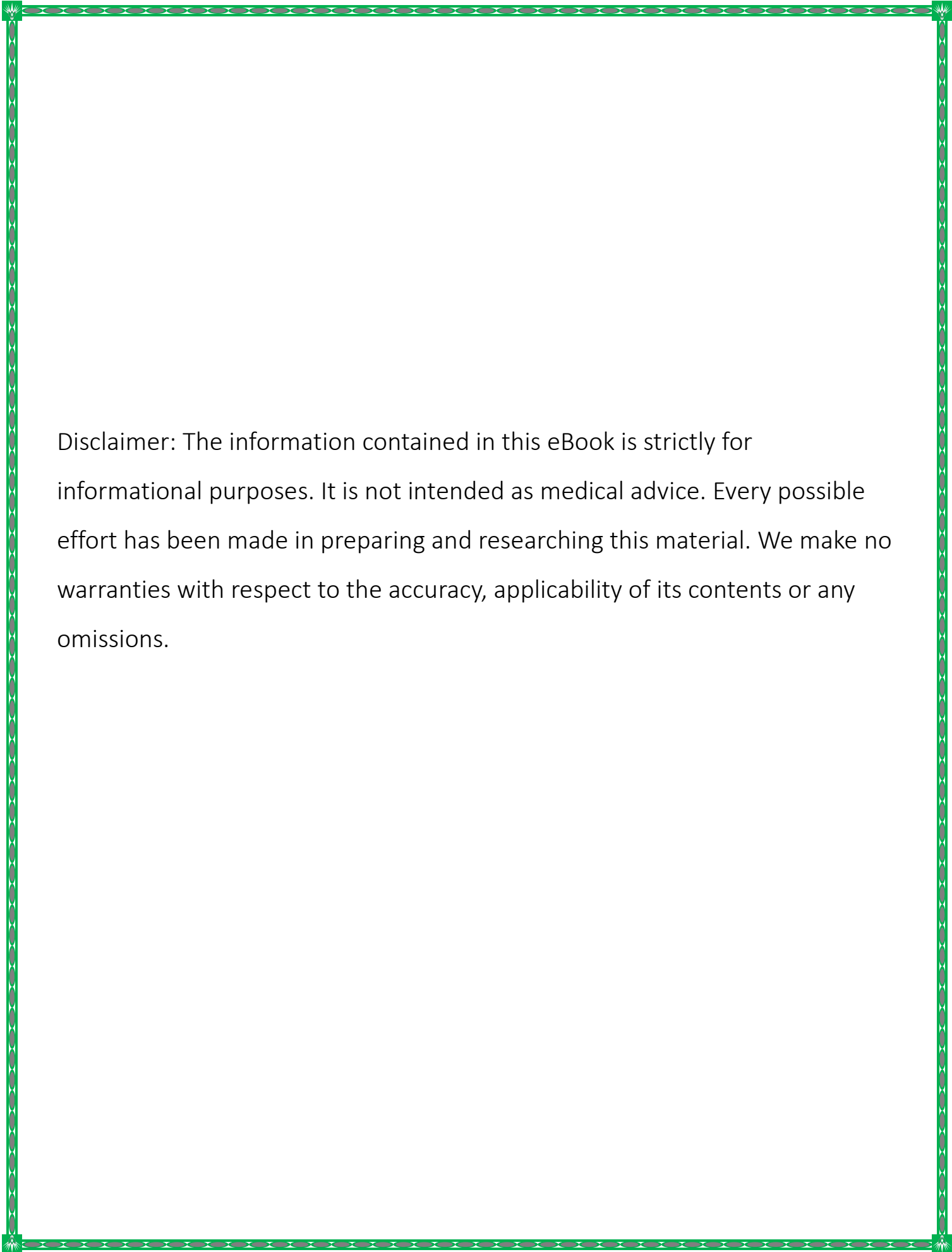


Boost Your Energy Levels With
Essential Oils



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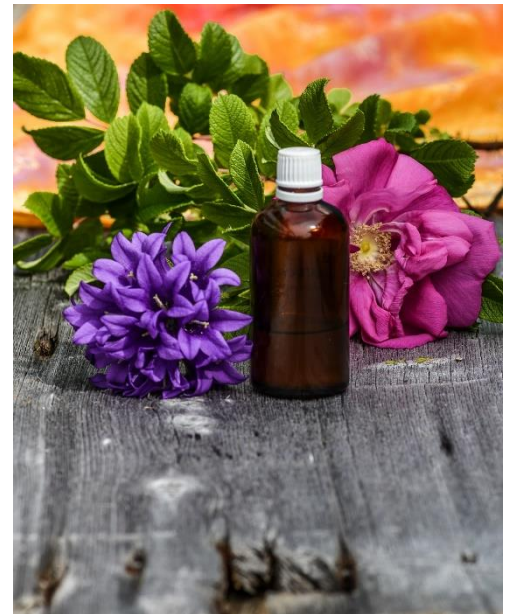
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Introduction

Do you wake up each morning, only to feel just as tired as when you went to bed? Do you have trouble maintaining your energy level throughout the day? If you are struggling with fatigue, tiredness, or an overall lack of energy, you could use a boost! There are many different types and ways to use essential oils to help you feel more positive, have more energy, and give you the lift you need to get through your day.

Essential oils are becoming increasingly popular for use as both herbal remedies and home care products. Essential oils are extracted from plants using specific techniques that keep the medicinal and therapeutic benefits of the plant while yielding an easy-to-use form.

Using essential oils can influence your stress level, blood pressure, immune system, heart rate, and respiration, all of which play a role in your energy level. Many essential oils are adaptogens, which means their properties adapt to each user, and the benefit you may derive is likely different from someone else. This means you can test out and find the right essential oil or oils that work best for you.



If you have never used essential oils or are unsure of how essential oils can help you have more energy, consider these additional benefits that essential oils are known to have for many people.

- Essential oils can enhance your mood and help you feel more positive.
- They can help you concentrate and stay focused.
- Essential oils can help you feel more productive
- They have been shown to lower anxiousness and stressful emotions in many people.
- They can help you relax and sleep better, which will leave you feeling more rested the next day.

So, if you are ready to learn how to use essential oils to boost your energy, let's first examine the ways you can safely use essential oils.

How To Use Essential Oils

There are a number of ways you can use essential oils to boost your energy levels. Whether you choose to use one type of oil or a blend of different ones, inhalation of the oils' scent is the most popular and effective way to boost your energy.

There are several different methods of delivery that work well with essential oils, so choose the one that works best for you.

- You can inhale the scent from a specific essential oil or blend directly from the bottle.
- You can add drops of your favorite oil or blend to a tissue, then inhale the scent from this whenever you like.
- Use a spray bottle or diffuser, plus water, to disperse the aroma around the room.
- Make a good diffuser-ready mix by adding one tablespoon of witch hazel to 30 drops of essential oils and 12 ounces of distilled water. Add this to your diffuser or a spray bottle. Always shake well before using.



Below, we also suggest other methods for using specific essential oils to boost energy, including using them topically and internally. Not all essential oils are appropriate for use on the skin or for being taken orally.

Tips for Purchasing Essential Oils

Using high-quality oils is one way you can ensure the best results from your aromatherapy using essential oils. Always purchase your essential oils from a reputable manufacturer and be sure the labels state 100% pure essential oil. The label should always include the proper, scientific name of the plant species represented by the contents. Check the ingredients for items like “fragrance,” which tells you the oil has additives that you do not want.

When possible, purchase organic oils. Therapeutic grade is what you want for any aromatherapy or other health uses of essential oils. This ensures the oils are free from chemicals and other toxins and that they are undiluted.

Best Essential Oils To Boost Energy

Minty Oils

Minty oils, like peppermint, spearmint, and eucalyptus are all excellent for promoting concentration, alertness, and enhancing mental clarity. These oils work well in the morning, to help you start your day off with focus, or to help you get over the late-afternoon doldrums. Like a cup of coffee, these essential oils give you an instant boost of energy.

1. Peppermint Essential Oil

Peppermint essential oil is used for a variety of medicinal purposes because of its high concentration of menthol. This compound gives peppermint oil is antimicrobial properties that help is control bacteria and fungi, plus menthol provides pain relief.

The minty scent of this essential oil provides an instant boost to mental and physical energy levels. If you are sluggish from overeating or are really fighting fatigue, peppermint oil is great for boosting concentration when you need a lift.

You can add peppermint oil to your diffuser when you want to focus and stay alert. Try it the next time you have a deadline approaching. You can also add one drop of peppermint to one drop of rosehip or another carrier oil, then dab a little directly under your nose. You will immediately wake up. For an all-day pick-me-up, rub this mixture on your shoulders and neck.

2. Eucalyptus Essential Oil

The active compound in eucalyptus oil, which is called cineole, has been the subject of many different research studies that have examined its powers as an anti-inflammatory, analgesic, and antioxidant. Because eucalyptus oil



can contribute to the overall health of your immune system, it plays a role in your energy level, as well.

If you are congested and fatigued from a cold or the flu, try using eucalyptus oil to gain your energy back. When you are in a hot shower, sprinkle a few drops in with the water, and cover the drain, allowing the steam to infuse with the scent of eucalyptus.

You will feel more energetic when you emerge from your shower, plus you will be able to breathe easier. You can also apply this oil directly to your temples, feet, wrists, or other aching muscles. The cooling effect can calm tensed muscles and help you relax and rest more peacefully.

You can, of course, inhale eucalyptus directly or diffuse this scent, as well, for an energizing aromatherapy session.

Citrus Oils

Essential oils made from citrus fruits help you get rid of negativity and promote happiness as well as enhanced mood. Some of the most powerful energy boosters are citrus fruits like grapefruit, lemon, orange, lime, and bergamot. Citrus fruits are very aromatic anyway, and these essential oils wake up nervous system signals to promote higher energy levels.



1. Grapefruit Essential Oil

If you are stressed out and need to relax, try grapefruit essential oil. This clarifying scent can reduce mental fatigue and help regulate your hormone levels, which can often contribute to feelings of fatigue. Add grapefruit oil to your diffuser at the end of a long day for an immediate energy boost. You can also use this oil topically. Mix it with a carrier, such as jojoba oil, and dab it on your wrists or neck. You can also use grapefruit oil in the shower for an energy boost while you prepare for your day.

2. Orange Essential Oil

The powerful scent of orange essential oil is uplifting and fresh. Just list a freshly peeled orange, this essential oil promotes positive emotions and improves energy levels. This is depression and other mental health problems may experience benefits from this essential oil, as well.

3. Lime Essential Oil

This essential oil is a little more subtle than orange essential oil, but it has the right compounds to lift your mood and help you feel more energetic, too. Lime oil enhances the flow of energy throughout your body, and it can help you concentrate and focus when your mental energy level is beginning to lag.

4. Bergamot Essential Oil

When you are ready to relax at the end of a long day and want to feel refreshed and revived the following day, try bergamot essential oil. Bergamot contains flavonoids, which can calm your nerves, relax tension, and reduce stress and anxiety. Bergamot is a good oil to diffuse in the evening, as you are winding down so that you will sleep well and have more energy the next day.

Spice Flavor Oils

These warm and spicy oils can get you motivated and moving when your energy is lacking. Oils like cinnamon, black pepper, ginger, and frankincense are all excellent at helping you stay alert and focused when you need a little boost.

1. Cinnamon Essential Oil

When you are feeling run down, either physically or mentally, try cinnamon essential oil. Taking cinnamon oil internally can also help regulate blood glucose levels, which is important for stabilizing your energy levels, reducing cravings for foods that make you crash, like sugar, and controlling your weight.

2. Black Pepper Essential Oil

If you are having trouble focusing or concentrating, black pepper oil can be just what you need. It's also a good choice when you are run down and feeling sluggish. Black pepper oil improves circulation, which

can provide extra energy. While you can inhale black pepper oil directly or use it in your diffuser, you can also apply it topically. Rubbing just a few drops of this essential oil onto the soles of your feet can get your energy flowing as well as give you a warming sensation. If you have sore muscles, mix black pepper oil with a carrier oil, then massage into aching muscles before a workout.

3. Ginger Essential Oil

Ginger has many medicinal uses, and it is great for helping you maintain your energy levels. Ginger essential oil is warming and penetrates deeply into skin, revitalizing your mood and getting you pumped up.

Ginger is also great for nausea, motion sickness, or morning sickness, so inhale it directly to enjoy these benefits. Mix a few drops of ginger essential oil with a carrier oil and rub into your feet for quicker absorption into your bloodstream. This will stimulate your senses and get your vitality and energy ramped up.



4. Frankincense Essential Oil

If you have feelings of anxiety or have low moods, frankincense oil may be the right choice for you. Frankincense combines the power of citrus scent with those of minty ones to provide a long-lasting aroma that will lift your energy levels and balance your moods.

Frankincense's compounds can cross the blood-brain barrier, so it works well at treating depression and anxiety, which can contribute to lack of energy for some people.

In addition to using it in your diffuser or inhaling it directly, you can also rub a few drops in strategic places, like your neck, feet, or wrists. Create a revitalizing massage oil by adding this essential oil to jojoba or argan oil.

Herbal Oils

Not only do herbs have medicinal purposes when cooking or making tea, but essential oils made from herbs are also great for improving mood, enhancing energy, and leaving you feeling refreshed.

1. Rosemary Essential Oil

When you are feeling really fatigued, rosemary essential oil can give you the boost you need. Like eucalyptus, rosemary contains cineole, which increases blood flow to the brain and can improve your alertness. If your brain is feeling a little foggy from fatigue, or you need an extra mental or physical boost, trying rosemary essential oil.

2. Basil Essential Oil

The fresh, earthy smell of basil is invigorating, and basil essential oils are even more so. Basil is a natural stimulant for your endocrine system, including your adrenal glands. These glands control your energy production, so basil can help fight fatigue, relieve sluggishness, and alleviate mental cloudiness. If you have chronic fatigue, basil is an excellent treatment option.

Add two drops of basil essential oil, along with three drops of lemongrass essential oil and one drop of peppermint essential oil to your diffuser to make an aroma that is both clarifying and stimulating.



3. Thyme Essential Oil

If your immune system is sluggish or battling invaders, using thyme essential oil can help it fight infection as well as give you the boost you need. Thyme offers many medicinal effects, including reducing stress and enhancing energy levels. Add thyme essential oil to any citrus oil for a powerful, uplifting scent that is both energetic and healing.

4. Neroli Essential Oil

Neroli essential oil is made from the flower of a type of bitter orange tree, and its properties are numerous. Neroli is an excellent oil for lowering stress, reducing blood pressure, and helping you to calm your body and mind during stressful times. This essential oil can also boost your mood, which enhances energy, too.

5. Lemongrass Essential Oil

The fresh scent of lemongrass is invigorating and can help you clear your mind, which provides you with more energy. In addition to using it in your diffuser, try applying it topically. Mix a few drops of lemongrass essential oil with jojoba or another carrier oil, then massage this into your temples or neck. This mixture helps give you a boost, which makes it perfect for before your workout or when you hit your afternoon slump.



Other Earthy Oils

Other oils that include earthy, woody scents can also stimulate your brain and body. You can try these oils on their own or mixed in blends to help you overcome fatigue and mental fog.

1. Geranium Essential Oil

If you are looking to balance your emotions and calm mood swings, geranium essential oil is an excellent choice. The compounds in geranium oil balance your nervous system, which is helpful when you are stressed. In addition to diffusing this scent, try a body spray made from 15 drops of geranium essential oil and 300 milliliters of water in a spray bottle. This light scent offers an instant boost.

2. Lavender Essential Oil

Lavender is a popular essential oil for many reasons. While lavender is probably best known for its relaxing properties, this effect is actually quite helpful when you are seeking focus and concentration. Lavender essential oil can improve your mood, which also provides a much-needed lift when you are fatigued or stressed.



If you are feeling particularly stressed or agitated, lavender essential oil is an excellent choice. Because it also relaxes you, lavender is a good choice just before bed, so that you can get the rest you need to wake up feeling refreshed.

Besides inhaling directly from the bottle, you can also dab a few drops of lavender onto your hands, rub them together, then breathe deeply from your cupped hands. The effect is immediate calm and relaxation, which can be helpful when you are tense. You can also apply a few drops of lavender to your temples, wrists, or feet just before bedtime to get the quality rest your body needs. Adding a few drops to your diffuser when you are battling through a stressful situation can calm your mind, which allows for better concentration.

3. Elemi Essential Oil

Elemi trees come from the South Pacific, and essential oils made from this tree can be used as a stimulant. Elemi is known to increase circulation, promote the balance and secretion of hormones from the adrenal glands, and promote mental stimulation. Elemi can help balance hormones that are making you feel tired as well as provide mental clarity and focus when you need it.

4. Pine Essential Oil

Pine essential oils can create confidence and energy, which can help you battle fatigue. Pine's properties help you stay invigorated and alert, and this essential oil promotes positivity. If you have adrenal fatigue, pine essential oil is an excellent treatment that can elevate mood and enhance energy. Pine can improve your memory and help you gain focus and concentration, so reach for this one next time you are trying to accomplish a hard task.



5. Cedarwood Essential Oil

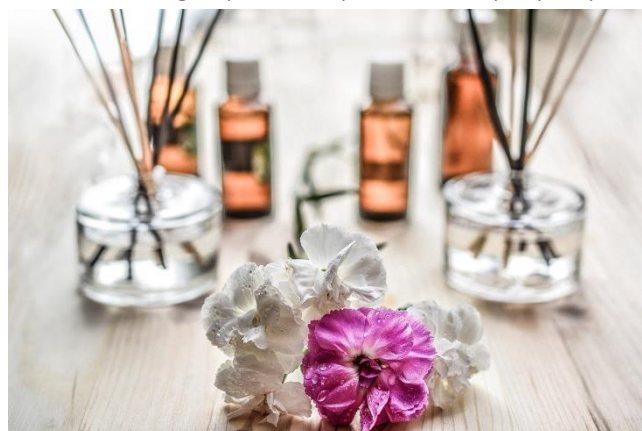
Cedarwood essential oil calms the mind and helps reduce tension by releasing serotonin. Cedarwood is also an excellent sleep aid, so when you are looking for a good night's sleep to help you have more energy tomorrow, reach for this essential oil. Cedarwood is great for stabilizing moods and helping you focus.

Best Essential Oil Blends for Energy

Mixing essential oils allows you to enjoy the benefits of several at one time. You can use these blends in your diffuser or inhale them directly.

Tips for Mixing Essential Oils

- Mix the oils of your choice in dark, glass bottles with eyedropper caps.
- Add just a few drops of any essential oil at a time.
- Roll the bottle between your hands. This will warm the oils slightly and help them mix properly.
- Experimentation may be necessary to find the blend that works best for you.
- Write down the exact recipe you used for each blend, so you will know what you want to keep (or change) the next time you make a blend.



Here are our favorite, energy-boosting blends.

1. The “Get Going” Blend

This blend works well when you have something to accomplish and need the motivation and energy to just do it. This blend adds a clean, crisp scent to the air, and is a good one to diffuse early in the morning, too, to get the family moving.

2 parts grapefruit essential oil

1 part peppermint essential oil

1 part lime essential oil

2. Motivating Blend

When you are trying to meet a deadline or find the energy for your daily workout, this is a good choice.

3 parts frankincense essential oil

2 parts lime essential oil

2 parts black pepper essential oil

3. Fresh Air Blend

This blend will leave you rejuvenated and awake, just like a dose of fresh, mountain air.

2 parts pine essential oil

2 parts lavender essential oil

1 part basil essential oil

4. Fatigue Busting Blend

When you are just having trouble getting moving, can't find the energy to get started, this is a great blend. You will feel energized and motivated in no time.

Equal parts eucalyptus essential oil, rosemary essential oil, and lemongrass essential oil

5. Positive Energy Blend

When the negativity of life has you down, try this amazing blend. You can create a fabric refreshing spray by adding 15 drops to five ounces of water. You can also add this blend to bath water for an invigorating soak.

2 parts rosemary essential oil

2 parts lemon essential oil

1 part grapefruit essential oil

1 part peppermint essential oil

6. Wellness Blend

Prepare for your day with this healthy, energy-boosting blend. Add a few drops to your washcloth in the shower each morning, rubbing your body with it. Or, use it in a diffuser to promote health and wellness throughout your day.

2 parts lavender essential oil

4 parts bergamot essential oil

3 parts basil essential oil

5 parts grapefruit essential oil

7. Calm Blend

When you need to release tension, let go of anxiety, and just relax, this is the blend for you. You can add this blend to four ounces of an oil of your choice to make a relaxing massage oil, or add several drops to your bath water, then soak for at least 30 minutes. Use in a diffuser or inhale directly when you need a calming reminder to help you let go of tension.

2 parts chamomile essential oil

6 parts cedarwood essential oil

3 parts geranium essential oil

4 parts lavender essential oil

Precautions and Reminders

When you are feeling fatigued, essential oils can be a powerful part of your treatment. Oils can provide many benefits, including mental clarity, revived energy, and improved concentration.

Essential oils contain powerful compounds. You can develop allergies to these natural components, so always test an essential oil on a small patch of skin before using it on other parts of your body. Test on your leg or arm, not on sensitive facial skin.

Women who are pregnant or breastfeeding should talk with their doctor before using essential oils. Anyone with a medical condition or taking medications should also talk with a doctor before using essential oils.

What works for someone else may not be the best option for you when it comes to using essential oils. It is best to experiment for yourself to find what offers you the best relief and outcome. Pay attention to your body's reactions to these oils and try out different combinations to determine the best options for your symptoms.

If you experience no relief at all, or your symptoms of fatigue keep returning, you may want to talk with your doctor. There could be an underlying medical reason that you are feeling the way you feel, so be sure to discuss chronic or returning symptoms of fatigue with your doctor.

Essential oils are made from various parts of plants and distilled using one of several methods to extract their medicinal qualities. Look for high-quality, organic oils, and always purchase your oils from a reputable manufacturer.

Essential oils can be inhaled directly, used in a diffuser, applied topically, or taken internally to give you more energy and improve your fatigue. Blends of essential oils combine their properties to give you the



benefits of all the various oils. Try making your own blends at home to discover the ones that are most effective for you.

Getting enough quality sleep is an important part of treating fatigue. There are many essential oils that can relax you and promote a better night's sleep, including the few listed here. If you are not sleeping well, and this is contributing to your tiredness, consider using essential oils at bedtime to help you get better sleep, as well.