Complementary Blog Post: Combat Anxiety with These 5 Essential Oils

Subject: Best Ways To Use Essential Oils For Anxiety Treatment

[firstname],

Anxiety happens to quite a few people and can be scary to experience – especially if it has never happened to you before. There are tons of way to trigger an anxiety attack and everyone is different, so you can’t even prepare for it.

Most reasons are due to stress and worry. This could include worrying about household bills, money, your kids, or work situations.

When it happens, you can try several different methods to try to calm down. Essential oils can be quick acting if you apply it directly to the skin. Make sure before you try anything you consult with a doctor and depending on which essential oil you use – you might also need a carrier oil.

Also, remember that more does not always mean better when it comes to essential oils. Make sure to test out a little at a time because they could create the opposite effect

Some of these methods to apply essential oil can take as little as five minutes. Anxiety attacks happen so quickly and take over so completely that every minute counts.

Here are a list of ways that essential oils can be applied:

1.Massage

You can massage the oils into your skin. Depending on where you are at this might work and you could get the much needed essential oil in your blood stream quickly.

2. Dab On Body

Take a small amount and dab the essential oil behind the ears or on the wrists. This works great if you’re in public and just need to dab a little before an anxiety attack starts.

3. Use a Diffuser

Diffusers can be a wonderful way to get the essential oils that you need, but not go overboard on them. Smell can trigger pleasant memories and depending on the oil can calm the mind.

4. Lotion

Either make lotion yourself with the oils or buy a lotion that includes them in it. This way you can apply it in the morning and get the maximum benefits all day long.

5. Warm Bath

Emerging in a warm bath can be so relaxing – then you add the scent or a favorite essential oil and it can keep anxiety at bay. Not only will you inhale it through your nose, but also through the skin.

These are all great ways to use essential oils to help with anxiety. Check out this article on our blog that shows you which oils to use.

LINK

Picking the right oil is important when you’ve got anxiety issues. Not all will work.

[Sign off]