# The Best Essential Oils for Anxiety

Treating anxiety with essential oils is not only effective according to multiple studies, but often more effective than prescription medications. That doesn’t mean you should set out to treat your anxiety yourself, but it does mean there may be an alternative or addition to your treatment that will make a difference.

Let’s look at the various oils that people use to treat anxiety.

**Lavender**

This is likely the most well-known aromatic for treating anxiety. You can find the scent included in many products that promote relaxation and stress reduction. However, those products will not work as well as the real thing. To use lavender as an anxiety treatment, you can use it topically or in your bath.

**Bergamot**

This essential oil comes from a special type of orange called a bergamot orange. Studies show that it helps relieve anxiety. It can also improve blood flow and offer an energy boost, like other types of citrus do. You can use it by adding a drop to a cotton ball and inhaling it deeply two or three times a day.

**Chamomile**

You might have had chamomile tea if you had an upset tummy. This essential oil brings calm to your body and mind and increases your ability to sleep. Many people report that it also reduces pain and cramps. An effective way to use it is to dilute with a carrier oil and massage into the skin. You can also put it into your bath.

**Rose**

This is one of the very best ways to lower stress in pregnant laboring women. Rose oil is made with rose petals and has a very light non-perfume smelling scent. Most people can tolerate it well as it is mild. Taking a nice warm bath with rose oil, or getting a pedicure with rose oil, can help reduce anxiety well.

**Orange**

This fresh-smelling essential oil can wake you up, give you more energy, and lower your stress, thus helping reduce anxiety. One of the best ways to use it is by diffusing it with a diffuser so that your whole room has a scent of orange and makes you feel better.

**Sandalwood**

This warm, woody aroma can balance your emotions and reduce anxiety, while helping you relax for a nice night of sleep. You can inhale this oil right from the bottle. Try three deep inhales every couple of hours after dinner until bedtime.

**Ylang Ylang**

If you need fast relief, put a little of this florally scented aromatic on a cotton ball and inhale. You can also rub it directly on your feet, neck, and wrists. This is a good one to mix with other fragrances because it is so light.

**Jasmine**

Used for centuries to treat insomnia, this flower’s oil can help you sleep better and reduce anxiety. They say that it’s also good for your sex drive. If you overcome your anxiety enough to sleep, you’re going to feel so much better. This one is a good one for your bath.

**Bosweillia Oil**

Also known as frankincense, this essential oil comes from the Boswellia tree in Africa. The musky aroma reduces stress and anxiety. It’s a spiritual oil that has been used in religious ceremonies for centuries and is very effective. You can diffuse it and put it in your bath.

Many of these essential oils can be combined to create brand-new fragrances to help treat your anxiety. The main thing about anxiety is prevention. Be proactive by treating it before you feel anxious when you can, and then acting fast to stop it when you are already anxious.