

Excerpted from Jami Lin's ColorAlchemy & Essence of Feng Shui



ColorAlchemy Essential Oils & Gems

Color	Life Qualities	Gemstones	Essential Oils
Monday	Vitality, Courage, Strength, Stamina	ruby, red tiger eye, bloodstone, garnet	vetiver, ginger, patchouli, black pepper, cinnamon
Tuesday	Happiness, Desire, Creativity, Emotion, Pleasure, Intimacy	moonstone, camellian, tourmaline, copper (mineral)	geranium, grapefruit, ylang-ylang, sandalwood, orange
Wednesday	Personal Power, Dedication, Commitment, Drive, Ambition	citrine, amber, gold topaz, tiger eye	cedarwood, bergamot, cypress, rosemary, lemon, lemon grass, grapefruit, fennel
Thursday	Love, Forgiveness, Compassion, Trust, Balance	emerald, aventurine, jade, malachite, peridot, rose quartz, kunzite	Roman chamomile, lavender, orange, ylang-ylang, sandalwood, rose
Friday	Decisiveness, Truth within Self, Communication, Clarity	aquamarine, turquoise, sapphire, lapis lazuli, sodalite, blue agate	lemon, peppermint, myrtle, pine, lavender, lime, thyme, clary sage
Saturday	Intuition, Vision, Focus, Psychic Powers	lapis lazuli, sodalite, indigo sapphire, opal, tanzanite, dark-blue agate	lemon, juniper, peppermint, eucalyptus, rosemary, basil, myrrh, patchouli
Sunday	Peace, Bliss, Inspiration, Spiritual Love, Divinity	amethyst, quartz crystal, alexandrite, opal, sapphire, tanzanite	Roman chamomile, frankincense, jasmine, sandalwood, clary sage, lotus, myrrh

Pure essential oils should never be applied directly to the skin. Always blend them into a carrier oil or purified water. Some essential oils should not be used during pregnancy.