

Ten Aromatherapy Remedies for Common Health Problems

By Alexandra Carr

When used wisely, essential oils are less likely to cause side effects than most over-the-counter drugs. But it is still advised to use caution. First-time users should perform a simple skin test to avoid allergic reactions. Place a drop of the oil or oil blend on a cotton swab and apply it on the inside of the wrist or inner elbow. Cover with a bandage and don't wash the area for 24 hours. If no itching or redness occurs, the oil should be safe for external use.

The following list of natural remedies is not a substitute for any treatment that has been prescribed by your doctor. If you have a serious medical problem, seek competent medical help.

1. Anxiety/Stress

Soothing oils such as lavender, geranium, ylang-ylang, bergamot and chamomile are great for calming weary nerves, particularly when used together. Mix 2 to 4 of these oils in equal parts and store the blend in a small dark glass bottle.

When you feel anxious, you can use 50 drops of this blend in a diffuser/ aroma lamp. For a hot bath, add 6 drops and for a massage oil add 10 drops of the blend per ounce of a carrier oil, such as almond or olive oil.

Citrus essences (ex. orange, lemon, mandarin) are especially recommended to alleviate stress along with cedarwood and clary sage. To melt away stress at the end of the day, you can blend a combination of 2 or 3 of these essential oils to help you relax. If you have a long commute, put a drop or two of the blend on a tissue or napkin and let it sit on your dashboard. The warmth of the sun diffuses the fragrance and helps you unwind.

Other recommended oils: chamomile, frankincense, lavender, sandalwood, ylang ylang.

2. Arthritis

When arthritis acts up, a blend of aromatic oils massaged into sore joints will help. Add 6 drops each of rosemary and chamomile to 4 ounces of a carrier oil. For extra relief, add 10 drops each of rosemary and chamomile to a warm bath and soak for ten minutes.

Other recommended oils: cedarwood, eucalyptus, lavender, lemon, vetivert

3. Burns (Serious burns need urgent medical attention)

Use a few drops of undiluted lavender directly on the burn.

Other recommended oils: tea tree

4. Depression

Inhaling an uplifting scent is magnificent therapy for depression. Floral oils such as rose and jasmine are recommended but very expensive. Other recommended essences just as effective but 'wallet friendly' are basil, lavender, clary sage, sandalwood, ylang-ylang and citrus oils like grapefruit, lime, mandarin and bergamot.

Choose one that appeals to you, because if you've had a bad association with a particular fragrance, it can make matters worse.

You can inhale the fragrance directly from the bottle or add 3 to 4 drops of your favorite to a tissue, handkerchief or a diffuser. For a warm bath, add 6 to 10 drops. For a massage oil use 10 drops of any one of these oils per ounce of carrier oil.

5. Dermatitis, Eczema and Psoriasis

To soothe inflamed itchy skin, try Roman or German chamomile. Add five drops to a warm bath, soak for ten minutes and apply a soothing body oil. For a body oil; blend 5 drops of chamomile, 10 drops of lavender and 5 drops of bergamot in 2 ounces of a carrier oil.

Other recommended oils: cedarwood, geranium, lavender

6. Drowsiness and Fatigue

To help stay awake on long car trips, use the essential oils rosemary and basil. Put a drop or two of each oil on a napkin or tissue and let it sit on the dashboard. The warmth of the sun or the car heater diffuses the fragrance, which is a great stimulant. This same blend could be used at home or in your office, use an oil burner, electric diffuser or reed diffuser.

To help fight fatigue, place a drop each of rosemary or geranium and basil on a tissue and inhale whenever you need a quick energy boost.

Other recommended oils: eucalyptus, peppermint, grapefruit, lavender, lemon, palmarosa

7. Hair Loss

To stimulate the scalp, try a blend of rosemary and lavender essential oils. Add 6 drops of each to 4 ounces of warm carrier oil, preferably, avocado oil or olive oil as they both stimulate hair growth. Massage the mixture into the scalp and allow it to absorb for 20 minutes. Then wash with your regular shampoo, to which you've added 3 drops of rosemary.

Other recommended oils: clary sage, peppermint, sage, cedarwood.

8. Headaches/Migraines

The cool scent of peppermint can often relieve headache pain. Add a drop of peppermint essential oil to any unscented facial lotion and apply the lotion under the nose and behind the ears. Inhaling the fragrance of peppermint from the bottle can also take the edge off a headache.

To ease the pain of a migraine, surround yourself with the healing aroma of rosemary. At home, massage your face and neck with a solution of 10 drops of rosemary per ounce of carrier oil. Use a few drops of rosemary in a diffuser or aroma lamp to create a soothing atmosphere.

If you're on the road, you can apply a drop or two to a tissue and inhale.

Other recommended oils: chamomile, clary sage, lavender.

9. Memory Problems

Try using equal parts rosemary and geranium essential oils in your diffuser to stimulate the memory. Inhaled scents feed directly into the limbic system, the part of the brain that controls memory and learning. Geranium has antidepressant properties, and rosemary is a general mental stimulant, when combined, they have a stronger effect.

10. Sunburn

A great way to soothe sunburned skin is with a cool aromatic bath. Add 20 drops each of lavender and chamomile essential oils to a tubful of cool water and soak for ten minutes.



100% Natural Essential Oils

Available at www.ClayRemedies.com