

## Enneagram - Aromatherapy & Flower Essence Chart

| Type | Personal Qualities          | Oils to Enhance               | Oils to Balance                            | Flower Essences          | Color                       |           |
|------|-----------------------------|-------------------------------|--|--------------------------|-----------------------------|-----------|
| 1    | Conscientious<br>Idealistic | Critical<br>Principled        | Hyacinth,<br>Roman Chamomile<br>Clary Sage | Elm, Beech               |                             |           |
| 2    | Loving<br>Adaptable         | Martyrs<br>Outgoing           | Rose                                       | Vanilla, Oakmoss         | Chicory, Water Plantain     | Green     |
| 3    | Productive<br>Motivated     | Inauthentic<br>Self - Assured | Rosemary                                   | Frankincense<br>Spruce   | Trillium, Aloe Vera         | Yellow    |
| 4    | Aesthetic<br>Intuitive      | Depressive<br>Self- Aware     | Jasmine<br>Linden                          | Bergamot                 | Iris/Mustard                | Purple    |
| 5    | Brilliant<br>Curious        | Detached<br>Perceptive        | Basil,<br>Peppermint                       | Patchouli                | Pink Monkeyflower,          | Blue      |
| 6    | Trustworthy<br>Enigmatic    | Fearful<br>Engaging           | Neroli<br>Pine                             | Sandalwood               | Mimulus, Saguaro            | Turquoise |
| 7    | Enthusiastic<br>Inventive   | Boastful<br>Multi-talented    | Rosewood<br>Yuzu                           | Marjoram<br>Black Pepper | Wild Oat, Black Spruce      | Orange    |
| 8    | Powerful<br>Charismatic     | Decisive<br>Dominating        | Vetiver<br>Ylang                           | Blue Chamomile           | Vine, Couchgrass            | Red       |
| 9    | Peaceful<br>Empathetic      | Imaginative<br>Stubborn       | Lavender<br>Angelica                       | Yarrow,<br>Cabreuva      | Pink Yarrow<br>Mountain Ash | Lavender  |

\*Essential Oils & Flower Essences available from:

**Self Heal Distributing** Edmonton, Alberta, Canada T6C 4R4