

Staying Alert using Essential oils

by Penny Keay

Summer is here! and if you are like Al and I you have so much you want to do and things you need to do! The last thing you want is to not be awake and alert, especially when you are doing any of your tasks.

Driving, of course, being a task you must be mentally alert and aware at all times, especially of everything going on around you. It's so important that you are staying safe and alert while driving.

Of course there are other things you do where you need to pay attention and be alert. (You know, like when you are on the golf course or fishing!! . . . Ok, I'm in summer mode!)

So, how to stay alert using essential oils? Not only will they help you stay alert and focused but may also give you the energizing boost you need to finish.

One of the best known essential oils used for alertness is Rosemary. A couple more well-known oils for alertness are Grapefruit and Peppermint.

Some others that work well too include Spearmint, Eucalyptus radiata, Bergamot, Lemon, Lime and other citrus. And still other oils that may help include: Basil, Cardamom, Cinnamon, Petitgrain, Black Pepper, Coriander, and Juniper.

Give this Alertness blend a try

Juniper - 14 drops
Pine needle - 8 drops
Rosemary - 8 drops

Blend all in an amber bottles Place several drops in any diffuser. If you are using in your car while traveling apply about 5-6 drops on your car diffusers pad. Insert into plug in. Diffuse for no longer than 20 minutes in the car.

If diffusing in the home, you can diffuse for longer periods of time as the house has more cubic footage than the interior of any auto.

If you don't have time to blend some oils, you might want to try one of our energizing blends. Mint Energizing blend is a big favorite. Refreshing blend and Revitalizing blends may also help.

Here is another blend to try for alertness.

Surprising Alertness Blend

Grapefruit - 5 drops
Lime - 5 drops
Black Pepper - 2 drops
Peppermint - 2 drops

Blend all in a small amber bottles. Then diffuse or if you prefer place in a Personal inhaler and take several inhalations as often as needed.

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