



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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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.

STRESS AND THE FESTIVE SEASON

Whilst the last two years have felt like the limit, the festive season can bring about even more stress. Yes, that is possible! We start to over-commit ourselves. We stress over spending time with our loved ones. We stress over not being with our loved ones. We start overindulging in food, drinks, fun and frivolity. It all can tip us over into extreme stress responses so, it is as important to manage and reduce our stress levels as much as we can. We are so blessed to have aromatherapy in our lives as our oils are our greatest ally for reducing stress.

But which oils should we choose?



Stress Stress Stress

We all handle stress differently - in fact we are often a carbon copy of our parents, isn't that a scary thought! Remember, not all stress is bad. We do need some stress to ignite our inner fire, give us a swift kick up the butt and make us move. The problem is when we have too many balls in the air, too many things going on and no outlet for it all. Too much or not enough of anything isn't good for homeostasis and balance in our lives.

Thankfully, when we are feeling stressed, exhausted or just need a little pick-me-up, nothing beats inhaling or applying all those calming oils.

Lavender

The first aid kit of oils, there is very little this oil can't do. It can support us when we are irritable, when our moods are all over the place, when we are feeling restless, or when our fears are taking over. A drop or two on a tissue and inhale the delightful smell of [Lavender](#).

Bergamot

This wonderful citrusy aroma has been clinically proven to assist with depression, stress and anxiety so if those feelings are taking hold, make sure you add [Bergamot](#) to your list of support options. Metaphysically the oil of cheerfulness Bergamot will definitely lift your spirits.

Neroli

There's a reason aromatherapists call this oil the Rescue Remedy of oils because it does exactly that - it gives us a quick remedy to help rescue us from the depths of our emotions and is amazing for coping with shock.

Frankincense

[Frankincense](#) - the oil of self protection, will help promote tranquility, assisting us to focus and help soothe our spirits. It will also help us align our mind, body and spirit, which does seem to get out of whack during stressful times.

Sandalwood

The divine aroma of [Sandalwood](#) is a must for every collection as it helps us to be still and contemplate life. It can assist us by easing our fears and scattered thoughts, as well as relieving any nervousness or nervous tension we may be holding.

Clary Sage

When we are feeling apprehensive or agitated, give [Clary Sage](#) a try. Clary will restore clarity and bring a bring a sense of calm that we all desire in times of stress. The feeling it gives is almost intoxicating and the world looks a better place.

Cedarwood

When we are feeling overwhelmed, anxious or irritable, call upon [Cedarwood](#) to help. It

brings us back to center, grounding us and reminding us to be courageous and to stand tall.



How lucky are we to know we have our oils on hand to help us reduce our stress levels, no matter where we are, or the time of year?

Our [Balancing Pack](#) is simply the best when it comes to stress and overwhelm. Try tweaking it with Bay Laurel and Clary Sage as well to help you through this stressful time. Use it as often as you need.

You could also try the oils in our [Cheerful Times Pack](#) to bring back some happiness to your environment.

Our [De-Stress](#) pre-mixed roll-on blend is amazing for stress relief on the go, because stress can happen any time, anywhere and we want to be prepared.

Stress Relief

DIFFUSER BLEND



BERGAMOT



SWEET ORANGE



GERANIUM



PATCHOULI



A lovely little diffuser blend to use when you're feeling overwhelmed,
stressed out and not feeling calm

What is your favourite oil for assisting with stress? How do you like to use your oils when stressed out? Share your favourites with us via email or visit our Social Media sites.

Business Facebook

<https://www.facebook.com/amazingscentsaromatherapy/>

The Secret Oil Garden (private group but you are welcome to join)

<https://www.facebook.com/groups/2028287724106750>

Instagram

<https://www.instagram.com/amazingscentsaromatherapy/>

Pinterest

<https://www.pinterest.com.au/amazingscentsaromatherapy/pins/>

Also, if you are feeling stressed or in need of support, please connect with us and we will help where we can. There is always someone in our community that can offer a listening ear or be a sounding board for you. Also, if things are getting too much, reach out to public services such as LifeLine.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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