



**5**

**essential oil-infused  
self-care tips**

**by Simply Serendipity**

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## 5 essential oil-infused quick tips for better self-care

Nothing new here. We know what we can (and perhaps should!) do to take better care of ourselves. BUT maybe you didn't realize how easy it could be and how powerful a simple addition of an essential oil can be.

### 1. Take a breath ...

When stress ramps up in our lives, one of the most important things to do is connect to our breathing. Break the cycle of fight or flight in our bodies, and bring ourselves back to our center.

**Start with 5 deep breaths, slow and steady, eyes closed if you can.**

If you have oils, there are three that are particularly powerful in shifting the stress patterns:

- **StressAway:** One of our favorites! (Okay, we have said that a lot, we know. But this one is the one that we carry with us everywhere!)
- **Peace & Calming:** Formulated to calm kids after dinner - this is a good one!
- **Lavender:** Ahhhhh ... Lavender. 'Nuff said.

Put a drop in your hands, cup it over your nose (at the perfect distance to get just enough aroma) and take a breath.

### 2. Practice gratitude

The power of gratitude is truly amazing. Research has found gratitude improves depression, mood, health and so much more! (Like we need research to prove that to us!) Practicing gratitude is a powerful practice in self-care.

**Here are two ideas for you:**

**Gratitude journal:** Find a journal and pen you love. You want to have good feelings about your supplies as well as your gratitudes!

Take a moment to quiet yourself before beginning, such as three calming breaths.

Then write down what you are grateful for - while any number will do, limit yourself to five so you don't get stuck in the quantity. Be sure you really feel your gratitude. It isn't simply writing and slamming the book closed. You want to take a moment as you write to feel the gratitude in your heart. Think of it as a writing meditation.

**Gratitude essential oil:** Yep, there's an oil for that! This lovely oil is great to use during your Gratitude Journal time. Take a deep breath, set your intention and go! It contains oils that calm, elevate and soothe the body and mind - all good for fostering gratitude.

### 3. Sleep enough and at the right time

Ready for more powerful sleep? We need both quantity *and* quality sleep. For best sleep, be in bed by 10 pm and lights out by 10:30 pm. Your hours of sleep before midnight are more restful than after midnight. Get at least 7 hours and up to 9 hours, depending on your own needs.

**To deepen your sleep, try adding oils:**

- Peace & Calming: Lovely in the diffuser. This oil helps you fall asleep quickly and then fall back asleep easily when (and if) you do wake up during the night.
- Lavender: Rub a drop on your pillow. Lavender can calm the nervous system.
- Cedarwood: Helps calm the thoughts when a racing brain keeps you up. Rub a drop at the brain stem.

### 4. Ground yourself

Being grounded refers to being able to focus, feeling present with where you are in any one moment, being conscious of your body, not just being in your mind. It feels good, nourishing - not the out of control feeling we often feel.

**We can feel grounded, even during stressful times, with a few intentional actions:**

- Being outside is VERY grounding. Of course, during the winter months, that isn't always possible (or fun!). If you are able to be out, fresh air is very grounding. Barefoot in the grass even more so!
- Epsom Salts baths (check tip #5!) 1-2 cups of the salts, hot water and ahhh ...
- Certain essential oils are very grounding: Valor or Grounding rubbed on the feet can be an instant relief to your system. Lovely! Do it before bed, first thing in the morning and as you go out for an evening.

### 5. Bathing with bath salts

Ahhh ... an incredibly powerful way to help you relax (and ground yourself - see Tip #4)! Adding Epsom Salts (magnesium sulfate) to your bath also turns your bath into a detox bath, drawing out toxins from your body and:

- Helping you to relax, improving sleep and concentration, improving muscle and nerve functioning
- Regulating 325+ enzymes
- Reducing inflammation to relieve pain and muscles cramps
- Flushing toxins
- AND SO MUCH MORE!

**Add essential oils to the mix and you've made magic! Here are a few of our favorite mixes:**

- ENERGIZER: 8 drops Peppermint + 8 drops Lemon
- IMMUNE SUPPORT: 10 drops Thieves + 5 drops Lemon or Grapefruit
- RELAXATION: 10 drops Lavender + 5 drops Cedarwood

Make a batch of each one in a Ball jar and store them in your linen closet. Then when it comes to bath time you can choose the one you need at the moment. So easy!! Use 1 or 2 cups in your bath.

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