



Essential Oils needed for Awake Yourself

Melaleuca	Ginger	Rosemary
Oregano	Geranium	Vetiver
Frankincense	Cypress	Pink Wintergreen
Clove	Douglas Fir	Clary Sage
Petitgrain	Ylang Ylang	Basil
Lemon	Wild Orange	Cilantro
Lavender	Cassia	White Fir
Cedarwood	Coriander	Melissa
Patchouli	Peppermint	Myrrh
Cinnamon	Lemongrass	Black Pepper
Arborvitae	Spearmint	Thyme
Eucalyptus	Hawaiian Sandalwood	Helichrysum
Grapefruit	Cardamom	