

Lunar Aromatherapy

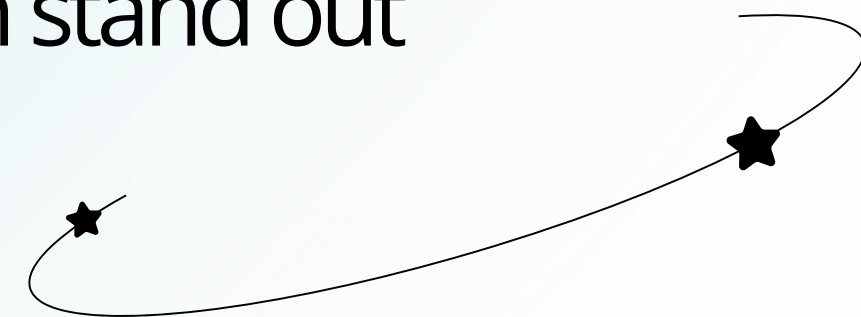
Using Essential Oils with the
Phases of the Moon

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Beyond Aromatics 2025

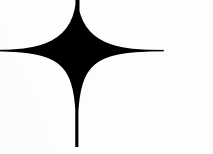


In this Presentation, you'll learn:

- The *less is more principle* when it comes to using aromatherapy for stress-relief.
- How to unlock the hidden template within the lunar cycle to create *anything* in your business and life.
- What essential oils work with each phase of the Moon and how to find the *right* ones for you.
- The BIG MISTAKE most people make when they set goals – and how to avoid it.
- How to use Lunar Aromatherapy in your business so you can stand out and help make a difference.



In 2001, while working with the
United Aromatherapy Effort,
I learned something I've
returned to again and again ...





I learned the power of
a single drop of essential oil
to help someone recenter and relax
... especially in a time of deep stress and trauma.



In the 10 years I
taught aromatherapy,
every class had one
central teaching ...



Let your perfume
become your
medicine.



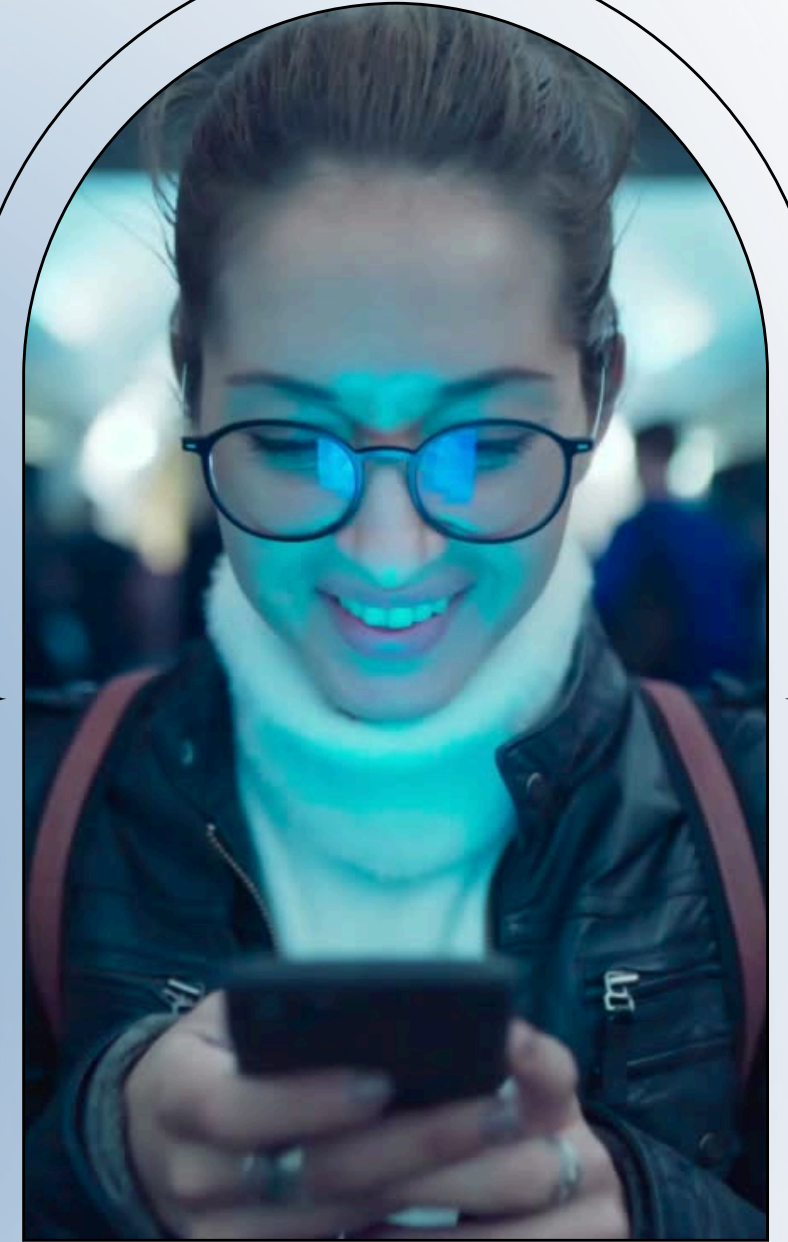
You're on your own unique journey. 🦄




It's one that's worth investigating 🧐
and celebrating. 🎉




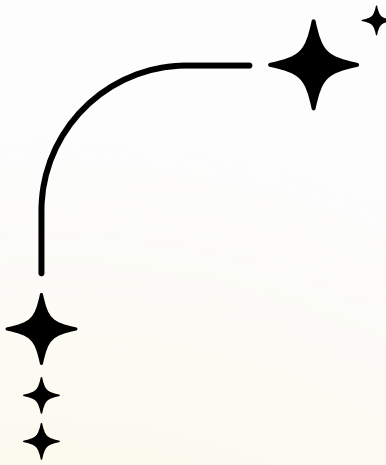
The world is *noisy* ...



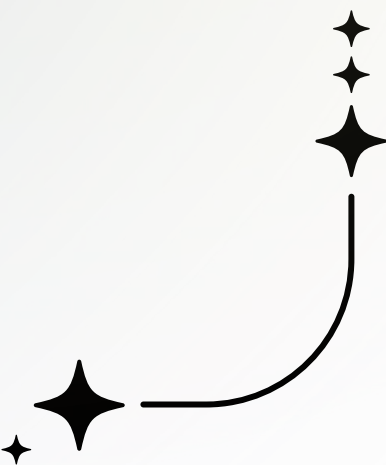


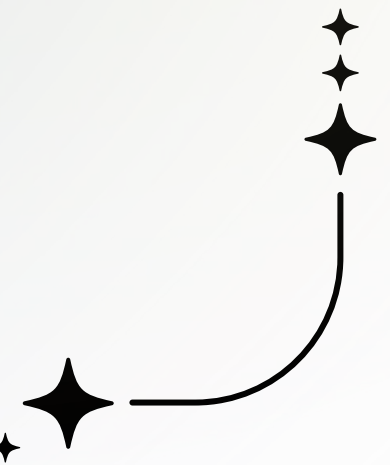
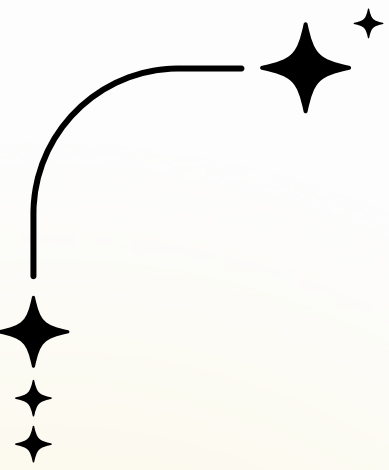
Between the ever-increasing demands
on your energy and attention,
when do you get time to yourself?






When do you get to *tune out* from
what everyone else wants from
you and *tune into* what you
actually want?






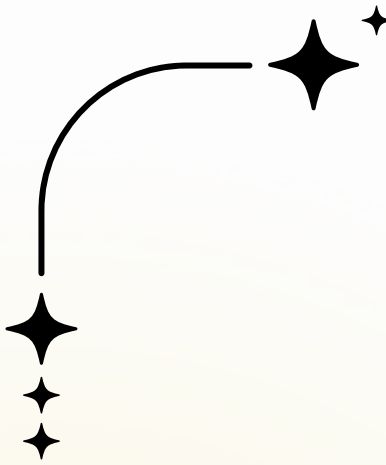


The moon is a constant source
of inspiration and education. ✨

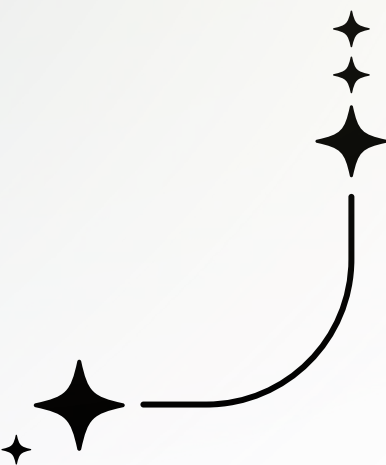



It's a reminder of where you
are and where you're going. 🌍





The Moon
is always
somewhere.





The moon is continuously teaching the
power of transformation.






That you are never finished.

That there's *always* more to the story.

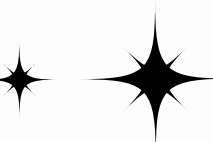


Download BONUS Materials



- Updated Slides 
- Lunar Aromatherapy Workbook 
- *Essential Oil Moon Guide* 

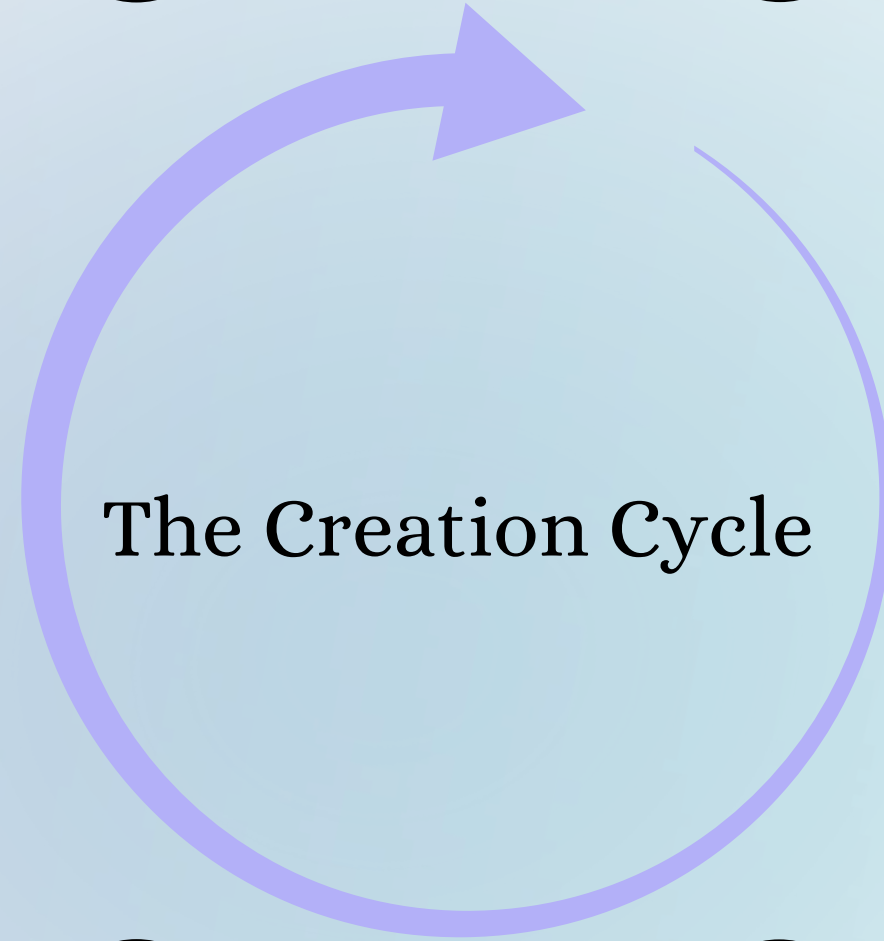
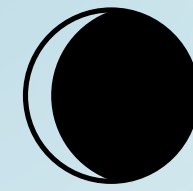
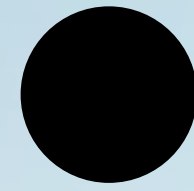
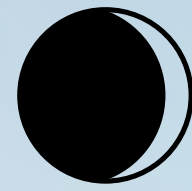
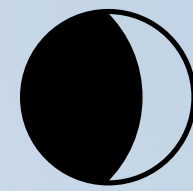
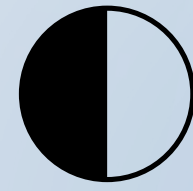
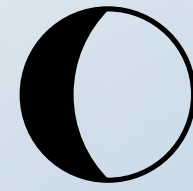
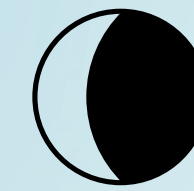
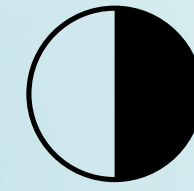
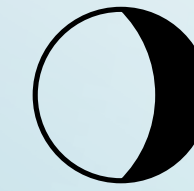
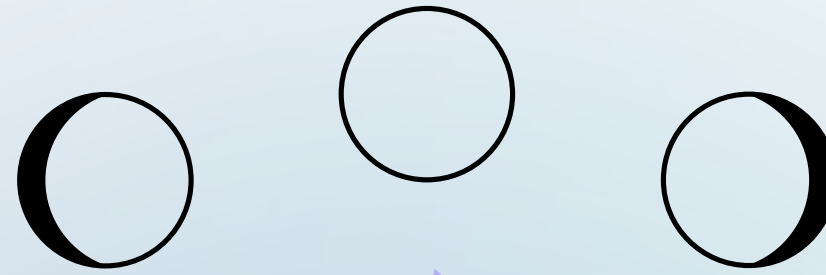
www.nyssahanger.com/LAM



The Creation Cycle



Full Moon



WAXING MOON

WANING MOON

Half Moon

Half Moon

New Moon



Dark Moon

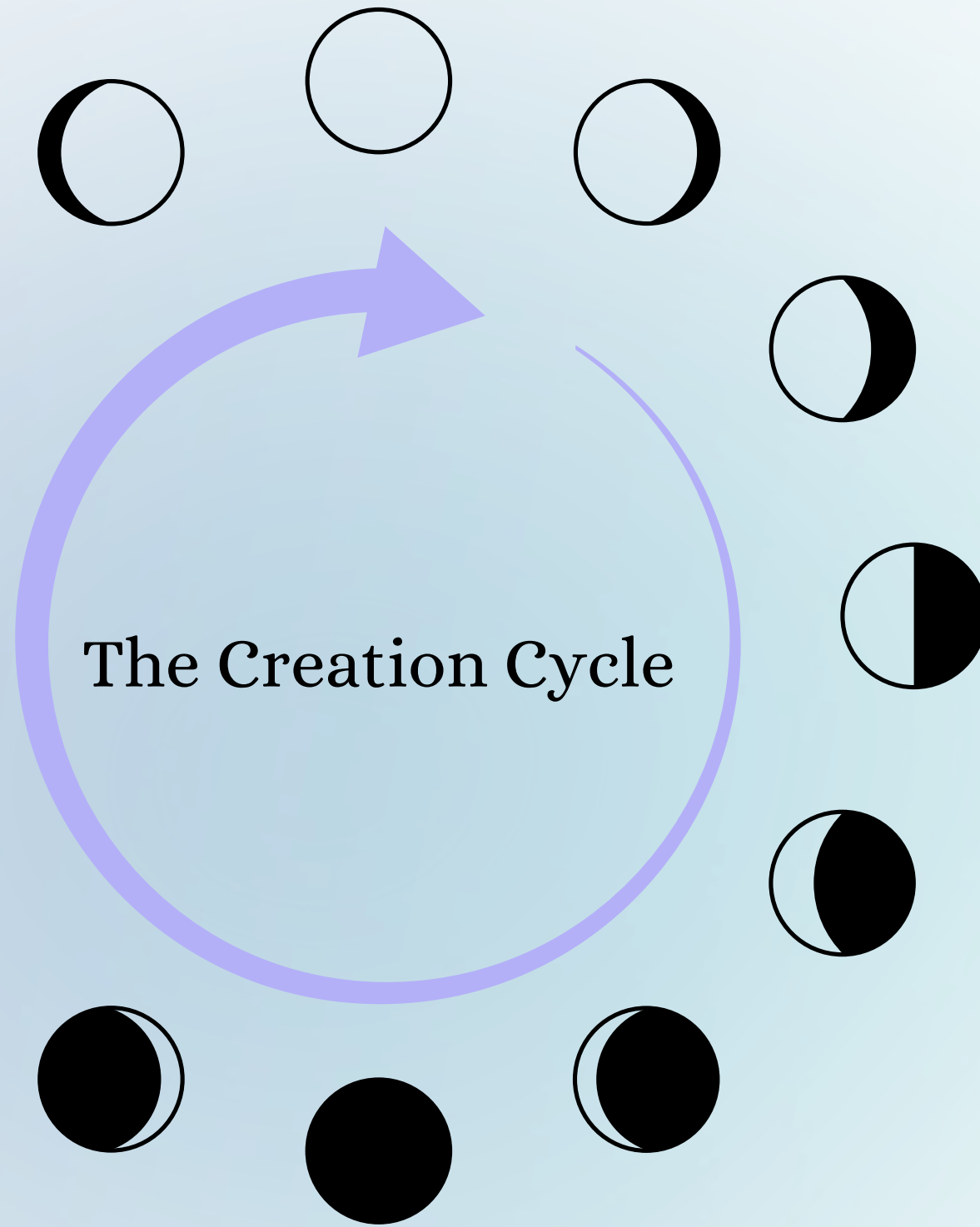
The Creation Cycle

Comes to Life / Fruit / Fully Visible

Full Moon

**Gather Ideas
Experiment
Build Knowledge
and Experience
Gain Momentum**

WAXING MOON



WANING MOON

**Completion
Review
Reflect
Prepare for
Next Cycle**

New Moon

Initial Idea / Seed / Planning



Using Aromatics with the Lunar Phases

- Scent can provide an anchor for your intentions. 🚢
- Scent pulls you deeper into your body and your subjective experience. 💎
- Essential oils open a doorway to the wisdom that lives within you. 🦉
- They help you access insights that lie just under the surface. ✨



The New Moon

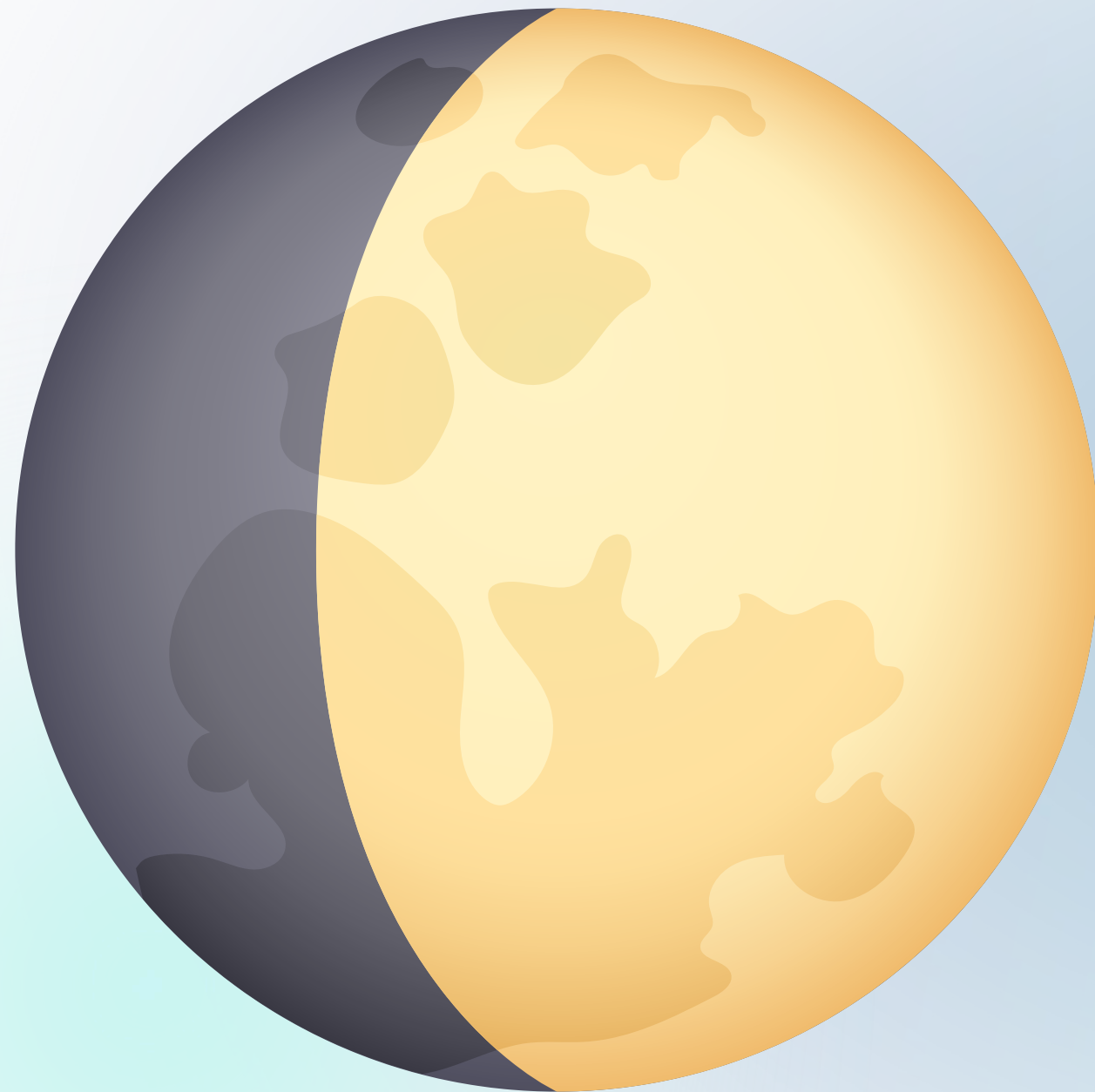
Ignite, Initiate, Inspire



- Consider:
 - What essential oil **motivates you to begin?**
 - Inspires you to **get started?**
 - Helps you **take the first step?**
- **Seed** and **root** oils, **grounding** oils, aromas that have the energy of **new beginnings**
- **Stimulants** and **invigorating** oils
- Ex. Clove

The Waxing Moon

Growth, Motivation, Momentum



- Consider:
 - What essential oil helps you **gain momentum** and **keep going**?
 - Inspires you to **keep promises** to yourself?
- **Leaf, grass, and tree** oils
- **Stimulants, invigorating** oils and **euphorics**
- Ex. Rosemary

The Full Moon

Culmination, Fruition, Insight



- Consider:
 - What essential oil helps you **pause** and **reflect**?
 - What aroma smells like a **party** to you?
 - What helps you feel **balanced**?
- **Fruit** and **flower** oils
- **Euphorics** and **Adaptogens, Balancers, Regulators**
- Ex. Sweet Orange

The Waning Moon

Release, Reflect, Rest



- Consider:
 - What essential oil feels like a **long exhale**?
 - Pushes you **towards the finish line**?
 - Brings in **calm** and encourages **rest**?
- **Root** and **resin** oils
- **Sedatives, grounding, cleansing** oils
- Ex. Frankincense



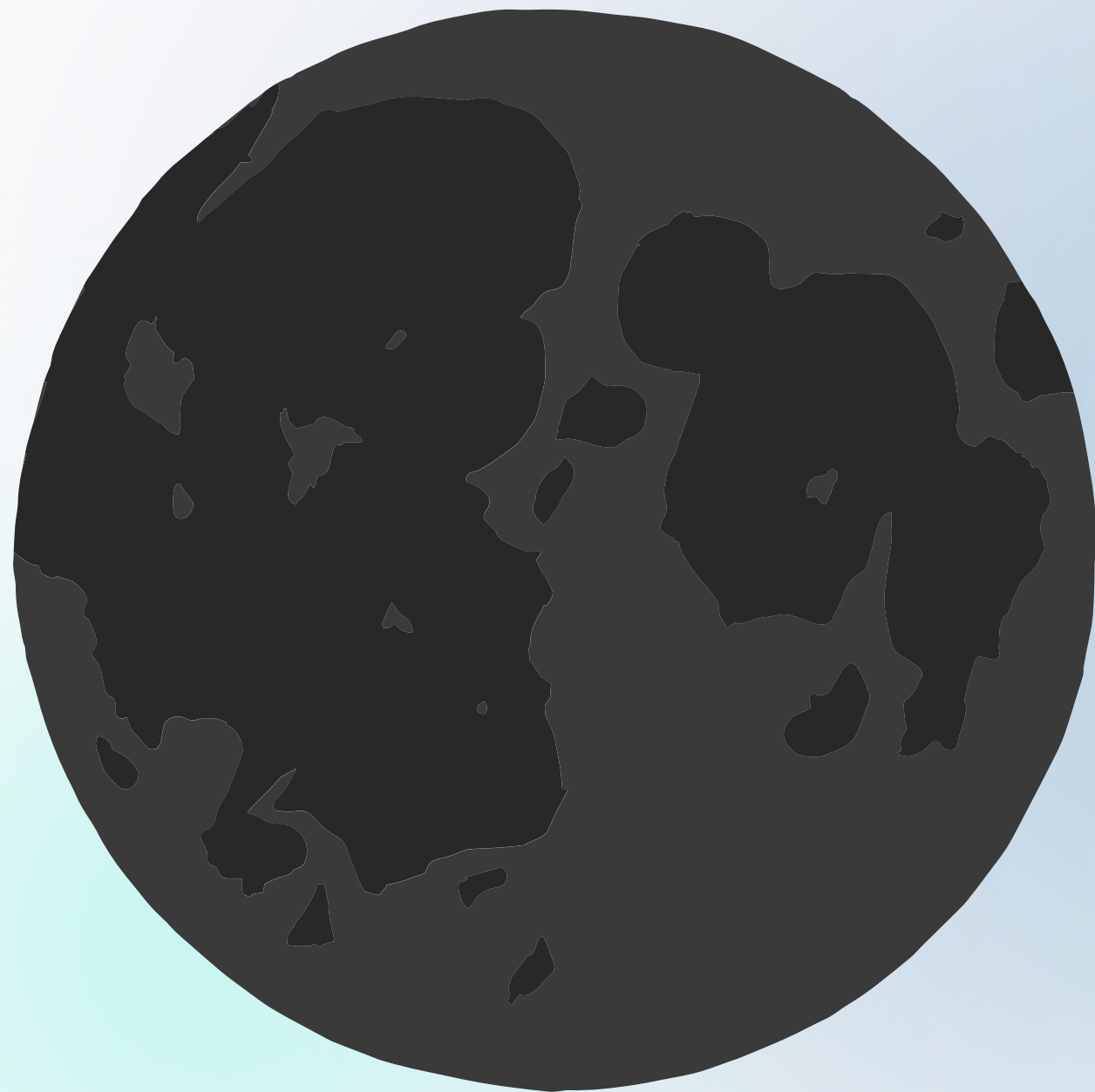
Creating a Moon Map

- Personalized guide through the lunar month when you're working with a specific goal. 🎯
- Create this at the New Moon (or before) to make a plan for yourself. 😊
- Return to it week to week to keep yourself on track. ✅
- More detailed instructions on creating a Moon Map can be found in the Lunar Aromatherapy Workbook at www.nyssahanger.com/LAM ➡



The New Moon

Moon Mapping



- Ask Yourself:
 - What is something you'd like to create?
 - What essential oil can assist you in this?
- During the New Moon:
 - Journal with your essential oil.
 - Visualize your goal with your oil.
 - Return to this oil daily to anchor in your vision.

The Waxing Moon

Moon Mapping



- Ask Yourself:
 - What actions will get you to your goal?
 - Make them specific, small steps achievable within two weeks.
 - What essential oil can assist you in this?
- During the Waxing Moon:
 - Pair your oil with your activities.
 - Create a blend of your New Moon and Waxing Moon Oils.

The Full Moon

Moon Mapping



- Ask Yourself:
 - When and where will you take time to celebrate what you've achieved and reflect on what you've learned so far?
 - What essential oil can assist you in this?
- During the Full Moon:
 - Use your Full Moon oil in a ritual.
 - Use your oil in a bath.
 - Create a body oil.

The Waning Moon








Moon Mapping



- Ask Yourself:
 - What actions can help you clean up, refine, or finish up this iteration of your goal?
 - What essential oil can assist you in this?
- During the Waning Moon:
 - Use your Waning Moon oil to help you slow down.
 - Create a nighttime routine.






Using the Moon in your Business

- Use the lunar phases as a template for the creation process.
 - New Moon: Dream and brainstorm ideas 
 - Waxing Moon: Take action on what you decide 
 - Full Moon: Celebrate what you've accomplished and learned 
 - Waning Moon: Tie up loose ends and drop what isn't working 
- Create products based on the moon phases. 
- Offer custom blends to help clients stay the course through growth, culmination and release. 
- Anything else that your imagination offers you! 

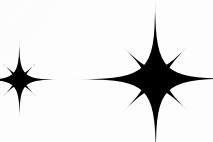


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Q&A

SESSION



THANK YOU

Presented by
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