



ECO.
Modern essentials

ESSENTIAL OILS
FOR DIGESTION

Poor Digestion

Slow digestion can cause us to feel heavy, blocked and full in our stomach. Poor digestion may be the result of stress, over eating, or a weak digestive system. Essential oils to help with poor digestion tend to be warming and stimulating.

Ginger

Warming, stimulating, eases nausea.

Black pepper

Tones tissue, warming, stimulant.

Rosemary

Stimulates the digestive organs such as liver and gallbladder.

Lemongrass

Warming and stimulates digestion.

Lemon

Stimulates digestive fluids, helps us feel clean and refreshed.

HOW TO USE

Massage

Make a 2.5% dilution blend; 5 drops of essential oil to 10mls carrier oil and apply to abdomen in a clockwise direction and to the lower back.

Compress

For feelings of heat and inflammation use a cold compress and for spasms a hot compress will help. Add 2 to 3 drops of essential oil to a bowl of warm to hot water. Submerge a face washer then wring out excess water. Place compress over the abdomen and replace as needed.

Essential oils for Nausea

Ginger

Morning sickness and travel sickness.

Black pepper

Over indulgence, feeling nauseous with a headache, nauseous with heat around the abdominal area. For children and during pregnancy try the gentler spearmint essential oil for a similar effect.

Lemon

An uplifting fresh scent to help overcome feelings of nausea.

TREATMENTS

To treat nausea simply open the bottle of essential oil and inhale deeply for a few breaths, for the next 30 minutes repeat every 5 minutes until symptoms improve.

Treatment on the run

For feelings of heat and inflammation use a cold compress and for spasms a hot compress will help. Add 2 to 3 drops of essential oil to a bowl of warm to hot water. Submerge a face washer then wring out excess water. Place compress over the abdomen and replace as needed.

Massage

Place 1 to 2 drops in 5mls carrier oil and gently apply to the abdomen starting at the top of your right-side hip travelling up under the right ribs then left towards left ribs and down towards the top of the left hip continue in a circular motion and breathe deeply. Massage briefly and gently so as not to upset your stomach further.

Note

Essential oils that have warming properties can irritate sensitive skin and prolonged use can also cause sensitisation therefore it is best to check skin reactions prior to use and not to use a single or blend of essential oils continuously for more than three weeks in a row.



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