



Aromatherapy for Stress

By Danielle Ross

STRESS! Everybody experiences it from time to time. But how do we manage it? Well, one way to manage stress is with aromatherapy. [Evidence](#) shows that aromatherapy can affect our physiologic and cognitive functions. The best way to experience aromatherapy is through inhalation. You can put a couple of drops on a cotton ball or use a diffuser. Below here is a list of some commonly known essential oils for stress relief and grounding.

Essential oils for stress relief:

Lavender	Sage	Ylang Ylang
Chamomile	Rose	Mellissa
Orange	Frankincense	Cedarwood
Jasmine	Geranium	Sandalwood
Pine	Myrrh	Tangerine
Vetiver		

*Add a couple of drops to some Epsom salt and sprinkle in a nice warm bath.

Diffuser recipes for stress relief:

Tranquility

3 drops Lavender
3 drops Cedarwood
3 drops Pine

Stress Be Gone

3 drops Sandalwood
3 drops Frankincense
2 drops Sage

Relaxation

3 drops Lavender
2 drops Chamomile

Pick me up

3 drops Orange
3 drops Tangerine
3 drops Cedarwood

Uplifting

2 drops Lavender
2 drops Cedarwood
4 drops Orange

Just Breathe

3 drops Lavender
2 drops Peppermint
3 drops Cedarwood

Grounding

2 drops Frankincense
2 drops Chamomile
2 drops Orange

Peace

3 drops Myrrh
3 drops Orange
3 drops Tangerine

Meditation

3 drops Myrrh
3 drops Frankincense
3 drops Sandalwood