smells like an expensive candle I used before ridding my home of toxic candles.

Vetiver + Cedarwood + Lavender - this is a powerful combination that can be used for calming, helping with focus, hyperactivity in kids and adults. I use this in equal parts in a roller bottle and roll on my son's neck and wrists while we do schoolwork.

Stress Away - this blend from Young Living comes in the starter kit and many people love the smell so much they use it like perfume. This is also great in the diffuser when you have cranky family members. Some people use it to help them relax at night and sleep.

