



Essential Oils for Headaches and Migraines



For centuries, ancient cultures have used plants to remedy the symptoms of headaches and migraines. As science discovers more about the unique properties and potential of these plants, formulators are valuing the health benefits of nature and essential oils more than ever before! Essential oils for the prevention or treatment of headaches or migraines are generally linked to ‘cooling’ properties that increase blood flow and support muscle relaxation, which is beneficial for both sinus and tension headaches. For sinus headaches or those originating from bacterial infections, prioritise the use of oils with anti-inflammatory and autoimmune-boosting properties.





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BERGAMOT *Citrus bergamia* **ESSENTIAL OIL**

Bergamot oil is used in aromatherapy to elevate mood and alleviate stress. Bergamot oil is also said to have characteristics similar to grapefruit essential oil in that it is antiseptic, antispasmodic, and analgesic (pain-relieving), possibly offering some benefit for headaches and migraines.



CHAMOMILE ROMAN *Anthemis nobilis* or **CHAMOMILE GERMAN** *Matricaria recutita* **ESSENTIAL OILS**

The essential oil of chamomile relaxes the body and soothes muscles, and for this reason, it can be a great aid in treating tension headaches. It can also help treat anxiety and insomnia, which are common causes of headaches.



EUCALYPTUS PEPPERMINT *Eucalyptus dives* **ESSENTIAL OIL**

Eucalyptus is another great choice for headaches. It has anti-inflammatory and autoimmune-boosting properties, which makes it ideal for sinus headaches or those originating from bacterial infections.



FRANKINCENSE *Boswellia serrata* **ESSENTIAL OIL**

Research has shown that frankincense can be effective in relieving the pain caused by cluster headaches because of its anti-inflammatory properties. Cluster headaches tend to start from pain in the muscles, neck and back, which is why an anti-inflammatory can help reduce that discomfort. A 2019 study found that frankincense essential oil reduced the effects of stress and improved sleep in mice. Frankincense also seemed to act as an antioxidant, reducing the damage of stress on cells. Frankincense can also be relaxing and soothing, calming you down and easing stress, which can prevent a headache from coming on.



GERANIUM *Pelargonium graveolens* **ESSENTIAL OIL**

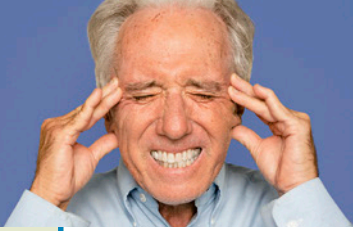
This essential oil is more than just a beautiful addition to natural perfumes. Some research has shown that this flowery essential oil may help with hormonal and menopausal issues, like headaches that can be caused by things like PMS. Mixing geranium with lavender and massaging a little near the temples can provide relief.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 2 of 5

NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA
Phone: +1 661-347-3206 Email: sales@napproducts.com
Web: napproducts.com





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GINGER ROOT *Zingiber officinale* **ESSENTIAL OIL**

Ginger can be powerful in combating nausea and vomiting, which can be sideeffects of migraines, but ginger essential oil is also a powerful anti-inflammatory that may help with all sorts of pain. A 2018 review of studies showed ginger not only effective as a migraine treatment but to increase the effectiveness of blood circulation, which can protect against bad cholesterol. It has an anti-oxidant effect that might have a role in protecting against cancer, and is anti-inflammatory and antibacterial. Ginger has been a respected choice for treating headaches and accompanying nausea for thousands of years.



KUNZEA *Kunzea ambigua* **ESSENTIAL OIL**

This unique Australian essential native is one of the most powerful and effective for fighting headaches and migraines. Kunzea is known to reduce pain and inflammation, which is essential in helping to relieve headache pain.



LAVENDER *Lavandula angustifolia* **ESSENTIAL OIL**

Lavender is an excellent “catch-all” essential oil that is best known for relaxation and stress relief. Not only is it a good antibacterial, but it’s also an immune-booster. Because it has a sedative effect, Lavender is also commonly used to help you get to sleep. This essential oil is good for any headache, or to use after a stressful day at work.



NEROLI *Citrus aurantium amara* **CARRIER OIL**

Neroli oil can help relieve stress and foster calm. Neroli oil’s anti-inflammatory properties may make it beneficial for topical and internal issues. It may reduce inflammation and irritation, reduce stress, anxiety, and anxiety-induced depression.



PEPPERMINT *Mentha piperita* **ESSENTIAL OIL**

Peppermint essential oil has been heavily studied as having a relieving effect on headaches. One study has linked its “cooling” property to increased blood flow and muscle relaxation. Because of the link to muscle relief, it’s especially useful for a tension headache.

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Page 3 of 5

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ROSEMARY *Rosmarinus officinalis* ESSENTIAL OIL

Rosemary is a great option to improve circulation and is shown to be good for relieving fatigue and killing pain. It may also have a positive effect on memory. It's great for any migraine or cluster headache, or any headache that involves moderate to intense pain.



WINTERGREEN *Gaultheria procumbens* ESSENTIAL OIL

Wintergreen essential oil has pain and inflammation relief and is used for headache and other types of pain, fever, gas (flatulence), and other conditions.



To discover more about our natural solutions for your formulations ask us about our additional application brochures.

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Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. sales@napproducts.com

SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



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DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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Page 5 of 5

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