



## Benefits of Essential Oils

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"Essential oils can help relax the body, help you sleep, reduce headaches and enhance massage therapy," says Thurman.

### *Health benefits of aromatherapy*

- **Chamomile:** Reduce stress o Clary sage: Promote relaxation
- **Eucalyptus:** Clear sinuses
- **Ginger:** Reduce nausea
- **Lavender:** Better sleep
- **Lemon:** Increase happiness, improve concentration o Peppermint: Boost alertness, reduce headaches
- **Rosemary:** Increase focus
- **Sweet orange:** Reduce anxiety
- **Ylang-ylang:** Decrease stress

### *Popular essential oil blends*

- Clary sage + chamomile
- Clary sage + lavender + peppermint
- Eucalyptus + lemon + rosemary + peppermint
- Lavender + chamomile o Lavender + rosemary + lemon o Lemon + lavender + peppermint
- Peppermint + orange

### *How to use essential oils*

- Add a few drops to a spray bottle filled with water and spritz on your pillow and sheets
- Apply a few drops to a cotton ball, then put the cotton ball in your car's air vent
- Put a few drops in your bath tub o Rub oil on your pulse points
- Use an oil diffuser or vaporizer