

Why Choose Essential Oils to Overcome Stress & Anxiety?

Essential oils are powerful plants that have been used for centuries to heal the body and mind. They can relieve stress and anxiety, dissolve emotional wounds, and improve a person's overall mental and physical state.

The benefits of essential oils are wide-ranging, but they're most effective when applied topically alongside a mindfulness practice. If you are struggling with stress or anxiety, then these essential oils can prove to be of great help to you. Take a look at these pointers to understand how essential oils are the best treatment for stress:

1. Helps To Relax The Body

If you are suffering from stress, your body will likely feel under constant pressure, which can cause severe aches and pains. Essential oils like lavender, ginger, [Jasmine Grandiflorum Essential Oil by Essential Oil Wizardry](#) and orange relieve tension and muscle pain by helping the body relax. Even if the symptoms of stress are invisible, essential oils will show positive effects on the body in a short period.

2. Improves The Mood

Stress can make a person's mood extremely erratic. However, essential oils like pine, black pepper, and sandalwood help lift your spirits by increasing serotonin levels in the body, which helps balance emotions. Thus, they help improve mood swings to a great extent as well as eliminate fatigue-causing stress responses.

3. Controls Thoughts & Emotions

One of the most common uses of essential oils is to calm anxiety and panic attacks. But, it's nearly impossible to think rationally when you're feeling anxious. Most people have a hard time focusing on their minds, which makes it difficult for them to focus on anything at all. Something special about breathing in the air is a mixture of lemon and eucalyptus oil. The smell alone can relieve anxiety and help you to focus.

4. Relieves Stress & Tension

Essential oils like peppermint and frankincense release tension from the body, which is a primary cause of stress. Aromatic oils can be massaged into the skin for instant relief from tension. Using [Essential Oil Wizardry](#), along with a stress-relieving exercise or meditation, will help you get rid of stress in the long run.

Just inhaling the scent of lavender and rosemary has been shown to strengthen your immune system. These oils also eliminate stress hormones like cortisol, which doesn't only cause the immune system to weaken and can lead to depression.