

Essential Oils for Relaxation

A Guide and Workbook



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[DIYEssentialOils.com](#) is a website that offers tools and resources to help others learn how to create their own items with essential oils. The site also provides information about the benefits of essential oils and how to use them.

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I INHALE AND
EXHALE SLOWLY
AND DEEPLY. I
RELEASE TENSION
AND ANXIETY.

Relaxing with Essential Oils

When you're feeling stressed, there's nothing like the calming effects of essential oils to bring your mood back in line.

Essential oils are packed with all kinds of therapeutic properties, and they're great for aromatherapy.

Here's a list of some of the most popular essential oils used to promote relaxation:

LAVENDER



Lavender essential oil promotes relaxation by reducing anxiety and stress. It also helps improve sleep quality, reduce pain, and aid in the recovery of physical injuries.

CHAMOMILE



Chamomile essential oil, which has been used in aromatherapy for centuries, is known to help people relax, soothe their nervous system, relieve muscle aches and pains, fight infections and heal wounds faster than other oils.

Relaxing with Essential Oils

GERANIUM



Studies have shown that geranium oil has anti-depressant properties, making it a good choice for anyone who wants to clear their mind and get some restful sleep.

JASMINE



Jasmine is thought to have a calming effect on the mind. Jasmine can be used to help you sleep more restfully and wake up feeling more refreshed.

BERGAMOT

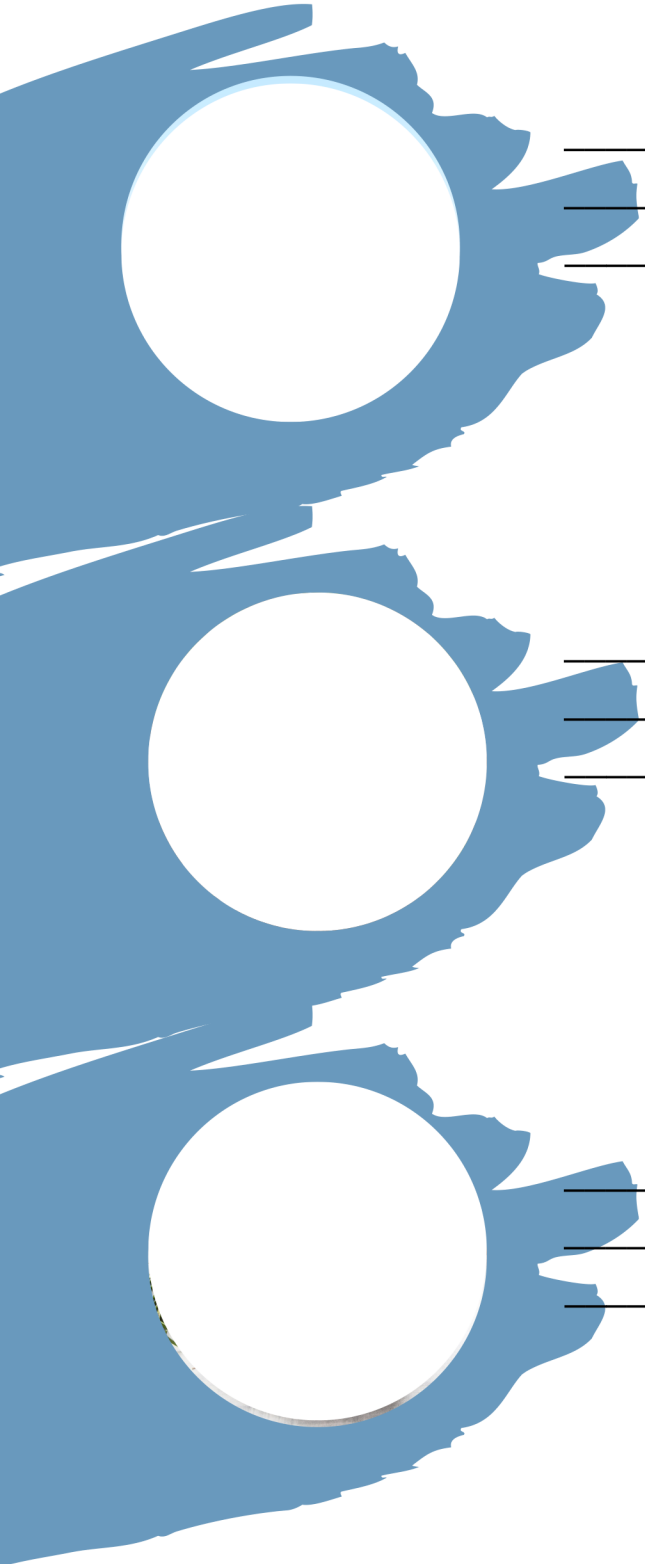


Bergamot oil helps with anxiety and stress, which can allow you to get to sleep. Bergamot oil, when inhaled or applied topically, can lower your heart rate and blood pressure and help with anxiety, stress, and insomnia.

Relaxing with

Essential Oils

Add your favorite relaxing essential research here.



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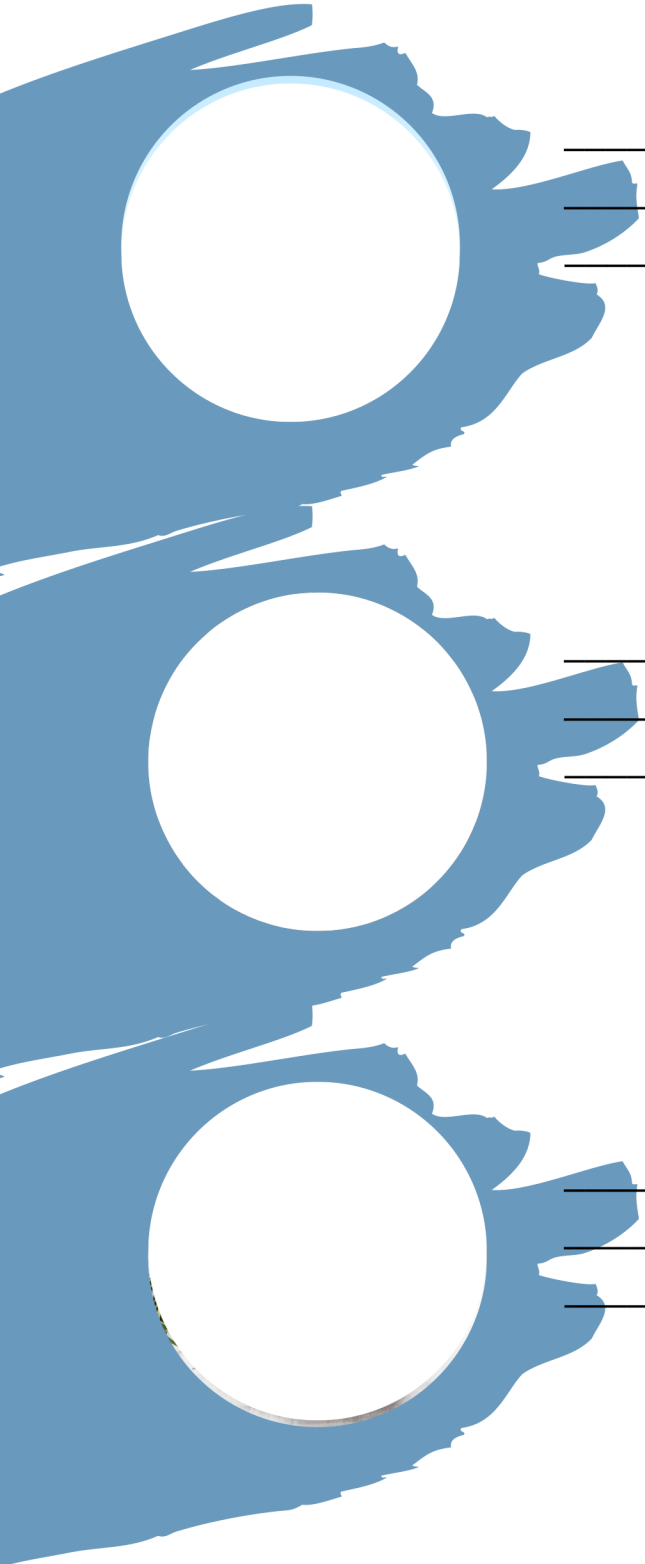
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Relaxing with

Essential Oils

Add your favorite relaxing essential research here.



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ESSENTIAL OIL BLENDS FOR RELAXATION



Blends are a wonderful way to utilize essential oils, calm your mood and help you to relax and rest. There are many wonderful relaxation recipes that can be followed or you can create your own.



To create a blend that will help you relax, you need to start with the right oils. Everybody's experience is with essential oils is different, however, there are a variety of essential oils that have been found to promote a calm and relaxing mood for many.



Essential Oils I Want to Try To
Improve My Relaxation Journey

CREATING YOUR OWN CUSTOM RELAXATION BLEND

Creating your own relaxation essential oil blend is a fairly simple process. Once you've picked out some essential oils that you enjoy, the next step is to mix them together.

It is important to remember to mix and store your essential oils in essential oil safe containers. Once you have all of your supplies, simply mix your oils together and store in a glass bottle for use in your essential oils diffusers, inhalers or room sprays.

COMMON WAYS TO USE A BLEND

1. Electronic Essential Oil Diffuser
2. Ceramic, Wood or Fabric Essential Oil Diffuser
3. Room Spray
4. Essential Oil Inhaler
5. Essential Oil Jewelry

RELAXATION ESSENTIAL OIL DIFFUSER BLEND RECIPES

Simply add the essential oils to your diffuser and enjoy the relaxing and calming effects.

BASIC RELAXATION BLEND

- 2 drops of Lavender Oil
- 2 drops of Orange Oil
- 1 drop of Ylang-Ylang Oil
- 1 drops of Patchouli Oil

TRIPLE THE CALM BLEND

- 2 drops of Lavender Oil
- 1 drops of Orange Oil
- 2 drops of Frankincense Oil

ANTI-STRESS BLEND

- 3 drops of Bergamot Oil
- 2 drops of Patchouli Oil
- 3 drops Ylang Ylang Oil

LAVENDER BLISS

- 2 drops of Lavender Oil
- 2 drops of Chamomile Oil
- 2 drops Ylang Ylang Oil

CALM YOUR SPIRIT BLEND

- 1 drops of Ylang-Ylang Oil
- 3 drops of Lavender Oil
- 1 drops of Orange Oil
- 2 drops of Geranium Oil

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RELAXING AFTER A CHALLENGING DAY BRINGS CALM.

Remember to always remain open to discover new and different ways to relax. You can even employ various relaxation techniques to relax and rejuvenate.

Do I make relaxing a priority in my life?

Being busy is a part of most everybody's life. Whether you are busy at your job, your business or managing your home. It is very important to take the time to relax.

Some days will always be more hectic and challenging than others.

When you are having an especially challenging day, taking the time to revive and refresh is essential.

What time of day can I take 30 minutes to refresh and renew?

11 12 1
10 2
9 . 3
8 4
7 6 5



What are the main ways I rejuvenate?

WEEKLY RELAXATION WORKSHEET

Where and how will you plan your relaxation time this week?

monday

tuesday

wednesday

thursday

friday

saturday

sunday

checklist


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notes

MY RELAXATION HABIT TRACKER

Taking time to relax and recenter is an important part of every day. Use this tracker to document your journey to becoming more mindful and caring of letting your mind and body rest.

Relaxation Method	M	T	W	T	F	S	S
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*The best bridge
between despair and hope
is a good night's sleep.*

E. Joseph Cossman

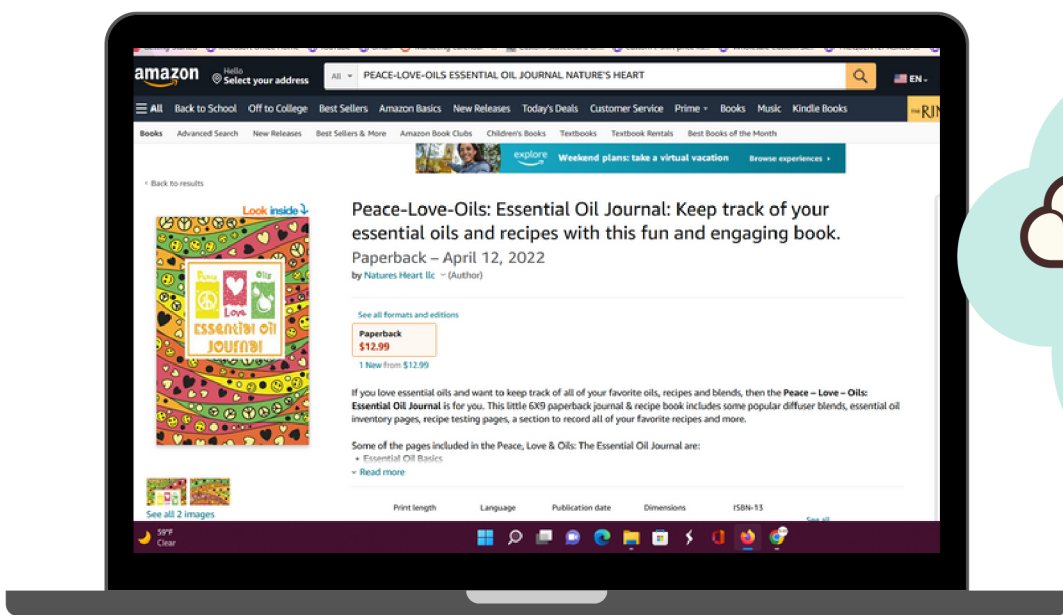
A quote graphic with a white torn-paper background on a teal background. The quote is centered on the white paper. At the top of the white paper is a large, dark grey double quote symbol. The teal background shows a blurred outdoor scene with a path and trees.

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Remember
planning time to
relax is not selfish, it
is a necessary part
of your day.

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