

EDITION THREE



# BLENDS

YOUR GUIDE TO EVERYDAY LIVING WITH ESSENTIAL OILS





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# SECTION ONE

## Blends to help improve sleep

Insomnia is the inability to fall asleep easily and the ability to remain asleep. More often than not, insomnia is connected to worry.

**Key oils:** Orange, Lavender, Marjoram, Mandarin, Ylang Ylang, Roman Chamomile, German Chamomile,

### Diffuser Blend:

General Blend One - 4 drops Orange, 2 drops Lavender, 1 drop Marjoram

General Blend Two - 3 drops Orange, 2 drops Lavender, 1 drop Ylang Ylang

If you wake worrying, or your mind is racing - add Mandarin

If you feel upset/up & down - add Geranium

**Booster** - add Frankincense (also a good addition if you have nightmares).

### Bath Blend:

3 drops Orange, 2 drops Lavender, 1 drop Marjoram.

Blend into a heavy unscented oil like castor oil and mix into a warm bath (not hot). Relax for at least 15 mins.

Optional extra - add one drop Rose Aroma Oil.

### Massage Blend:

3 drops Mandarin, 2 drops Ylang Ylang, 2 drops Orange, 2 drops Lavender. Blend into a light unscented oil like (recommend Sweet Almond Oil or Macadamia Nut Oil). Massage in well until oil is absorbed.

### PulsePoint Blend:

If using as a PulsePoint, we recommend a 50/50 blend with Safflower Oil as the base & to roll across your neck, including up into the hairline before bed, shoulders & wrists.

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Lack of sleep is debilitating for body and mind. I have included more information on aspects of sleep improvement in the Bonus Section and on many of the blogs, as a chronic insomniac for many years, this is an area of interest and expertise.





## SECTION TWO

### Blends to help you relax

Being able to chill out and relax is not the same as being able to get to sleep - although these two are connected. These blends enable a restful state of mind.

**Key oils:** Bergamot, Geranium, Marjoram, Lavender, Sandalwood, Frankincense, Cedarwood, Ylang Ylang.

#### **Diffuser Blend:**

For calmness - 1 drop Geranium, 3 drops Lavender, 1 drop Marjoram, 2 drops Bergamot.

For restful mindset - 3 drops Lavender, 2 drops Frankincense, 1 drop Ylang Ylang, 1 drop Marjoram.

**Booster:** add Frankincense

#### **Bath Blend:**

3 drops Bergamot, 2 drops Lavender, 1 drop Ylang Ylang. Blend into a heavy unscented oil like castor oil and mix into a warm bath (not hot). Relax for at least 15 mins.

#### **Massage Blend:**

3 drops Bergamot, 1 drop Geranium, 2 drops Lavender. Blend into a light unscented oil that absorbs easily (recommend Sweet Almond Oil or Macadamia Nut Oil). Massage in well until oil is absorbed.

#### **PulsePoint Blend:**

If using as a PulsePoint, we recommend also including Frankincense - use Safflower Oil as the base & roll across your neck, shoulders & wrists.

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While not included in this list, if you find yourself worrying, your mind is racing, add mandarin to any of these blends. If overwhelm is at play and you don't feel you can step away - add Lemongrass. Active relaxing takes practice. I have included some active relaxing exercises in the Bonus Material.

# SECTION THREE

## Blends to reduce fatigue

Fatigue is a broad kind of a state. It can be mental or physical, chronic or acute. With that in mind, I have focused more on diffuser blends in this category.

**Key oils:** Lavender, Peppermint, Ginger, Rosemary, Lemongrass

**Companion oils:** Bergamot, Marjoram, Lemon, Basil, Orange

### Diffuser Blends:

For mental focus when you're tired (get in the zone):

3 drops Orange, 1 drop Peppermint, 2 drops Marjoram.

To refresh & energise the mind - 3 drops Lemon, 2 drops Orange, 1 drop Rosemary.

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To reduce overwhelm (keep calm and carry on) - 2 drops Lemongrass, 4 drops Orange, 4 drop sLavender.

Recovery from chronic fatigue (keep calm and carry on):  
4 drops Bergamot, 4 drops Lavender, 2 drops Ginger (*also useful for feelings of loss and grief realted situations*).

### Massage Blend for Tired, Sore Muscles

2 drops Ginger, 3 drops Bergamot, 1 drop Rosemary.

Blend into an unscented massage oil (we recommend Sweet Almond Oil or Soy Beac Oil for massage - for the face, we prefer Jojoba Oil)

### Magic Massage Blend for Tired Feet:

2 drops Ginger, 1 drop Peppermint, 2 drops Rosemary.

Blend into an unscented lotion & rub well into feet. Sit with your feet up until the lotion is well absorbed. This is a magic experience!

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Do not use Rosemary essential oil on or around known epileptics or babies. Rosemary is a strong stimulant and can trigger epileptic fits (don't worry, it will not give anyone epilepsy). We recommend not to use massage blends on babies at all & to not use essential oils at night in baby's room.





## SECTION FOUR

### Blends to help reduce negativity

Whether it's negative people around you, being undermined, or just feeling negative yourself - these blends will help adjust the zone.

**Key oils:** Lime, Geranium, Orange, Lavender, Frankincense, Lemon, Rosemary, Clary Sage.

#### Diffuser Blend:

For positive mindset - 3 drops Lime, 2 drops Lemon, 2 drops Bergamot, 2 drops Clary Sage, 1 drop Geranium.

For self assertiveness in the face of negativity - 3 drops Lime, 2 drops Bergamot, 2 drops Frankincense.

Re-Boot the Room (clear negative zone) - 2 drops Lime, 2 drops Bergamot, 2 drops Frankincense, 2 drops Clary Sage.

For that general 'got a bad feeling' feeling - 2 drops Lime, 2 drops Bergamot, 2 drops Orange, 2 drops Lemon.

#### Room Spritz:

Mix and spritz - 3 drops Bergamot, 2 drops Lime, 2 drops Clary Sage. Blend This works really well to clear a room and give it a 'fresh start'

#### PulsePoint Blend

3 drops Bergamot, 3 drops Lime, 1 drop Geranium.

Blend into a light unscented oil (recommend Safflower Oil). Apply to wrists - do not apply to any areas of the body that will be exposed to UV light.

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Room Spritzing is possibly a less effective way of distributing essential oil, but is quite empowering if someone has polluted your zone with their negative attitude - just shake, spritz and shake it off (literally shaking your wrists and flicking your fingers), this really works to clear out the bad feelings and move on with your day (and is slightly more politically correct than fishing out your USB diffuser at work :-D

# SECTION FIVE

## Blends to help reduce anxiety

The state of being or becoming anxious can take on many forms and is closely tied to stress. Symptoms can include irritability, poor sleep, excessive worry, dry mouth, breathlessness & mild depression. For that reason, it's a good idea to experiment with the oil blends to discover which works best.

**Key oils:** Lime, Geranium, Orange, Lavender, Bergamot, Orange, Marjoram, Mandarin, Frankincense.

### Diffuser Blends:

General Blend One - 2 drops Lavender, 2 drops Bergamot, 1 drop Geranium.

General Blend Two - 2 drops Bergamot, 1 drop Marjoram, 2 drops Mandarin

General Blend Three - 2 drops Orange, 2 drops Lime, 1 drop Marjoram

General Blend Four - 2 drops Orange, 2 drops Lavender, 1 drop Geranium

Butterflies in tummy (nervous anxiousness): 3 drops Orange. 1 drop Marjoram, 1 drop Peppermint.

Worrying generally: Mandarin + Frankincense

**Boosters** - Lavender, Frankincense

### Bath Blend:

3 drops Bergamot, 3 drops Lavender, 1 drop Marjoram. Blend into a heavy unscented oil like castor oil and mix into a warm bath (not hot). Relax for at least 15 mins.

### PulsePoint Blend

3 drops Bergamot, 3 drops Lime, 1 drop Mandarin, 2 drops Frankincense.

Blend into a light unscented oil (recommend Safflower Oil). Apply to wrists - do not apply to any areas of the body that will be exposed to UV light.

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Please consult a medical professional if feelings of anxiousness continue, or for treatment of young adults or children expressing symptoms of what might be depression.



# SECTION SIX

## Bonus Material

### **Can Be Done Anywhere Relaxation Technique**

This can be done absolutely anywhere - ideally somewhere quiet and optimally outdoors.

Sit with your feet flat of the floor. Rock the feet a little to be sure you have even pressure on every part of the foot/feet.

Place your hands on your thighs palms up and count slowly to 10,

With one hand, pinch the space between the thumb and the fingers - press firmly and count to 10.

Make your way across the hand, pressing each of the fleshy spaces between the fingers & then do the other hand. Count slowly to 10 each time.

Flick your wrists 10 times - as if you were flicking water off them.

Flick your fingers 10 times (all of them at once as if you were flicking water at someone).

Return your hands to your thighs palms up and listen for the furthest away sound you can hear. Focus on it. Listen further away to see if there are more sounds (there will be). Focus and extend each time.

### **Pre Bed Relax Technique To Switch The Brain Off**

Sit with your feet flat on the floor, or lie on the floor with feet on chair or bed.

Focus on your feet for a moment. What are they feeling - we ignore them all day. Are they tired? Wiggle your toes and rotate your ankles.

Now think about the top of your head. Imagine a heavy lid being lifted off it. Put the lid down somewhere in your mind. It's gone from your head.

Next, focus on bringing air into your stomach through your nose. Fill the stomach cavity completely, but without opening your mouth or allowing your chest to rise. Hold the air for a count of three then slowly release it through your mouth. Imagine that the air coming out is dark - that's your stress exiting.

Next, breathe in white air & repeat as many times as you need to until the air you blow out no longer feels dark. Do one more breath - this one is full of coloured sparkles - it's the unicorn breath.

Wiggle your toes & rotate your ankles. Do they feel different?

Connect with the top of your head. Has the lid remained off where you left it? If not - repeat the exercise.



## Colour Therapy

So, when I first came across colour therapy I didn't really believe it was a thing, but it is and it does appear to work.... hence the colours on the diffusers.

Here's how to use the colours -

**Blue** - for stress

**Red** - for hypertension

**Yellow** - for melancholy

**Green** - for sensitivity & hormone related reactions

**Mauve** - for restfulness

**Pink** - for anxiety & worry

**White** - for wellness

That is the extent of my knowledge on colour therapy - I do recommend you try it!

## Supplements for Insomniacs & poor sleepers

Improvement of sleep quality was the number one area of interest for essential oils, although there were a number of areas of high interest in the poll.

As it happens, I have been a chronic sufferer of insomnia, and have found essential oils to be super useful over the years.

Here are some other things that have been proved to be useful for improving sleep quality.

**Cherry Bark Extract** - take at night. It's quite expensive, but it does work

**Magnesium** - this is good for muscle tension. You can eat foods that are high in magnesium also of course, but a supplement comes in handy too.

**Low GI Carbohydrates** - this means avoiding sugar in the evening. Sorry.

**Serotonin Enhancers** - scalded milk (that means brought to the boil in a pot then allowed to cool), grated ginger & kakao consumed warm before bed is a personal favourite but takes a bit of effort to make.

**Stretching** - stretching is so under rated. Stretch the long muscles in the legs and the back. Childs pose and cat arches are excellent for the back.

Because this is an essential oils e-book I am not going further into stretching, but I do have a lifetime of fitness & personal training experience and I totally recommend a half hour of stretching twice a day. You don't have to go to yoga class to get strong and stretchy.

Final word - this e-book was brought to you by Lime, Marjoram & Peppermint essential oil blend!

ENJOY.