30 DAYS OF USING AROMATHERAPY

to reduce stress

Day 1: Breathe in a citrus oil to uplift mood

Day 2: Apply a calming blend and stretch for 10 minutes

Day 3: Take an aromatic bath

Day 4: Get the diffuser going first thing in the morning

Day 5: Rub tension relieving massage oil on neck

Day 6: Repeat an affirmation while breathing in an oil

Day 7: Use aromatherapy proactively before stressful day

Day 8: Apply an overnight hair mask

Day 9: Make an aromatherapy inhaler to use on the go

Day 10: Inhale some bergamot to battle the Sunday night blues

Day 11: Apply diluted peppermint before exercise.

Day 12: Take a mindful shower, add a drop of fir to shower floor.

Day 13: Do some deep breathing with aromatherapy

Day 14: Add a drop of lavender to pillow at bedtime

Day 15: Enjoy a foot soak with warm water and calming oils

Day 16: Apply frankincense and lavender in overnight face serum.

Day 17: Try a sinus steam bath

Day 18: Use passive diffusion at your desk or during your work day

Day 19: Use an aromatherapy compress today

Day 20: Wake up and energize by breathing in eucalyptus.

Day 21: Start a meditation by breathing in an oil

Day 22: Use oils to promote focus and productivity today

Day 23: Make a sugar scrub and exfoliate away

Day 24: Do a self scan from head to toe before selecting an oil

Day 25: Use music therapy and aromatherapy together.

Day 26: Get diffuser going and go to bed an hour early

Day 27: Give yourself a hand and foot massage with an aromatic lotion

Day 28: Notice what aromatics make you happy and calm

Day 29: Give your face some love with a face mask

Day 30: Have a day of hygge, put in a calming blend