

# Emotional & Psychological Support

FRANKINCENSE & LIFELONG VITALITY SUPPLEMENTS= FOUNDATION FOR ALL EMOTIONAL ISSUES

## Feeling Low/Dark

Elevation (Joyful Blend)  
Cheer (Uplifting Blend)  
Passion (Inspiring Blend)  
Citrus Oils  
Citrus Bliss (Invigorating)  
Melissa  
Geranium

## Anxiety/Fearful

Lavender Peace/Calmer  
Console (Comforting Bl.)  
Peace (Reassuring Bl.)  
Lavender  
On Guard/ Stronger  
Cassia  
Balance/ Steady

## Grief/Sad

Balance (Grounding)  
Console (Comforting Bl.)  
Peace (Reassuring Bl.)  
Elevation (Joyful Blend)  
Geranium  
Easy Air (Respiratory)  
Lime

## Sleep

Lavender Peace/Calmer  
Serenity Softgels  
Balance (Grounding)  
Roman Chamomile  
Lavender  
Sandalwood  
Juniper Berry

## Anger

Forgive (Renewing Bl.)  
Lavender Peace (Restful)  
Lavender  
Geranium  
HD Clear (Skin Clearing)  
Cardamom  
Thyme

## Stress

Balance/Steady  
Elevation (Joyful Blend)  
Aromatouch (Massage)  
Lavender Peace  
Past Tense (Tension Bl.)  
Console (Comforting Bl.)  
Wild Orange

## Mood Swings

Clarycalm (Monthly Bl.)  
Magnolia  
Clary Sage  
Balance/Steady  
Lavender  
Bergamot  
Geranium

## Addiction

Black Pepper  
On Guard (Protective Bl.)  
Purify (Cleansing Blend)  
Lavender Peace (Restful)  
Grapefruit (Withdrawals)  
Lavender  
Basil

## Fatigued/Bored

Elevation (Joyful Blend)  
Lemon  
Easy Air (Respiratory)  
Rosemary  
Passion (Inspiring Blend)  
Citrus Bliss (Invigorating)  
Motivate (Encouraging)

## Cognitive Issues

Frankincense  
Turmeric  
Balance/Steady (Ground'g)  
Copaiba  
In Tune/Thinker (Focus Bl.)  
Vetiver  
Cilantro

## Attention/Focus

In Tune/ Thinker (Focus)  
Rosemary  
Balance/Steady  
Vetiver  
Peppermint  
Lemon  
Cilantro

## Discouraged

Motivate (Encouraging)  
Citrus Bliss (Invigorating)  
Brave (Courage Blend)  
Elevation (Joyful Blend)  
Tangerine  
Wild Orange  
Lime