

# **Integrative Balance Psychotherapy & Wellness Coaching**

## **- Essential Oils -**

Note: If you experience adverse side effects from an essential oil, or suspect you have a sensitivity or allergy to an essential oil, please discontinue use immediately. If you have a serious allergic reaction, please use reasonable judgment, seeking immediate and appropriate medical help/guidance.

### **What Are Essential Oils?**

Essential oils are natural oils that have been extracted from trees, shrubs, grasses, and flowers. Essential oils are typically extracted through a distillation process—resulting in highly concentrated extract. These oils have a variety of proven uses—with different plants providing different emotional, mental, and physical health benefits. From antiviral and antibacterial topical application to calming aromatherapy, essential oils are a versatile and generally low-risk solution to a variety of health concerns.

### **Choosing an Essential Oil**

1. Identify 2-4 essential oils that could work for the particular emotional or mental health concern (using the guide toward the bottom of this document)—e.g. lavender, bergamot, or sandalwood for anxiety.
2. Most stores that sell essential oils have “tester” bottles placed out for consumer testing. Determine which of the potential 2-4 essential oils smells the most appealing and pleasant to you. If you can afford to, purchase more than one essential oil to try out at home, in order to determine which ones are the most effective for you. Notably, essential oils can be combined together as well, to create unique blends. Many stores will also sell ready-made blends for common ailments, such as anxiety or low mood. These can be effective options.
3. Once you purchase high-grade (i.e. “therapeutic grade”) essential oils, follow the “Common Methods of Use” section below.

### **Common Methods of Use**

- Diffuser – There are a variety of essential oil diffusers sold on the market. These diffusers use heat (created by candle or electricity) to warm the essential oil and release it into the air. Typical dosage: 1-6 drops of essential oil added to 1-6 ounces of water, depending on diffuser.
- Light Bulb – Heat is generated by most light bulbs. If a light fixture has been on long enough for the bulb to be warm, a small amount of essential oil can

be placed on the bulb to release essential oil molecules into the air. Typical dosage: 1 drop.

- Room Spray – One can also distribute an essential oil throughout a room using a new/clean spray bottle. Merely combine the essential oil with warm water in the spray bottle, shake, and spray where desired. Typical dosage: about 4 drops per 1 cup of water.
- Bath – Essential oils can be added to a warm bath. Merely fill the bath tub with warm water, shut the bathroom door (to maximize effect), and add the appropriate essential oil to the bath water. Typical dosage: 8 drops or less.
- Massage Oil – Essential oils can also be used topically. However, the essential oil should be diluted with a carrier/base oil (e.g. olive oil, vegetable oil, almond oil, peanut oil) before it is placed on the skin. Merely mix the essential oil and carrier oil in a glass container and then apply topically. Typical dosage: 4 or less drops per teaspoon of carrier/base oil.

### **Essential Oils for Stress and Anxiety**

- Geranium
- Lavender
- Sandalwood
- Basil
- Bergamot
- Cardamom
- Grapefruit
- Vetiver
- Rose
- Palma Rosa

### **Essential Oils for Depression**

- Grapefruit
- Tangerine
- Rose
- Bergamot
- Orange
- Ylang Ylang
- Geranium

### **Essential Oils for Focus and Concentration**

- Rosemary
- Lemon
- Peppermint
- Vetiver
- Sandalwood

### **Essential Oils for Insomnia**

- Lavender
- Bergamot
- Sandalwood
- Valerian
- Chamomile