

The Brain's Response to Smell (part 2) Essential Bathing for Stress & Insomnia

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6 Stress-Relieving Essential Oils

The best essential oils for stress are chamomile, geranium, lavender, marjoram and rose. "If you're feeling overwhelmed, these pure oils diluted into bath salts, honey or high fat content milk for bathing, may help zap away heavy loads:"

[1] Chamomile "Anti-inflammatory, pain relieving, calming, sedative, relieves headaches and feelings of anger. Use 2 or 3 drops,"

[2] Geranium "Balancing, antidepressant, removes the compulsion to overwork and symptoms of PMS. Use up to 5 drops,"

[3] Lavender According to Shellie Enteen, "Lavender calms emotions, relieves pain, is a sedative, relieves headaches and invokes a feeling of protection. Use up to 10 drops." A 2005 study in the Chronobiology International Journal discovered that "Lavender increased the percentage of deep or slow-wave sleep (SWS) in men and women."

[4] Marjoram According to Enteen, "Marjoram is a strong sedative, relieves deep emotions, calms the heart chakra, thus relieving feelings of grief and loss, an aphrodisiac, it removes sexual interest. Use 3 or 4 drops."

[5] Orange Blossom "Relieves tension and symptoms of anxiety, connects to feelings of purity and serenity, uplifting. Use 2 drops,"

[6] Rose "Relieves anxiety, connects to the energy of the Divine Mother, opens the heart center for feelings of unconditional love for self and others. Use 2 drops,"

How to Choose & Use essential oils

- Be clear on your intent.
- Listen to where your heart is.
- Read about the oils and acknowledge which ones are calling you.
- Try not to choose by scent, but what you feel.
- Use the oils frequently and generously.
- When you apply the oil to your body, breath, and be clear on what you are trying to evoke.
- Then just let the Magik unfold.

You may use more than one oil at a time as long as their purposes compliment each other.



Best for Stress

To alleviate stress and restore calm and peace you can try Kate's Magik essential oils
www.katesmagik.com

[Anointing Oils: Letting Go](#) (top-selling anointing oil) (.5oz amber glass bottle) Scent: Gentle Bulgarian rose otto with rich wood notes and patchouli. Purposes: Very powerful! This healing tonic helps you let go of pain, shame, guilt and blame, and assists in removing unwanted obstacles from your path. Directions: Breathe deeply while applying this oil generously above the heart and/or solar plexus.

[Aura Mists: Purification & Protection](#) (4oz. green plastic bottle with atomizer) This beautifully scented purifying mist will cleanse and balance any atmosphere, help eliminate negativity and bad vibes, cut stagnation or simply refresh and cleanse your space. Use this mist to reinstate a positive ambiance, create a peaceful, safe and spiritual environment and flavor the air with the delicious scent of flower, fruit and wood. A wonderful spray in the bedroom and on the sheets for resting and sleeping. Also great before a meditation, yoga, body work or in a room designed for bathing. Shake well and create your harmony.

[Body Oil Blue Morpho](#) (top-selling body oil) (100m.l violet glass bottle in box) This iridescent blue tropical butterfly, represents transformation and metamorphosis - the ability and willingness to change. Blue Morpho Body Oil will help you grow into your next life-stage with strength and an open heart. Let yourself be guided to the enchanted place that awaits you. Embrace change and visualize your life full of beautiful things. Scent: Vanilla, sandalwood, grapefruit, nutmeg and other essential oils

[Massage Oils: Muscle Works](#) (4oz. amber glass bottle with pump) It travels to the core of your tension and pain to revive your inner fire. It warms and relaxes muscles, helps reduce pain and release tension, while also increasing local circulation and balancing the nervous system. Note: In herb lore marjoram is known to bring on feelings of happiness and ginger is said to cure illness.

[Earth Body Lotion](#) (8oz. amber plastic bottle with pump) The Earth is magnetic, fertile and nurturing. Earth Body Lotion will help you live in the present moment and inspires grounding and empowerment. Captivating Vetiver settles the mind and calms turmoil, while Cedarwood provides stability and strength. Allow your desires to be anchored and awaken your highest

potential. Scent: Vetiver, Cedarwood and other essential oils

[Diffuser Oils: Lavender](#) (5ml.) Lavender Essential Oil is good for many uses and applications. The scent of Lavender is calming for body and mind and can help reduce anxiety, stress and promote sleep. It is an antidepressant and applied to the temples can provide instant relief of stress or even headaches. It is a great healing aid, when applied on burns, scrapes and blemishes. Lavender can be a great help to calm and relax children (ideally diluted in a carrier oil).

Essential Oil Guide

[1] To find good quality, true essential oils visit The National Association for Holistic Aromatherapy's (NAHA) online yellow pages; www.naha.org.

[2] Do not take essential oils internally. Keep out of reach from children.

[3] Essential oils should never be applied directly to the skin. Blend into carrier oils for skin application. Consult a licensed, registered aromatherapist.

[4] Essential oils are powerful concentrates. Remember, "less is more" in the realm of aromatherapy. For example, "Essential oils made from rose plants takes 4,000 pounds of rose petals to make one pound of essential oil." When bathing in essential oil, it's important to stay within required dosage. If overused, a reverse effect may occur.

[5] Read directions for dilution instructions.

[6] Never use essential oils as a substitute for necessary medical care.

[9] Avoid during pregnancy. Ask your doctor.

Good ZZZ-Therapy

Relaxation Routine—The National Sleep Foundation recommends maintaining a relaxing routine such as soaking in a hot bath, reading and listening to calming music.

Maintain Schedule—Keep a regular bed and wake schedule, even on the weekends.

Comfort is Key—A cool, quiet and dark room helps sleep. A comfortable mattress, bedding and pillows ease one into dreamland. Nightwear should be loose-fitting and comfy. Use the bedroom for sleep and sex, not work. It's best not to include computers and TV's in a sleeping environment.

Avoidants—Avoid eating, exercise, nicotine, caffeine and alcohol before counting sheep. For good sleep, it's best to finish eating at least 2-3 hours before bed. Your workout should be complete at least a few hours before going to sleep. Nicotine can create sleep difficulty, and caffeine can keep you up all night. Alcohol can interrupt sleep later in the evening. Eat a well-balanced, healthy diet at normal meal times, exercise daily but not during hours close to a bed schedule.

Good Stress Therapy

Laugh—Laughter is known to improve mood and reduce stress. Surround yourself with those who have a great sense of humor. Watch a funny movie or listen to your favorite comedian.

Aromatherapy—Aromatherapy may be added to your relaxation routine. Every individual is unique, so experiment and pay attention to your responses to particular scents. Since essential oils must be blended with carrier oils for body application—such as unrefined organic apricot nut, sweet almond, coconut, grapeseed, olive or jojoba, it's best to seek dosage advice before applying to skin. In addition to aromatherapy bathing, aromatherapy can be used in massage or vaporized or diffused throughout a room. Look for aromatherapy diffusers or oil burners.

Meditate— Find a quiet spot. Start with a less difficult posture. Meditation is a way in which to clear the mind and relax, improve mood and reduce stress. Meditation is known as Ching Tso, in Chinese terms, which means sitting still with a peaceful mind.

Exercise—Pilates, T'ai Chi and Yoga are great stress busting work-outs.