



Essential Oil Therapies



Yoga Health and Essential Oils

Today, yoga is experiencing increased popularity worldwide as a way to achieve relaxation and a deepening of the mind-body connection. It has also become widely regarded as a method of total body exercise. This unique and ancient practice is naturally complemented by the essential oils of Young Living. Essential oils are extremely versatile and have many practical applications in yoga, including techniques for complementing breathing, meditation, relaxation, post-practice, and for cleansing and purifying.



Before Practice

Diffusing oils before or in-between yoga class will purify the air while bringing a refreshing, uplifting energy to the space. Recommended oils for purifying the air before yoga practice include:



Grapefruit: A fresh citrus aroma similar to lemon is energizing and uplifting and can be nourishing to the skin.



Lemon: With a strong, purifying, citrus scent that is revitalizing and uplifting, lemon consists of 68 percent d-limonene, a powerful antioxidant.



Citrus Fresh: Citrus Fresh is a relaxing, calming blend with powerful antioxidants that help support the immune system and overall health while bringing about a sense of well-being, creativity, and feelings of joy.



Purification: When diffused, it helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors.



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During Practice

There are three primary aspects to yoga: meditation (dhyana), breathing (pranayama) and exercise (asana). Each of these essential segments of yoga can be greatly enhanced by the addition of essential oils.

Meditation: Diffuse or directly inhale oils such as lavender essential oil, Peace & Calming essential oil, or frankincense essential oil for a deepened, more relaxed experience.

Breathing: The pure aroma of essential oils such as, Raven essential oil, assist in opening pathways to a more emotional state of mind via the pineal gland.

Exercise: Topical application of Raven essential oil, or peppermint essential oil may help alleviate muscle soreness and tension.



Lavender: Lavender has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it.



Peace & Calming: Peace & Calming is a gentle, fragrant blend. When diffused, it helps calm tensions and uplifts the spirit, promoting relaxation and a deep sense of peace.



Raven: Raven is a combination of deeply soothing therapeutic grade essential oils that will provide comfort when applied topically to the chest and throat or diffused.



Deep Relief: Deep Relief Essential Oil Roll is a proprietary blend of oils specially formulated to relieve muscle soreness and tension. Peppermint, Wintergreen, Copal, and Palo Santo essential oils.



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