

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

