

## Flying at the Holidays - Happy Flight or Fright?

Thanksgiving and other Holiday gatherings are getting closer and if you are like me, I love to visit with relatives and friends. But I don't care about flying.

Although preparing yourself for the flight and all the anxiety associated with times, schedules, security and the weather (remember we are here in Minnesota and snow and icy conditions make for not such fun when flying!!) anyway, you get the picture. Your nerves are frazzled!

First off you can try to be as prepared as much as the situation will allow. The rest you might want to try using a few essential oils to help calm your nerves from within.

Ideally, you should try to find essential oils or blends that you know will help you to relax and feel calm. Everyone has their favorites - don't you? If not, you might want to try a few different essential oils.

Lavender of course, might be all you need. One of our customers swears by Neroli. Whenever she feels in a panic or anxiety she takes a whiff of her nasal inhaler she carries with her at all times. She never knows when something will trigger her distress so she learned a while ago to have it with her at all times.

Rose and other floral scents might be your oils of choice. Again, ideally, finding out an essential oil or two that will help you relax prior to taking flight is more beneficial.

Your 'Lock and Key' mechanism will engage and bring you more easily to a state of calmness. Especially since you will know what oils help you to relax and remain calm. This is a mind association - where the scent reminds you of times when you are relaxed and at ease.

Choosing oils that can help with anxiety, fear, panic or nervousness can be tried. Just by experimenting you may find a new blend to use to help you with the problems of flying. You might want to try our Calming or Relaxing blends. Or search our Recipe Files for more calming and relaxing blends that may appeal to you.

Here is a new recipe for you to try. Try this very simple blend to beat the **Fear of Flying**.

Bergamot - 20 drops

Lavender - 15 drops

Basil - 5 drops

Neroli - 1 drop

Rose Absolute -1 drop

Blend all in a glass bottle and then put several drops in a personal inhaler. Also prior to flying while you are relaxing in the evening, reading a book or watching television - diffuse this in the room. You are setting up the "Lock and Key" mechanism so when you get on the plane later on, you will be easily brought back to a more relaxed setting.

Just before you get on the plane be sure to take a few inhalations of this blend or any other one of your choice.

Maybe this time - flying to see relatives and friends can be a much more pleasant experience.

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**Aromatherapy Tip of the Week**

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