PLANTS & HERBS

The 5 Best Essential Oils to Relieve Your Anxiety

By bestfolkmedicine · 20/03/2020 · 2 min read



Essential oils are fragrant liquids that are derived from flowers, fruits, and plants. According to research, aromatherapy with specific essential oils may be beneficial for relaxation and reducing anxiety.

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Aromatherapy is a practice of inhaling their scent to better the well-being. One of the theories about how they work is by stimulating the receptors in our nose which message the nervous system.

They're designed for inhalation or topical application which requires diluting it with carrier oil prior to application.

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Essential oils shouldn't be ingested because some can be toxic!

In this time of a pandemic and self isolation and social distancing, there's a lot of pressure, stress, and anxiety and we need to find ways to manage all of this.

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Essential oils may be one natural way to reduce your anxiousness and overthinking. Below, check out the 5 best essential oils for this…

5 Best Essential Oils to Alleviate Anxiety

- **Lavender**

Lavender, according to one 2012 research, can calm anxiety by affecting the limbic system, a part of our brain which controls our feelings.

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You can add several drops to your bath water or add it to an unscented bath gels.

- **Valerian**

This herb has been part of our lives since ancient times.

It's considered to have compounds which help better the sleep and calm down the nerves and has a mild sedative impact on our body.

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You can add several drops of it in a diffuser and inhale it prior to sleep or when you want to relax in the evening…

- **Jasmine**

The scent of jasmine is floral and amazing. In a 2013 study, it was concluded that its inhalation can encourage a feeling of well-being and romance.

It calms down the nervous system, but it doesn't make you sleepy. Inhale it directly from the bottle or add several drops into a diffuser.

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- **Chamomile**

Did you know that chamomile has relaxing and sedating properties?

According to one research, chamomile supplements helped individuals with a mild to moderate anxiety disorder.

You can massage several drops of the oil onto your temples or add it to your warm bath.

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- **Frankincense**

This oil is made from the resin of the Boswellia tree- its musky and sweet aroma is believed to reduce anxiety.

In a 2008 study, aromatherapy massaging of the hands with a blend of frankincense, lavender, and bergamot helped lower depression, pain, and anxiousness in people with terminal cancer.

Massage several drops of it onto your feet or hands or add it in a diffuser when feeling anxious.

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