

Essential oils for supporting stress relief

Oils + Emotions

HOW CAN OILS BENEFIT OUR EMOTIONS?

WHEN WE SMELL SOMETHING, IT TAKES AROUND 22 SECONDS FOR THOSE MOLECULES TO REACH OUR BRAIN AND IMPACT OUR EMOTIONS. HOW AMAZING IS THAT??

WHAT'S EVEN MORE INCREDIBLE IS THAT ESSENTIAL OILS CAN PENETRATE CELL MEMBRANES AND CROSS THE BRAIN-BLOOD BARRIER WITHIN SECONDS. THIS ALLOWS THEM TO REACH THE EMOTIONAL CENTER OF OUR BRAIN WHERE ALL OF OUR EMOTIONS ARE STORED.

THE ACT OF SIMPLY REMEMBERING A SMELL CAN TRIGGER ALL KINDS OF MEMORIES AND POSITIVE EMOTIONS. IMAGINE A WARM DAY AT THE BEACH. WHAT COMES TO MIND? FOR ME, ONE OF THE FIRST THINGS IS THE SMELL OF THE SALTY AIR. IT MAKES ME FEEL CALM AND HAPPY JUST THINKING ABOUT IT.

NOW THINK OF YOUR FAVORITE FOODS OR A FRESH TREE AT CHRISTMAS TIME... IT'S AMAZING HOW OUR MEMORIES ARE SO INTERTWINED WITH OUR SENSE OF SMELL! THIS IS BECAUSE OUR SENSE OF SMELL IS DIRECTLY CONNECTED TO THE EMOTION AND MEMORY CENTER IN OUR BRAINS.

Peppermint

ENERGIZING, HELPS WITH CLARITY & CONCENTRATION. HELPS IF YOU TAKE OUT STRESS ON YOUR STOMACH



Peace & Calming

COMFORTING & RELAXING, HELPS CALM KIDDOS & PARENTS, AMAZING FOR WINDING DOWN.



Stress Away

COMBATS NERVOUSNESS & EMOTIONAL STRESS



Lemon

UPLIFTING, HELPS WITH CLARITY, FOCUS & CONCENTRATION



Lavender

COMBATS IRRITABILITY AND FRUSTRATION. CALMING AND RELAXING, GREAT FOR LITTLE ONES.



Frankincense

GROUNDING, MAY HELP WITH FEELINGS OF FEAR, LONELINESS AND INSECURITY. USE DURING PRAYER & MEDITATION.



For more information or how to purchase, contact Pam Heald, owner MyOilyVillage.com, at villagerpammov@gmail.com.