



# Essential Oils and Aromatherapy Do's and Don'ts

## Aromatherapy for Anxiety

Essential oils are very effective in the treatment of stress and in the encouragement of relaxation.

- Scents of vanilla, orange blossom, rose, chamomile and lavender {and other floral fragrances) have a noticeable calming effect on the way you feel.
- Scents of lavender, sandalwood and nutmeg help you shrug off the ill-effects of stress.
- Patchouli oil helps eliminate anxiety and lifts the mood (it is also said to be an aphrodisiac.).
- Clary sage is a sedative and tonic.
- Ylang-Ylang is euphoric, regulator, sedative, and tonic. Use it in moderation. It can cause headaches in some people.
- Lavender is probably the most useful of them all for relaxation. It is a sedative and a tonic. It helps you to relax, at the same time, it also eases aches and pains, such as headache. Sprinkle four drops on a tissue and inhale deeply for sudden stress. Our ancestors carried with them handkerchiefs perfumed with lavender water or rose water.

The most effective methods for using essential oils to help calm the mind and relax the body include massage, baths, and vaporization. You can use them singly or in combination.

The Following are the characteristics of essential oils useful for anxiety and stress management:

### Calming Oils

Basil, Bay, Bergamot, Cedarwood, Chamomile, Cinnamon, Comfrey, Cypress, Frankincense, Geranium, Hyssop, Juniper, Lavender, Marjoram, Melissa, Neroli (orange blossom), Patchouli, Rose, Sage (Clary), Sandalwood, Ylang Ylang

### Uplifting Oils

Basil, Bergamot, Geranium, Juniper, Lavender, Melissa



### Stress Oils

Chamomile, Geranium, Lavender, Marjoram, Melissa, Peppermint, Sandalwood

### Oils To Avoid In Pregnancy

Basil, Bay, Comfrey, Hyssop, Juniper, Marjoram, Melissa, Sage (Clary)

## Useful Essential Oil Blends

Essential oil combinations are useful for purposes of relaxation and producing a sense of calm. You can experiment with different combinations to determine the effects they produce on you. Try not to mix more than three oils unless it is specifically recommended.

### Here are some suggested combinations:

#### Essential Oil Combination for Anxiety

Marjoram – 1 part Neroli (orange blossom) – 1 part Bergamot – 1 part  
Combination #2

Lavender – 3 parts Bergamot – 2 parts Sandalwood -1 part.

#### Relaxing Blend

The following blend can be used in a vaporizer, for a massage, or in a bath. If you use it for massage, add ½ fluid ounce of carrier oil.

2 drops geranium

2 drops lavender

2 drops sandalwood

1 drop ylang-ylang

#### Anti-anxiety Combination

Mix soothing essential oils such as lavender, jasmine, geranium, ylang-ylang. And bergamot. This can be used by any of the following methods.

Use 50 drops of this blend in a diffuser or an aroma lamp Add 6 drops to a hot bath (stirring gently to disperse) Make a massage oil by adding 10 drops of the blend to one ounce of carrier oil such as almond

## Types of Anxiety: (For Informational Purposes Only).

- Generalized Anxiety Disorder (GAD): Persistent anxiety and worry for at least six months, characterized by restlessness, irritability, muscle tension, fatigue, sleep disturbance, or difficulty concentrating.



- Panic Attack / Anxiety Attack: A sudden experience of apprehension or terror, often with a fear of going crazy, losing control, or impending doom causing heart palpitations, shortness of breath, choking, smothering sensations, chest pain, or light-headedness.
- Phobias: Persistent unreasonable fear that is triggered by intense, unfounded, and enduring fears of a specific object or activity.
- Obsessive Compulsive Disorder (OCD): Recurrent obsessions such as intrusive, persistent thoughts, images, impulses, or compulsions, such as repetitive behaviors.
- Post Traumatic Stress Disorder: The experience or witnessing of events causing profound emotional trauma.
- Hypochondriasis: Unwarranted fear of having a serious disease.

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