

MIDNIGHT SUN HOMESTEAD'S

# Stress and Anxiety Relief

A quick reference to selecting the perfect  
Rocky Mountain Essential Oil



## *At Peace*

Ease feelings of fear or frustration. Restore energy, enhance relationships, and open a closed heart.

## *Balance*

This clean, refreshing scent brings joy and peace of mind. Center yourself, generate feelings of well being and help juggle the emotional and mental aspects of life.



## *Peace & Quiet*

Uplift your mood and dispelling inferior thoughts. Relieve feelings of isolation and low self-confidence.

## *Tranquility*

Calm and soothe mind and body. Enhance meditation and overall serenity. Inspire patience and calm everyday worries.



## *Calming*

Balance emotions, relieve worries and soothe tense situations. Inspire harmony, joy, and gratitude. Create feelings of patience and peace.