

Aromatherapy Tip of the Week - #10

March 25, 2008

Essential Oils for Pain

Pain in the head (headache), neck, back, legs and where ever you can hurt, essential oils may help.

Determining the cause of the pain is also an important factor for the kind of oils that may help the most. Is it from an injury, overwork, illness, or something that is chronic? Once you know then you can choose a few oils to help give you some relief. If one combination doesn't work, try another.

Essential oils can deal with pain by the following ways: Numbing it, Reduce Swelling; Adding heat & penetrating oils; Trick your brain and redirect the cause and last but not least help you to relax to rest to relieve the pain.

Mixing essential oils in massage oil and using light to moderate strokes may give you the most benefits.

Pick one to three of the following oils in the various categories with your massage oil and apply to the painful area. As a reminder as you massage - be gentle! Do not massage new injuries just apply a thin layer of your oil blend.

Numbing oils: Helichrysum, Lavender, Clove bud, Frankincense, Lemongrass and German Chamomile

Reduce Swelling: Helichrysum, German Chamomile, Marjoram, Geranium, Rose, Lavender

Heating oils: Peppermint, Juniper, Ginger, Bay laurel, Black pepper, Cinnamon leaf, Clove Bud, Bay rum, and Thyme

Penetrating oils: Sweet Marjoram, Rosemary, Eucalyptus (either E.globulus or E. Lemon) and Sage

Tricking your brain: Ginger *, Frankincense, Lemongrass
Ginger is the best at tricking your brain

Rest and relaxing oils: Chamomiles, especially Roman, Lavender, Clary Sage, Marjoram, Melissa, Neroli, Rose, Petitgrain and Myrtle are especially useful when dealing with pain.

NOTE: Any acute or immediate on set pain that cannot be explained, especially if it occurs in the head or involves the chest - you should seek immediate medical attention. Sudden onset pain without explanation could indicate serious medical conditions such as Stroke or Heart attack. See your physician without delay. Do not use essential oils at this point.