

# Aromatherapy

## ESSENTIAL OILS AND HERBS



*Lavender is commonly used for anxiety, stress, and insomnia. It is also used for depression, dementia, and pain after surgery,*

### LAVENDER

Lavender essential oil can be an effective analgesic and anti-inflammatory. Can be diluted and applied to the skin.



*Rosemary can be used for headaches, sprains, muscle soreness or pain, rheumatism or arthritis.*

### ROSEMARY

Rosemary oil has anti-inflammatory and anti-analgesic properties. It can further stimulate blood circulation, which alongside easing pain can and also aid in the coagulation of wounds and speeding of the healing process. Dilute and apply to the skin.



*Peppermint can be used for headaches, irritable bowel, nausea, common cold, and muscle soreness or pain.*

### PEPPERMINT

Peppermint contains menthol, which has a cooling effect on sore, achy muscles. It also has analgesic, antispasmodic, and anti-inflammatory properties. Dilute and apply to the skin.



*Eucalyptus can be inhaled to help with the common cold and cough, and may be applied to skin to help with arthritis and skin ulcers.*

### EUCALYPTUS

Research suggests that eucalyptus oil eases joint pain. In fact, many popular over-the-counter creams and ointments used to soothe pain from conditions like osteoarthritis and rheumatoid arthritis contain this essential oil. Dilute and apply to the skin.



*Ginger can be used for inflammatory scalp conditions, nausea, digestion, pain for arthritis, and can help brighten the skin and reduce aging.*

### GINGER

Regularly eating ginger can help relieve certain pain that comes with rheumatoid arthritis and osteoarthritis. In addition to helping relieve pain, ginger may help to prevent some of the side effects associated with conventional painkillers. Dilute and apply to the skin.