**Essential Oils for Stress and Anxiety**

If you are dealing with anxiety and stress, there are many natural remedies that you can use alone or in addition to other treatment. One such remedy to alleviate this stress is through the use of essential oils.

Your nervous system as well as the chemistry of your brain can be affected by the properties of various essential oils.

Here are a few oils that can help you conquer anxiety and stress naturally.

**Lavender**

Lavender essential oil always seems to come up first on almost any essential oils list. It is multipurpose and one of the easiest essential oils to access.

One of lavender’s main benefits is its soothing properties. It is highly effective against anxiety and should be a staple in anyone’s essential oil collection.

**Chamomile**

This is another popular stress-relieving oil. Roman chamomile is used to calm nerves and promote relaxation. German chamomile can bring pain relief and has anti-inflammatory properties, so if being unwell is adding to your stress load, this variety can help ease that.

**Ylang Ylang**

Ylang ylang has a unique, pleasant smell and is excellent for helping you unwind when dealing with a long, stressful time period in your life. It is a known mood booster and has the capacity to lift your feelings at the end of a bad day. Use it in the morning, before bed or anytime you need a pick-me-up.

**Frankincense**

Frankincense is an oil that has been used for thousands of years. It has a timeless scent and it is known to bring feelings of peace, relaxation, and well-being to those who use it.

It is one of the more expensive oils, and although it can be used alone, it is also effective when used in combination with some of the other anti-anxiety oils.

**Lemon**

This essential oil is bright and cheery, and perfect for beginning a long day that is sure to include some ups and downs. It is known to affect the autonomic nervous system in a positive way.

Many people associate good feelings with the scent of lemon, and this alone is reason to put some lemon oil into your cabinet of natural remedies.

**How to Use the Oils**

Essential oils have been shown to enter the bloodstream when they are inhaled or applied topically. They can be diffused alone, or in a combination of oils that team up to combat a specific problem, which in this case is stress and anxiety.

Essential oils can be diluted with a carrier oil and applied to the feet before bed for a good night’s sleep without all-night worrying. Experiment to find the combination that you love and that brings you feelings of peace. Use any carrier oil that you like - whether it be almond, apricot, olive, coconut, avocado or anything else you have on hand.

Essential oils deserve a place in your line-up of ways to deal with anxiety. Remember that if you have tried natural remedies and nothing seems to be helping, it is worth a trip to the doctor to find out if there is something going on that may warrant some extra help.

With the assistance of essential oils in combination with healthy lifestyle changes and the guidance of a doctor who is familiar with how to incorporate natural therapies with standard therapies, you will be well on your way to full emotional health and a less stressful life.