Ways Diffusers Can Reduce Stress

Essential oil diffusers allow you to experience the health benefits from essential oils without actually having to apply them to your skin or take a bath with the oils. You just place a few drops in the diffuser, and it heats up, allowing the oil scents to start wafting around the room you are in. They can be great for stress as you will soon learn.

**Use the Diffuser On a Regular Basis**

If you want to reduce your stress with an essential oils diffuser, you should try using it on a regular basis. While using it just once on a really stressful day can definitely help, you will actually have the best impact when you use it continuously. Place it in a room where you will remember to add new oils as needed and turn it on, such as your bathroom when taking a bath or in your bedroom when relaxing at the end of a long day. To use a diffuser, you typically add oils with a carrier oil into the well, turn it on, then inhale the scent.

**Put the Diffuser in Rooms Where You Want to Relax**

When deciding on the proper placement for your essential oils diffuser, try to find locations in your home where you want to relax the most. Since you are using it to help you de-stress, these should not be rooms that tend to create chaotic thoughts in your mind. If a lot of stress occurs in your home office from your job, then you don’t want it there, because it isn’t going to help you relax. Put it in rooms where you want to relax, such as your living room when you are sitting down at your reading nook to enjoy a good book, or in rooms like the bedroom or family room.

**Use the Right Essential Oils For Stress Relief**

There are a lot of different essential oils you can choose, but you want to select ones that help the best with stress levels. Certain oils tend to be better for relieving your stress than others. For example, rose is one of the best essential oils you can use for stress, which works great in an oil diffuser. Some other great ones include lavender and chamomile, both of which also help you to sleep as well.

Here is a list of other oils to consider adding to your diffuser to help reduce your stress:

* Frankincense
* Bergamot
* Lemon
* Cinnamon
* Geranium
* Marjoram
* Fennel
* Rosewood

Try adding just one at a time and seeing how you react to it or creating your own blends.