CLAIMS

1. Compositions comprising one or more essential oils deriving from citrus fruits, *Lavandula officinalis* or *Cinnamomum cassia.*

2. Compositions according to claim 1, comprising an essential oil of *Citrus bergamia* in combination with an essential oil of *Lavandula officinalis.*

3. Compositions according to claim 2, wherein the essential oil of *Citrus bergamia* and the essential oil of *Lavandula officinalis* are in a weight ratio of 10:1.

4. Compositions according to claim 1, comprising an essential oil of *Citrus paradisi* and an essential oil of *Cinnamomum cassia.*

5. Compositions according to claims 1-4, wherein the essential oil is replaced with one or more active ingredients contained in the essential oil selected from linalool, linalyl acetate and/or limonene.

6. Compositions according to claims 1-5, wherein said compositions are administered by the topical route.

7. Compositions according to claim 6, wherein the compositions are applied in the nasal and/or perinasal and/or labial area.

8. Compositions according to claims 1-7, for use in the treatment of insomnia.

9. Compositions according to claims 1-7, for use in the treatment of anxiety.

10. Compositions according to claims 1-7, for use in the reduction of appetite and/or in the stimulation of the metabolism.

11. Compositions according to claims 1-7, for use in the treatment of excess weight

and obesity.

12. Use of the compositions according to claims 1-7 in the reduction of body weight.

13. Use of compositions according to claims 1-7 in the manufacture of a medicament for the treatment of insomnia.

14. Use of compositions according to claims 1-7 in the manufacture of a medicament for the treatment of anxiety.

15. Use of compositions according to claims 1-7 in the manufacture of a medicament for the reduction of appetite and/or in the stimulation of the metabolism.

16. Use of compositions according to claims 1-7 in the manufacture of a medicament for the treatment of excess weight and obesity.