



Top 3 essential oils for stress relief

Given the continuous nature of stress in our modern day lives, it's incredible to have a tool that's as easily accessible and effective as aromatherapy. Many essential oils can be used to help you relax and unwind, but three tend to stand out from the rest. Here are my top 3 essential oils for stress relief

Lavender

It is no surprise given Lavender's multitude of benefits that it is one of the most commonly used essential oils today. From skin ailments to sleep disturbances, Lavender continues to amaze with its gentle yet powerful therapeutic effect. When looking at stress, in particular, we see Lavender's ability to calm the central nervous system.

One study looked at the effect of a 3% dilution of Lavender when inhaled by nurses. The researchers found that the number of symptoms decreased by 50% in those who used the aromatherapy, significant effect size for such a pleasant and easy intervention!

Bergamot

One of the loveliest citrus essential oils out there for boosting mood and calming nerves is Bergamot. Not nearly as popular as Lavender but with equal power in its own right, Bergamot is an oil that lifts spirits with its bright, cheerful scent.

A small, random crossover study examining the effect of Bergamot essential oil paired with inhalation of water vapour and rest found that those in the treatment group had significantly lower salivary cortisol (a biological marker of stress), increased heart rate variability, and improved scores for negative emotions and fatigue compared to the control group.

Clary Sage

This herby scented essential oil is most famous for being a relaxing and balancing oil. It's perfect for those days when you're running around with very little time to take breaks.

A large study involving over 8,000 women found that clary sage oil was "effective in reducing maternal anxiety, fear, and pain during labour".

So, whether you choose to diffuse your oils, massage them into your skin with your favourite lotion, inhale the scents via a few drops on a tissue, or add them to your bath, these three oils are worth keeping handy.