



A guide to the
TOP 6 ESSENTIAL OILS FOR YOGA



Hi!

I'm Heather, a Yoga Teacher & Aromatherapist in training. Thanks for downloading this guide. I hope you find it inspiring & informative.



FIRSTLY, SOME OIL SAFETY

Whenever using a new oil for the first time, always go for inhalation first, pop a few drops into a diffuser or onto a cotton pad and take a few breaths. See how the oil makes you feel. If you have any reaction stop using the oil immediately and open the windows. Secondly, always follow the dilution rates on the body when applying to the skin and always use a carrier oil. If it causes irritation use Milk or vegetable oil to remove it. Thirdly keep away from your eyes, children, flames and pets (Tea Tree is poisonous to dogs). Remember these are potent power essences and need to be treated with respect - just like a medicine!

TOP 6 ESSENTIAL OILS FOR YOGA

1. LEMON

This is a beautifully uplifting oil and I use it mostly in the mornings, or before teaching a class if I'm feeling sluggish, to boost mood, energise my body and open my airways.

Emotionally, lemon like most citrus oils can help lift your mood. Studies have shown that it can help alleviate depression and I find that it also revitalises my mind, clearing away the fog and helping with decision making.



- Pop 1 drop on a cotton pad and take in 5 deep breaths.
- Place it at the top of your mat and continue to experience its benefits through your practice.

TRY THIS



WHERE TO GET YOUR OILS?

Unfortunately not all Essential Oils are created equally. Some are completely synthetic and others use dubious Multi Level Marketing schemes. Check out the [Aromatherapy Trade Councils website](#) for a list of reputable suppliers.

WHERE TO GET ROLLERBALLS FROM?



Really anywhere, just make sure they're glass as plastic will interact with the oils.

I get mine on eBay.

2. PEPPERMINT

Peppermint oil is a really stimulating gift from nature which blends really well with lemon.

Emotionally, peppermint oil lifts my spirits and is a great energising mood booster! Physically it helps to clear and open the airways. It's powerful – 1 drop goes a long way!



- Pop a drop on a cotton pad with a drop of lemon.
- Take 5 gentle breaths and enjoy your airways opening, your mind clearing – a great way to start your yoga practice.

TRY THIS

3. FRANKINCENSE

This is my absolute favorite essential oil for yoga. Known as “the King of oils” it has a woody, spicy aroma.

Emotionally, I find Frankincense helps bring me into the ‘here and now’, reducing stress and bringing harmony and clarity to my body, mind and soul. It supports me to connect to my intuition, quieten my ‘monkey mind’, guiding me to slow down and take deeper, fuller breaths.



- For meditation mix frankincense with carrier oil as directed. Apply around the temples and brow. Even popping a dot onto the third eye and chest. Breathe in the scent and feel your body reach a deeper level of meditation.

TRY THIS

4. LAVENDER

Lavender has been used for thousands of years for its calming effects upon the body and mind. It's one of the most popular essential oils and many people use it to promote a deeper, better quality sleep. For yoga it is a beautiful oil to use for savasana or in a restoratively in class.

I enjoy lavender's calming, restorative properties and I love the smell. Remember smells go straight to our limbic system when inhaled and it immediately takes me to a happy place.



→ Apply diluted Lavender oil to the feet, pop on some socks and come into legs up the wall. Rest here for 5-10 minutes and enjoy!

TRY THIS



Use a medicine spoon to measure out your oil. 2.5ml of carrier oil to every drop of essential oil.

5. PATCHOULI

Patchouli essential oil has a rich, exotic, musky-sweet, spicy, herbaceous aroma. Patchouli is an aromatic, perennial shrub with large green, furry leaves and white-pink flowers.

Emotionally patchouli oil is soothing, stabilising and slightly hypnotic. I find it relaxing, uplifting and a sensual essential oil. It helps balance the emotions and combats lethargy. It can help ground and centre people who are prone to day dreams and is also good for meditation for calming 'mental chatter'.



→ Blend with equal parts Frankincense in a 10ml rollerball bottle (2 drops of each oil) for a mindful essential oils blend – perfect for meditation at the beginning or end of your yoga practice.

TRY THIS



6. TEA TREE

Tea Tree essential oil is one of the most widely used oils within modern aromatherapy. It has quite a strong smell and is often blended with Lavender to sweeten the scent.

Tea Tree oil is strengthening and invigorating for the mind and body. It can help to inspire confidence and cleanse the mind of negative thoughts. Please remember this oil is poisonous to dogs!



→ If you're feeling fuzzy at the start of your yoga practice, diffuse some Tea Tree and Lavender essential oil in the room and enjoy the benefits.

TRY THIS

Always research a new oil when you come to use it. Try it slowly and see how your body reacts. Despite the fact that oils have certain qualities they can affect different people in different ways so take it slow. There's no rush, these oils have been around for thousands of years, so take your time to explore them and enjoy their wonderful benefits.

Mix up your favourite oils into 10 ml rollerball bottles.



This way your oils are ready to go whenever you need them. Dark coloured bottles are best as these preserve the active ingredients in the oils for longer.

If you would like to learn more about using essential oils in your yoga practice, to deepen your connection to your body, mind and soul, please don't hesitate to get in touch.

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