

# Essential Oils



# & THE CHAKRAS

# ROOT

Essential Oils to use:

*Ginger*

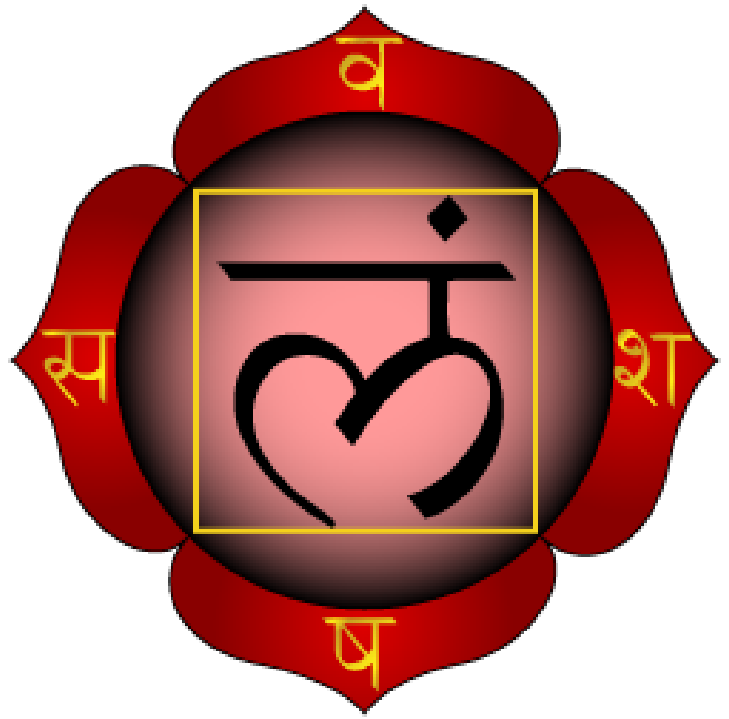
*Clove*

*Melissa*



Color: RED

Location: BASE OF  
SPINE



Meaning:

Represents your  
basic survival needs-  
food, shelter,  
connection to the  
earth, grounding,  
finances

# SACRAL

Essential Oils to use:

*Clary Sage*

*Basil*

*Cinnamon*



Color: ORANGE

Location: BELOW NAVEL



Meaning:

Reproduction,  
sensuality, womb,  
sexuality, creativity,  
action

# SOLAR PLEXUS

Essential Oils to use:

*Ylang Ylang*

*Bergamot*

*Lemon*



Meaning:

Your personal  
power, self worth,  
motivation, will  
power

Color: YELLOW

Location: ABOVE NAVEL

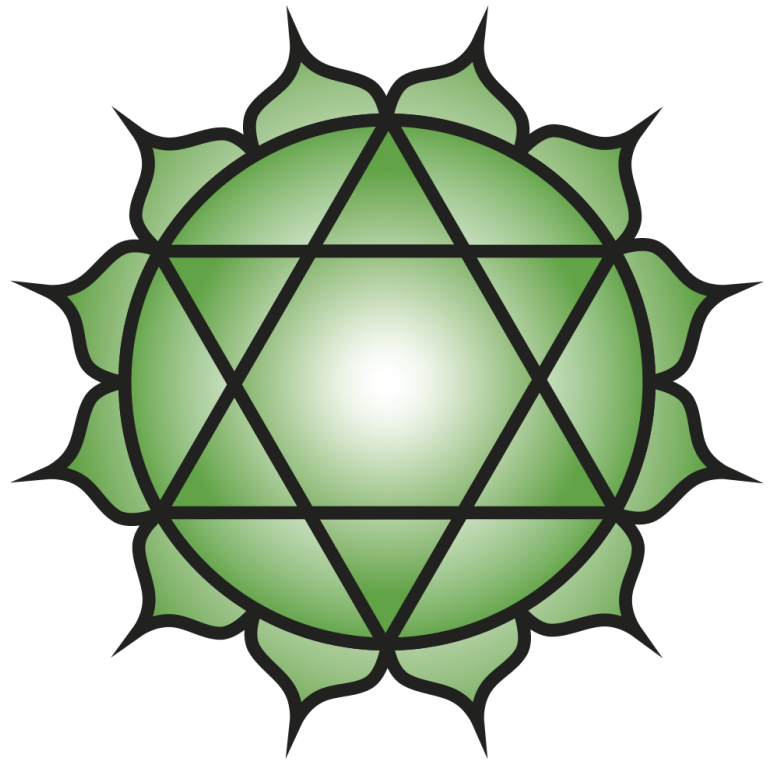
# HEART

Essential Oils to use:

*Roman Chamomile*

*Thyme*

*Lavender*



Meaning:

Your emotions,  
empathy, connection  
to others

Color: GREEN

Location: HEART CENTER

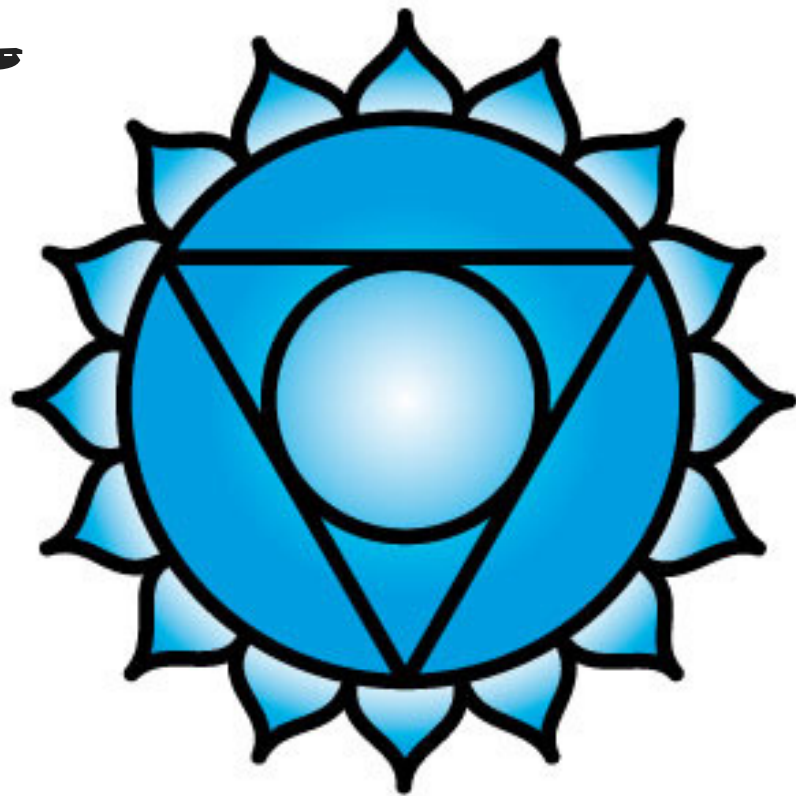
# THROAT

Essential Oils to use:

*Melaleuca*

*Ceranium*

*Frankincense*



Meaning:

Communication, how  
you express  
yourself, your truth

Color: BLUE

Location: BASE OF THROAT



# THIRD EYE

Essential Oils to use:

*Myrrh*

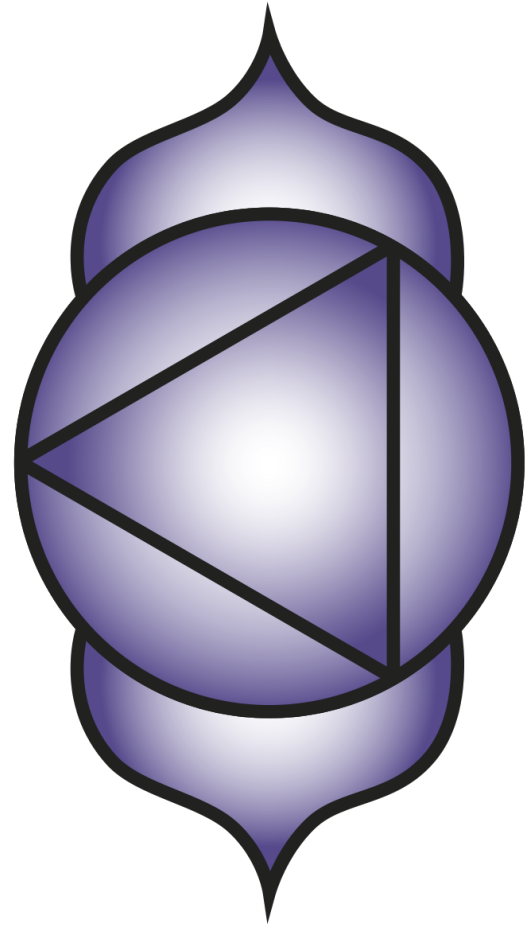
*Lime*

*Sandalwood*



Color: INDIGO

Location: BETWEEN EYEBROWS



Meaning:

Your Dreams,  
Intuition, Psychic  
Vision and how you  
perceive the World

# CROWN

Essential Oils to use:

*Cypress*

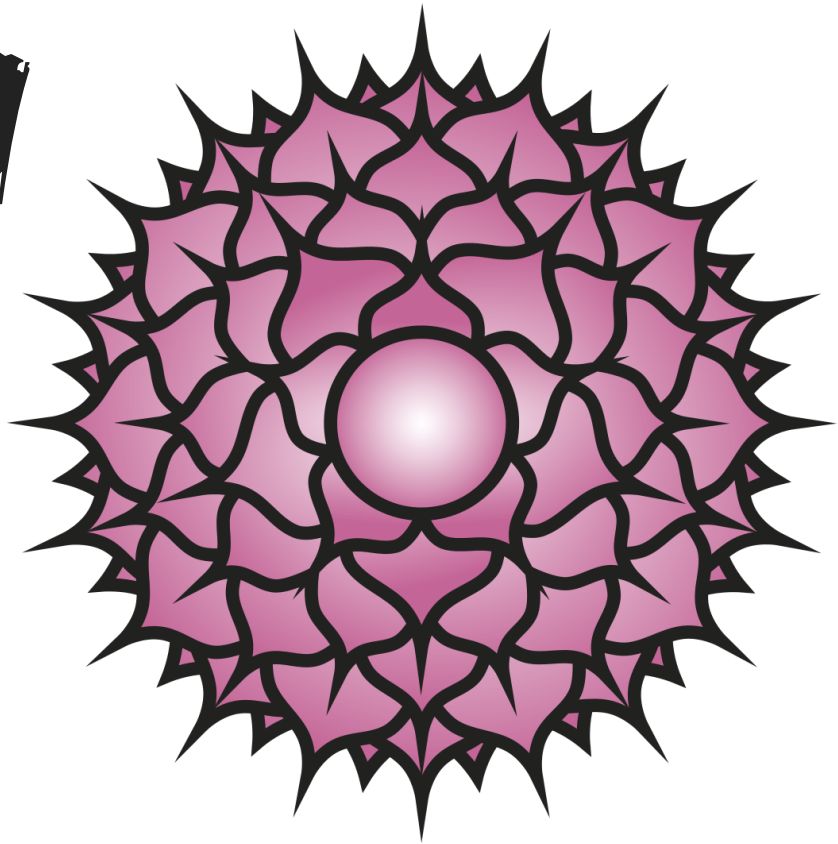
*Eucalyptus*

*Peppermint*



Color: VIOLET

Location: TOP OF HEAD



Meaning:

Your connection to  
the Universe, your  
spirituality,  
relationship with  
your higher self,  
ability to feel bliss