

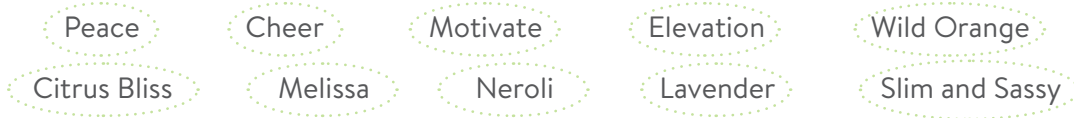
## Dr. Heather Pickett and Dr. Brannick Riggs— Emotional Health with Essential Oils

Essential oils can help people of all ages and stages of life. From toddlers to the elderly, essential oils can support emotional health.

### What Essential Oils and Blends to Try

Some essential oils are uplifting and energizing, while others are more soothing and calming. Dr. Pickett and Dr. Riggs suggested a variety of oils that benefit emotional health.

Based on your emotional needs, circle a few that you are interested in trying this week.



Dr. Pickett and Dr. Riggs especially recommend the Emotional Aromatherapy blends. Use this wheel to help you identify an emotion(s) as well as which oils and blends will help most.



### How and Where to Apply

In addition to aromatic application (diffusion), what are some of the suggested areas and methods for applying essential oils topically?

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