



Care kit for headaches



Using Aromatherapy essential oils and base oils, here is your first aid kit for headaches.

Basic blend for general headaches

Massage around the temples and the base of the skull, along the hairline, with 1 drop of the following combination of oils and 1 drop of carrier oil, such as coconut oil.

Lavender 3 drops

Peppermint 1 drop

Tension headache blend

Massage around the temples and the base of the skull, along the hairline, with 1 drop of the following combination of oils and 1 drop of carrier oil, such as coconut oil.

Lavender 3 drops

Chamomile roman 1 drop

Alternative carrier oils you could use include – olive oil, almond oil, sesame oil or grapeseed oil.