

December 17, 2009

### Don't Panic Now - Everything will be okay

Work went over and now you are late, the traffic is crazy - awful. Company is coming, relatives and kids and maybe pets too.

Take just a minute to settle down and ease up a bit. You need it for your sanity!

Reach for your bottle of essential oils and inhale a few times. Add a drop or two to a necklace, bracelet or put some in your inhaler and stick it in your pocket.

Get a drink of water and sit down for a minute or two and relax.

You have worked yourself into a frenzy and what for? In the end things will all work out, but right now you need to calm yourself down inside.

Several essential oils can help with that anxious panicky feeling that comes when we are rushed or stressed. Neroli is one of the best known essential oils to help you deal with that panic attack feeling.

There may be others that you have found that work just for you. We have many customers that swear by the Neroli.

Other essential oils that can help calm you in a panic situation include (not listed in any particular order: Lavender, Frankincense, Helichrysum, Marjoram, Clary Sage, Ylang-Ylang, Roman Chamomile, Sandalwood, Mandarin, Bergamot, Melissa, Spikenard, Vetiver, Rosemary and Valerian.

We have several synergy blends that you might use too. They include: Calming (although many folks use this to relax, the essential oils in this blend are really meant to help you calm down from within. The blend will help to ease the anxiety and panic feeling, which of course may help you to relax physically too.), Relaxing blend, Meditation, Take Five. There are many of our synergy blends that have one or more of the above listed essential oils and may help to relieve that anxious, panic feeling you may have. Please look through our selections and find ones you might want to try when you are panicking.

So, find a blend of essential oils that you enjoy or a single one and have it handy. Soon, you will feel better and then can enjoy the holidays and all the company and commotion. Everyone will wonder how you are able to keep your "cool". Keep it as a secret if you want or share these wonderful nature gifts we have been given!

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**Aromatherapy Tip of the Week**

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