



ESSENTIAL OIL TRIOS

EMOTIONAL SUPPORT AND EMOTIONAL BOOST

Hi there. You may know that I'm the host of the podcast [From Betrayal to Breakthrough](#). There were a few episodes where I had essential oil experts come on. There was one expert, Dr. Mariza Snyder; we had such an amazing conversation, and I got so inspired after our talk that I said to her, "Are there essential oils that could specifically help someone who's working towards healing from betrayal?" She said, "Well, tell me some of the symptoms that people go through." I was naming the different stages, and I was naming some of the symptoms, and as I was naming symptoms, she was giving me names of the perfect essential oil blend that would be so wonderful for that specific emotion.

With that, we created two essential oil trios. Essential oil trio one is [Emotional Support](#) and essential oil trio two is [Emotional Boost](#). I wanted to tell you about each one. This is **Citrus Bliss** being diffused right now and it smells so good. I'm going to tell you about each one. What I'm going to do is I'm going to read you what each one does, and then just tell you how I use it.

The first one in the Emotional Support trio is **Serenity**. I'm in my office right now. There's one right here next to me and another one across the room. I also have a diffuser right beside my bed. Every night, I add water and a couple of drops in the diffuser, and it just helps me sleep so peacefully. We know sleep is affected with betrayal. So we need as much help with sleep as possible.

That's exactly what it's for. You are supposed to diffuse it at night. You could apply it to the bottoms of your feet at bedtime to help unwind before going to sleep. You can inhale it directly from your hands or add two or three drops into a warm bath with Epsom salt. That sounds nice. You can apply two to three drops to the back of the neck. I haven't used it that way but those are all great ideas. I just drop it in the water and diffuse it but definitely you can do that too.

The next oil in that trio is **Console**. I ran out of that one because I used it a lot!

Losing something or someone you love can be deeply disorienting and painful. We know that. This just helps. You can diffuse this during times of loss to comfort the soul and evoke feelings of hope. To use, apply over the heart, morning and night as a reminder, to be patient with healing. Maybe I used it up because I have no patience ☺.

The last one in that trio is **Forgive**, and I used a lot of this one too. Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing the future, unfettered by anger and guilt? When you're ready to move forward, **Forgive** can absolutely help, and the way to use it would be diffuse when meditating to help release harboring feelings of anger and guilt. Apply to pulse points and the heart throughout the day to feel grounded and content. Just use it throughout the day when you need to.

How I've used **Forgive**? I'll put a drop or two on my hands, rub my hands together, and just do a great big inhale. What I've also done is this. I journal, and sometimes I'll put a drop on the paper. This way I'm smelling it as a reminder to work on my forgiveness as I'm journaling. It's the way I use it, and it seems to help me. Those would be for the essential oil trio [*Emotional Support*](#).

Now this is the other essential oil trio which is [*Emotional Boost*](#) and there are three amazing oils I'll explain here too. There's **Citrus Bliss**, and that was the one that I'm diffusing right now. It's an invigorating blend, it's all over my office and it smells so good. With citrus essential oils, there's an amazing combination of scents so diffuse for an uplifting aroma. Put one drop on your wrist and rub both wrists together for a great everyday perfume. Add two, three drops to dry your sheets and add a refreshing scent to your laundry. That's interesting, I haven't thought to do that. You can also use it as a carrier oil for a cheerful hand massage.

You know how I use it too? I'm wearing this bracelet today. I just got this from Amazon. It's a little diffuser bracelet and all you do is you unscrew the top, and then there's a little pad inside. You take your essential oils and you just dab a couple of drops on the pad, twist the top of the bracelet back on, and then just smell it throughout the day. It just smells so good. Wherever you are, whatever you're doing, if you want to be invigorated, you want to feel calm, whatever it is. This bracelet comes with a bunch of these little pads and you can switch them out, and just put whatever essential oil on that you want. It's just a really nice way to have those scents with you throughout the day. That was Citrus Bliss.

The next one is **Motivate**. Maybe you're frustrated at work, have setbacks in spite of your best efforts. Has your confidence been shaken, or have has trust been misplaced (pretty specific to betrayal)? Has something left you cynical more often than your best self should be? Then stop, reset and restart with **Motivate**, and you can rub this on the bottom of your feet in the morning to jump-start your day. Diffuse when working on a project at work or school to stay motivated. Apply to pulse points before participating in sporting events or something else. That was **Motivate**.

Then the last one in that trio is **Brave**, this is a roll-on one. I wanted to have all different ways for you to use these beautiful scents. You just rub it on your wrists and it smells really, really good. Who doesn't need a little extra bravery sometimes, right? Begin each day with confidence and belief by pairing **Brave** with your positive affirmation practice.

Comfortably, use **Brave** throughout the day to promote feelings of courage and confidence. I throw this in my bag sometimes. Let's say I have an important meeting, or I'm nervous about something right beforehand, it's just easy just to roll it on and give a little sniff to feel more motivated.

I hope that gives you a better understanding about what these two essential oil trios are about. They're both amazing. I have both of them. Use them as needed. Every single oil in here is specific to helping you around some of the emotions hard hit when healing from betrayal.

I hope that helps. Enjoy them, and I hope your room and your surroundings, smell as great as mine because there's something so nice about just being in just a beautiful environment. Hope that helps. Talk to you soon and [*you can find them all here.*](#)