

Stressed? Craving peace or a good night's sleep? This quiz can help you choose the right scent. There is even an essential oil that can help you avoid overeating!

Take this fun and easy quiz to discover which essential oils you need in your life right now!

Y N 1. Do you feel tired a lot?

Y N 2. Are you sometimes sad and moody?

Y N 3. Do you feel as if you could really use a lift?

Y N 4. Do you need to feel more energized?

Y N 5. Do you sometimes overeat?

Y N 6. Have you been having some pretty big mood swings lately?

Y N 7. Do you sometimes wake up in the middle of the night, unable to get back to sleep?

Y N 8. Do you feel anxious?

Y N 9. Do you feel stressed and pressured?

Y N 10. Are you sleeping poorly?

If you answered yes to questions 1, 2, 3, 4, 7, or 10 try these **anti-depressant oils**:

Bergamot, Clary sage, jasmine absolute, lavender, lemon, sweet orange, patchouli, peppermint, rose, rose geranium, rosemary, rosewood, sandalwood, ylang-ylang.

If you answered yes to number 5, try this oil to **avoid overeating**:

Grapefruit oil.

If you answered yes to 2 or 6, these oils help **to balance mood swings**:

Bergamot, Grapefruit, Jasmine absolute, juniper, sweet orange, rose, rosewood.

If you answered yes to number 1, 7, or 10, try these oils **to aid in deeper sleep**:

Clary sage, lavender, rose, rose geranium, ylang ylang.

If you answered yes to 5, 7, 9, or 10, try these oils **to reduce stress and tension**:

Grapefruit, lavender, rose, rose geranium, rosewood, sandalwood, vanilla, ylang ylang.

If you answered yes to 7 or 10, try these oils **to reduce anxiety**:

Jasmine absolute, lavender, lemon, sandalwood, ylang ylang.

If you answered yes to number 1, 3, or 4, these oils are considered **rejuvenating**:

Lemon, peppermint.

Quiz: How Much Do You Know About Aromatherapy?

1. You slept through your alarm and now you're late for your first class! What essential oil will energize you?
 - a. Rosewood
 - b. Firewood
 - c. Everwood
 - d. Sandalwood
2. What aromatherapy oil will help you beat the shy factor so you can make tons of friends?
 - a. Chamomile
 - b. Ginger
 - c. Ylang Ylang
 - d. Jasmine
3. What ingredient do you need to make homemade lip balm and hand moisturizer?
 - a. Honey
 - b. Beehive
 - c. Honeycomb
 - d. Beeswax
4. You brushed your teeth four times and gargled with mouthwash, but you still have bad breath! Which aromatherapy oil will help combat this smelly problem?
 - a. Lemon
 - b. Peppermint
 - c. Vanilla – anything that tastes like ice cream will make my breath smell sweet!
 - d. Eucalyptus – koalas don't have bad breath!
5. What effect is catnip believed to have on your hair?
 - a. It'll speed up the growth of my hair
 - b. It'll make my hair voluminous
 - c. It'll make my hair smell like my cute pet kitten
 - d. It'll cause split ends
6. It's only the second week of school, but you've already scored a date with the hottie from history class! Which aromatherapy oil will calm the butterflies in your stomach?
 - a. Lemon
 - b. Lime
 - c. Grapefruit
 - d. Orange
7. You're drained from running on the treadmill before class! Which aromatherapy oil will help keep you awake for - yawn - math class?
 - a. Burgundy
 - b. Eggplant
 - c. Mauve
 - d. Lavender

8. You and your best bud were planning on giving each other facials after classes, but she ditched you to watch her crush play b-ball! What household ingredient will help soothe your anger?

- a. Egg whites
- b. Oatmeal
- c. Plain Yogurt
- d. Honey

9. You still have 45 minutes of Spanish class left, but you're starting to feel the effects of the bean burrito you ate for lunch. What emergency aromatherapy can you use to make you feel better?

- a. Rosary
- b. The prickly stem of a rose
- c. Dried rose petals
- d. Rosemary

10. What relieves an itchy scalp?

- a. Basil
- b. Mint leaves
- c. Parsley
- d. Crushed red pepper flakes

1. d. Sandalwood helps lower fatigue levels and **boosts** your immune system to give you that **extra zing** in the morning!

2. d. Jasmine helps peeps who lack confidence by helping them to **relax around others**.

3. d. Grate a chunk of **beeswax**, melt it in the microwave and **add olive oil** and water to make lip balm. For hand moisturizer, just add **cocoa butter**!

4. b. The refreshing coolness of **peppermint oil** will help control bad breath. Try drinking peppermint tea - your breath will be **minty fresh**!

5. a. Catnip will **energize** your hair and make it **grow faster**.

6. d. Orange oils relieve you of anxiety and **nervousness**.

7. d. Lavender can get rid of **exhaustion** and fatigue. Plus, it helps heal bruises, **sore muscles** and aches and pains!

8. b. Scrubbing your body with **oatmeal** can help **soften your temper**, as well as your skin!

9. d. Rosemary helps treat digestive problems such as **flatulence** and diarrhea.

10. c. Use a **parsley hair rinse** for itchy scalps. Place a sachet of parsley into one cup of water and microwave it for two minutes. Once **it's cooled**, remove the sachet and pour the rinse into a plastic squeeze bottle and **spray it on** your hair.

Have you ever notice that certain smells can lift up your mood while others don't? Fun with zodiac aromatherapy maybe the answer.

Unleash the power of your zodiac sign with astrological aromatherapy. Each element of your zodiac sign has a very specific influence on your mind and body. And each essential oil is aligned with one or more of these influences. This will helps identifying the characteristic of each oil effects on us.

Representing the twelve zodiac signs that control the universe, this practice covers the wisdom of astrology and the knowledge of aromatherapy to discover your signature star sign scent.

Aries



Aries are known to be bold and courageous people. They are quite confident in their own abilities. Aries are a natural born leader, They often entice others to follow their lead because their personalities bring excitement into others lives.

Aries enjoys being the first in everything they do. They tend to be impulsive and energetic when they gets an idea in their head. But less often finishes them. This is due to the low tolerance for boredom and lack of patience.

Zodiac Aromatherapy For Aries : Peppermint is good for boosting a tired mind, while Frankincense will help you balance your body and mind and also helps to make you more patient.

Taurus

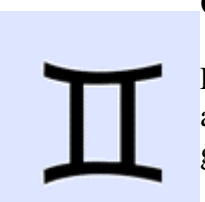


People born under this sign are warm-hearted, loyal, patient and they possess great personal charm. Taurus are noted for their determination. They can become stubborn to pursuing their goal. Nothing can distract them.

They can become very attached in relationships.

Zodiac Aromatherapy For Taurus : Try to use Neroli or Patchouli to boost confidence and self esteem in your relationship.

Gemini



Like the symbol, the people who are born under the Gemini sign can be dual-natured too. Yin and Yang personality. They can be imaginative yet logical. They are communicative and have a good sense of humor, yet they can also be wily and shrewd.

Gemini are active in a number of different fields at the same time. They take up new activities enthusiastically but lack application, constantly needing new interests.

Zodiac Aromatherapy For Gemini : Lavender is good for clear stuffy head, while Benzoin is for calming and easing nervous tension.

Cancer



Cancer person are affectionate and intuitive but they can also be moody and overemotional. Cancers can seem easygoing, sympathetic, and patient one minute, then cranky and irritable the next. Because of this ability to make a sudden change, They are known to be the least understood in terms of personality traits.

Cancer has a good ability to nurture others. But can shut people out if they feel uncomfortable.

Zodiac Aromatherapy For Cancer : Essential oils which is good for balance your mood are Myrrh and Chamomile.

Leo



Symbolized by the Lion, these people are known for their extrovert and dominating nature. They are born to be the leaders. Their natural creativeness and magnetism attract others to them and they truly enjoy being the focal point of any situation.

They are also generous, free and warm people but known to be overtly bossy and interfering by nature. Their dominance and confidence can be seen more as arrogance.

Zodiac Aromatherapy For Leo : Lemon and Orange can help you become more focused, ease confusion and clarify thoughts.

Virgo



This is the only zodiac symbol which is symbolized by a woman. These people are shy and diligent but they can also be over critical and conservative in their views.

They are perfectionists who despise carelessness and incoherence in others. They are worriers. Their constant need for perfection can be tiring for others.

Zodiac Aromatherapy For Virgo : Clary Sage is good for depression and panicky states while Caraway helps to relieve mental strain and emotional fatigue due to their perfectionist ways.

Libra



Libras are one of the most admired signs in the zodiac because of their kindness and compassion towards others. They make wonderful friends and great lovers who make you feel loved and appreciated.

Because a Libra values beauty so much, they may sometimes become too focused on outward beauty and forget to look deeper into a person's full character. Libras do not handle criticism very well, which often makes them seem insecure.

Zodiac Aromatherapy For Libta: Sandalwood is good for promoting deep, peaceful meditation. Thyme strengthens and restores vitality.

Scorpio



These people stand out in a crowd as being powerful, decisive and deep. They have very strong emotions and intuitions but can be very resentful and stubborn.

Scorpios can be your best friend or worst enemy. They are loving and passionate, even if they seem cold on the surface.

Zodiac Aromatherapy For Scorpio: Rosemary and Ginger are good to stimulate the mind and to combat mental exhaustion and fatigue due to their fiery emotions.

Sagittarius



Sagittarius are friendly. They are fun loving, charming, and honest. Their creative minds will amaze you and keep you thoroughly entertained. Sagittarius are usually up for any adventure and love traveling to exotic destinations. This is because of their great curiosity.

Sagittarius can often be pushy because of their extroverted ways. Their straightforwardness is sometimes seen to be blunt and hurtful. Because of their desire for change, Sagittarius may have a hard time committing to a relationship for very long. A Sagittarius's carefree nature may also lead them to be careless.

Zodiac Aromatherapy For Sagittarius: Try to balance your undying optimistic attitude with Juniper, which is clears, stimulates and strengthens the nerves and with Bergamot, which is helpful for uplifting your mood, reviving.

Capricorn



People who fall under Capricorn are considered to be wise and practical. Capricorns are very ambitious, driven by the need for success, money, position and authority.

But they are often focused on one thing at a time, ignoring all others. They disregard everything else - family, friends, even their own emotions - while in pursuit of their goal.

Zodiac Aromatherapy For Capricorn: Eucalyptus will clear the head and Cypress will calm the nerves. These essential oils help Capricorn's to deal with their determination to rise to the top.

Aquarius



Aquarians are known to have amazing humanitarian qualities. They are friendly, honest and innovative. Aquarius make great friends and even better leaders due to their considerate and caring ways. Their creative thought and imagination has lead to many great discoveries, but often their drive to be unlike anyone else can lead others to view them as eccentric and unusual.

Aquarians can be stubborn in their opinions. They can become impatient with those who don't see their point of view and disagree with them.

Zodiac Aromatherapy For Aquarius: Lemon Verbena is great to banish blues and depression and Fennel which is used in to boost courage, resolve and strength in the face of adversity.

Pisces



Pisceans are known to be sensitive and kind people. Pisces are loyal and unselfish friends and lovers. They are capable of attaining greatness if they do not let their dreamy ways and carelessness derail them.

Pisces may become depressed and disillusioned when someone cheats them or betrays their kindness. Because they often live in a dream world, they may be impractical and lazy. They may lack confidence in themselves at times and that leads them to be loners.

Zodiac Aromatherapy For Pices: Jasmine is a mood enhancer while Palmarosa is great for calming the mind, uplifting and invigorating the spirits and clearing muddled thinking.

Enhance your day and your mood with zodiac aromatherapy. Astrological Aromatherapy can have a deep impact on our senses and include a great deal of knowledge and wisdom. If you know your fragrance you are likely to develop better relationships and achieve great benefits from its regular use. No matter what sign you fall under, Zodiac Aromatherapy will have something for your character.

Adapted from www.aromatherapy-at-home.com