HOW TO USE AROMATHERAPY TO REDUCE STRESS, IMPROVE SLEEP AND BALANCE EMOTIONS
List of calming Essential Oils
good to relieve stress and improve quality of sleep

• True lavender
• Geranium rosat
• Petit grain
• Cedarwood
• Juniperus virginiana
• Marjoram
• Mandarin
• Chamomilla
• Neroli
• Sweet Orange
• Patchouli
• Rosewood
• Vetiver
• Basilic ct linalol
• Frankincense
• Myrrh
• Myrte vert
• Ylang ylang
How to use Essential Oils

A little not too much

- Diffusion with a diffuser,
- Inhalation directly from the bottle,
- With an inhaler
- Topical application of EO diluted in a carrier oil (jojoba, sweet almond, apricot kernel), or in an unscented lotion,
- Inhale the bottle (emergency use)
Dosages of Essential Oils

EO are very concentrated

For a Roll-On of 10 mL (number of drops)

- 1%: 2 drops
- 2%: 4 drops
- 5%: 10 drops
- 10%: 20 drops

For Kids and pregnant women: 1% to 2%

5%-10% General action

For an Inhaler

Adults: 18 drops
Kids: 6 drops

In a diffuser

Don't diffuse all the time
Respect the recommendations
Lower stress
and improve sleep

• **an inhaler : (Adults)**
  – 6 drops of Frankincense
  – 6 drops of Lavender
  – 2 drops of Chamomilla
  – 4 drops of Marjoram
  – 6 to 8 drops for a child
  • You can keep it up to 2 months

• **in a 10 mL Roll-On : (Adults)**
  - 5 drops of lavender
  - 3 drops of sweet orange
  - 3 drops of frankincense
  - Complete to the top with almond oil
  • Apply twice a day on your wrist and inhale it too
  • Not more than 15-21 days after, you stop one week and you can start again

• **in a diffuser**
  - 5 drops of Lavender (or orange)
  - 2 drops of Frankincense
  - 3 drops of Marjoram
  • Before you go to bed.
  • But don’t let it while you are sleeping
## Essential oils and Emotions

<table>
<thead>
<tr>
<th>Essential oils</th>
<th>Therapeutic properties</th>
<th>Emotional / energetic quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roman chamomile Chamaemelum nobile</td>
<td>Analgesic, anti-inflammatory, antispasmodic, sedative, Digestive aid, skin healing</td>
<td>Calms, soothes and sedates, reduces anxiety and over-thinking, Harmonizes</td>
</tr>
<tr>
<td>Geranium Pelargonium roseum x asperum</td>
<td>Analgesic, anti-inflammatory, antibacterial, antispasmodic, antidepressive, skin healing</td>
<td>Increases imagination and intuition, Protects from disturbing energy, Increases capacity for intimate communication, Supports one’s ability to receive and to give</td>
</tr>
<tr>
<td>Grapefruit Citrus paradisi</td>
<td>Analgesic, anti-inflammatory, antibacterial, antidepressive, cooling</td>
<td>Uplifting and cleansing, Highly energetic, Reduces tension and depression, Happiness</td>
</tr>
<tr>
<td>True lavender Lavandula angustifolia</td>
<td>Analgesic, anti-inflammatory, antiallergen, antibacterial, antispasmodic, sedative, skin healing</td>
<td>Calms, soothes, nurtures, encourages balance in all body systems, Reduces anxiety and fear, Helps calm and control panic attacks</td>
</tr>
<tr>
<td>Frankincense Boswellia carterii</td>
<td>Analgesic, anti-inflammatory, cicatrizant, immunostimulant, skin healing</td>
<td>Supports reflection and introspection, Encourages emotional healing on all levels, Quiets the mind, Supports focused attention and tranquility</td>
</tr>
<tr>
<td>Laurel leaf Laurus nobilis</td>
<td>Analgesic, anti-inflammatory, antispasmodic, decongestant</td>
<td>Uplifts the mind and thoughts, Help focus attention and concentration, Moves stuck energy</td>
</tr>
<tr>
<td>Petit grain Citrus aurentium ssp bergamia</td>
<td>anti-inflammatory, antispasmodic, calming, skin healing</td>
<td>Calm, Increases confidence and creativity, uplifting</td>
</tr>
<tr>
<td>Rosemary Rosmarinus officinalis ct. 1, 8 cineole</td>
<td>Analgesic, anti-inflammatory, antibacterial, antifungal, antispasmodic, expectorant, liver support</td>
<td>Stimulates and strengthens the minds, Energizes and uplifts, Encourages clarity</td>
</tr>
<tr>
<td>Black spruce Picea mariana</td>
<td>Analgesic, anti-inflammatory, antispasmodic, decongestant, warming</td>
<td>Self-confidence, creativity, joy, happiness, uplifting</td>
</tr>
<tr>
<td>Cedarwood Juniperus virginiana</td>
<td>anti-inflammatory, antibacterial, antispasmodic, sedative, wound healing</td>
<td>Increases endurance during difficult times, Support confidence in challenging situations, Grounding</td>
</tr>
</tbody>
</table>

Sources: from Aromahead certification courses and Olfactotherapy – Gérault and all.
In the US:

- **Aromatics International**: https://www.aromatics.com/ (very good quality)
- **Mountain Rose Herbs**: https://www.mountainroseherbs.com/
- **Florihana**: http://www.florihana.com/en/ (organic EO)
- **Plant Therapy**: http://www.planttherapy.com/: you can find them on Amazon

**Worldwide:**

- Florihana