



Your Essential Guide to Essential Oils

by our regular well-being contributor, Emma Sims

We have known for a while now that essential oils positively affect our body, mood, and behaviour. Inhaling an aroma can transport us to heaven... or hell!

Peppermint and Eucalyptus

These oils **uplift, stimulate, energise** and can help with **aches and pains**. You may be familiar with how **lavender** aids sleep and relaxation whilst **peppermint** and **eucalyptus** can clear a blocked nose.

My early experiences with aromatherapy came when **adverse reactions** to psychiatric medication led me to look for other ways to help my **mental well-being**.

Essential oils complement most medical treatments, **but do check with an aromatherapist or pharmacist if you are on medication, have medical conditions or are pregnant. Research the safe use of essential oils before use.**

Soothing Anxiety

As I learned about aromatherapy, I realised I had a prior pull to patchouli oil because it soothed my anxiety and helped ground me. Blending oils has a synergistic effect and creates wonderful "**aromascapes**". I blended patchouli with bergamot oil as that felt "**zingy**". I call it "**sunshine in a bottle**" for those winter months in hibernation mode. **Bergamot** is the characteristic aroma of **Earl**

Grey tea. It's uplifting, energising and may ease grief.

Notice Your Response

I select oils for a **client's massage** according to their **health needs**, watching them as they inhale an aroma. **Their expression** shows what is or isn't right for them. They may say **yes**, but their face says **no**.



Chamomile and **lavender** were initial "**no, no's**" for me, but I had an **intuitive nudge** to work gradually with them. I invite my clients to do the same if they want to. I realised that my dislike was **my resistance to relaxation**. I was highly anxious, but gradually they helped me to relax and let go. Through experience, I saw **chamomile** as the "**mothering oil**" for those who need a hug.

Stop and Smell the Roses

Inhaling an **essential oil** encourages "**mindful being**" in the moment so it also aids

meditation. **Frankincense** and **rose** may help us to find our centre and calm. I use **rose** for those who need **deep nurturing**. These people may suffer from post-traumatic stress disorder, burnout, shock, grief or **depression**.

It also helps with **hormonal conditions**. **The expense of rose oil is due to the 242,000 rose petals it takes to make 5ml of oil**, but it's worth it! A practical alternative is geranium oil which may also help **mood swings, skin, hormones** and **pre-menstrual tension**.

Other oils that might help with mental well-being are **basil** for focus, headaches, burnout, chronic depression and mental fatigue. **Clary sage** helps with depression, fear, paranoia, anxiety as well as hormones and the menopause. **Orange** is an anti-depressant, helping sleep, overwrought emotions, nervous tension and stress. **Juniper** aids mental fatigue and detoxification and use **ylang-ylang** for palpitations, anxiety, panic, shock and fear.

Whatever your aromatic heaven is, take time for **yourself, pause, stop** and **smell**. It may make a difference... aaaand relax!

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