

Essential Oils

The power to change your moods and symptoms!



The Power of Scent

- Our sense of smell – is the strongest of our senses. It can change your mindset, and lift / calm your moods
- You'll associate a memory to a smell more so than other senses
- Essential oils will have a positive effect on our body chemistry **only** if you like the smell
- You're immediately sending a powerful message directly to your limbic system which in turn influences your hormones, nervous system, and your ability to withstand disease



Essential Oils for your health

- Essential oils are nature's medicine cabinet, don't interrupt liver function and can aid cleansing
- For hormones – Clary Sage,
- For stress relief - Geranium
- For Calming – Lavender, Chamomile
- For Cooling – Peppermint
- To uplift your mood – Citrus scents

Blossom Menopause cream combines these for you!

Essential oils can lift your mood in seconds!



Calming

Cooling



Cleansing

Hormone Balancing



Uplifting

Essential Oils for your health 2

- For fatigue – Sandalwood ‘Santalum Spicatum’ specifically
- For clarity and focus – Rosemary sniffed/diffused
- To ease a sore throat - Tea tree one drop gargled in water
- Detox – 2 drops of lemon or grapefruit in a litre of water, flavours it throughout the day
- Rebalance the pH of your facial skin – rose water
- For cleansing – Sweet orange and lavender in a base oil like apricot kernel (specifically isn’t absorbant)
- For dry / problematic skin – facial oils (oshadhi.co.uk do a great range) very absorbent with properties to heal/balance skin



Calming

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Essential Oils – How to use

- Sniff gently to contact your limbic system – brain chemistry!
- Inhale gently to the lungs – opening and relieving . Also Steam inhalation for congestion
- Put a few drops into an oil burner/ diffuser – for short lengths of time eg citrus 2 hours, woods / herbs 4 hours
- Mix with a base oil (olive, coconut, sweet almond) to pop in a foot soak/ bath, or mix with Epsom salts (Magnesium)



Want to know more?

- Watch the you tube video I recorded on the basics of essential oils, and how to embrace how wonderful and useful they are!
- <https://youtu.be/v580Q4IbPu0>
- Need a Blossom top up, use discount code BLOSSOMCM for 15% off here:
- https://pinkandgreenskincare.co.uk/product-category/body-skincare-products/menopause-relief/?wpam_id=15



Cooling



Hormone Balancing



Uplifting