

ESSENTIAL OILS FOR MENOPAUSE



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Use of Essential Oils During Menopause

Effectiveness

Essential oils can be used to ease some of the physical and emotional discomforts associated with menopause. This is because some essential oils actually mimic the effects of estrogen on the body. Others improve the quality of sleep, decrease stress, and provide help to regain emotional balance. Because they are 100% natural, the risk associated with using essential oils is small. For this reason, essential oils offer an adjunct or alternative to traditional hormone replacement therapy to cope with menopausal symptoms.

Risks

As with any other natural product or medication, there are a few precautions to take when using essential oils. For some people, certain essential oils can cause irritation to the stomach, nose, mouth or skin.



As with most things, you get what you pay for with essential oils. Most risks are associated with the use of impure essential oils. It is very important to select therapeutic grade essential oils that contain no additives, fillers, or solvents. Cheap essential oils have little to no therapeutic benefit and can actually pose a health risk.

The following precautions can minimize the risks associated with essential oils:

- Consult your healthcare practitioner before you begin using essential oils, especially if you have concerns about interactions with other medications you are taking.
- Introduce one essential oil at a time and wait a few days before adding additional essential oils. Keep a journal of any changes—good or bad—that you notice when starting a new essential oil.
- You may choose to use a carrier oil to dilute essential oils when you first introduce them. Simply add about 10-12 drops of the desired essential oil(s) to about 1 ounce of a carrier oil, such as almond oil, olive oil, or coconut oil.
- When applying essential oils topically, perform a small patch test to check for skin sensitivity. To do this, apply a small amount of essential oil to an area of skin, such as the inside of the arm. Check the area after 24 hours. If you notice any inflammation or irritation, discontinue use of the essential oil. If no irritation occurs, you can begin adding the essential oil to your routine.

How to Use Essential Oils During Menopause

You can get relief from menopause symptoms by using essential oils in a relaxing massage blend, an aromatherapy diffuser, inhaling a combination of oils, and even from ingesting essential oils.

Topical

Tips

If you have never used an essential oil on your skin, start by applying them to the bottoms of your feet or the palms of your hands. Certain areas of skin are more sensitive than others, so first time users (and many experienced users) may want to avoid overuse of essential oils under the arms, on the face or genitalia, on skin that is broken, or any other area of the body that you find sensitive.

If you choose to use an essential oil undiluted, be aware that some oils can be perceived as hot or cold on the skin. If an essential oil feels too hot or too cold, simply add carrier oil. Do not rinse with water, as this will only intensify the effect.

Massage Oil

One great way to use essential oils topically is with a massage oil. Combine 8-10 drops of essential oil with one tablespoon of carrier oil and massage into legs, arms, neck, the back, etc.

In a Bath

You can also add 10 or so drops of essential oils mixed into 1 cup of Epsom salts to a relaxing, soothing bath.

Aromatic

When first using essential oils, simply opening the bottle is an excellent place to start. Open the bottle, inhale, and enjoy. Inhaling an essential oil is one of the best ways to impact your mood. This is because inhaled essential oils engage directly with the limbic system.

Try adding a few drops of essential oil to a diffuser to transform the aroma and mood of an environment. Diffuser jewelry is a great way to enjoy essential oils aromatically. Simply add a couple drops of essential oil to your diffuser necklace or bracelet to enjoy the aroma throughout the day.



Ingestion

Essential oils may also be taken by mouth, either directly dispensed on the tongue, placed in a capsule, or included in foods and beverages as flavoring agents.

When using essential oils internally, be sure you select an essential oil that is specifically labeled for internal usage.

In general, start low and go slow as you begin to ingest essential oils.

- One to two drops directly on the tongue or in a capsule can be enough to start.
- When cooking with essential oils, a little bit goes a very long way.
 - Do not use more than is recommended in the recipe, as the flavor of essential oils can be quite potent and can quickly overpower a dish.
 - Often, dipping a toothpick into the essential oil and swirling in a batter, sauce, or beverage can be enough to impart flavor to the dish.



Essential Oils for Menopause

🌸 Singles

Clary Sage

- Helps regulate stress hormones
- Aids with cramps
- Decreases PMS symptoms
- Helps ease irritability and agitation
- Improves libido

Geranium

- Balancing to hormones
- Improves mood
- May help relieve hot flashes
- Soothes dry skin

Lavender

- Improves sleep
- Balancing to hormones
- Calming and relaxing



Neroli

- Helps relieve stress
- Supports endocrine balance
- Increases vaginal lubrication

Peppermint

- Cooling effect reduces the severity of hot flashes
- Combats fatigue

Roman Chamomile

- Improves mood
- Improves sleep
- Relaxing and soothing to the emotions

Rosemary

- Helps relieve abdominal pain
- Combats fatigue



Sandalwood

- Improves sleep
- Improves libido
- Combats vaginal dryness

Sage

- Decreases hot flashes and sweating
- Helps relieve stress
- Supports the skeletal system

Thyme

- Improves sleep
- Combats negativity

Ylang Ylang

- Balances female energy
- Aphrodisiac: increases libido
- Calming and uplifting



🌸 Blends from Young Living

Dragon Time

(Fennel, clary sage, marjoram, lavender, yarrow, jasmine)

- Eases cramping
- Calming and balancing
- Encourages a positive mood

Endoflex

(Spearmint, sage, geranium, myrtle, chamomile, nutmeg)

- Supports healthy endocrine function
- Improves sleep
- Improves libido

Lady Sclareol

(Geranium, coriander, vetiver, orange, clary sage, bergamot, ylang ylang, royal hawaiian sandalwood, sage, jasmine, idaho blue spruce, spearmint)

- Decreases negative emotions
- Grounding
- Balancing to the emotions



Mister

(Yarrow, sage, myrtle, fennel, lavender, peppermint)

- Balancing to the endocrine system
- Improves libido

Progescence Plus

(Copaiba, sacred frankincense, cedarwood, bergamot, peppermint, clove, USP-grade progesterone from wild yam extract)

- Balancing to hormones
- Relieves hot flashes
- Improves libido

SclarEssence

(Clary sage, peppermint, sage, fennel)

- Supports the reproductive system
- Improves energy levels

Sensation

(Coriander, ylang ylang, bergamot, jasmine, geranium)

- Increases libido and sensuality
- Relaxing to nerves



Essential Oil Recipes for Menopause

🌸 Cooling Spray

Mix up this simple spray use as needed throughout the day to stay calm, cool, and collected.

Ingredients

- 2 ounces witch hazel
- 5 drops peppermint essential oil
- 4 drops clary sage essential oil
- 4 drops geranium essential oil

Instructions

Combine ingredients in a 2-ounce glass spray bottle. To use, simply spritz on the skin as needed to bring cooling relief.



Personal Lubricant

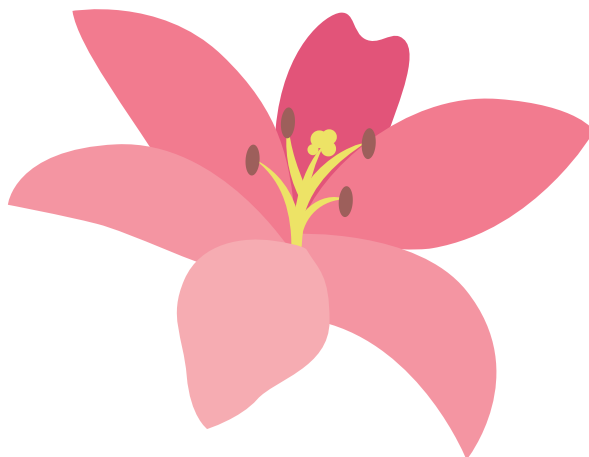
Give your girly bits a moisturizing treat! This lubricant is great to use to restore vaginal moisture and may actually increase sexual desire and sensation. It creates a gentle warming sensation on the skin where applied.

Ingredients

- 2 ounces fractionated coconut oil
- 10 drops Sensation essential oil blend (or use 3 drops each of ylang ylang, jasmine, and geranium)
- 4 drops lavender essential oil
- 2 drops peppermint essential oil
- 2 drops black pepper essential oil

Instructions

Combine ingredients in a small glass jar or bottle. To use, apply to desired area.



🌸 Calm and Collected Roll On

This is a great roll-on to carry in your purse to combat stress and nervousness that sometimes accompany menopause.

Ingredients

- 8 drops ylang ylang essential oil
- 5 drops bergamot essential oil
- 5 drops Gathering essential oil blend
- Fractionated coconut oil

Instructions

Combine essential oils in a 10 mL roller bottle. Add fractionated coconut oil to fill the bottle almost to the top. Attach roller fitment and gently swirl to combine. To use, roll along wrists, neck, chest, and temples. Inhale the aroma while focusing on releasing negative emotions and stress.



🌸 Soothing Bath Soak

Add this recipe to a warm bath at the end of the day to dissolve your cares and prepare for a restful night.

Ingredients

- 1 ½ cup Epsom salts
- 1 cup baking soda
- 1 tablespoon coconut oil
- 5 drops lavender essential oil
- 4 drops chamomile essential oil
- 4 drops clary sage essential oil
- 3 drops ylang ylang essential oil

Instructions

Combine all ingredients in a glass bowl and add to a hot bath.

