



Essential Oil Recipes for the Chakras

Inspiring you to live your Extraordinary Life!

Essential Oils are potent ways to work on our chakras.

Remember the quality of the essential oil makes a difference. Huge, in fact.

Essential Oils come in all sorts of makes and models. A great comparison is maple syrup. You have Grade B - not processed much so it contains tons of nutrients. Then Grade A, processed more, tastes a bit sweeter but fewer nutrients. And then you have Mrs. Butterworth's; processed to the nth degree, really sweet but basically pure sugar with no redeeming qualities.

Essential oils also have varying qualities. Most are diluted with chemicals and synthetics (and those chemicals are going into your body when you breath them in or put them on your skin) and some are even processed in a lab and don't come from plants at all.

You get what you pay for.

I only use Young Living brand essential oils. I only trust Young Living. I would only put Young Living brand on my children.

Let me tell you why - only Young Living has a Seed to Seal promise of quality. YL is the ONLY company that owns all its own farms or partners directly with the farmer to ensure the quality of the crops will create the most potent of essential oils.

It makes a difference.

Essential Oils for the Chakras:

I am going to share with you the oil variety I use for each chakra.

You don't not need ALL of the oils I am sharing. Just one will work. I chose these specific recipes because I enjoy the potency of the mix. EOs are very personal. You need to find what feels right to you.

Note: I will also add, you may not like the aroma but it works! You are not making perfume here. You are making an elixir to support the opening of your chakras.

Applying: I usually make a roll-on or a spray when creating an elixir for a particular chakra. Roll-ons are great because they are pre-mixed with a carrier oil which I need to do to put them on my skin. (YL oils are very strong.)

Sprays can be used on your body, in the air to uplift a room, on your pillow before sleep, as a support for your practice or meditation, really the uses are almost endless.

I will also diffuse these oils to uplift the vibration of the room.

As I make them, I infuse them with my intention. I get very clear what I want to do with the mixes as I use them.

Recipes:

Roll-on amounts are based on a 10ml, glass roll-on with the addition of a carrier, vegetable oil. I usually use avocado. (I add between 15-20 drops total in a roll-on.)

Sprays are based on a 2oz glass, spray bottle with distilled water. (I add 10-12 drops total into a spray.)

Okay, enough said! Here are the chakra oils/recipes:

Chakra #1 (Muladhara): Base of the pelvis/spine:

This chakra represents survival needs such as safety and security. Therefore the oils in this blend have to do with receiving, feeling worthy of having and abundance.

- Grounding
- Abundance
- Acceptance
- Valor
- En R Gee



Roll-on	Spray
Grounding: 5 drops	Grounding: 4 drops
Abundance: 5 drops	Abundance: 4 drops
Acceptance: 5 drops	Acceptance: 2 drops

Chakra #2 (Svadhistana): Lower belly:

This chakra represents sexuality and emotional balance. It also supports taking life a little lightly and be able to accept change with ease. Therefore the oils help with connecting to your childhood and balancing emotions.

- Ylang Ylang
- Orange
- Inner Child
- Transformation



Roll-on	Spray
Ylang Ylang: 7 drops	Ylang Ylang: 5 drops
Orange: 8 drops	Orange: 6 drops

Chakra #3 (Manipura): Solar plexus:

This chakra represents personal power, self-will and self-esteem. Therefore the oils help you build courage and strength.

- Valor or Valor II
- Acceptance
- Motivation
- En R Gee



Roll-on	Spray
Valor or Valor II: 7 drops	Valor or Valor II: 5 drops
Acceptance: 8 drops	Acceptance: 5 drops

Chakra #4 (Anahata): Heart Center:

This chakra represents love and relationships. It's about giving and receiving. Therefore the oils help you open your heart to more love.

- Rose
- Joy
- Jasmine
- Humility



Roll-on	Spray
Rose: 1 drop (especially potent so less is needed)	Rose: 1 drop (especially potent so less is needed)
Jasmine: 1 drop (especially potent so less is needed)	Jasmine: 1 drop (especially potent so less is needed)

Chakra #5 (Vishudha): Throat:

This chakra represents communication - both speaking your truth and hearing your truth. Therefore the oils help you to strengthen your resolve to be able to speak your truth or hear the hard things.

- Humility
- Gathering
- Release
- Valor or Valor II



Roll-on	Spray
Gathering: 7 drops	Gathering: 7 drops
Release: 8 drops	Release: 3 drops

Chakra #6 (Ajna): Third Eye:

This chakra represents inner vision, being able to see a higher purpose and deeper meaning. Therefore the oils help you to quiet your heart and open yourself to bigger dreams.

- Dream Catcher
- Awaken
- Envision
- Inspiration



Roll-on	Spray
Awaken: 10 drops	Awaken: 7 drops
Dream Catcher: 5 drops	Dream Catcher: 3 drops

Chakra #6 (Sahasrara): Crown of the head:

This chakra represents spirituality and connection to others. Therefore the oils help you to connect more deeply with yourself. They gather and protect your energy for spiritual pursuits.

- Gathering
- White Angelica
- Rose



Roll-on	Spray
Gathering: 7 drops	Gathering: 4 drops
White Angelica: 8 drops	White Angelica: 6 drops

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Life Coaching + Yoga + Essential Oils

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* Please note: These suggestions are for Young Living Essential Oils only. Not all oils have the same purity level therefore cannot be used topically or internally.