



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

*Lianne*

Welcome to our new newsletter - ***Learn with Lianne***. Each week, we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

## MINDFULNESS, MENTAL HEALTH AND OILS

Our own mindfulness and wellbeing is so very important to all of us, now more than ever. Mental health has been a huge topic in recent months, and we've all noticed how our mental health and wellbeing has been impacted by what is happening in the world at the moment. I think we are incredibly lucky to have essential oils as part of how we can support the mental health of our families and ourselves.

In this weeks newsletter, we will explore mental health and how we can use our oils to support us. It is a topic we have explored in the past, but we need continual reminders to use our oils to support us on all levels - especially now.

Mental health has the capacity to impact how we think, feel, act and operate in life. When it is low, we find ourselves withdrawing from family and friends and our social lives. It effects our sleep patterns, it effects our approach to what we eat and if we eat. It effects our ability to cope with even the smallest of challenges or change. When it is positive, we are flourishing, we engage with others and we connect with others. We feel happy, positive and upbeat.

We know that essential oils have the capacity to change our mindset, help uplift us and feel better. So what oils can we use to improve our mental health? Honestly, any oil can help, but here is our Top 5 essential oils to help support our mental and emotional wellbeing.

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We have some lovely premixed roller bottle blends that can support your emotional health and wellbeing, as well as several gift packs that you can purchase for yourself or a friend who might need additional support at this time.

Please reach out if you need support at this time. We are a community and family here at Amazing Scents.

**Email** [lianne@amazingscents.com.au](mailto:lianne@amazingscents.com.au)

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## **1. Lavender**

We don't call Lavender the Swiss Army knife of oils for nothing, it literally has 100s of uses. We can use it to help calm us when we feel anxious or overwhelmed. Not sleeping well, a drop on your wrist at night can help you fall asleep. Emotionally, Lavender is nourishing and balancing for our hearts. It can help us create a safe space within our hearts and our homes.

Lavender is one oil we should have several bottles of - in our handbags, our office, and our homes. Need another bottle? Grab it [here](#)

## **2. Sweet Orange**

The sweet citrusy aroma of Orange reminds us to lighten up. I'm yet to meet a person who smells Orange oil and doesn't smile - it just has the effect on everybody. It can help us relax, be calm, eases some of the anxious and sad feelings and can help us to laugh at ourselves. It has a certain child like charm to it.

Remember in the Batman movie where The Joker says "Why So Serious"? This is what inhaling [Orange](#) oil can do, it can remind us to not be so serious in all we do. A few drops in your diffuser works wonders.

## **3. Jasmine / Mogra**

The rich and heady aroma of Mogra can diminish any sense of fear, and promote emotional stability and self-confidence. It can also help us in times of shock and trauma. With what is happening in the world, there is a collective trauma happening, so Mogra is definitely one to utilise as needed.

[Jasmine](#) and [Mogra](#) also remind us about passion, so if you are feeling like you've lost passion for things in your life, add a little to your diffuser, or make your own perfume or roll-on to renew that passion.

## **4. Bergamot**

If you feel like you've lost your spark, Bergamot will help reignite it. This cheery citrus aroma will uplift you and refresh your spirit. Bergamot can alleviate depressive feelings, anxious feelings and nervous feelings. It uplifts us, soothes us and brings a smile to our faces again. Sit with your favourite book, a cup of Earl Grey tea, and [Bergamot](#) in your diffuser, your troubles will ease and melt away.

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Did you know that another name for Earl Grey tea is Bergamot tea? True, Earl Grey tea is black tea often sprayed with Bergamot oil or mixed ground Bergamot rinds. Note, that we don't add Bergamot to our drinks, but we can enjoy a nice cuppa of Earl Grey and inhale the delightful Bergamot aroma.

## **5. Neroli**

Neroli - the 'Rescue Remedy' of the essential oil world, this delicate aroma is simply stunning. It is reported to assist with depression, can lift our mood and help us stay in the present moment - this is important as we can all overthink or overanalyse things. It can reduce our cortisol levels (as can Lavender), which are our stress hormones and reduce our anxiety levels.

[Neroli](#) reminds us that we have choices, it helps bring awareness to the present moment and may resolve any mental blocks we might be having. Seriously, this is one amazing oil that you need in your home.



## **What else can you do?**

The key is to actively work on our mental health and fitness daily. When we notice our mental fitness waning, increase the things you do to support yourself.

Other things you can do:

- Exercise or movement
  - Meditation
  - Quality sleep and rest
  - Journaling
  - Reading
  - Spending time with and in nature
  - Talking with friends, colleagues and loved ones
  - Seek the services of professional counsellors and advisers
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Do you have any other suggestions for people on how they can actively promote their mental health and fitness? What do you do that you find helpful? What other oils so you find beneficial? Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share in future editions of our newsletter

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