

Easy to use essential oils for female health





Welcome

This easy to use guide is aimed at women's health and wellness. A holistic approach to discovering your power and realising your true potential. Utilising Natural health remedies focusing on the use of essential oils for female hormone balance. Using these essential oils everyday will help you see a big difference in your mood, energy levels and motivation. Your confidence will grow and anxiety levels decrease.

The essential oils used are chosen specifically for female health. Each oil comes with tips on how to use for maximin benefit. We cover oils to lift mood, help with focus during the day, relieve anxiety, promote sleep and give a general sense of wellbeing.

DISCLAIMER

If you have any medical Conditions or allergies please check with your GP or healthcare provider before using essential oils. This short course offers tips and advice for personal use. These oils are never to be used neat or in larger doses than suggested. When using any of the suggested applications for essential oils you agree that you do so at your own risk and assume all risk in the case of a contra- actions.

What is Aromatherapy?



Aromatherapy is a holistic healing treatment that uses natural plant extracts in the form of Essential oils, to treat a variety of symptoms using different methods of application. Essential oils should be 100% pure from one botanical species, with no additives such as synthetic chemicals. These are the only type of oils we would recommend purchasing and using. They should come in dark glass bottles and clearly labelled with both the common name of the oil and the Latin name which identifies the plant species.

The term Aromatherapy oils is given to oils that contain essential oils, but not necessarily from one botanical species and may be diluted with carrier oil. These oils are cheaper versions and not recommend for use other than for their pleasant smell. I suggest using good quality Essential Oils from a reputable company.

HOW DO ESSENTIAL OILS WORK?

Essential oils have small molecules that are fat soluble, so are best used externally when blended with a carrier oil, this can be any vegetable or nut base oil of your choice. When blended in this way the oils are slowly able to penetrate the skin and enter the blood stream. All though the skin doesn't absorb very much it can slowly absorb these tiny molecules in much the same way it would absorb nicotine or HRT trans dermally.

When used in a vapouriser or even in a bath, as the oils evaporate and rise into the air, we inhale these small molecules as we breathe in. They are then taken to our lungs and from the lungs absorbed into our blood stream where they effect small positive chemical changes to our bodies.



1 Grapefruit - Citrus paradisi



THE SMELL OF SUMMER

The fresh, sweet smell of Grapefruit is commonly used for oily skin and hair as well as for maintaining a healthy circulation and muscles. It is also an excellent pick me up and tonic for the whole body.

Its greatest gift, is it is an instant mood enhancer and is best used in the morning for its energising properties.

You can use with a carrier oil like coconut, almond, grapeseed or a bland body lotion (a lotion containing no colour or perfume) and make a refreshing and energising moisturiser to use during the day.

- Mix 10mls of your chosen carrier with 5 drops of essential oil.
- Apply to the body, you will smell great and it also doubles up as moisturiser.
- You can also mix with 10mls of plain shower gel or body wash for a wake up and sunshine feel start to your day.



2 Lavender - *Lavendula Augustifolio*



KNOWN AS THE SLEEP INDUCER.

With soothing and uplifting properties, lavender alleviates stress and depression and is helpful for easing headaches and insomnia as well as lowering blood pressure.

A relaxing oil that promotes sleep and relaxation.

Lavender is both a natural antibiotic and anti-viral so use in a vaporiser to limit the spread of infections and viruses in the household when a family member is ill. Can be used safely on young children in low doses and diluted .

Lavender has a calming and balancing effect, promotes menstrual regularity, helps pre-menstrual and menopausal symptoms and alleviates thrush.

Best used at night as it help to relax, calm and aids sleep. Great to use in a bath, 20 drops in an average size bath.

Mix with a little of your non perfumed body wash for a bubble bath, use 10mls wash to 20 drops oil.



Geranium -Pelagonium Graveolens



THE FLORAL ONE

This is a lovely floral very feminine oil and has a balancing effect on our female hormones.

For women this is a great oil for hormone balance and can help alleviate that grizzly feeling you get when your period is due and you feel you hate the world and the world hates you!

It helps with stress and depression and general low mood.

For anyone going through the perimenopause this oil is a must as helps with low mood and brain fog. To get the best effect from this essential oil use regularly on a daily basis to help keep your hormones balanced. The easiest way to use this is to blend your own facial oil to be used at night.

Get a small glass bottle and add 10mls of carrier oil, such as jojoba or grapeseed and add 2 drops of geranium. Mix and use a very small amount massaging into your face.



Ylang Ylang - *Cananga Odorata*



DEEP AND POWERFUL

Ylang Ylang is highly recommended for general skin care and mature skin and is also a well-known aphrodisiac. It is a great Essential oil to soothe and relax your senses if you are feeling tense and having difficulty sleeping.

The oil can be diluted with carrier oil and massaged into soles of feet and palms of hands before bedtime to ease night terrors or panic attacks.

For times when you feel particularly anxious, add 5 drops of Ylang Ylang essential oil to 10 ml of body lotion or carrier oil e.g. coconut oil, grapeseed or almond oil.

Mix together and rub into the soles of the feet and palms of hands.

This absorbs quickly into the blood stream instilling a feeling of calm.

Hold the palms of your hands to your nose and take three long deep breaths, slowly in and out. Your mind will start to calm, and your pulse will slow down. And Relax.



5 Bergamot - Citrus Bergamia



THE ZESTY ONE

This is a great analgesic so brilliant for general aches and pains it is also a natural antidepressant and calming oil.

Bergamot has a lovely fresh citrus smell and helps balance out our cortisol level in the body. Cortisol levels raise when we are stressed, Bergamot will help lower our stress levels, aid relaxation and lift your mood. It soothes both feelings of anger and frustration. This oil is also great to use in a bath as it is purifying, relaxing and helps with urinary tract infections such as cystitis.

To use in the bath, mix 20 drops bergamot with a little of your non perfumed body wash for a bubble bath, use 10mls wash to 20 drops oil.

Alternatively use 5 drops Bergamot with 10mls body wash and use in the shower. Also good to add a couple of drops to a non perfumed body lotion so you can smell gorgeous all day long.



ABOUT DEBBIE



Debbie Allen, is a qualified Mind Coach, Remedial Hypnotist, Complementary Therapist, Beauty Therapist and Teacher. She runs her own training school and also has a private clinical practice.

Debbie has been in the health and wellness industry for over 40 years and one of her specialist teaching subjects is Aromatherapy. She is also an associate of the nhmsmenopausesociety.org she specialises in helping female clients suffering with PMS, perimenopause and menopause, and the anxiety and lack of confidence that so often accompanies these life changes.

Debbie herself has a chronic illness, fibromyalgia and before menopause suffered with endometriosis. Both conditions are painful and debilitating and Debbie has spent years researching the best ways to help herself overcome and live with these conditions. Her wealth of knowledge and expertise as a Mind Coach and Complementary Therapist has helped many women overcome their own struggles with anxiety, lack of confidence and feeling stuck as well as coping with the physical symptoms associated with hormone disruption or chronic illness.



Debbie Allen Therapies
MINDSET COACH