Combat Stress With These Essential Oils

Hello [[firstname]],

Today’s blog post, Ways Infusers Can Reduce Stress, discussed using essential oil diffusers for stress relief. Now let’s actually talk about the specific oils to be used for stress.

Find the blog post here: [Insert Link]

**Lavender**

In terms of stress relief, you really can’t go wrong with lavender. This is a very calming and smoothing herb, so it can help you when you have a lot of mental stress from finances, work, and holiday stress. Lavender’s calming effects works on your nervous system, so it is going to help you relax and have less stress while also helping with anxiety, depression, and insomnia.

C**hamomile**

If you can add some drops of chamomile essential oil to your bath or make yourself a cup of chamomile tea, you will be feeling much less stressful. Like lavender, chamomile is soothing and relaxing. Not only that, it is great for your digestive system and can even be used on irritated skin since it also happens to be an anti-inflammatory.

**Rose**

An essential oil many people overlook, but that should definitely be at the top of your list, is rose essential oil. If you are dealing with holiday stress due to all the things you need to do, dinners to plan, and gifts to buy, add some drops of rose essential oil to your diffuser or even to a footbath and relax with your feet in the warm, bubbly water. You will feel almost instantly better and less stressed.

**Vetiver**

Vetiver essential oil is also very relaxing and even has a tranquil energy. You feel calmer when you use this oil, helping extremely well with high amounts of stress. It can also help with things like anxiety, panic attacks, and even shock. Like the other oils, you can add it to your tea, bubble bath, foot bath, or use it in a diffuser so that it works like aromatherapy.

[sign off]