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Best Essential Oils for Joint Pain

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Did you know that essential oils can be highly beneficial for people who suffer from arthritis or joint ache? Though winter is considered to be the time for holiday cheer, this is also the season when people experience strong pain in the joints caused by arthritis. According to statistics, more than 1 every 5 adults or 23 percent of the world population experiences this health issue. Though there are various treatments that promise positive results, essential oil method is one of the safest and most efficient ones.

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Which Essential Oils Should You Use?

After you learn which essential oils are capable of treating joint ache, you will no longer have to poison your body with over-the-counter meds. These oils are *juniper, lavender, eucalyptus, rosemary, peppermint, orange, turmeric,* and *ginger*. What's more, mint and eucalyptus oil are commonly added to different ointments and lotions aimed to alleviate joint ache, but against respiratory problems too. You can either rub the oil onto the affected areas or the chest or pour several drops in a vaporizer and improve your breathing.

Recipe for Essential Oil Blend against Joint Ache

8 drops of eucalyptus oil

10 drops of peppermint oil

12 drops of lavender oil

10 ml roller bottle

Carrier oil

Use: Gently massage the painful areas of the body, twice per day.

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