

# Essential oils for Stress & Inflammation

Creating Balance with Nature

[www.mettawellness.net](http://www.mettawellness.net)



# Guided Meditation

- ❖ Guided meditation, with essential oils, calms the mind body connection
- ❖ Creating a space to settle in can help with stress and reduce inflammation
- ❖ Adding to a wellness routine builds strength in the immune system over time
- ❖ Restore balance and inner peace
- ❖ Increases self awareness
- ❖ Anchoring in true self
- ❖ Adding Essential oils to your guided meditation takes the mediation to a higher level
- ❖ Takes the edge off
- ❖ Brings us into alignment with self, life, coming into true self

# Look at the Root cause:

- ❖ Stress can cause inflammation or inflammation is the cause of your stress
- ❖ Self-care, if your running on empty, pushing and not doing self care, this can show in stress = inflammation
  - Self-care is key to lower the stress, inflammation cycle
- ❖ Old injury, emotional and physical = stress and inflammation
- ❖ Repetitive motions
  - Over time, overuse of joints or muscle areas of the body can cause inflammation

Understanding the root cause of the stress and inflammation will give you a place to start and work from

# How to use Oils for stress & inflammation:

## ❖ Massage oils:

- Adding essential oils to a base oil, coconut for cooling or mustard oil to heat, sesame for neutral
- Massaging oils into area of stress or injury

## ❖ Roller bottle:

- Adding essential oils to a base oil, coconut for cooling or mustard oil to heat, sesame for neutral
- Apply to bottoms of feet before bed, on wrist points, back of neck for stress, or area of inflammation

## ❖ Spritzer:

- Add essential oils to a spray bottle with distilled water and witch hazel
- Spritze when you need calm, lower the stress or to uplift and move to reduce the inflammation

## ❖ Bath:

- Add essential oils directly to the bath water to calm mind and reconnect to the body
- Add essential oils in with epsom salts to reduce stress and inflammation / cleanse

## ❖ Room diffuser:

- Perfect way to start day and uplift or calm at the end of the day helping reduce stress & inflammation

# Essential oils & how I use them

- ★ Balance Blend: VPK = connects mind and body creating harmony, perfect for diffuser or room spritzer
- ★ Bergamont: VK- P+ calming & uplifting, perfect for stress due to anxiety
- ★ Black Pepper: K- VP+ heating, used for inflammation to bring in circulation to the area
- ★ Breathe: V+PK- refreshing, opens the lungs, clearing. Use for inflammation due to stress, helps with stress related sleep issues
- ★ Cardamon: VK-P+ heating, brings in a positive, stimulates the mind
- ★ Cinnamon: : VK-P+ heating & drying, best for circulation, uplifting
- ★ Clary Sage: VPK- warming & cooling, used to empower and relax

# Essential Oils & how I use them

- ★ Clove: KV-P+ heating, strengthening to the muscular system
- ★ Deep Blue: VP-K+ soothing & cooling, pre-workout oil, or on strained muscles
- ★ Eucalyptus: KV-P+ heating, relaxing, lung opener
- ★ Ginger: VK-P+ warm & drying, used in blends for grounding & circulation
- ★ Grapefruit: KV-P+ warm & drying, stimulates positive self-esteem, helps with muscular and nerve issues
- ★ Lavender: PK-V+ cooling & heating. Calming - reduces stress, relaxing & uplifting
- ★ Peppermint: PK-V+ cooling & stimulating, calms the nerves, heart opener
- ★ Rosemary: KV-P+ heating & drying, circulation, lung opener
- ★ Wild Orange: VK-P+ heating, anti-inflammatory, uplifting - helps with mood, stress

# Blending Essential Oils

