



Working hard in the run up to Christmas?

Need some extra support to keep you going through the day?

Oil of the day: Lavender & Peppermint (ok, so that's two oils technically but there is good reason for it)

I'm not sure about everyone else, but I've been working all hours recently, and I think I've hit the

wall today. I'm using Lavender and peppermint to see me through the day until I can get myself an early night.

Many of you will recognise lavender as being an oil that relaxes you, and can aid sleep. Whilst this is most certainly the case, lavender essential oil is what is known as an adaptogen and has the ability to stimulate too. This oil brings about a balance and harmony within the self, both on a physical and mental and emotional level, so when diffused in the room it can soothe, relax and focus you all at once.

I've combined the lavender with peppermint today, as this will help to enhance the stimulating effects of the lavender. Peppermint oil, stimulates, refreshes, uplifts, and clears the mind to aid clear thinking and productivity.

Due to the stimulating nature of this blend, it's probably not advisable to use it into the late afternoon and evening, especially if you want a good night's sleep. You can however substitute the peppermint with marjoram which has a more sedative effect for the later hours in the day.

When using a strong blend like this, I would recommend 3 drops of each oil in a diffuser. Give it a try if you need some extra help at this busy time.