



## Eucalyptus oil - Eucalyptus, Headaches and the 7th Chakra

[Eucalyptus](#) - 7th Chakra (top of head)

**Physical:** Head, Stress, Headaches at the top of head

**Emotions:** Perhaps you suffer with confusion, lack of clarity, or maybe you deal with procrastination. When you hear a tragic story you probably place your hand on your head.

**Decision Making Process:** When it is time to make a decision, if you smell Eucalyptus, you could be procrastinating thinking about things. Think about that.. Do you often say “I need to give that some thought” or “I need to sit and think about that one” If so... you could have a block in the 7th chakra. You need to move your thoughts of thinking into actually thinking about it.

**Traditional Uses:** Eucalyptus is traditionally used to clear sinuses and reduce [inflammation](#). People experiencing [headaches](#) due to blocked sinuses may find that inhaling eucalyptus reduces their symptoms. [One study](#) found that eucalyptus oil was effective for relieving pain and lowering [blood pressure](#) when it was inhaled.

[Learn more](#)

**Note:** These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure or prevent any disease.



## Peppermint oil - Peppermint, Vision and the 6th Chakra

[Peppermint](#) - 6th Chakra (third eye, forehead)

**Physical:** Vision, Frontal Headaches, Vision issues

**Emotions:** Intuition, Questioning your "knowing", "Heady". When you hear a tragic story you probably place your hand over your eyes.

**Decision Making Process:** Do you overthink things? Do you feel like there is so much to do you don't know where to start? Making the plan may not be an issue, but implementation seems to be the block. The reason could be because actually talking about those thoughts and then into your heart for processing is difficult due to a block in your system.

**Traditional Uses:** Mint is a particularly good source of vitamin A, a [fat-soluble vitamin](#) that is critical [for eye health and night vision](#). It is also a potent source of antioxidants, especially when compared to other herbs and spices. [Antioxidants help protect your body from oxidative stress, a type of damage to cells caused by free radicals](#)

[Learn more](#)

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## Camphor oil - Camphor, Throat and the 5th Chakra

[Camphor](#) - 5th Chakra (throat, neck)

**Physical:** Tension in the neck, issues with the throat

**Emotion:** You may be quiet, an observer. Not one to talk about your feelings. When you hear a tragic story, you probably breathe in deeply and hold it and or.. You may place your hand on your throat.

**Decision Making Process:** Talking about Feelings may be difficult. Aligning your throat chakra means being aware of your conversations with yourself and others. Are you having enough of them? Are you able to communicate your thoughts easily or do you struggle with words? If so, You could have a block in your throat chakra. Maybe talking the talk isn't the problem. You must process decisions through your heart so you can walk the walk.

**Traditional Uses:** [Camphor](#) helps in treating [cold](#) and cough and relieves throat congestion. Camphor oil is an ingredient of many vaporub and decongestants.

[Learn more](#)

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## **Menthol oil - Menthol, Chest, Upper Back, Shoulders and the 4th Chakra**

[Menthol](#) - 4th Chakra (heart)

**Physical:** Heart, Chest, Arms, Shoulders

**Emotion:** You feel what others feel. You may cry easily when someone else hurts. When you hear a tragic story, you place your hand on your heart.

**Decision Making Process:** Decisions are not easily made, you feel everything. Matters of the Heart are usually the driving force behind your decisions. Is it easier for you to give little Johnny money because he needs it or encourage him to earn his own? Most solid decisions are made with balance between the heart and the gut. Usually empathic people (able to feel what others feel) smell menthol. They generally get stuck if their decision causes anyone (besides themselves) discomfort.

**Traditional Uses:** Menthol may help reduce neck and shoulder pain based on the findings in these studies. [In an older study](#), 105 men and women with mild to moderate muscle strain used patches containing a 10 percent methyl salicylate and 3 percent menthol formulation. The participants used the patches on multiple regions, including the upper shoulder and neck. Twelve hours after applying their patches, the participants experienced, on average, a 40 percent reduction in pain, compared to the 103 control subjects who used placebo patches. [In a 2017 study](#), 29 people with neck pain applied a topical menthol gel to the area before receiving cervical chiropractic manipulation. Those who used the gel reported significantly more pain reduction after treatment than those who did not.

[Learn more](#)

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## Lemongrass oil - Lemongrass, Digestion and the 3rd Chakra

**Lemongrass** - 3rd Chakra (Gut, Low Back, Back)

**Physical:** Digestion Issues, Mid-Back, Low back

**Emotions:** You feel everything in your gut. Quick to make decisions based on past experiences instead of weighing each situation with feelings. When you hear a tragic story you probably place your hand on your stomach.

**Decision Making Process:** If you smell lemon, citrus, or describe the smell like Pledge, chances are, you make decisions based on past experiences without checking in with your head or your heart. You probably do not spend much time thinking about decisions, you simply drop the gavel and move on. These decisions are usually made with past life experiences influencing the outcome.

**Traditional Uses:** Lemongrass is native to tropical regions such as Africa, Asia, Southeast Asia, Australia, and Oceania where it has been used traditionally for medicinal, cosmetic and culinary purposes. In countries such as India, China, and Thailand, it has been used as a flavoring agent in beverages, desserts, and other culinary preparations for its ability to [promote better digestion](#), boost circulation and immunity, treat infections, and relieve irregularities in menstrual cycles. Due to its ability to reduce fever, Lemongrass earned the name “fever grass” in some cultures.

[Learn more](#)

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## Rosemary oil - Rosemary, Low Back, Pelvis and the 2nd Chakra

[Rosemary](#) - 2nd Chakra (hips, flutes, reproductive organs)

**Physical:** Pelvis, Hips

**Emotions:** You could be feeling the need to have a lover/ partner to be complete. When you hear a tragic story you might place your arms at your side or on your lap, hang your head and bow forward slightly.

**Decision Making Process:** Decisions are based on others, love life, and, yes, your sex drive. Is appearance a determining factor when choosing a partner? Are your decisions made around your lover and their needs? Do you feel like your needs are placed on the back burner? You may have a block in your 2nd chakra.

**Traditional Uses:** The scent of [Rosemary Essential Oil stimulates the appetite](#) and is also known to reduce the level of harmful stress hormones that are released when involved in tense experiences. Inhaling Rosemary Oil boosts the immune system by stimulating internal antioxidant activity, which in turn fights ailments caused by free radicals.

[Learn more](#)

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## Tea Tree oil - Tea Tree, Legs, Feet and the 1st Chakra

[Tea Tree](#) - 1st Chakra (Legs, Knees, Ankles, Feet)

**Physical:** Legs, Knees, Feet

**Emotions:** Are you secure in your home life? If you have insecurity with where you live, you could smell the tea tree. Interestingly enough, those who smell tea tree are usually the youngest

in their family. Do you often feel defensive or that you must always explain yourself? When you hear a tragic story you may slap your leg or stomp your foot.

**Decision Making Process:** Perhaps you are grounding your decisions without processing them. When it comes time to defend your decision, you might be someone who is not open to hearing other's input. You could be a "my way or the highway" kind of person. If so, your 1st chakra could be blocked. You must build confidence in your choices without needing to feel as though you must defend them.

**Traditional Uses:** [Tea Tree Essential Oil's](#) active chemical components contribute to its reputation as a powerful yet gentle immune system stimulant, as well as to its ability to reduce or eliminate harmful bacteria and infections upon contact. It is known to soothe topical allergic reactions and to treat rashes, burns, dandruff, acne and Athlete's Foot among other ailments.

[Learn more](#)

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