



Essential Oil Blends For Depression

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com

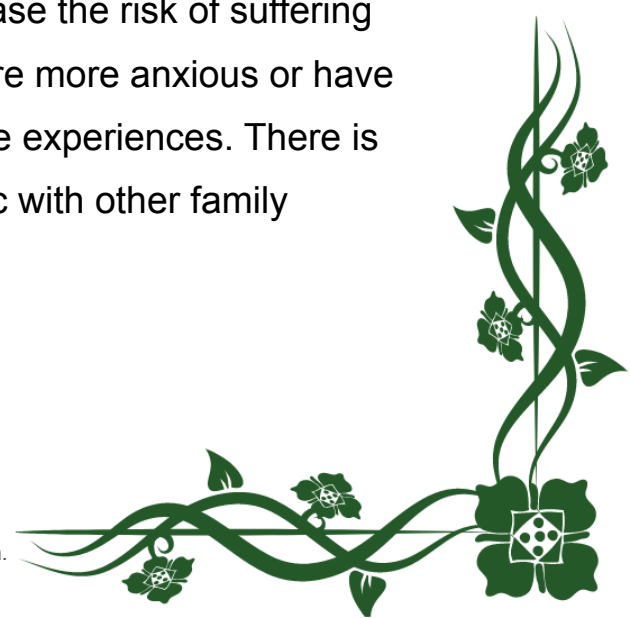
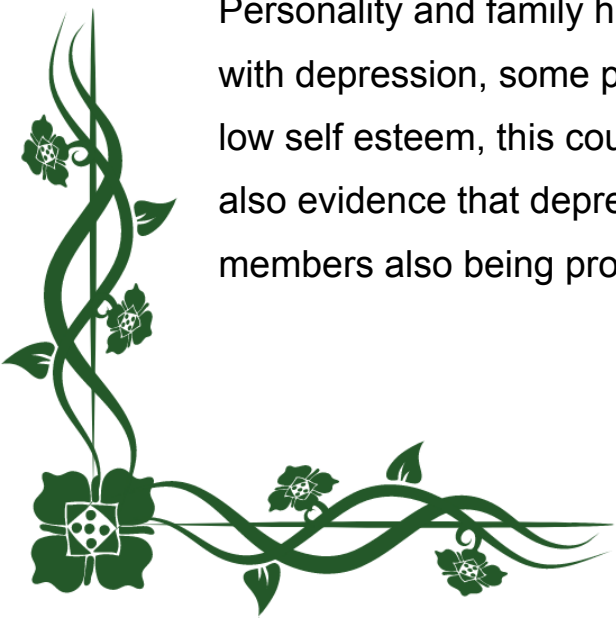


What Is Depression?

Depression is very common with people from all ages suffering from depression. Depression affects more men than women but for both it can be extremely distressing. We all experience ups and downs in our moods and how we feel. This is normal, we should experience some level of fluctuation in our moods, in response to everyday challenges it's not normal to be a flat line emotionally with no real deviation in our moods. However, depression is more than feeling a bit down or a bit sad or fed up and if it is long lasting it can have serious effects on our lives, from not being able to do everyday things. At its most serious it can lead to suicidal thoughts or even attempts. Depression can be described as a low mood lasting longer than two weeks that leads to a loss of interest and enjoyment in life, loss of energy, disturbed sleep, poor concentration and feelings of low self worth.

Someone with mild depression will often be able to function and continue with daily life but with loss of enjoyment or interest, however as this moved through to severe depression it may become difficult to continue with normal daily life which can affect their ability to work and to continue with social activities, domestic duties including personal hygiene.

Personality and family history can also increase the risk of suffering with depression, some people for example are more anxious or have low self esteem, this could be due to early life experiences. There is also evidence that depression can be genetic with other family members also being prone to depression.



Pregnancy and having a baby can also increase the risk of suffering from depression due to the hormonal changes that occur during this time, as well as the adjustment to the changes that come with a new baby which can lead to postnatal depression.



Symptoms of Depression

The symptoms of Depression include:

- Loss of interest in most regular activities
- Feeling empty, sad, hopeless
- Slowed thinking or movement
- Anger, aggressiveness, irritability
- Fatigue or low energy most days
- Anxiousness, restlessness
- Feelings of worthlessness or guilt
- Loss of concentration or indecisiveness
- Recurring thoughts of death or suicide
- Drinking excessively, using drugs, engaging in high-risk activities
- Reduced sexual desire, lack of sexual performance
- Insomnia, restless sleep, excessive sleepiness, not sleeping through the night
- Changes in appetite, weight changes,
- Difficulty with recall or memory



Essential Oil Blends For Depression

Geranium Blend

Geranium – is a great natural antidepressant which works well with the nervous system to help balance the mind and ease feelings of depression and low mood.

Bergamot –with its antidepressant properties, Bergamot is an excellent oil to relieve the heavy feelings of depression and uplift mood.

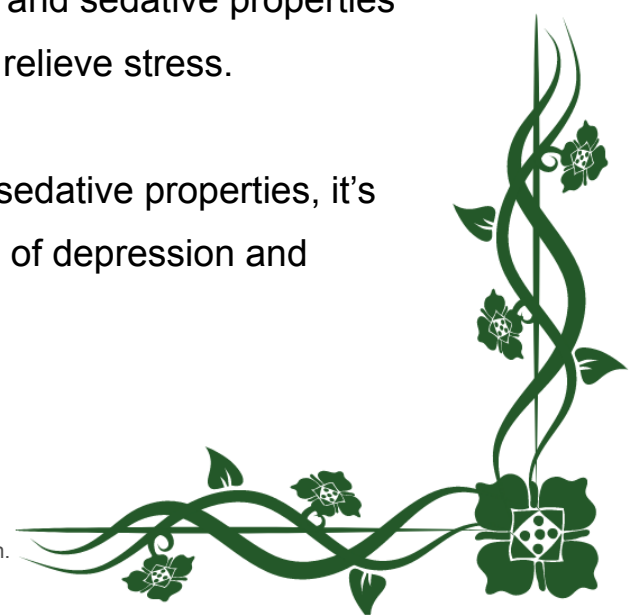
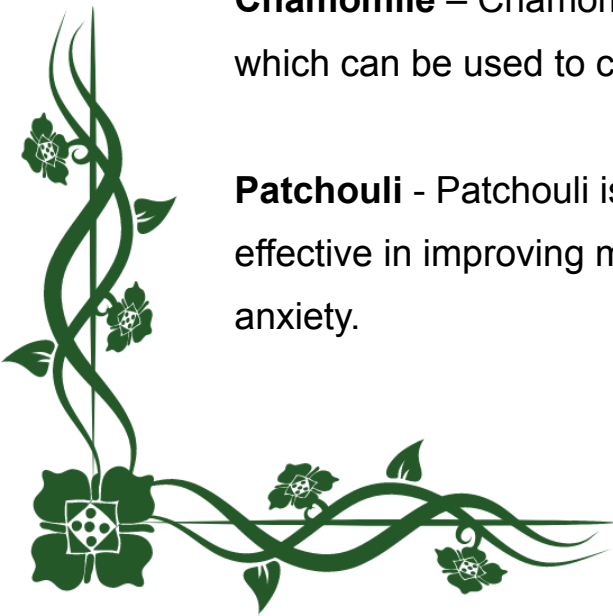
Patchouli - has sedative properties which can help to ease feelings of depression and low mood, it can also help with sleep issues.

Clary Sage Blend

Clary Sage – is excellent for easing symptoms of depression due to its antidepressant, sedative and nervine properties. It helps to calm the mind and ease nervous tension and can also help with sleep issues.

Chamomile – Chamomile also has calming and sedative properties which can be used to calm nerves and help relieve stress.

Patchouli - Patchouli is an uplifting oil with sedative properties, it's effective in improving mood, easing feelings of depression and anxiety.



Lavender Blend

Basil – Basil is a great natural antidepressant, it can help to lift mood and balance emotions.

Lavender – Lavender can help reduce stress and tension, helping to calm, soothe and clear the mind and lifts depression and low mood due to its antidepressant properties and calming properties.

Sandalwood - Sandalwood has sedative properties which can make it particularly good for people who are tense, stressed and struggling with low mood.



Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

Geranium Blend

Geranium– 3 drops

Bergamot– 3 drops

Patchouli – 3 drops

Clary Sage Blend

Clary Sage – 3 drops

Chamomile– 3 drops

Patchouli– 3 drops

Lavender Blend

Lavender – 3 drops

Basil – 3 drops

Sandalwood - 3 drops



Ways To Use Your Blend

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

Diffuse

Diffusing a blend of these essential oils can help to relieve the ease feelings of low mood and depression and calm the mind.

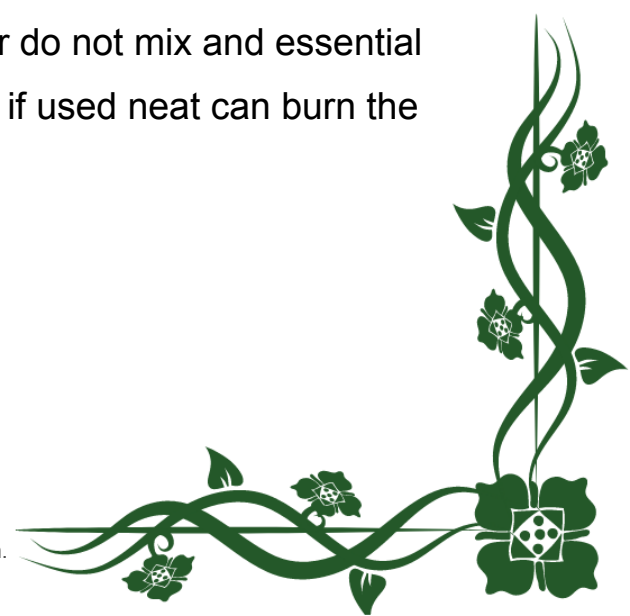
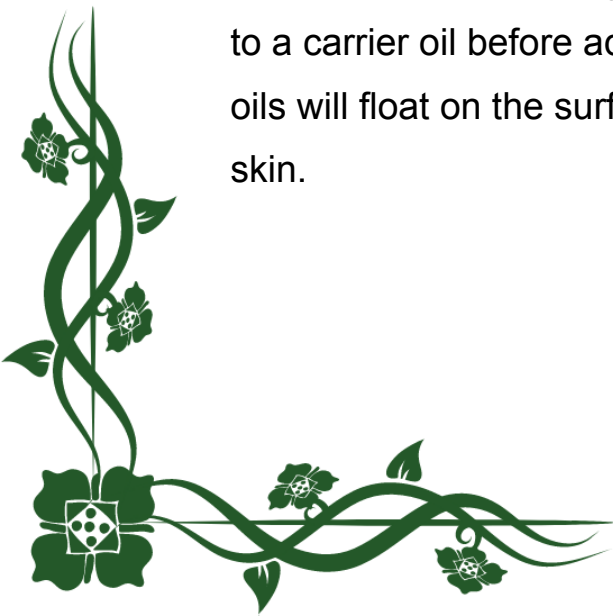
- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

Bath

Taking a warm bath with these wonderful healing blends can help relieve tension, calm the mind and release tension in the body. As the oil disperses into the air it can help to bring a sense of calm.

- Add 1 - 3 drops of your chosen essential oil blend to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

Diffusing a blend of these essential oils can help to relieve the ease feelings of low mood and depression and calm the mind.

- Simply drop 1 -3 drops of your chosen blend of essential oils on a tissue or handkerchief and breath in deeply. Use as needed

Ointment

Mix with some carrier oil such as almond oil olive oil and dab a little under the nose or on the wrists.

- Mix 1 to 2 drops of your chosen essential oil blend to a tablespoon of carrier oil such as olive oil or almond oil.



Side Effects

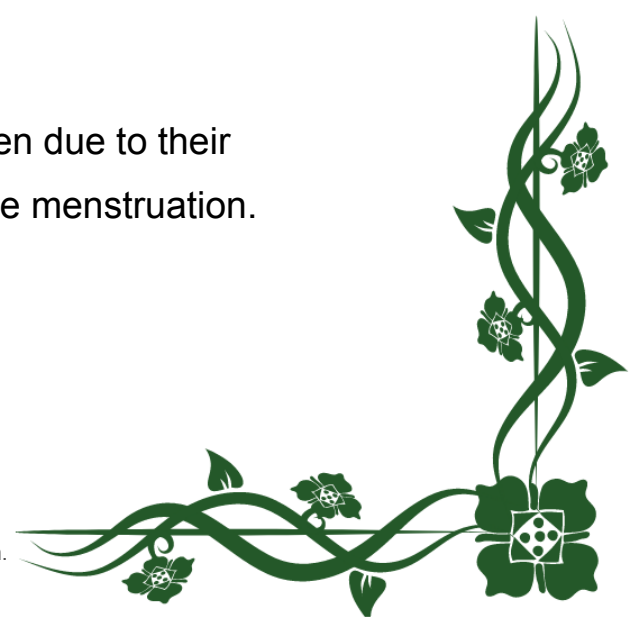
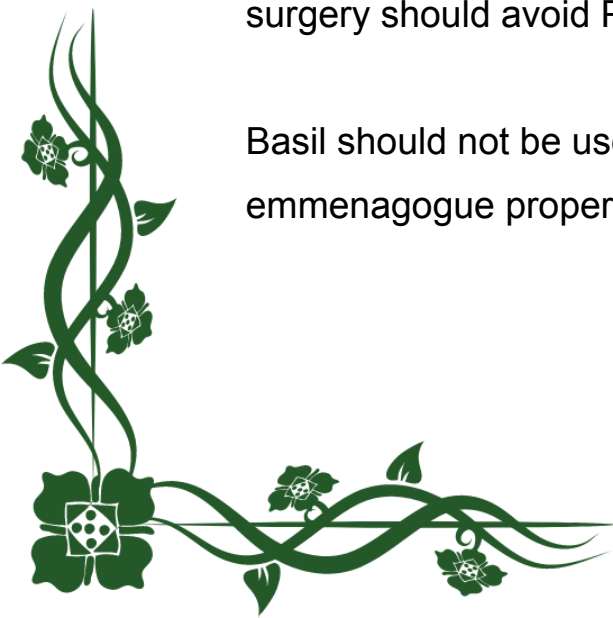
As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Bergamot and Geranium can cause skin irritation or allergic reactions in some people. If used in excess Basil can act as a depressant. As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Bergamot as it can cause skin pigmentation problems.

Clary Sage should be avoided if pregnant or breastfeeding. It can also in rare cases cause skin irritation. Avoid using Chamomile during the early months of pregnancy. Do not administer oil directly into the eye when treating conditions of the eyes such as conjunctivitis.

Patchouli oil can affect blood clotting therefore people who are taking blood-thinning medication, have bleeding disorders such as haemophilia or have recently had or will be undergoing major surgery should avoid Patchouli.

Basil should not be used by pregnant women due to their emmenagogue properties which may induce menstruation.



There are no other specific cautions for Sandalwood or Lavender essential oils.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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