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-  Lavender – Calms anxiety, eases stress, and promotes relaxation
-  Bergamot – Boosts mood, encourages joy, and reduces feelings of sadness
-  Rose – Nurtures emotional healing, fosters self-love, and promotes calm
-  Cedarwood – Grounds, brings a sense of stability, and calms overwhelm
-  Lemon – Energizes, clears mental fog, and promotes a sense of freshness
-  Ylang Ylang – Helps process emotional blockages, balances moods, and encourages self-compassion
-  Peppermint – Increases focus, reduces mental fatigue, and promotes clarity
-  Frankincense – Calms the mind, encourages deep reflection, and helps process stressful emotions
-  Vetiver – Soothes and helps with emotional grounding, calming feelings of restlessness
-  Chamomile – Eases tension, promotes peacefulness, and helps with emotional release
-  Jasmine – Uplifts the spirit, encourages confidence, and promotes a sense of joy
-  Orange – Lifts the mood, reduces stress, and creates a feeling of warmth
-  Sandalwood – Promotes emotional grounding, encourages peace, and helps reduce anxiety
-  Patchouli – Balances emotions, brings a sense of calm, and helps release negative feelings
-  Geranium – Supports emotional healing, promotes balance, and encourages self-acceptance
-  Eucalyptus – Clears mental clutter, promotes clarity, and helps with emotional renewal
-  Clary Sage – Encourages emotional release, reduces stress, and promotes mental clarity
-  Tea Tree – Clears emotional blockages, calms frustration, and supports clarity of thought
-  Neroli – Relieves anxiety, promotes emotional stability, and encourages self-compassion

These oils can help support your emotional journey, whether you're looking for calm, balance, or healing. 🌿💛