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Menopause got you down?

TRY THESE NATURAL SOLUTIONS.

**LEARN ABOUT ESSENTIAL OILS THAT WILL
HELP DURING THIS TRANSITION**

Brain, Body & Oils

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Symptoms of Menopause

Menopause is the time of life when reproduction declines and hormone levels decline as a result. This results in the possibility that you may experience several symptoms including:

Hot flashes
Insomnia
Anxiety
New onset Depression
Painful Intercourse
Decreased Libido

Menopause is defined as not having a period for a solid year



Using Essential Oils

Oils can be used topically, inhaled and even ingested.

Topical Application:

Oils are great when applied to the bottom of the feet. They are able to enter the pores and travel quickly to the bloodstream and vital organs.

If applying to other areas on the body use with a carrier oil, like coconut oil to reduce the possibility of sensitivity.

If the oil feels strong, dilute with a carrier oil and not water.

Use oils in epsom salts for a relaxing bath.

Add oils to your body lotion, shampoo, etc.



Inhalation

You can inhale oils either right out of the bottle or put several drops in a diffuser.

A diffuser is a ultrasonic vessel of water that releases a mist into the air.

Other ways to inhale is on a cotton ball, a car diffuser or using jewelry. I use leather bracelets, rings and necklaces so I have a diffuser with me all day.

Inhaling an oil allows the particles to go straight to the limbic portion of the brain, the area responsible for emotion and memory. It's very important to use an oil with no added chemicals



Ingestion

Oils that are safe to ingest can be used directly in the mouth, in foods and beverages and put in vegetable capsules and taken orally.

Oils should be clearly labeled safe for ingestion. Otherwise, don't take internally. Use sparingly as the oils are very potent.

If cooking with oils, use a toothpick to capture some oil and stir into your recipe. It may be all you need!!!



Which EO's May Help?

Lavender

calming & relaxing

helps with sleep

helps with hormonal balance during PMS
and menopause

Clary Sage

estrogen-like - helps balance hormones

can reduce irritability and agitation

improves libido

helps regulate stress hormones

Geranium

balances hormones

menstrual/PMS issues

great for dry skin

may help hot flashes

Peppermint

because it cools it can calm down a
hotflash
helps wake you up
combats fatigue

Rosemary

liver protection
provides mental clarity
may help relieve abdominal pain from
cramps

Roman Chamomile

improves sleep, mood & emotions

Neroli

good for stress
supports endocrine balance
increases vaginal lubrication

Sandalwood

improves sleep & libido
improves vaginal lubrication

Sage

decreases hot flashes & sweating
reduces stress
great for skeletal system

Thyme

improves sleep
promotes positive emotions

Ylang Ylang

female energy oil
increases libido
promotes calm feelings

Blends

Young Living has some great blends formulated specifically for female and male health

Dragon Time

great for use during menses

eases cramping

promotes calm positive moods

(Fennel, Clary Sage, Marjoram, Lavender,
Yarrow, Jasmine)

EndoFlex

improves sleep & libido

supports endocrine system

(Spearmint, Sage, Geranium, Myrtle,
Chamomile, Nutmet)

Lady Sclareol

Balances emotions
rich in phytoestrogens
relieves PMS symptoms

(Geranium, Coriander, Vetiver, Orange,
Clary Sage, Bergamot, Ylang Ylang, Royal
Hawaiian Sandalwood, Sage, Jasmine,
Idaho Blue Spruce, Spearmint)

Progescence Plus

Relieves hot flashes
improves libido
balances hormones

(Copaiba, Sacred Frankincense,
Cedarwood, Bergamot, Peppermint, Clove,
WSP-grade progesterone from wild yam
extract)

SclarEssence

helps balance hormones with

phytoestrogens

improves energy

(Clary Sage, Peppermint, Sage, Fennel)

Sensation

increases libido and sensuality

relaxes nerves

romantic odor

(Coriander, Ylang Ylang, Bergamot,
Jasmine, Geranium)

Mister

formulated for men, helps decongest the

prostate

hormonal balance

(Yarrow, Sage, Myrtle, Fennel, Lavender,
Peppermint)

Recipes

Hormone Support Roller Bottle

10 drops each of:

Ylang Ylang

Bergamot

Sacred Frankincense

Cedarwood

Clary Sage

place all oils together in a 5 ml bottle, swirl together then top off with fractionated coconut oil. Use this on wrists, bottom of feet and back of neck.

Because hormones can be affected by nutrition, try to eliminate sugar, alcohol and processed foods as well for better outcomes.

Personal Lubricant

As menopause occurs, the vaginal tissue can become very dry and result in painful intercourse. Try this lubricant to help restore vaginal moisture.

10 drops Sensation oil (alternately use 3 drops each of jasmine, geranium & ylang ylang)

4 drops lavender

2 drops peppermint

2 drops black pepper

2 ounces fractionated coconut oil

Mix all ingredients in a glass jar. Apply as needed to vaginal area.