



Relaxing Essential Oils

- lavender
- rose
- vetiver
- bergamot
- Roman chamomile
- neroli
- frankincense
- sandalwood
- ylang-ylang
- orange or orange blossom
- geranium

Aromatherapy works through the sense of smell and via skin absorption.

They were known to have both physical and psychological benefits. Especially when combined with yoga, relaxation, and mindfulness.

Using scents Aromatherapy to boost mood has been suggested in several studies suggest that to decrease anxiety and improve sleep, promoting deeper relaxation.

Experiment with which oils work best for you and practise blending oils to create your own recipes.

Aotearoa Life Education Foundation



AROMATHERAPY FOR RELAXATION



AOTEAROA
LIFE EDUCATION
FOUNDATION

RELAX WITH
ESSENTIAL OILS

Use Essential oils in a variety of ways to promote Relaxation:

- diffusers
- aromatic spritzers
- inhalers
- bathing salts
- body oils, creams, or lotions for massage or topical application
- facial steamers
- hot and cold compresses
- clay masks



Essential oils in any number of ways, such as add them to body lotions or massage oils and apply them topically.

Add to, shampoo, or conditioner or incorporate them into liquid soap, toothpaste, or mouthwash. You can also diffuse or spritz the oils throughout a room or pour them into a bath.

