



TEENAGE HORMONES, SKIN & WELLBEING

Benefits of essential oils

Essential oils for emotions

We all know those kids who are moody and grumpy and generally unsociable with anyone outside their own circle. At times, we recognize there can be more to it and therapy could be required. However, natural remedies are a great place to start. Some of our favorite mood busters are:

- Ylang ylang
- Bergamot
- Roman Chamomile
- Frankincense
- Orange
- Lemon
- Valor (for fear)
- Cypress (for confidence)

1. Stress Relief: Essential oils can help calm your mind and body, reducing anxiety and stress.
2. Improved Sleep: Certain oils can promote relaxation and improve sleep quality.
3. Boosted Energy: Some oils can help increase energy and focus.
4. Natural Skincare* Essential oils can be used as a natural alternative to harsh skincare products.
5. Hormone Support: Certain oils can help support hormone balance

How to use

1. Diffusing: Add a few drops to a diffuser to release the oil's benefits into the air.
2. Topical Application: Mix with a carrier oil (like coconut oil) and apply to skin or pulse points.
3. Inhalation: Inhale directly from the bottle or through steam inhalation.

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Top 5 for skin

1. Tea tree oil – this is best for acne, 2-3 drops on cotton and apply directly to the face or mix with their facial wash.
2. Lavender oil – for acne, apply directly on affected area.
3. Geranium – skin enhancer, mix a teaspoon of jojoba oil with 5 drops of geranium oil then rub on affected spot twice a day, or mix it with facial and body wash
4. Clary Sage – for acne, apply 1-3 drops to the affected area
5. Cedarwood – reduces skin irritations, add oil to your moisturiser or face wash and rub on the itchy area or add 5 drops of cedarwood oil to your bath

Essential oils for focus

Between schoolwork, friends, sometimes jobs, and those pesky hormones, it can be difficult for them to concentrate. Try using one or a combination of the following essential oils:

- Frankincense
- Ylang ylang
- Sandalwood
- Lime
- Peppermint
- Rosemary
- Brain Power
- Clarity

Essential oils for hormones

Essential oils are great natural support for balancing hormones:

- Progessence Phyto Plus
- Clary Sage
- Dragon Time
- Endoflex
- Mister
- Idaho Blue Spruce

