

# Essential Oils Associated with the Chakras

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<b>Chakra</b>	<b>Essential Oils</b>
<b>Root</b>	Bergamot, Sandalwood, Nutmeg, Cinnamon, Ginger, Myrrh And Patchouli.
<b>Sacral</b>	Sandalwood, Tangerine*, Orange*, Geranium, Texas Cedar Wood, Jasmine, Rose And Ylang-Ylang.
<b>Solar Plexus</b>	Myrrh, Frankincense, Balsam, Lemon*, Ginger And Peppermint.
<b>Heart</b>	Rose, Eucalyptus, Bergamot, Geranium, Rosemary, Peppermint, Tea Tree, Marjoram, Neroli, Pine.
<b>Throat</b>	Peppermint, Chamomile, Orange*, Rosemary, Lavender, Geranium, Coriander.
<b>Third Eye</b>	Lavender, Lemon*, Clary Sage, Vanilla, Bergamot And Orange.
<b>Crown</b>	Frankincense, Sandalwood, Neroli, Jasmine, Ylang Ylang And Rose.

\*Citrus oils should not be added to the bath as they can be irritating to the skin.

