

breath love nourish



## ESSENTIAL OILS

“I put a drop of lavender essential oil on my pillow before I go to sleep.”

-Melissa Joan Hart

Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental and emotional health. Dr. Axe goes into detail about their uses for relaxation, beauty care, home cleaning, and most often for natural medicine; his article is fantastic, and the link is below:

<https://draxe.com/essential-oils-guide/>

I have many reasons for loving essential oils, and am excited to explore this area more after attending a mini-essential oil class recently. Replacing our household chemicals is a big deal for me; it's a little like quitting smoking, and how the smell is offensive once you've quit. That's the truth once the veil of habit is lifted, you smell the clean, clear truth:-) Here are the most popular household uses for essential oils:

diffusers  
all-purpose household sprays/cleaners  
laundry  
scubbing paste  
baths  
compresses  
body spray  
hand sanitizer  
facial toner  
face & body oil  
body scrub

I liken the oils to a highlighter pen, to be used to enhance a certain outcome; drawing it out using the senses, the medicine, and the proper use. Essential oils are not just another tool in the toolbox, they could be the most well used. Stacey Orr shares her advice below:

## breathe

"Our sense of smell and olfactory nerves are a direct pathway to the brain and emotional/mood responses. How? Simply inhale directly from the bottle, or use a diffuser to enjoy."

## love

"Essential oils are an awesome aid to your yoga and meditation practice! How? Make your own yoga mat spray: add 20-25 drops of oils in a spray bottle to mist and wipe down your mat. Other tips: start your diffuser in your home yoga/meditation space (frankincense is an excellent oil). Sniff citrus oils just before practicing sun salutations. For a quick centering/pranayama exercise, use peppermint, rosemary, or eucalyptus (diluted in your palms or in a diffuser) to take several mindful breaths. During savasana, apply a few drops of lavender to a folded tissue and place over your eyes, mindful that the essential oil drops are near your nose."

## nourish

"Our skin is our largest organ, and anything we apply to our skin is absorbed into the blood stream for health/medicinal benefits. How? Dilute 3-5 drops of essential oils per tablespoon of carrier oil (coconut, jojoba, grapeseed, sweet almond) and apply into your bath or massage on your hands/feet. Aromatherapy rollers are also convenient for topical application to pulse points. For example: peppermint diluted in a carrier oil provides great headache relief."

# THE ESSENTIAL TEN BREAKDOWN

*stinkyogi.com*

**Lavender (Lavandula Angustifolia):** When in doubt, use lavender! In addition to being a natural antiseptic, sedative and antidepressant, it provides calming emotional support and induces sleep.

**Lemon (Citrus Limon):** Citrus oils are known for their bright aroma and mood uplifting qualities. Lemon is a natural astringent and antiseptic. Use in your household cleaners/diffuser. It also aids in concentration and mental fatigue.

**Peppermint (Mentha Piperita):** Peppermint is cooling, refreshing and minty. It is a great digestive aid, sore muscle remedy and provides headache relief. It can also aid in mental focus via inhalation, or gargled with salt water as a mouthwash.

**Eucalyptus (Eucalyptus Radiata):** Eucalyptus is primarily used to support the respiratory system. It has a penetrating aroma that aids in lung health, and is also a sore muscle and joint pain remedy. It mixes well with peppermint & rosemary.

**Rosemary (Rosmarinus Officinalis):** Rosemary has a refreshing, herbal and camphorous aroma. It stimulates memory/ mental activity, aids in concentration, and is great for the scalp. It shares similar qualities of peppermint and eucalyptus.

**Tea Tree (Melaleuca Alternifolia):** Tea tree is known for its medicinal and antibacterial properties. It aids in treating wounds (cuts, blisters, fungus, head lice) and fighting viruses. Mix with lavender for skin treatment or eucalyptus, lemon and rosemary for cold/flu treatment.

**Frankincense (Boswellia Frereana):** Frankincense provides emotional support, reduces inflammation, and strengthens the immune system. It is also an excellent spiritual/meditation aid.

**Geranium (Pelagonium Graveolens):** Geranium is a great female tonic: it balances hormones, treats PMS/ menopause, and provides positive emotional support. It also supports liver health and soothes skin issues.

**Marjoram (Origanum Majorana):** Marjoram is a healing oil and wonderful aid for aches/pains, joint swelling, muscle stiffness and cramps. It is also emotionally calming/relaxing and aids in cardiovascular health.

**Ylang Ylang (Canga Odorata):** Like geranium, ylang ylang is primarily used to support emotional and hormonal balance. It reduces blood pressure and is a natural antidepressant. It has euphoric qualities, but is a heavy floral and therefore can be mixed with other oils to soften its aroma.