

SANTAdotFE®
TOP 3
ESSENTIAL OILS for
VISUAL ARTISTS & PHOTOGRAPHERS

In September 2016, santadotfe sent an informal and unscientific poll out to friends and family who are visual artists or photographers. 83% agreed that emotions and "state of mind" can affect their art or photography and influence the creative process.

83% of participants agreed that emotions or "frame of mind" absolutely affect the art or photography. When we asked them to specifically* identify the "most important mental state to facilitate their best work, 50% answered "Focused and able to concentrate" and the remaining 50% split between "Creative and inspired" and "Clear or unblocked."

As a result of the poll, our TOP 3 Essential Oils for Visual Artists & Photographers are:

FRANKINCENSE - SANDALWOOD - GROUNDING BLEND

*We gave them a choice of five answers to the "state of mind" question. Here are the five emotional states and groups of essential oils and their chemical components that are being studied for their ability to help bring balance to emotions in the human body.

"Focused and able to concentrate" at 50%

Focus blend (Amyrus, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile), Lavender, Petitgrain, Lemon, and Peppermint

"Creative and inspired" at 25%

Frankincense, Spikenard, Sandalwood, Joyful blend (Lavandin, Lavender, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, Hawaiian Sandalwood), Cypress, Lemon

"Clear or unblocked" state of mind at 25%

Cypress, Frankincense, Spikenard, Helichyrsium, Sandalwood, Grounding blend ((Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile)

"Balanced" at 0%

Grounding blend (Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile), Massage blend, Invigorating blend, Geranium, Juniper Berry, Lavender, Petitgrain, Wild Orange, Sandalwood, Vetiver

"Open minded" and "Other" at 0%

The essential oils to assist with opening the mind are Frankincense, Spikenard, Sandalwood, and Grounding blend (Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile)

Check out more about the poll and the result on our blog:

<http://www.santadotfe.com/blog/are-you-a-visual-artist-or-photographer>