SOLAR WRITER

AROMATHERAPY

A SOLAR WRITER REPORT
for Example

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COSMIC APPS

COMPLIMENTS OF

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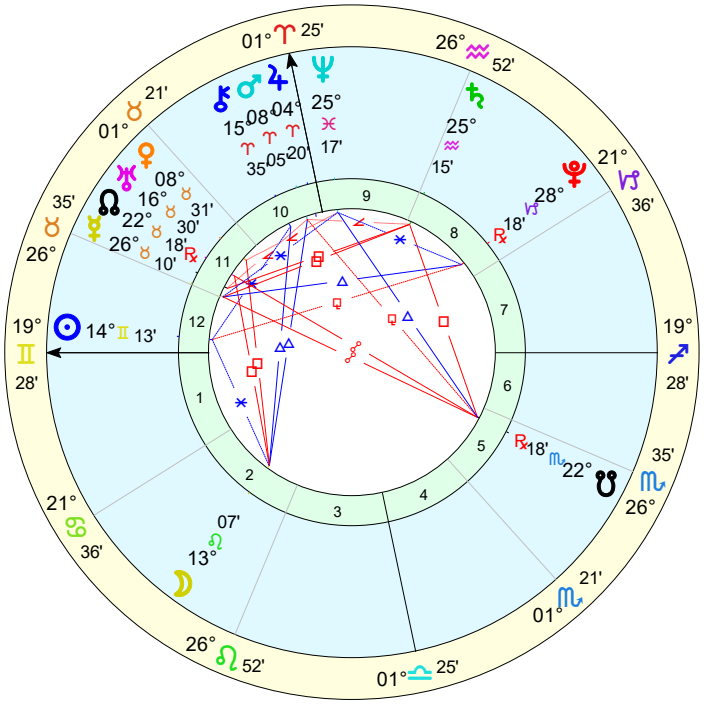
Example
Natal Chart
5 Jun 2022
7:00 am AEST -10:00
Brisbane
27°S28'
153°E02'
Tropical
Placidus



INTRODUCTION



"Nature itself is the best physician. - Hippocrates

Aromatherapy and astrology are both ancient arts that recognise the profound connection between human beings and the natural world. For thousands of years, humans have turned to plants for healing, guidance, and connection with nature. Long before modern medicine or laboratory analysis, herbalists and healers observed the rhythms of nature and the sky, recognising patterns that linked the cycles of the cosmos with the growth and healing properties of plants.

Astrology and herbal medicine were once deeply intertwined traditions, offering insight into the relationship between the human body, Earth, and the wider universe. This report invites you to explore that relationship again, discovering how the wisdom of plants and the language of astrology can work together to support balance and wellbeing through the aromatic essence of plants. When astrology and aromatherapy are combined, they create a holistic approach to wellbeing that honours both your unique astrological blueprint and the healing properties of nature.

Astrology reveals your individual tendencies, emotional needs, strengths, and challenges through the positions of the planets at the time of your birth. It highlights where you may feel energised, where you may feel vulnerable, and how you naturally respond to life. Just as astrology reveals patterns shaping human life, plants embody these same influences through their healing properties. This report brings together astrology and aromatherapy to explore how the energies of the planets in your natal chart can be supported through the wisdom of plants.

Aromatherapy works through the subtle yet powerful effects of essential oils, which are extracted from flowers, roots, trees, and herbs. These natural essences carry the life force of the plant and can influence mood, support physical health, and encourage emotional equilibrium.

Beyond symbolism, there is also a deeper rhythm at play. The natural world moves in cycles such as day and night, the seasons, and the lunar phases. Essential oils, derived from plants that grow and respond to these rhythms, carry these patterns within them. When you use aromatherapy with awareness, you are reconnecting with these natural cycles, bringing your body, mind, and emotions back into alignment with the world around you.

In everyday life, this may be as simple as choosing a soothing oil during times of stress, an uplifting scent when motivation is low, or a grounding blend when you feel

scattered. Over time, these small, mindful choices can support greater emotional resilience and wellbeing. When guided by astrology, these choices become more personalised, helping you respond to your own needs with clarity and care.

This report brings these two traditions together, offering insight into your astrological nature alongside suggestions for aromatic support. It is not about precise prescriptions, but an invitation to explore what nurtures you most deeply. Ultimately, both aromatherapy and astrology remind you that you are part of a living, interconnected system. By tuning into both your inner world and the wisdom of nature, you can cultivate greater balance, awareness, and harmony in your daily life.

How to use your report: This report is a personalised aromatherapy guide based on your unique birth chart. By attuning to the energies of your chart, you can find the essential oil blends that best align with your own unique nature and support the expression of your innate gifts. Each planetary placement includes a signature oil blend designed to harmonise with that energy, making aromatherapy a more personalised and effective experience.

This report is designed to help you choose oils that are energetically aligned with your chart, allowing you to work more intuitively and effectively. You may also choose to use specific blends when working with transits, or when you are aware of particular areas of your chart that feel activated or under pressure. Acute experiences may reflect current transits, while ongoing patterns may relate more deeply to your natal chart.

You may feel drawn to different oils at different times. At times you may need energy and motivation, where working with your Sun or Mars blends may feel supportive. At other times, you may need rest, emotional support, or recalibration, where your Moon or Venus blends may be more appropriate. You can work with the oils by matching them to how you feel, the challenges you are experiencing, or the atmosphere you wish to create.

Scent is highly personal. If you find the aroma of an oil unpleasant, it may reflect an energetic quality that feels unfamiliar or challenging. These oils can sometimes be deeply transformative when approached gently and with awareness. However, the most supportive oils are often those you are naturally drawn to. Trust your intuition when working with the suggested blends. This report is not intended as a rigid system, but as a guide for exploration. The correspondences between planets, plants, and the body are invitations to observe, experiment, and develop your own relationship with the living world around you.

Safety note: The use of essential oils should always be approached with care and respect for appropriate safety guidelines. Avoid use if you are pregnant, breast feeding or have known allergies or sensitivities. Always dilute oils before applying to the skin and perform a patch test. Avoid contact with eyes and open wounds. Do not ingest essential oils. Seek medical attention if accidental ingestion occurs.

MOON - Your inner world



'And the Moon is swimming naked, and the summer night is fragrant.' - Leonard Cohen

The Moon

When most of us have retired for the day and entered dreamland, the Moon shines bright in her domain of the night. She is the constantly changing force of nature, emotion and represents that which is unseen yet deeply felt. The Moon symbolises our unconscious drives, memory and the past, attachment, the physical body, emotions, intuition, and the ebb and flow of energies on Earth.

She is both familiar and mysterious. Her changing faces symbolise the three stages of a woman's life, maiden, mother, and crone. Lunar oils often mirror these qualities, supporting receptivity, fertility, and emotional sensitivity, and are frequently helpful in addressing hormonal imbalances.

Essential oils that reflect lunar energy possess unique properties for healing on an emotional and subconscious level. Used with intention, they can foster feelings of security and safety, belonging, tribe and family, fertility, nurturing, and protection.

Working with the lunar oils listed below is a beautiful way to support mental and emotional wellbeing. Our body and instinctual brain, both bearing a lunar signature, respond directly to scent, as it bypasses the rational mind and evokes feeling and memory. What could be more nurturing than supporting yourself with oils aligned to your Moon sign?

Essential oils derived from lunar like plants tend to be cooling in nature and may be galactagogue supporting breast milk flow, demulcent, calmative, anti inflammatory, sedative, antipyretic fever reducing, hydrating, and soothing. They have a calming influence on the nervous and digestive systems, as well as the female reproductive system, and are especially useful for children who experience emotionally induced digestive upset or difficulty sleeping.

On a spiritual level, lunar oils have long been used for lucid dreaming, magic, and meditation. The Olympian lunar goddess Selene was said to grant mortals the gift of dreaming while they slept. She would visit them in their dreams, offering answers to questions they carried in waking life, and she provided safe passage through the night. While modern life rarely requires travel by darkness, our disconnection from the feminine has largely replaced her light with electricity. Selene was the guide

when all other light had faded, teaching trust in intuition and the natural rhythms of life.

If life feels edged and abrasive, and you are feeling vulnerable or in need of comfort, it is perfectly natural to return, from time to time, to the metaphorical womb and be restored by the soothing balm of the Moon. Lunar oils are ideal when nurturing and relaxation are needed. They gently calm the nervous system, encourage receptivity, support sleep, and restore a sense of safety.

For a little lunar magic, inner child protection, wear soft pastels, allow yourself extra rest, prepare nourishing soups, or draw a warm bath and reach for the following oils:

Blue Tansy *Tanacetum annuum,* Carrot Seed *Daucus carota,* Catnip *Nepeta cataria,* Dill *Anethum graveolens,* German Chamomile *Matricaria recutita,* Jasmine *Jasminum grandiflorum / Jasminum sambac,* Lavender *Lavandula angustifolia,* Lemon Balm *Melissa officinalis,* Linden Blossom *Tilia cordata,* Mandarin *Citrus reticulata,* Neroli / Orange Blossom *Citrus aurantium var. amara,* Palmarosa *Cymbopogon martinii,* Roman Chamomile *Chamaemelum nobile,* Clary Sage *Salvia sclarea,* Spearmint *Mentha spicata,* White Lotus *Nelumbo nucifera.*

The Moon is in Leo

The glowing Leo Moon illuminates your emotional world with expressive boldness and flair. Your feelings want expression centre stage, and a little applause while they are at it. Recognition, admiration and heartfelt connection are vital for your sense of emotional safety. You prefer honesty in emotional expression over manipulation or withholding, but when your emotional needs are unmet or your efforts go unnoticed, a tempest can stir. Leo Moons may unconsciously crave an audience to feel truly loved, and when that longing goes unfulfilled, inner turbulence can rise. At times, this may manifest as demanding affection, sulking or the classic dramatic exit to see who follows. When nurtured and seen, your heart is a radiant hearth, loyal, warm, generous and protective. You delight in celebrating the uniqueness of those you love and help others feel proud to be exactly who they are. Your ability to uplift and inspire stems from your natural emotional generosity, a reflection of your deep need to feel treasured and to share that light with others.

Three hero oils that champion Leo energy are **Frankincense** (Boswellia carterii), **Cinnamon** (Cinnamomum zeylanicim), and **Orange** (Citrus sinensis). These are key oil recommendations to include in your blends with Moon oils when you want to nurture yourself, feel safe, supported and secure.

Leo oils have stimulating and uplifting aromas that help increase vitality and inspiration, making them ideal for Leos who need a little extra sparkle in their life. Warming and centring, they bring a cheerful sense of wellbeing and optimism. Fire is associated with passion, creativity, and spontaneity, and these warm, radiant aromas encourage joy, confidence, and wholehearted self-expression, the essence of the joyful lion.

Essential oils with rich, warm, and spicy aromas are often associated with Leo. Whether it is the heat of the Sun or the internal warmth these oils generate, they reflect the heating qualities of Leo's season: high summer in the Northern Hemisphere and midwinter in the Southern Hemisphere, when inner fire must be consciously tended and expressed. The fiery quality of Leo oils is generally less sharp and irritating than Aries oils, yet they remain stimulating and enlivening.

Many Leo aligned oils have a particular affinity with the heart and circulatory system,

offering supportive and protective qualities. When energy feels stuck, confidence dips, or creative joy fades, Leo oils act as powerful energetic shifters, helping you stand tall in your positivity and reconnect with courage, generosity, and passion. They are especially supportive for self-esteem and for nourishing Leo's naturally warm, expressive heart.

As the Sun is the ruler of Leo, solar oils are particularly relevant, especially those derived from large, aromatic plants and colourful fruits that thrive in hot, dry climates. These oils mirror Leo's radiant nature, encouraging vitality, visibility, and a confident sense of purpose.

When you are feeling disconnected, emotionally flat or unseen, it is time to consciously stoke your own inner fire. When you're not feeling seen, your inner lion may roar, sometimes as irritability, bossiness, or silent sulking. You might demand attention indirectly or retreat into a self-protective pride. A depleted Leo Moon often reflects a heart that has been giving warmth outward while forgetting to tend its own flame. Supporting this placement is about restoring emotional confidence through self-recognition, creative nourishment and gentle self-celebration, remembering that your sense of worth does not depend on external applause.

Aroma Blend for Moon in Leo:
Roman Chamomile *Chamaemelum nobile*
Jasmine *Jasminum grandiflorum*
Orange Sweet *Citrus sinensis*
Frankincense *Boswellia carterii*

Affirmation: *I shine with love, warmth and self-respect, and I honour my emotional needs with pride and generosity*.

Action: Create a heartwarming ritual by soaking in a warm bath with golden light visualisations, dressing in colours that make you feel regal, reconnecting with playful creative expression through music, dance or drama, and writing yourself a sincere love letter that acknowledges your emotional courage and worth.

THE SUN - Your essential self



'Nothing can dim the light which shines from within'. - Maya Angelou

The Sun

Just like sunlight breaking through the clouds, bringing warmth, cheer, and the conditions needed for growth, solar oils are wonderful mood enhancers and can encourage creativity, self-expression, empowerment, and confidence. The Sun represents our purpose in life, what we are destined to bring to light, and solar ruled oils can be used to guide you on your path toward greater purpose and meaning, success and fulfilment.

Bright, vibrant, solar aligned essential oils are energising, uplifting, and known to enhance vitality, creativity, and our sense of self. When you are feeling depleted by struggle or sorrow, weighed down by negativity, or stifled by artificial light and stagnant air, solar oils can do wonders to restore vital energy. Just inhaling these oils can lighten your mood and imbue you with a joyful optimism.

Solar ruled essential oils are often multi-talented and tend to be among the broadest spectrum of essential oils, with many of these plants historically hailed as tonics and cure-alls. This is analogous to the astrological nature of the Sun itself as a life enhancing force.

On a physical level, when we are denied solar energy in the form of natural sunlight, fresh foods and play the body and mind lose vitality. A lack of vitamin D can affect immunity, skin, eyes, and bones, and may even contribute to depression. Solar herbs and oils can help support these systems by stimulating immunity and circulation, offering cellular protection through antioxidant and antiviral properties, and showing a particular affinity with the heart, acting as cardioprotective allies. On a spiritual level, much like the healing gifts of the Sun god Apollo, these oils have traditionally been used to stimulate vision, truth, artistic inspiration, psychic protection, leadership, and success.

If you have a case of the SADs, or too much blue screen time is leaving you feeling blue, it may be time to bask in sunshine again. Pop on some uplifting music, wear bright colours especially red and yellow and get creative with these essential oils in combination with your Sun sign oil below to recharge your batteries:

Angelica *Angelica archangelica,* Bay Leaf *Laurus nobilis,* Bergamot *Citrus bergamia,* Black Pepper *Piper nigrum,* Cedarwood Atlas *Cedrus atlantica,* Cinnamon

Cinnamomum verum, Everlasting *Helichrysum italicum,* Frankincense *Boswellia carterii,* Ginger *Zingiber officinale,* Grapefruit *Citrus paradisi,* Labdanum *Cistus ladanifer* Lemon *Citrus limon,* Lime *Citrus aurantiifolia,* Mandarin *Citrus reticulata,* May Chang *Litsea cubeba,* Orange Sweet *Citrus sinensis,* Petitgrain *Citrus aurantium var. amara,* Rosemary *Salvia rosmarinus,* Saffron *Crocus sativus,* Tangerine *Citrus reticulata,* Turmeric *Curcuma longa.*

Some solar oils can increase photosensitivity of the skin, so always dilute and use with care when applying topically.

The Sun is in Gemini

Ever curious Gemini, your domain is communication, and the exchange of ideas. Ruled by Mercury, those with the Sun in Gemini often possess a quick and agile mind, naturally drawn to learning, conversation, and connecting people through words. You may be interested in a wide variety of subjects, constantly gathering facts, information, and insights. Far from being trivial, this breadth of knowledge is one of your gifts, allowing you to recognise patterns and connections others might miss and to bring different ideas together in meaningful ways.

This placement often brings a natural talent for storytelling, teaching, writing, or sharing ideas. You may be particularly skilled at translating complex subjects into accessible language, making you an engaging communicator, writer, or educator. Your vitality is closely tied to intellectual stimulation, curiosity, and the lively exchange of thoughts, and you tend to feel most energised when your mind has something interesting to explore.

In the Northern Hemisphere, Gemini season brings blossoms to full flourish as spring matures towards summer, a time of pollen, proliferation, and motion. In the Southern Hemisphere, the season turns crisp, there is a notable change in the air and attention returns to the hearth, where ideas are warmed through conversation, storytelling, and shared curiosity.

The Gemini Sun uses mental agility to explore ideas, ask questions, and remain curious. This is the true magic of Gemini: the transformation of curiosity into wisdom through playful exploration and an ability to hold multiple perspectives at once. Though often perceived as light-hearted, you are not shallow. Your mind intuitively recognises patterns others miss, weaving insight from contrast, polarity, and lived experience.

When your Sun resides in Gemini, you shine through communication, questioning, and adaptability.

Three essential oils that ally with Gemini energy are **Peppermint** (Mentha × piperita), **Dill Seed** (Anethum graveolens) and **Lemongrass** (Cymbopogon citratus). These are key oil recommendations to include in your blends with Sun oils when you want to boost your confidence, purpose, self-expression and vitality.

Gemini aligned essential oils are especially effective for enhancing mental alertness, clarity, and quick thinking. They are generally cooling in nature and often hold the paradox of being both stimulating and calming at the same time. These oils are excellent companions for study, writing, teaching, and clear communication, helping thoughts move freely without becoming scattered or anxious.

Common qualities found in Gemini oils include expectorant, stimulant, decongestant, astringent, and nervine actions. With a particular affinity for the respiratory system,

opening the airways and actively supporting the nervous system, the two primary bodily systems governed by Gemini.

As the lungs are ruled by Gemini, breathing and the exchange of gases symbolise the exchange of information within the Gemini archetype. These oils help move stagnant energy, refresh the mind, and invite new ideas, encouraging lightness, curiosity, and a playful engagement with life.

In Chinese medicine, the lungs are associated with grief, and Gemini benefits greatly from supporting this organ system with essential oils. By clearing the breath and calming the nervous system, these oils assist with letting go, emotional processing, and reconnecting to higher mental and spiritual realms.

Gemini oils can also be used to cleanse a space energetically and to support receiving insight or messages during meditation. Ruled by Mercury, Gemini is one of the signs most able to move between worlds, straddling the sacred and the profane with sparkling curiosity and adaptability.

You may need support when life feels heavy or repetitive, as though colour has drained from your world and there is nothing fresh to ignite your curiosity. When everything feels same-same and your playful spark is dulled, it is a sign that your inner butterfly has been confined. Anxiety, decision fatigue, or overcommitting can scatter your energy too thinly, caught in loops of scrolling, studying, chatting, or flitting from one task to another like words lost on the wind. Your vitality fades when mental variety, inspiration, or social exchange are missing.

Aroma Blend for Sun in Gemini:
Lemongrass *Cymbopogon citratus*
Mandarin *Citrus reticulata*
Peppermint *Mentha × piperita*
Niaouli *Melaleuca quinquenervia*

Affirmation: *I awaken my curiosity and move through the world with lightness, clarity, and play*.

Action: Support your Gemini Sun by engaging in stimulating conversations or learning something quirky and new, incorporating playful movement such as dancing, walking in nature, or light exercise to keep energy circulating, journalling or creative storytelling to reconnect with your voice, and consciously nourishing the lungs and nervous system through breathwork, humming, or singing, which helps ground scattered thoughts and restore vitality.

MERCURY - Mind, breath, and connection



'A word after a word after a word is power'. - Margaret Atwood

Mercury

Mercury wears many hats: trickster, alchemist, messenger. In astrology, this planet is associated with communication, intellect, agility, and versatility. He represents our thinking processes, language abilities, and how we exchange information with others. Essential oils associated with Mercury are often beneficial for mental clarity, alertness, study, and communication. Much like Mercury's swift movement around the Sun, Mercurial oils are often highly volatile, fast acting, and quick to dissipate.

True to the planet's dual nature, these oils can be cooling and stimulating, or relaxing and tonifying. Mercury's trickster side may also be experienced through scent. Have you ever noticed that an oil others find calming has the opposite effect on you? That is often the signature of a Mercurial oil, sometimes with a hint of Uranus mixed in. Balance is essential here, and herbs that act as modulators fall firmly within Mercury's domain.

Mercury governs Gemini and Virgo. In medical astrology, Virgo is connected to digestion, which is why Mercurial oils often assist both mental and digestive processes. Traditionally, Mercury also rules the nervous system, reflected in his plant rulership over nervines such as lavender Lavandula angustifolia. Mercury also governs the lungs, where the exchange of gases takes place, and in a similar way, essential oils that support the respiratory system are also considered Mercurial.

Mercury and his oils help us understand the intimate connection between mind, body, and soul. They support awareness, knowledge, clear speech, networking, writing, study, decision making, learning, and perhaps even clever tweeting.

In Roman mythology was associated with travel and commerce but also he was a patron of healing and medicine. The staff Mercury carries, the caduceus, consists of a staff entwined with two serpents and topped with wings. It is a symbol of healing and medicine, representing the balance and harmony of opposing forces or some say represents a visual image of DNA.

The serpents are believed to signify the dual nature of health and illness, while the wings symbolise swiftness and agility in healing. Mercury and his oils can help us realise the connection to mind and body, bring knowledge and clear speaking, writing or clever tweeting.

Mercury delights in curiosity and clever exchange. As the god of the crossroads and marketplace, he thrives on open dialogue and movement of ideas. If you wish to invite Mercurial energy into your life for studying, speaking, travelling, or problem solving or perhaps you need a fresh perspective or a flash of insight, surround yourself with light yellows, blues, and greens, clear some space, and invite Mercury in with the following oils:

Basil *Ocimum basilicum,* Cardamom *Elettaria cardamomum,* Caraway *Carum carvi,* Dill *Anethum graveolens,* Eucalyptus *Eucalyptus globulus,* Fennel Sweet *Foeniculum vulgare,* Hyssop *Hyssopus officinalis,* Juniper Berry *Juniperus communis,* Lavender *Lavandula angustifolia,* Lemongrass *Cymbopogon citratus,* Lime *Citrus aurantiifolia,* May Chang *Litsea cubeba,* Niaouli *Melaleuca quinquenervia,* Peppermint *Mentha* × *piperita,* Spearmint *Mentha spicata,* Thyme *Thymus vulgaris,* Tulsi / Holy Basil *Ocimum tenuiflorum,* Valerian *Valeriana officinalis.*

Mercury is in Taurus

You learn best through logical methods, and once something settles into your bones, it is hard to forget. Your practical mind excels at weighing options realistically and thoughtfully. You also possess strong kinaesthetic memory, and learning through the body comes more naturally than abstract thinking. Activities like dancing, music, singing, drawing and writing allow you to express beauty physically, connecting mind and body in harmonious communication.

Mercury in Taurus slows the swift messenger's pace, gifting you with a patient and purposeful mind. You prefer to take your time when thinking and communicating, gathering facts and data carefully before arriving at a conclusion. This steady approach makes you extremely capable, reliable and trustworthy in your words and actions, though sometimes prone to mental stubbornness or obsessive focus.

Three essential oils that align closely with Taurus sensuality are **Ylang Ylang** (Cananga odorata), **Rose** (Rosa damascena/ Rosa centifolia) and **Patchouli** (Pogostemon cablin). These are key oil recommendations to include in your blends with Mercury oils when you want to communicate easily, think clearly and learn well.

Ruled by Venus, Taurean oils are deeply balancing in nature, able to bring warmth or cooling depending on what the body and psyche require. They often hold the paradox of being both gently stimulating and profoundly relaxing.

These oils are commonly antispasmodic, aphrodisiac, and soothing, with anti-inflammatory qualities and a strong affinity for the skin, hair, and cellular regeneration. They are especially supportive for those experiencing nervous tension, difficulty settling into the body, anxiety around food or body image, or challenges with self-love and self-worth. Taurus oils help anchor awareness into the senses, inviting pleasure, embodiment, and a felt sense of safety.

Taurus' essential oils mirror the rich, sensual, and earthy qualities of this sign. They are ideal when you need calm security, grounding, and reconnection with the physical world. These oils encourage appreciation for beauty, slowness, and presence, helping you value yourself and your needs. Taurean oils gently guide awareness back into the body, supporting nourishment, rest, and enjoyment of life's simple pleasures.

Taking time to pamper yourself is an essential part of Taurus medicine. Indulge in favourite scents, play beautiful music, and allow yourself to receive care. Mixing oil

blends for a neck, shoulder, or décolletage massage can be especially soothing, helping release stored tension while reinforcing feelings of comfort and stability. Remember to smell the roses, breathing in the perfume of your own beauty and affirming your worth. Reconnect with nature's slow and steady pulse to find your sweet spot once more.

Your Mercury may need support when overwhelmed by too much information or pressured to make quick decisions without sufficient facts. When reality feels uncertain and information unreliable, harsh words or negative thoughts can erode your confidence, leading to withdrawal and silence.

Public speaking without preparation may be challenging. You flourish when given time to script and organise your thoughts. Stress affecting your ears, throat or voice may signal the need for gentle care. When life feels rushed or chaotic, take time to slow down, smell the roses and nourish your senses, body and mind. Remember your beauty, affirm your worth and reconnect with nature to find your centre once more.

Aroma Blend for Mercury in Taurus:
Lavender *Lavandula angustifolia*
Peppermint *Mentha × piperita*
Patchouli *Pogostemon cablin*

Affirmation: *My thoughts are steady, clear and patient. I communicate with calm certainty and grounded truth*.

Action: Write, draw or engage in creative crafts that ground your thoughts. Spend time in nature listening to natural sounds and breathing deeply, and speak, listen to or read words of beauty and peace to steady the mind.

VENUS - Harmony, pleasure and self-worth



'To love beauty is to see light' - Victor Hugo

Venus

Venus, the governing force behind all things related to harmony, relationships, and creativity calls us to remember that life is not just a race to the top, but about quality, beauty and pleasure. She represents our social graces, our capacity for affection and attraction, and our innate sense of aesthetics. In essence, Venus elevates the quality of our lives. Venus governs essential oils that embody sensuality, love, and balance. These oils form a wellspring of emotional wellbeing, self-love, and the creation of harmonious environments.

Not surprisingly, Venus rules over floral scents. These oils, with their immediacy, beauty, and sensuality, speak directly to the heart. It is worth noting that Venusian oils tend to be among the most luxurious and expensive on the market, a fitting reflection of the goddess's inherent value and self-assured worth. Through these precious oils, one can embark on a journey of self-discovery, cultivating self-worth and recognising beauty within ourselves and others.

Venus governs our desires for pleasure, emotional connection, and the expression of our values through the appreciation of beauty. Venusian herbs are imbued with energies of attraction and receptivity and can support the manifestation of our cherished desires.

Oils under Venus's influence are often considered aphrodisiacs, a term derived from the goddess Aphrodite, the Greek counterpart of the Roman Venus, who represents innate desire and the powers of attraction. By invoking Venus, we can kindle romance, revel in pleasure, and enhance financial prosperity, aesthetics, and luxury. Her domain encompasses femininity, the roles of women, desire, and sensuality, all empowered through her influence.

Venus's rulership extends to various physiological aspects, including the complexion, the reproductive system, the urinary bladder, kidneys, and the delicate harmony among bodily systems. Venus ruled essential oils tend to have affinity for being beneficial for throat and thyroid issues, they are often anti pyretic qualities and anti-inflammatory, gentle, relaxing, tonifying, and harmonising.

For easing conflict, bringing beauty and sweetness into life, and attracting what you desire, wear your most luxurious clothes, prepare a beautiful meal, or treat yourself

to a spa ritual, and reach for the following Venusian oils:

Ylang Ylang *Cananga odorata,* Honeysuckle (absolute) *Lonicera caprifolium,* Jasmine *Jasminum grandiflorum / Jasminum sambac,* Lemon Verbena *Aloysia citrodora,* Lotus *Nelumbo nucifera,* Mint *Mentha spp.,* Myrtle *Myrtus communis,* Neroli *Citrus aurantium var. amara,* Orange Blossom *Citrus aurantium var. amara,* Palmarosa *Cymbopogon martinii,* Patchouli *Pogostemon cablin,* Rose *Rosa damascena / Rosa centifolia,* Rose Geranium *Pelargonium graveolens,* Yarrow *Achillea millefolium,*

Venus is in Taurus

Venus feels right at home in Taurus, perhaps even a little too comfortable. This placement gifts you with a gentle charm that soothes others and a deep appreciation for life's finer pleasures. Your strong physical sensuality draws you to beauty in all its forms, whether through creative crafts, art or simply the tactile delights of the natural world.

Your practical nature grounds your love of aesthetics, making you sensitive to imbalances or disharmony around you. You tend to avoid harsh realities, preferring the safety of comfort and routine. Sometimes this means resisting change or challenges that push you beyond your familiar boundaries. Earthy pleasures, especially food, bring joy and solace.

In relationships, you seek loyalty, stability and security. When connection feels rocky, insecurity can surface, making you cling to the familiar. Your refined sense of style and loyalty mark your presence, and your consistent rituals nurture your soul.

Three essential oils that align closely with Taurus sensuality are **Ylang Ylang** (Cananga odorata), **Rose** (Rosa damascena/ Rosa centifolia) and **Patchouli** (Pogostemon cablin). These are key oil recommendations to include in your blends with Venus oils when you want to know your value, feel your beauty and balanced harmonious relationships.

Ruled by Venus, Taurean oils are deeply balancing in nature, able to bring warmth or cooling depending on what the body and psyche require. They often hold the paradox of being both gently stimulating and profoundly relaxing.

These oils are commonly antispasmodic, aphrodisiac, and soothing, with anti-inflammatory qualities and a strong affinity for the skin, hair, and cellular regeneration. They are especially supportive for those experiencing nervous tension, difficulty settling into the body, anxiety around food or body image, or challenges with self-love and self-worth. Taurus oils help anchor awareness into the senses, inviting pleasure, embodiment, and a felt sense of safety.

Taurus' essential oils mirror the rich, sensual, and earthy qualities of this sign. They are ideal when you need calm security, grounding, and reconnection with the physical world. These oils encourage appreciation for beauty, slowness, and presence, helping you value yourself and your needs. Taurean oils gently guide awareness back into the body, supporting nourishment, rest, and enjoyment of life's simple pleasures.

Taking time to pamper yourself is an essential part of Taurus medicine. Indulge in favourite scents, play beautiful music, and allow yourself to receive care. Mixing oil blends for a neck, shoulder, or décolletage massage can be especially soothing, helping release stored tension while reinforcing feelings of comfort and stability.

Remember to smell the roses, breathing in the perfume of your own beauty and affirming your worth. Reconnect with nature's slow and steady pulse to find your sweet spot once more.

To feel your worth fully, you need calm security and harmony in your life. If you find yourself depleted, dealing with conflict or abrasive behaviour in relationships, feeling disconnected from pleasure, insecure or clingy, your balance is off. Reaching for comfort can sometimes tip into indulgence or stagnation. Relying on sweets or material possessions to fill emotional gaps can cloud your natural creativity and diminish your true gifts for harmony. Reach for Venus ruled essential oils to restore your natural sense of beauty and love, and to invite peace into your space.

Caring for your body and spending time in nature will nurture your innate grace and grounded presence. Let your senses drink deeply of the earth's richness to restore your equilibrium.

Aroma Blend for Venus in Taurus
Ylang Ylang *Cananga odorata*
Patchouli *Pogostemon cablin*
Rose *Rosa damascena / Rosa centifolia*
Mandarin *Citrus reticulata*

Affirmation: *I deserve beauty, pleasure and love. I allow myself to receive affection with openness and ease*.

Action: Spend time in gardens, parks or by water to reconnect with natural beauty. Treat yourself to nourishing meals made with intention and care, and honour your need for rhythm and routine while gently inviting fresh experiences into your life.

MARS - Your courage and will



"Do I dare disturb the universe?' -T.S. Eliot

Mars

Mars, in his purest form, is a force of energy. In astrology, he represents our desires, willpower, passion, courage, and assertiveness. Mars is our feisty planet, giving us the fire to fight for what we want and, just as importantly, the confidence to say no to what we do not want. He governs our motivation and levels of physical energy, a fiery symbol of strength, action, and vitality. Essential oils traditionally associated with Mars often carry a sharp or pungent aroma, reflecting his bold nature. They are stimulating and invigorating, ideal for motivation, creativity, and spurring us into action.

Martian essential oils are excellent for getting us moving. Physically, their signature is often heating and, at times, irritating to the skin. They tend to bring heat to the surface and are considered diaphoretic, as well as circulation and digestive stimulants. The Mars like qualities gives the ability to move stagnation, helping to stimulate the pace of digestion and elimination. They often assist with moving blood and lymphatic flow and have beneficial effects on the adrenals and musculature.

As a god of war, Martian oils are frequently those that help the body defend itself, supporting our capacity to fight infection. Without Mars, we would have pushover immune systems, vulnerable to any passing pathogen, as well as weak musculature unable to carry us forward. In a similar way, Mars oils help rally immune responses and combat bacteria, fungi, and viruses. They tend to stimulate blood flow and assist the body in excreting toxins.

Mars is not solely a destructive force, he is also life-giving. In mythology, Mars represented the spirit of war, which was often tied to honour, sacrifice, and meaningful purpose, and was also linked to the productivity of the land. You can call on Mars and his oils when you need courage, when you must sever old ties or bonds holding you back, or when you need a kick-start to your creativity. A deficiency of Mars energy can show up as blood-related issues or a lack of drive and vitality.

When you need a warrior to take up your cause, Martian oils are powerful allies for pushing through stagnation, low energy, or diminished libido. They can also be called upon when fighting off a cold or flu, or when you wish to inspire independence, passion, and direction. Bring in bright, bold colours, particularly reds and yellows, and treat yourself to some aromatherapeutic mojo with:

Basil *Ocimum basilicum,* Black Pepper *Piper nigrum,* Cardamom *Elettaria cardamomum,* Clove Bud *Syzygium aromaticum,* Cinnamon *Cinnamomum verum,* Cumin *Cuminum cyminum,* Ginger *Zingiber officinale,* Hyssop *Hyssopus officinalis,* Oregano *Origanum vulgare,* Spikenard *Nardostachys jatamansi,* Thyme *Thymus vulgaris.*

Fiery Martian oils are often potent and may cause skin irritation if used improperly. They should be used in moderation, always diluted, and applied with care. Avoid direct contact with sensitive skin.

Mars is in Aries

You are charismatic, highly instinctive and wilful. No one would accuse you of being vague. A direct and independent mover and shaker, you may find yourself a pioneer in some part of your life. You usually have a lot of energy that is best channelled into physical activity or sport, to avoid it turning inward as self-harm or outward as combative energy.

You can be quite the fighter, courageously championing for yourself or for those who are vulnerable and less able to assert themselves. Enthusiasm is your nature, and you come alive with boundless energy when passionate and inspired. Although you possess strong willpower, you may find yourself quick tempered and easily bored. Mars rules Aries, making this placement pure instinct, courage and momentum. You act first, then refine. Your will is strong and your energy direct.

Three signature essential oils that rally Aries energy are **Rosemary** (Rosmarinus officinalis) **Black Pepper** (Piper nigrum) and **Thyme** (Thymus vulgaris). These are key oil recommendations to include in your blends with Moon oils when you want to nurture yourself, feel safe, supported and secure.

These essential oils have stimulating and invigorating aromas that help boost energy and motivation, making them ideal for Aries when an extra surge of courage or momentum is needed to tackle goals and ambitions. Their bold, warming, and spicy profiles strongly reflect the element of fire, which rules Aries. Fire is associated with passion, creativity, spontaneity, and initiation, and these aromas can help awaken those qualities in those born under an Aries Mars.

Aries aligned essential oils tend to be strong stimulants to the immune system, helping the body fight viruses and bacteria, and are often expectorant, supporting the clearing of congestion. They have a particular affinity with the blood and are frequently rubefacient, drawing heat to the surface, which can assist with musculoskeletal tension and rheumatic pain.

Aries and Mars oils are also supportive of adrenal function, making them helpful during periods of burnout or exhaustion. True to their fiery nature, many of these plants grow in warm or hot climates, and their oils often carry uplifting, antidepressant qualities that inspire confidence, courage, and decisive action.

Not surprisingly, as Mars is the ruler of Aries and therefore also rules these oils, they are potent and may cause skin irritation if used improperly. They should be used in moderation, always diluted, and applied with care. Avoid direct contact with sensitive skin, and as with all essential oils, use safely and ideally under the guidance of a qualified aromatherapist.

Perhaps you are burnt out, Mars in Aries thrives on constant stimulation, but this can

sometimes lead to hyperactivity and agitation. Living too fast and demanding too much from yourself or others, you might feed your fire with the wrong fuels, such as drama, drugs, alcohol, sex or simply burning the candle at both ends. Mars in Aries often benefits from calming and soothing aromatherapy to balance its fiery nature. However, when stress, painful events, obligations or restrictions leave you exhausted, you may need a kickstart to bring back that old Aries spark.

If you feel hollow, directionless, or notice your body getting cold or prone to sudden colds, before reaching for caffeine, take a moment to nurture your inherent Aries vitality. When depleted, motivation may collapse into frustration, fatigue or self-doubt. Supporting Mars in Aries means rekindling healthy drive rather than forcing yourself through sheer will.

Aroma Blend for Mars in Aries
Thyme *Thymus vulgaris*
Lemon *Citrus limon*
Lime *Citrus aurantiifolia*
Ginger *Zingiber officinale*

Affirmation: *I move forward with strength, purpose and passion*.

Action: Start fresh projects to rekindle your drive, change your environment to break stagnation and choose actions that feel meaningful rather than merely obligatory.

JUPITER - Meaning, faith, and abundance



'What you seek is seeking you.' - Rumi

Jupiter

Bountiful Jupiter brings abundance, wisdom, truth, and meaning to the table. In astrology, he represents generosity, optimism, luck, morality, and higher knowledge. Jupiter is mostly considered a benefic planet, bringing positive influences, and much like the gas giant Jupiter in our sky, which protects Earth from wandering asteroids, Jupiter's oils can offer a protective effect while uplifting and brightening the psyche.

Jupiter rules expansion and is convinced there is no such thing as too much of a good thing. This can show up in many ways, from a thirst for knowledge to an appetite for food, leading either to an expansion of the mind or, at times, the waistline. He is known for overindulgence, which is why Jupiter-ruled oils often assist with detoxification, hormonal balance, and liver and gallbladder function. These oils may help digestion by relieving gas and supporting the metabolism of fats. Jupiter's oils are frequently rich in protective antioxidants, helping with nutrient absorption and appetite stimulation.

In mythology, Jupiter (Zeus to the Greeks) was the sky-father and benevolent law-giver, associated with sacred oaks, resins, and temple incenses, aromatic offerings burned in honour of his protection, wisdom, and divine authority, linking his expansive rulership to herbs and oils that uplift the spirit, fortify faith, and consecrate ritual space.

Often associated with rulership and religion, some of Jupiter's essential oils were used in ancient temple worship as ingredients in holy anointing oils for the consecration of priests and kings. These are oils linked with heightened states of mind and spiritual protection. You can work with Jupiterian essential oils when you feel the need to access higher wisdom, broaden perspective, or invite spiritual guardianship into your life.

If you would like to open a door or two, invite manifestation, connect with the wisdom of the ages, or gain a broader outlook, Jupiter oils are powerful allies. They are equally supportive when you are feeling fenced in, restless, lacklustre, disconnected from purpose, or simply lacking joy. Warm, cheerful, and jovial in nature, these oils respond beautifully when paired with expansive gestures such as browsing travel brochures, learning about other cultures, or wearing vibrant blues, regal violets and bold yellows.

Star Anise *Illicium verum,* Benzoin *Styrax benzoin,* Caraway *Carum carvi,* Cardamom *Elettaria cardamomum,* Cedarwood *Cedrus atlantica / Cedarwood Virginia,* Juniper *Juniperus virginiana,* Clary Sage *Salvia sclarea,* Copaiba *Copaifera officinalis,* Frankincense *Boswellia carterii,* Grapefruit *Citrus paradisi,* Hyssop *Hyssopus officinalis,* May Chang *Litsea cubeba,* Melissa *Melissa officinalis,* Nutmeg *Myristica fragrans,* Oakmoss (absolute) *Evernia prunastri,* Palo Santo *Bursera graveolens,* Peru Balsam *Myroxylon balsamum var. pereirae,* Sandalwood Australian *Santalum spicatum,* Tonka Bean (absolute) *Dipteryx odorata,* Tolu Balsam *Myroxylon balsamum var. toluiferum.*

Jupiter is in Aries

Free spirited and adventurous, Jupiter in Aries gifts you with a pioneering and spiritually curious nature. You value truth and honesty deeply and may find yourself passionately fighting for justice and the innate right to human freedom. Leadership or teaching roles in education, law, spirituality or religion may call to you.

Jupiter expands the pioneering nature of Aries, amplifying confidence, enthusiasm and the desire to take bold leaps. Growth comes through risk, experience and firsthand discovery. You thrive when exploring what is possible rather than waiting for proof or permission. This placement can bring optimism, initiative and a natural belief in your ability to shape your world. You are learning through adventure, experimentation and direct engagement with life.

At times Jupiter in Aries may amplify impatience, impulsiveness or the assumption that you already know the best path forward. Wisdom comes not only from movement, but also from self-reflection and recognising the broader consequences of your actions. When aligned, this placement brings inspired leadership, courage and the ability to make things happen.

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True to their fiery nature, many of these plants grow in warm or hot climates, and their oils often carry uplifting, antidepressant qualities that inspire confidence, courage, and decisive action. Not surprisingly, as Mars is the ruler of Aries and therefore also rules these oils, they are potent and may cause skin irritation if used improperly. They should be used in moderation, always diluted, and applied with care. Avoid direct contact with sensitive skin, and as with all essential oils, use safely

and ideally under the guidance of a qualified aromatherapist.

If you are feeling that life no longer holds adventure or possibility. Joy and direction may feel muted. Support comes from reawakening inspiration and movement. Physical activity, fresh air and new experiences can all help reignite your inner fire. Consider studying a subject that fascinates you or exploring unfamiliar philosophies to expand your horizons.

Aroma Blend for Jupiter in Aries
Black Pepper *Piper nigrum*
Cinnamon *Cinnamomum verum*
Sandalwood Australian *Santalum spicatum*
May Chang *Litsea cubeba*

Affirmation: *Life expands when I take inspired action*.

Action: Say yes to new opportunities or perspectives, spend time outdoors to restore optimism and vitality, and explore other cultures and belief systems with curiosity.

SATURN - Boundaries, structure, and resilience



'In my end is my beginning.' - T.S Eliot

Saturn

Saturn, our builder and boundary planet, teaches us responsibility and wisdom. In astrology, this planet represents limitations, lessons, and the importance of hard work and perseverance. Saturn's role is to teach us about boundaries. He governs facts that may feel harsh at times depending on temperament, as well as constraints and endings. Yet when we honour these limitations and learn from them, we are able to live with greater authenticity, gaining mastery of the physical plane through lived experience.

Saturnian essential oils are most often cooling, astringent, and strengthening to the tissues. They have a particular affinity with bone, skin, and cartilage, and can also be beneficial to the spleen and gallbladder. Additional Saturnian aromatherapy qualities include anti-angiogenic properties suppressing the formation of new blood vessels, which may be useful in inhibiting tumour growth, anti-galactagogue actions reducing or impeding the flow of breast milk, and anti-haemorrhagic effects helping to prevent or control bleeding. In essence, these oils are useful when the task is to slow things down, constrict, stabilise, or inhibit excessive growth.

Through Saturn's governance of time, he also rules essential oils with strong preservative qualities. His oils can slow the visible effects of ageing, much like protective Jupiterian oils, and are often used as fixatives or stabilisers in perfumery. Myrrh, for example, though co-ruled by Jupiter, was used to embalm bodies in ancient Egypt and biblical times due to its exceptional preservative qualities.

Saturn's steadying influence is especially useful when you need to fortify boundaries, practise patience, or endure a situation that requires time. If life feels chaotic, scattered, or overly fast paced, Saturn gathers and grounds, helping you regain composure and control. His oils are cooling, drying, and binding.

Saturn is often described as the planet of karma. His presence in our lives can feel heavy or challenging, yet his lessons ultimately offer deep wisdom. When you are navigating a situation that feels fated, burdensome, or demanding long-term commitment, Saturn and his oils can provide the endurance and strength needed to stay the course or build something that will stand the test of time.

In mythology, Saturn was frequently depicted as an elderly figure, symbolising wisdom gained through experience and the cyclical nature of life. Though stern, he was considered just. When you seek the guidance, protection, and insight of the elders, Saturnian essential oils can help you attune to ancient wisdom and grounded authority.

For grounding, stability, and structure, and to cultivate inner strength and resilience, work with Saturn through creating routines and boundaries, wearing black, navy, grey or browns and using the following essential oils:

Black Spruce *Picea mariana,* Cedarwood Virginia *Juniperus virginiana,* Cypress *Cupressus sempervirens,* Juniper Berry *Juniperus communis,* Cornmint (Menthol) *Mentha arvensis,* Myrrh *Commiphora myrrha,* Oakmoss (absolute) *Evernia prunastri,* Peppermint *Mentha × piperita,* Petitgrain (leaf) *Citrus aurantium var. amara,* Pine *Pinus sylvestris,* Vetiver *Chrysopogon zizanioides,* Wintergreen *Gaultheria procumbens.*

Saturn is in Aquarius

With this placement, you are tasked with balancing individuality and responsibility. While you may at times feel like the outsider or black sheep, this very sense of separation grants you the perspective required to lead with integrity. You carry the potential to create new systems that honour diversity, opening space for the unconventional, the marginalised, and the visionary.

Saturn's influence can also feel heavy, bringing loneliness, rigidity, or the sense of being burdened by responsibility. The core lesson is learning how to use structure without becoming bound by it, allowing logic, ethics, and order to serve the higher dream of collective freedom.

Three essential oils that are friends with Aquarius energy are **Lemon Myrtle** (Backhousia citradora), **Elemi** (Canarium luzonicum) and **Eucalyptus** (Eucalyptus globulus). These are key oil recommendations to include in your blends with Saturn oils when you want to achieve long term goals, develop authority and strong boundaries.

Aquarian oils are fresh, bright, and uplifting. They are excellent for cleansing a space and creating openness for new ideas, perspectives, and innovative thinking, particularly helpful for Aquarians who naturally think outside the box. With a strong affinity for relieving mental fog and fatigue, these oils support a clear, alert intellect and encourage a sense of freedom and expansion. Often both calming and stimulating at the same time, Aquarian oils help cultivate detachment, objectivity, and the ability to observe without becoming overwhelmed.

These oils are valuable allies when you feel stuck, stagnant, or caught in cycles of procrastination. They assist with releasing negativity and outdated patterns, helping you visualise the future with greater clarity and purpose. As Aquarius learns self-acceptance, these oils support the confidence to embody individuality, which in turn gives others permission to do the same, strengthening community and collective connection.

Aquarius aligned essential oils are frequently astringent and drying, with a strong affinity for the respiratory system. They are particularly useful during colds, coughs, or congestion, helping open the airways and restore easy breathing. This is important for all air signs, and especially for Aquarius as the fixed air sign, where energy can become stuck or rigid if circulation is poor.

When Saturn in Aquarius is undernourished, you may experience aimlessness, difficulty committing to long-term ideals, or hesitation around stepping into leadership roles. Disconnection from community or vision can leave your insights floating without form. Alternatively, this placement can harden into emotional coldness, excessive detachment, or an authoritarian streak in service of ideals, marked by rigidity, resistance to change, or judgement of those who do not share your perspective. Restoring balance means remembering that structure is meant to hold vision, not replace it.

Aroma Blend for Saturn in Aquarius:
Lemon Myrtle *Backhousia citriodora*
Eucalyptus *Eucalyptus globulus*
Cypress *Cupressus sempervirens*

Affirmation: *I build structures that support freedom, lead with integrity, and allow my vision to serve the collective with wisdom and compassion*.

Action: Support Saturn's steady strength by engaging in gentle weight-bearing and circulation-supporting movement such as walking, swimming, or stretching, setting small and achievable goals that gradually anchor your larger vision, consciously inviting flexibility through humour, play, and creative outlets alongside discipline, journalling to explore fears around control or belonging, and participating in communities aligned with your values so responsibility is shared rather than carried alone.

URANUS - Originality and liberating insight



"The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion.' - Albert Camus

Uranus

Uranus is the great awakener. If it's rebellion, independent thinking, innovation, or freedom, Uranus is all over it. He is here to challenge the status quo, urging us to question entrenched ways of being. Uranus can feel like a rug pull, especially when we are settled and comfortable in familiar patterns. His influence pushes us toward freedom, change, and unconventional thinking, which can be deeply liberating or profoundly unsettling, depending on how tightly we cling to what we know.

Uranus is the force behind sudden insights and breakthroughs, those cosmic lightbulb moments that arrive as a wake-up call. In the same way, Uranian essential oils are refreshing and invigorating, helping to clear psychic cobwebs and stimulate new perspectives. Depending on how deeply rooted we are in habit, Uranus may act as a liberator or as a chaotic disruptor.

In mythology, Uranus was the primordial god of the sky and heavens in Greek cosmology. He was associated with the vast, limitless expanse of the heavens, symbolising infinite potential, openness, and expansion. Refusing physical form, he was rarely depicted, and this mirrors Uranus' astrological symbolism as a force that resists categorisation or confinement. In the natal chart, Uranus often reflects a refusal to be pinned down or defined by external expectations. His oils can be used when you need a breath of fresh air, when expressing individuality feels essential, or when you wish to invoke freedom and originality.

Another figure sometimes conflated with Uranus is Aether, ruler of the upper sky. Aether, or Ether, was believed to be the pure substance breathed by the gods, distinct from the heavier air of the mortal realm. In medieval science, aether was considered the fifth element, the subtle essence filling the universe beyond physical matter. In this way, essential oils associated with Uranus' domain align with the element of air and space.

In this respect, Uranian oils are often bronchodilators, supporting the uptake of oxygen, circulation stimulants aiding the delivery of nutrients to the extremities, and balancing agents for the nervous system and the body's electrical currents. Uranian oils are also among the most useful for addressing shock and for supporting the system during exposure to electromagnetic stress.

When working with essential oils associated with Uranus, the emphasis is on mental clarity, inspiration, and the stimulation of original ideas. These oils support personal and intellectual exploration, encouraging individuality, innovation, and unconventional thinking.

Uranus represents awakening and the liberation of the individual from limiting norms and expectations. Allow yourself to be open to flashes of inspiration, to think beyond the box, and to nurture your innate genius. Surround yourself with bright electric colours, intentionally try new experiences, and invite inspiration through Uranian essential oils when freedom, insight, and fresh perspective are needed.

Catnip *Nepeta cataria,* Citronella *Cymbopogon winterianus,* Elemi *Canarium luzonicum,* Eucalyptus *Eucalyptus globulus,* Hyssop *Hyssopus officinalis,* Juniper Berry *Juniperus communis,* Lemon Myrtle *Backhousia citriodora,* Lime *Citrus aurantiifolia,* Niaouli *Melaleuca quinquenervia,* Peppermint *Mentha × piperita,* Rosemary *Salvia rosmarinus,* Tea Tree *Melaleuca alternifolia,* Wintergreen* *Gaultheria procumbens.*

Uranus is in Taurus

When the sky god meets the earth, Uranus, the great awakener, brings a celestial jolt to the fertile, grounded domain of Taurus. This is not always a welcome visitor. Taurus, ruled by Venus, prefers the predictable rhythm of seasons and the known quantity of effort rewarded by stability. Uranus seeks to shake the earth beneath our feet to awaken a higher awareness, especially in the realms of value, worth, security and survival.

During Uranus's long stay in Taurus, both personally and collectively we are asked to revolutionise our relationship with money, the body and the earth itself. Traditional ways of earning, saving and spending may no longer apply. New currencies emerge, digital economies expand and sustainable practices push through entrenched structures. On a personal level, we may feel discomfort, restlessness or like our values are rapidly evolving, especially if we have built our identity on outer security.

This placement asks you to look at what truly sustains you. It is a time of shedding material bondage, liberating your senses and learning that real wealth might be simpler, freer and more radically aligned with your true nature than you once believed. Though it can feel chaotic, the changes Uranus brings are ultimately in service of deeper, more soulful stability.

Three essential oils that align closely with Taurus sensuality are **Ylang Ylang** (Cananga odorata), **Rose** (Rosa damascena/ Rosa centifolia) and **Patchouli** (Pogostemon cablin). These are key oil recommendations to include in your blends with Jupiter oils when you want to connect to your abundance, wisdom and adventure. Ruled by Venus, Taurean oils are deeply balancing in nature, able to bring warmth or cooling depending on what the body and psyche require. They often hold the paradox of being both gently stimulating and profoundly relaxing.

These oils are commonly antispasmodic, aphrodisiac, and soothing, with anti-inflammatory qualities and a strong affinity for the skin, hair, and cellular regeneration. They are especially supportive for those experiencing nervous tension, difficulty settling into the body, anxiety around food or body image, or challenges with self-love and self-worth. Taurus oils help anchor awareness into the senses, inviting pleasure, embodiment, and a felt sense of safety.

Taurus' essential oils mirror the rich, sensual, and earthy qualities of this sign. They are ideal when you need calm security, grounding, and reconnection with the physical world. These oils encourage appreciation for beauty, slowness, and presence, helping you value yourself and your needs. Taurean oils gently guide awareness back into the body, supporting nourishment, rest, and enjoyment of life's simple pleasures.

Taking time to pamper yourself is an essential part of Taurus medicine. Indulge in favourite scents, play beautiful music, and allow yourself to receive care. Mixing oil blends for a neck, shoulder, or decolletage massage can be especially soothing, helping release stored tension while reinforcing feelings of comfort and stability. Remember to smell the roses, breathing in the perfume of your own beauty and affirming your worth. Reconnect with nature's slow and steady pulse to find your sweet spot once more.

When life feels uncertain or unstable and you find yourself questioning your path, Uranus in Taurus may be triggering a deeper revolution within. You may be feeling ungrounded, disconnected from your body or stuck between the desire for comfort and the need for change. This can bring about anxiety, resistance or the sense that your values are shifting beneath your feet.

Supporting Uranus in Taurus is about letting your nervous system know that safety and freedom are not opposites. They can coexist.

Aroma Blend for Uranus in Taurus:
Eucalyptus *Eucalyptus globulus*
Neroli (flower) *Citrus aurantium var. amara*
Patchouli *Pogostemon cablin*

Affirmation: *I welcome change that strengthens me. I evolve without losing my roots*.

Action: Create new routines that offer both freedom and structure, such as flexible schedules or rituals that leave room for spontaneity. Spend time connecting to the earth in innovative ways, like permaculture gardening, grounding barefoot in nature or cooking new plant based meals. Diffuse oils during moments of overwhelm or resistance, especially when grappling with financial or material disruptions.

NEPTUNE - Imagination, compassion, and spirit



'The sea, once it casts its spell, holds one in its net of wonder forever.' - Jacques Cousteau

Neptune

Neptune is the cosmic deity of the ocean and its mysterious depths. Imagine yourself diving into a world of spirituality, intuition, imagination, dreams, and the subconscious. Neptune brings these mystical and transcendent energies into our lives, connecting us to the vast ocean of collective consciousness. The Neptunian aromatherapy experience is all about relaxation, intuition, and spiritual connection, helping us explore the hidden depths of the unconscious mind, boosting creativity, and navigating the world of dreams and illusions.

Neptunian essential oils are often sleep inducing, pain-relieving, aphrodisiac, and sometimes mildly hallucinogenic. They are typically relaxing and promote dreaming. In medical astrology, Neptune can represent unseen influences, such as the invisible world of chemicals, gases, and subtle environmental factors that slowly seep energy away, or the effects of collective emotional or psychic fields.

Aromatherapy can be especially supportive for Neptunian types, who are often highly sensitive. These leeching influences can create a fatiguing, foggy quality in an individual's energy. This may include mould toxicity that no one thought to check, or exposure to EMFs from power lines. Neptunian types often sense the energetic atmosphere of a place and feel psychic echoes in the environment, sometimes without realising that this is what is occurring.

Neptune (Poseidon in Greek myth) ruled the boundless oceans and all mysterious waters, and was often honoured with sea-born botanicals, lotus, blue water lilies, and dream-inducing plants, their intoxicating, otherworldly fragrances reflecting his dominion over intuition, altered states, and the dissolving tides between waking and dreaming worlds with opiates and sedatives tied to trance and sleep temples. He governs journeys into the depths of the psyche and the dissolution of old patterns and illusions, often accompanied by a longing for spiritual union and an idealised world.

This longing for union can also drive addictive patterns and escapism. Neptune can lead us down blind alleys, strange ideas, or even madness, overwhelming us with grief and feelings of being lost. Yet when Neptune is harnessed and expressed in a

healthy way, he becomes our most transcendent muse. By dissolving the personal ego, Neptune offers humanity glimpses into a mystical world of bliss, inspiring profound creativity, imagination, and compassion.

A world without Neptune would be a world without magic. Let go and breathe in the magic of your own imagination, follow your intuition and inspiration. Wear pastels, iridescence, sparkles and violets. Let these oils be your guides through the dream:

Blue Lotus (absolute) *Nymphaea caerulea,* Blue Tansy *Tanacetum annuum,* Blue Spruce *Picea pungens,* Catnip *Nepeta cataria,* Coriander Leaf / Cilantro *Coriandrum sativum,* German Chamomile *Matricaria recutita,* Lavender *Lavandula angustifolia,* Linden Blossom *Tilia cordata,* Myrrh *Commiphora myrrha,* Nutmeg *Myristica fragrans,* Neroli (flower) *Citrus aurantium var. amara,* Jasmine *Jasminum grandiflorum / Jasminum sambac,* Palmarosa *Cymbopogon martinii,*

Neptune is in Pisces

Neptune in Pisces is like a dream returning home. This placement amplifies the ethereal, visionary, and mystical qualities of Neptune, dissolving boundaries between self and other, body and spirit, matter and imagination. Those born under this influence often carry an innate spirituality, compassion, and sensitivity to the unseen currents of life. At its highest expression, this is the generation of mystics, visionaries, and healers, creating art, music, and movements that soften the illusion of separation and invite unity consciousness.

Yet this same boundless empathy can become a challenge. Without strong energetic and emotional boundaries, Neptune in Pisces may drift into confusion, escapism, or blind devotion, mistaking fantasy for truth and surrendering discernment in the name of love. The soul's task is to learn how to move fluidly between worlds, embracing transcendence while remaining anchored in embodied reality.

Three essential oils that act as soul mates to Pisces energy are **Lavender** (Lavandula angustifolia), **Palmarosa** (Cymbopogon martinii), and **Neroli** (Citrus aurantium var. amara flower). These oils reflect Pisces' mystical, compassionate, and deeply sensitive nature, offering support for emotional permeability, spiritual connection, and the need for both surrender and healthy boundaries. These are key oil recommendations to include in your blends with Pluto oils when you want to deeply transform, tap into your power and release what doesn't serve you.

Piscean oils are gentle yet profound, often carrying a soothing, comforting quality that helps calm the nervous system and soften emotional overwhelm. They support compassion without depletion, allowing Pisces to remain open hearted while maintaining energetic integrity. These aromas are especially helpful for those who feel everything deeply, absorb others' emotions, or struggle with energetic fatigue from giving too much.

Pisces aligned essential oils often encourage relaxation, sleep, and dream activity. They help quiet mental noise and invite entry into liminal states where imagination, intuition, and creativity flow freely. These oils are wonderful allies for artists, healers, and dreamers, supporting inspiration while also grounding sensitivity so it does not drift into escapism or exhaustion.

On a physical level, Pisces oils often show an affinity with the lymphatic system and the feet. They support gentle detoxification, fluid movement, and release of stagnation, helping the body let go of what it no longer needs. By encouraging circulation of both physical and emotional fluids, these oils assist Pisces in restoring

balance between holding and releasing.

Piscean oils also help soften resistance and control, inviting surrender in a healthy way. Instead of dissolving boundaries entirely, they support discernment, helping Pisces recognise where to open and where to gently contain energy. In this way, compassion becomes sustainable instead of sacrificial.

When Neptune in Pisces is overwhelmed, sensitivity may flood the system, showing up as escapism through substances, fantasy, or overindulgence, emotional overwhelm, or becoming entangled in unrealistic ideals or porous relationships. Physically, this can manifest as dizziness, weakened immunity, fluid imbalances, or elusive symptoms that resist diagnosis. Supporting this placement means soothing the nervous system while gently strengthening boundaries.

Aroma Blend for Neptune in Pisces:
Palmarosa *Cymbopogon martinii*
Lavender *Lavandula angustifolia*
Neroli (flower) *Citrus aurantium var. amara*
Clary Sage *Salvia sclarea*

Affirmation: *I honour my sensitivity while staying grounded, discerning, and present in my body*.

Action: Support Neptune in Pisces by prioritising hydration and nourishment with herbal infusions such as Urtica dioica, Avena sativa, and Hibiscus sabdariffa, engaging in gentle water-based movement like swimming, bathing, or aqua yoga to restore emotional and energetic flow, allowing visionary creativity through poetry, music, dance, or painting without judgement or outcome, maintaining a steady spiritual practice through meditation, dream journalling, or prayer in spaces that honour unity and compassion, and consciously limiting overstimulation and escapist habits by practising mindfulness and establishing clear, compassionate boundaries with others to protect emotional equilibrium.

PLUTO - Transformation and renewal



'The wound is the place where the light enters you.' - Rumi

Pluto

Pluto is our transformational and regenerative hidden well of power, veiled by shadow and unconscious drives. He rules the cycles of death and rebirth. When encountering Pluto, we are often dealing with profound change, personal empowerment, and the unearthing of hidden truths. His domain is subterranean, and therefore he governs all that is unseen, along with the primal creative and destructive forces of the Earth.

When it comes to essential oils associated with Pluto, the focus is on oils that support deep healing, transformation, and personal empowerment. These oils assist the process of releasing old patterns, embracing change, and accessing inner power and hidden reserves of strength. In alchemy, Pluto is linked with total transformation and the dissolution of attachments. He represents the death of the old self and the emergence of a renewed and empowered being.

Pluto's oils are ideal when we are fighting for something, as they lend strength and tenacity. These oils are often strongly antimicrobial, helping the body confront persistent or dangerous infections or putrefactions. They are purgative in nature, supporting detoxification and purification. Usually potent and intense, they are best used with respect and moderation.

In mythology, Pluto was the god of the underworld, ruler of the realm of the dead, and guardian of the soul's journey through darkness toward rebirth. Profound empowerment arises from confronting deep fears and the unconscious self, and through this process, Pluto gifts us authenticity, self-honesty, and personal sovereignty.

Pluto's association with invisibility comes from the helmet he was said to possess. What is unseen often holds greater power. Likewise, there are times when we must go underground or remain unseen for protection. When experiences are buried through trauma, they can become preserved in the psyche. Pluto's role is to unearth these ghosts, confront them, and reclaim the treasure buried alongside them.

Physically, Pluto is associated with DNA, cellular transformation, lymphatics, and bone marrow. Its expressions can include sepsis, mysterious or threatening infections, and fear-inducing plagues. Yet Pluto can also herald a supercharged

period of healing, particularly during significant transits, offering courage and perseverance. Pluto's ultimate gift is the Phoenix rising from the ashes: deep transformation and total rebirth.

Pluto is the best friend of the detective, researcher, or surgeon. When intense focus, endurance, and determination are required, or when you are moving through a dark night of the soul, Pluto can be called upon for strength and protection. Whether you are facing power struggles, deep emotional change, life-and-death mysteries, or the desire to finally break a long held habit, the god of the underworld offers guidance as you confront your demons and uncover hidden treasure.

To ally with Pluto's mysterious power, try journalling and shadow work exploring the depth of your feelings, perhaps don a black hoody, wear black or dark red and work with these oils to uncover the richness buried within.

Basil *Ocimum basilicum,* Clove Bud *Syzygium aromaticum,* Cypress *Cupressus sempervirens,* Frankincense *Boswellia carterii,* Galbanum *Ferula galbaniflua,* Ginger *Zingiber officinale,* Hyssop *Hyssopus officinalis,* Juniper Berry *Juniperus communis,* Myrrh *Commiphora myrrha,* Oregano *Origanum vulgare,* Palo Santo *Bursera graveolens,* Patchouli *Pogostemon cablin,* Sage *Salvia officinalis,* Spikenard *Nardostachys jatamansi,* Tea Tree *Melaleuca alternifolia,* Thyme *Thymus vulgaris,* Vetiver *Chrysopogon zizanioides,* Wintergreen* *Gaultheria procumbens.*

Pluto is in Capricorn

Pluto, the great transformer, dismantles and rebuilds the very foundations of society. This placement carries an immense drive to reshape authority, power, and structure, sometimes through destruction, sometimes through determined creation. Those born with Pluto in Capricorn are part of a generation called to witness and participate in profound upheaval, collapsing outdated systems, confronting corruption, and reimagining the frameworks that govern our lives.

At its highest expression, Pluto in Capricorn bestows resilience, tenacity, and the capacity to wield power responsibly, creating structures that endure and serve future generations. At its lowest, it can manifest as ruthless ambition, domination, or an obsessive need to control outcomes. The soul's task here is to recognise that true authority arises from inner mastery, integrity, and alignment.

Essential oils that strengthen Capricorn energy are **Sandalwood** (Santalum album), **Vetiver** (Chrysopogon zizanioides), and **Cedarwood** Cedrus (atlantica or Juniperus virginiana). These are key oil recommendations to include in your blends with Pluto oils when you want to deeply transform, tap into your power and release what doesn't serve you. Capricorn aligned oils often have woody, fresh, and earthy aromas that cultivate grounded confidence, stability, and inner authority.

They are especially supportive for Capricorns who have been overworked, undervalued, or carrying heavy responsibility for extended periods. These oils help ease physical and emotional exhaustion, relieving irritability, tension, fear, and the quiet burnout that can arise from long term perseverance without sufficient rest or recognition.

These oils are valuable allies for strengthening self-esteem and self-reliance, helping release feelings of unworthiness, shame, or excessive self-judgement. Capricorn oils support acceptance of the self and appreciation for what has already been achieved, encouraging patience, resilience, and trust in the long arc of effort. Practical and fortifying, they help gather inner resources and restore a sense of dignity and

purpose.

As Capricorn is associated with the skeletal system, joints, and knees, these oils are often helpful for relieving arthritic aches and chronic stiffness. Used in warming base oils, they are well suited to massage for the shoulders, lower back, hips, and knees. True to Saturn's rulership, Capricorn oils are frequently astringent and drying in nature, making them useful in cases of infection, excessive discharge, or bleeding, where containment and strengthening are required.

Pluto in Capricorn may express as fear of authority, avoidance of responsibility, or a sense of powerlessness within rigid systems. Alternatively, it can swing toward obsession with control, relentless ambition, or deep cynicism toward institutions, leadership, or long term commitment. You may become rigid or demanding, believing safety can only be achieved through dominance or absolute self-sufficiency. Restoring Pluto's constructive power requires consciously aligning your will with meaningful transformation.

Aroma Blend for Pluto in Capricorn:
Clove Bud *Syzygium aromaticum*
Cypress *Cupressus sempervirens*
Juniper Berry *Juniperus communis*
Cedarwood Atlas *Cedrus atlantica*

Affirmation: *I claim my inner authority with integrity, transform fear into strength, and build power that serves life*.

Action: Rebuild inner sovereignty by engaging in strength building practices such as weight training, hiking, or Pilates to fortify resilience, journalling honestly about your relationship with authority and power while creating step by step plans to reclaim agency where you feel blocked, performing rituals of renewal such as decluttering, burning old notes, or symbolic acts of release to let go of what is no longer viable, and practising surrender through time in nature, allowing wind, water, and silence to soften rigidity and reconnect you with forces greater than personal control.

CONCLUSION

Astrology offers a symbolic map of the inner life, helping us recognise the many different forces, needs and patterns that shape who we are. Aromatherapy offers a way to bring that insight into the body through scent, ritual and simple acts of care. Together, they invite a more embodied relationship with the birth chart, one that is not only understood by the mind, but felt through the senses.

At the heart of this work is a deep respect for the natural world. The plants, flowers, resins, seeds, leaves, roots and fruits used in aromatherapy carry the intelligence of earth, water, air, fire and sunlight. They remind us that healing and self-understanding are not separate from nature, but part of our ongoing relationship with it. To work with essential oils is to enter into this relationship with gratitude, care and attentiveness.

The suggestions in this report are intended as gentle companions rather than fixed prescriptions. Each placement can be explored with curiosity, patience and personal discernment. Some oils, practices or reflections may feel immediately resonant, while others may become meaningful over time. The birth chart is not a static document, but a living landscape, and our relationship with it continues to deepen as we grow.

May this report support you in listening more closely to your own nature, honouring both your strengths and sensitivities, and finding simple ways to restore balance, vitality and connection. Like the plants themselves, each planetary placement has its own medicine, its own season, and its own quiet wisdom to offer.

ABOUT THE AUTHOR: Amrita Taylor is an astrologer, writer and botanical scent creator with a lifelong love nature and the healing arts. Amrita's work is shaped by decades in the natural health industry, along with extensive studies in naturopathic principles, Ayurveda, colour healing, aromatherapy and intuitive approaches to wellbeing. She is the founder of Astroflora.co where she brings together astrology, natural perfumery, aromatherapy and creative imagination to create aromatic offerings and written reflections inspired by the relationship between plants, planets and the inner life.

Amrita's connection with nature began in childhood, growing up on five acres of hills and forest, where the rhythms of plants, animals, seasons and wild places became part of her inner world. This early relationship with the natural world continues to inform her work, along with her love of myth, symbolism, beauty and the subtle language of healing.

She is also the creator of Halo Animal Aromatherapy and author of Pet Text Animal Communication Cards, a deck designed to deepen intuitive connection with animals. Across her work, Amrita is drawn to the meeting place between practical care and soulful meaning, offering unique and imaginative ways to support self-understanding, wellbeing and a more enchanted relationship with life and nature.

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astrologers whose teachings have helped deepen an appreciation of astrology as a symbolic, imaginative and healing language. While this report does not directly draw from these authors as formal references, their reverence for nature, planetary symbolism, natural medicine and the intelligence of the living world forms part of the wider lineage from which this project has grown.

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ABOUT THE ARTIST: Anna Farba is a botanical visual artist based in Vancouver, Canada, specializing in hand painted illustration, motion, and nature inspired campaign visuals for publishing, beauty, fragrance, and lifestyle brands.

With more than a decade of experience studying and illustrating plants, Anna brings a deep understanding of plant structure, morphology, and visual identification to her work. She completed a Botany course from the School of Botanical Art & Illustration at Denver Botanic Gardens. This botanical knowledge and experience applying it to commercial projects allows her to create artwork that is both visually engaging and informed by careful observation.

Disclaimer: The aromatherapy and lifestyle suggestions in this report are offered for general wellbeing, self-care and personal reflection only. They are not intended to replace medical, psychological or professional health advice, diagnosis or treatment. Please seek guidance from a qualified health practitioner if you are pregnant, breastfeeding, taking medication, managing a medical condition, or have any concerns about using essential oils.

Essential oils are highly concentrated plant extracts and should be used with care. Always follow appropriate dilution and safety guidelines, avoid use during pregnancy, breast feeding and internal use unless supervised by a suitably qualified practitioner. Do not use on open or inflamed skin, avoid contact with eyes and keep out of reach of children. Discontinue use if irritation or sensitivity occurs. Astrological interpretations are offered as symbolic and reflective tools for self-understanding. They are not intended to predict outcomes or replace personal choice, professional advice or individual discernment.

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