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Calming *Anxiety* Naturally

ESSENTIAL OILS FOR RELAXATION AND PEACE OF MIND

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EXPLORE THE BENEFITS OF USING ESSENTIAL OILS FOR ANXIETY
AND SHARE SOME OF THE BEST ESSENTIAL OILS THAT CAN HELP
YOU RELAX AND CALM YOUR MIND.



Anxiety

Anxiety is a common mental health condition that can be debilitating and affect every aspect of your life, including your work, relationships, and overall quality of life. Anxiety can manifest in different ways, including racing thoughts, difficulty sleeping, and physical symptoms such as headaches and muscle tension.

While there are various treatments available for anxiety, many people prefer natural methods such as essential oils to manage their symptoms. Essential oils are natural plant extracts that have been used for centuries for their therapeutic benefits. They contain potent properties that can help soothe the mind and body and promote relaxation.

In this article, we will explore the benefits of using essential oils for anxiety and share some of the best essential oils that can help you relax and calm your mind.



The Benefits of *Essential Oils for Anxiety*

Essential oils are derived from various parts of plants, including flowers, leaves, and stems. They contain volatile compounds that have therapeutic properties and can affect the body and mind in various ways. Essential oils can be used in several ways, such as inhalation, topical application, or ingestion, although it is important to use them safely and appropriately to avoid adverse effects.

Inhalation of essential oils is a popular method of use for anxiety because it can help promote relaxation and reduce stress levels. When you inhale essential oils, the molecules are carried to the olfactory system, which is responsible for our sense of smell. The olfactory system is connected to the limbic system, which is the part of the brain that regulates emotions, memory, and behavior. Inhalation of essential oils can, therefore, affect the limbic system and promote relaxation and calmness.

Topical application of essential oils can also be beneficial for anxiety because the skin can absorb some of the volatile compounds. However, it is important to dilute essential oils with a carrier oil before applying them to the skin to avoid irritation or allergic reactions. Ingestion of essential oils is not recommended for anxiety because some oils can be toxic when ingested or interact with medications.

Lavender Essential Oil

Lavender essential oil is one of the most popular essential oils used for relaxation and promoting better sleep. Lavender has a calming and soothing effect on the mind and body, making it an excellent oil to use before bed. Lavender essential oil has been shown to reduce anxiety levels in various studies, including a 2012 study that found that inhaling lavender essential oil reduced anxiety levels in patients undergoing coronary artery bypass surgery. Lavender essential oil can also help reduce stress levels and promote relaxation.



Bergamot Essential Oil

Bergamot essential oil has a fresh and citrusy aroma that can help uplift your mood and reduce stress and anxiety levels. Bergamot essential oil is known for its ability to promote better sleep and reduce insomnia. A 2015 study found that inhaling bergamot essential oil reduced anxiety levels and improved mood in patients undergoing urological surgery. However, it is important to note that bergamot essential oil can increase sensitivity to sunlight, so it is important to avoid exposure to sunlight or UV rays after applying it topically.



Ylang-Ylang Essential Oil

Ylang-ylang essential oil has a sweet and floral scent that can help reduce anxiety levels and promote relaxation. Ylang-ylang essential oil is also known for its ability to improve mood and reduce symptoms of depression. A 2006 study found that inhaling ylang-ylang essential oil reduced anxiety levels and increased calmness in healthy volunteers. Ylang-ylang essential oil can also help promote better sleep and reduce insomnia.



Frankincense Essential Oil

Frankincense essential oil has a warm and spicy aroma that can help promote relaxation and reduce anxiety levels. Frankincense essential oil is known for its ability to help with deep breathing and meditation, making it an excellent oil to use during yoga or other relaxation practices. A 2016 study found that inhaling frankincense essential oil reduced anxiety levels in patients undergoing hemodialysis. Frankincense essential oil can also help reduce inflammation and boost immunity.



Roman Chamomile Essential Oil

Roman chamomile essential oil has a sweet and fruity scent that can help reduce anxiety levels and promote relaxation. Roman chamomile essential oil is known for its calming and soothing properties, making it an excellent oil to use before bed. A 2013 study found that inhaling roman chamomile essential oil reduced anxiety levels in patients undergoing coronary angiography. Roman chamomile essential oil can also help reduce inflammation and improve digestion.



Cedarwood Essential Oil

Cedarwood essential oil has a warm and woody scent that can help promote relaxation and reduce anxiety levels. Cedarwood essential oil is known for its grounding and calming properties, making it an excellent oil to use during meditation or yoga. A 2017 study found that inhaling cedarwood essential oil reduced anxiety levels in patients with chronic obstructive pulmonary disease (COPD). Cedarwood essential oil can also help improve focus and concentration.



How to Use Essential Oils for *Anxiety*

There are various ways to use essential oils for anxiety, including:

1

INHALATION:

Add a few drops of essential oil to a diffuser or inhale directly from the bottle.

2

TOPICAL APPLICATION:

Dilute essential oil with a carrier oil such as coconut oil or jojoba oil and apply to the skin, such as the temples, wrists, or chest.

3

BATH:

Add a few drops of essential oil to a warm bath and soak for 15–20 minutes.

4

MASSAGE:

Add a few drops of essential oil to a carrier oil and use for massage.

It is important to use essential oils safely and appropriately to avoid adverse effects. Always dilute essential oils before applying them to the skin and avoid ingesting essential oils unless under the guidance of a qualified aromatherapist.

Conclusion

Anxiety is a common mental health condition that can be debilitating and affect every aspect of your life. While there are various treatments available for anxiety, many people prefer natural methods such as essential oils to manage their symptoms. Essential oils are natural plant extracts that have been used for centuries for their therapeutic benefits. They contain potent properties that can help soothe the mind and body and promote relaxation. Some of the best essential oils for anxiety include lavender, bergamot, ylang-ylang, frankincense, roman chamomile, and cedarwood. By using essential oils in a safe and appropriate manner, you can effectively manage your anxiety and promote relaxation and peace of mind.

If you are struggling with anxiety, incorporating essential oils into your self-care routine can be a great way to promote relaxation and reduce your symptoms. However, it is important to note that essential oils should not replace any medication or treatment plan prescribed by your healthcare provider. It is always best to discuss any new self-care practices with your healthcare provider before starting them.

In addition to using essential oils, there are other natural ways to manage anxiety. These include:



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1

EXERCISE:

Regular exercise can help reduce anxiety levels and improve overall mood.

2

MINDFULNESS PRACTICES:

Practices such as meditation, deep breathing, and yoga can help promote relaxation and reduce anxiety levels.

3

HEALTHY DIET:

Eating a balanced diet with whole foods can help reduce inflammation and improve overall health.

4

ADEQUATE SLEEP:

Getting enough sleep is important for overall health and can help reduce anxiety levels.

5

SOCIAL SUPPORT:

Spending time with loved ones and building a support system can help reduce feelings of loneliness and anxiety.

Incorporating these natural practices along with essential oils can help manage anxiety symptoms and promote overall well-being.



Remember Anxiety is a common mental health condition that can be managed with various treatments, including natural remedies such as essential oils. Lavender, bergamot, ylang-ylang, frankincense, roman chamomile, and cedarwood are some of the best essential oils for anxiety. By incorporating essential oils into your self-care routine and other natural practices such as exercise, mindfulness, a healthy diet, adequate sleep, and social support, you can effectively manage your anxiety and promote relaxation and peace of mind. As always, it is important to discuss any new self-care practices with your healthcare provider before starting them.

