

Bianca's Favourite Oils

+ Lavender

- ✓ Lavender is thought to be calming and able to balance strong emotions. It has also been used to help with depression, anger and irritability, and can help with insomnia. Lavender can be directly inhaled, used as a massage oil or sprayed on linens.



+ Peppermint

- ✓ Peppermint is an energiser and can be used to stimulate the mind and calm nerves at the same time. Best used in the morning, peppermint oil can be inhaled directly, diffused in a room, used as a massage oil, sprayed in the air or even placed in a bath.



+ Rosemary

- ✓ Similar to peppermint, rosemary is an uplifting oil used to stimulate the mind and body. It may even improve cognitive performance and mood. Rosemary has also been known to ease constipation, symptoms of depression and also reinvigorate the appetite. Rosemary oil can be directly inhaled, diffused through a room or used as a spray.



+ Bergamot

- ✓ Bergamot can be used to relieve anxiety, agitation, mild depression and stress. This mood elevating and calming oil can also be used to relieve insomnia. To use bergamot oil, place a few drops in a bath, use as a massage oil, diffuse through a room or use a spray on clothing or linens.



+ Lemon

- ✓ Lemon oil is one of the most studied and more effective oils. It has been shown to help calm and relax people who are dealing with anxiety and insomnia, improve memory and ease indigestion. Lemon oil can be dropped into a bath, inhaled directly, diffused, sprayed or applied directly to the skin as a massage oil.



+ Ylang Ylang

- ✓ Ylang Ylang oil can help ease depression while also promoting good sleep. This is a great oil not only for a person living with dementia, but also for supportive partners struggling with restlessness and lack of sleep. Ylang Ylang is often combined with lemon oil and can be placed in a bath, inhaled, diffused or sprayed.



+ Ginger

- ✓ Ginger oil is helpful for anyone struggling with digestion issues. Commonly used to treat a loss of appetite and constipation, ginger can help promote good eating habits. Ginger oil can be applied directly to the skin in a carrier oil as an abdominal massage, inhaled, diffused, sprayed or placed on a compress.



They may forget what you have done, but they will never forget how you made them feel

Carl W Beuchener

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