

## CHAKRAS & AROMATHERAPY: COMMON SCENTS

Aromatherapy uses plants to derive aromatic essential oils for healing. Exemplary results are achieved with the coordination of chakra meditation and aromatherapy. Aromatherapy is administered 4 main ways.

- Massage therapy – for general healing. Essential oils must be properly diluted for topical use in massage.
- Inhalation therapy - for respiratory conditions, immune support, clearing & balancing, headaches, sinus infections, sore throat, snoring. Applications available through nebulizers, diffusers, heat lamp, terracotta and candle dispensers.
- Compress application – for varicose veins, skin conditions, bruises, sprains, swelling, muscle pain, headache, fever reduction, stress reduction, relaxation. Massage diluted essential oil into the small of the back and bottom of feet, then apply warm compress.
- Internal Use – Oils can be toxic when taken internally. Not recommended without consultation with a holistic practitioner.

List of contraindications for many popular essential oils: [www.diamondheart.net](http://www.diamondheart.net).

### **Avoid toxic essential oils without advice from a holistic practitioner. A partial list of toxic essential oils is:**

Arnica, Ajowan, Birch, Bitter almond, Boldo, Buchu, Cade, Camphor, Calamus, Elecampane, Goosefoot, Horseradish, Hyssop, Jaborandi, Mugwort, Mustard, Rue, Santolina, Sassafras, Tansy, Tagetes, Tonka bean, Thuja, Turpentine, Wintergreen, Wormwood

### **A partial list of the safest essential oils is:**

Bergamot, Chamomile, Frankincense, Geranium, Lavender, Lemon, Marjoram, May chang, Myrrh, Neroli, Orange, Patchouli, Rose, Tea Tree, Ylang ylang, Jasmine



### Chakras Resonate with Specific Herbs/Spices

**Root Chakra- RED- Geranium, Jasmine**

**Sacral Chakra- ORANGE- Orange, Juniper**

**Solar Plexus- YELLOW- Frankincense, Ginger**

**Heart Chakra- GREEN- Eucalyptus, Rosemary**

**Throat Chakra- BLUE- Chamomile, Fennel**

**Third Eye Chakra- INDIGO- Mandarin, Ylang ylang**

**Crown Chakra- VIOLET- Lavender, Neroli**

**For More Information:**

**cm@gotchakras.com**

**OR Visit:**



**www.GotChakras.com**



*The Chakra Journal's*  
**GUIDE TO CHAKRAS & AROMATHERAPY SCENTS**

	<b>RED</b> Pain Relief Anti-Inflammatory	<b>ORANGE</b> Antibacterial Anti fungal	<b>YELLOW</b> Digestive Aid Liver Tonic	<b>GREEN</b> Cardio Tonic Diuretic	<b>BLUE</b> Cough Relief Decongestant	<b>INDIGO</b> Anti depressive Sleep Aid/Sedative	<b>VIOLET</b> Rejuvenator Stimulant
Anise	X	X	X	X	X	X	
Bergamot	X		X		X		
Cedar				X	X		X
Chamomile**	X	X	X	X	X	X	X
Cypress	X	X	X	X	X		X
Eucalyptus	X	X		X	X	X	X
Frankincense**			X	X	X	X	X
Gardenia		X	X				
Geranium**	X	X	X		X	X	
Grapefruit*	X			X			
Jasmine**	X						X
Juniper	X	X		X			X
Lavender**	X	X	X	X		X	X
Lemon**	X	X	X	X	X	X	X
Mandarin	X	X	X			X	
Marjoram**	X	X	X		X	X	
Melissa		X				X	
Mint	X	X	X	X	X	X	X
Myrrh**			X	X	X	X	X
Orange**	X	X	X	X		X	X
Patchouli**						X	
Pine		X		X			
Rosemary	X	X	X	X	X	X	X
Sandalwood	X	X					
Tea Tree**	X	X		X			X
Ylang ylang**	X	X		X		X	

\* Avoid toxic essential oils without advice from a holistic practitioner

\*\* Safest essential oils

Do not replace medical advice with aromatherapy.

**FREE DOWNLOADABLE FULL LENGTH VERSION OF THE**  
**“GUIDE TO CHAKRAS & AROMATHERAPY SCENTS”**  
 VISIT [www.GOTCHAKRAS.com](http://www.GOTCHAKRAS.com)

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