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Anxiety & Aromatherapy

Aromatherapy is the practice of using various oils to promote physical and psychological well-being.

It is safe and can be very calming.

Basically using an appropriate apparatus the oil is heated and the vapours release an aroma that can be very beneficial. But that is only one approach.

You can simply add a view drops of essential oil to your bath, or you can add a couple of drops to a tissue paper and then hold it several inches from your face and inhale. You can put a little bit in boiling water and inhale the steam.

What I really enjoy doing is making my own aromatherapy dispenser for the shower. All I do it cut a little piece of cleaning sponge and add a few drops of peppermint oil once the steam hits the oil the vapours are released in the shower. This can be a pleasant way to start your day. I purchased the holder for the shower at Homesense but I decided to make my own refills, that way I knew what was going into them.

The best essential oils for anxiety are lavender and peppermint.

First, lavender has been clinically evaluated for its relaxing effects. The fragrance is calming, relaxing, and balancing -- physically and emotionally.

Second, peppermint is one of the oldest and most highly regarded herbs for relaxation and cleansing.

Now I'm obviously not suggesting that using aromatherapy will alleviate all of your anxiety and panic attacks but I think it can be a useful addition to the other suggestions in this newsletter.

Make sure you are using pure oils and that they do not contain any synthetic ingredients.

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