



# Essential Oil Blends For Menopause

by  
*The Reformed Bohemian*



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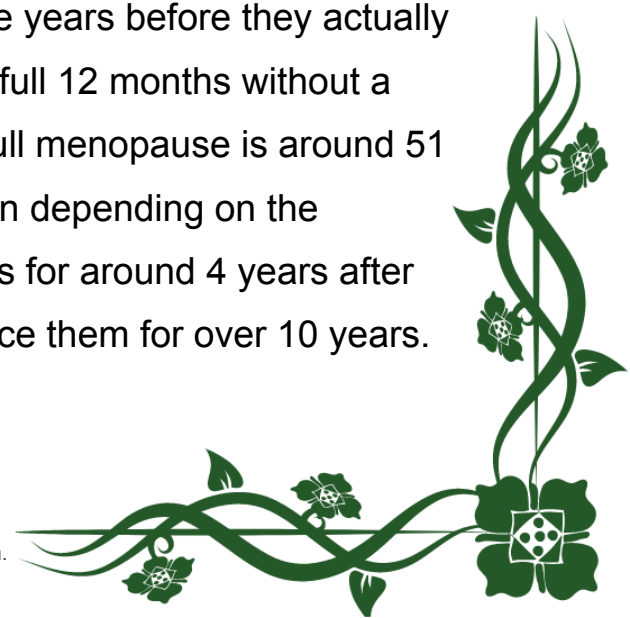
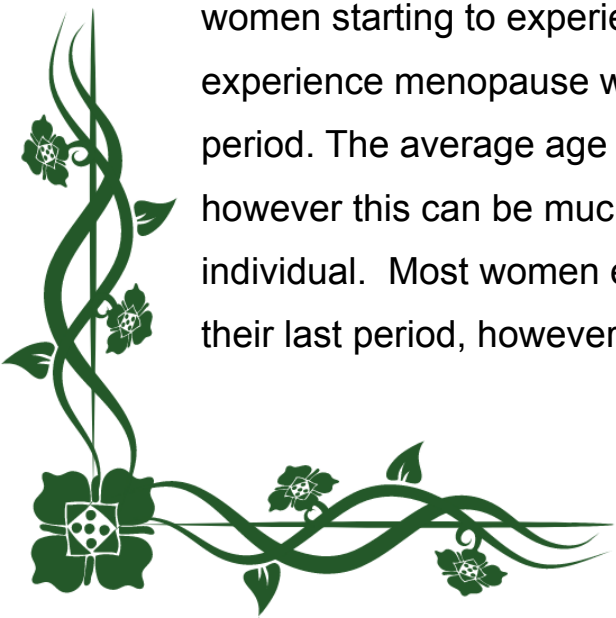
# What Is the menopause?

Menopause is a stage of life that most women dread, with hot flashes, night sweats and weight gain just some of the symptoms women experience. Menopause and the stage leading up to it, Peri-menopause are still very under talked about with most women suffering in silence unaware that the brain fog, depression, mood swings, memory issues, sleep issues and crippling fatigue are as common as vaginal dryness, loss of libido and loss of bladder control.

The good news is that there are many herbs that can be really beneficial during this time, they can help with many of the symptoms and help re-balance hormones naturally reducing the impact that this time of fluctuating hormones creates and enables many women to move through peri-menopause, menopause and post-menopause without the crushing and often debilitating symptoms associated with this stage of life.

For many women the first sign of approaching menopause comes with changes with their normal monthly cycle, periods may become irregular or lighter or heavy than normal.

Most women will experience some symptoms associated with the menopause, however this varies from woman to woman, with most women starting to experience symptoms in the years before they actually experience menopause which is defined as a full 12 months without a period. The average age of women to reach full menopause is around 51 however this can be much earlier or later again depending on the individual. Most women experience symptoms for around 4 years after their last period, however some may experience them for over 10 years.



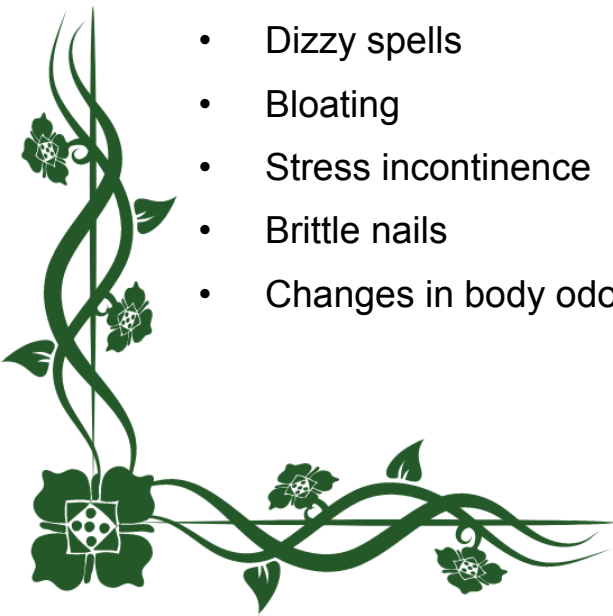
The most common and some might argue debilitating symptom of menopause is hot flashes with 75% of women experiencing them. Hot Flashes are heat that occurs over the chest, neck and face and can make you feel very overheated and sweaty. Mood swings also come high on the symptoms list with the fluctuation in hormone levels feeling like extreme and unpredictable PMS.



# Symptoms of Menopause

The symptoms of Menopause include:

- Hot flashes
- Night sweats
- Difficulty sleeping
- Reduced sex drive (libido)
- Problems with memory and concentration
- Vaginal dryness and pain, itching or discomfort during sex
- Headaches
- Irregular periods, including heavier or lighter than normal
- Mood changes - depression and anxiety including panic attacks
- Palpitations – heartbeats that suddenly become more noticeable
- Joint stiffness, aches and pains
- Breast soreness
- Reduced muscle mass
- Digestive issues
- Recurrent urinary tract infections (UTIs)
- Osteoporosis
- Electric shocks
- Itchy skin and tingling extremities (hands feet, arms and legs)
- Hair loss
- Weight gain
- Dizzy spells
- Bloating
- Stress incontinence
- Brittle nails
- Changes in body odour



# Essential Oil Blends For Menopause

## ***Sage Blend***

**Sage** – Sage can help to ease hot flashes and night sweats both common in menopause. It can help relieve low mood, depression and anxiety.

**Chamomile** – Chamomile also has calming and sedative properties which can be used to lift mood, calm the mind and help sleep issues.

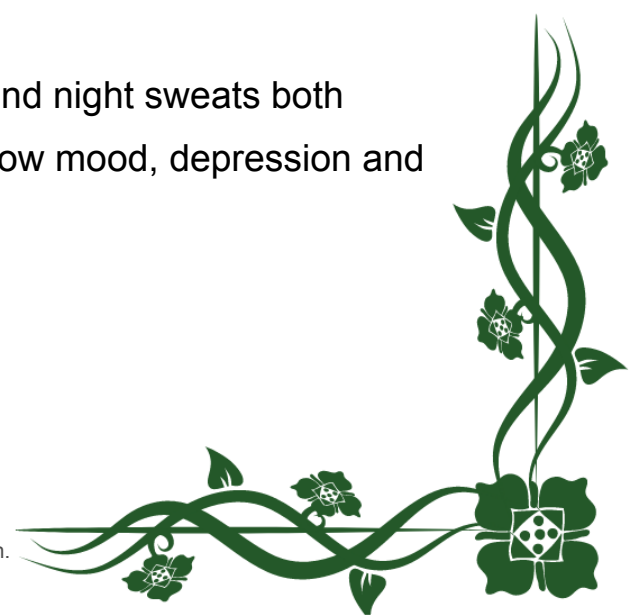
**Geranium** – is a great natural antidepressant which works well with the nervous system to help balance the mind and ease feelings of depression and low mood.

## ***Chamomile Blend***

**Chamomile** – Chamomile also has calming and sedative properties which can be used to lift mood, calm the mind and help sleep issues.

**Cypress** – is an uplifting oil that can help relieve feelings of low mood, depression and anxiety and energize and relieve feelings of fatigue.

**Sage** – Sage can help to ease hot flashes and night sweats both common in menopause. It can help relieve low mood, depression and anxiety.



## ***Cypress Blend***

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# Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

## ***Sage Blend***

Sage– 3 drops

Chamomile– 3 drops

Geranium– 3 drops

## ***Chamomile Blend***

Chamomile – 3 drops

Cypress – 3 drops

Sage – 3 drops

## ***Cypress Blend***

Cypress– 3 drops

Sage – 3 drops

Geranium - 3 drops





## ***Ways To Use Your Blend***

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

### ***Diffuse***

Diffusing a blend of these essential oils can help to relieve the symptoms of menopause such as hot flashes, night sweats, depression, anxiety and brain fog.

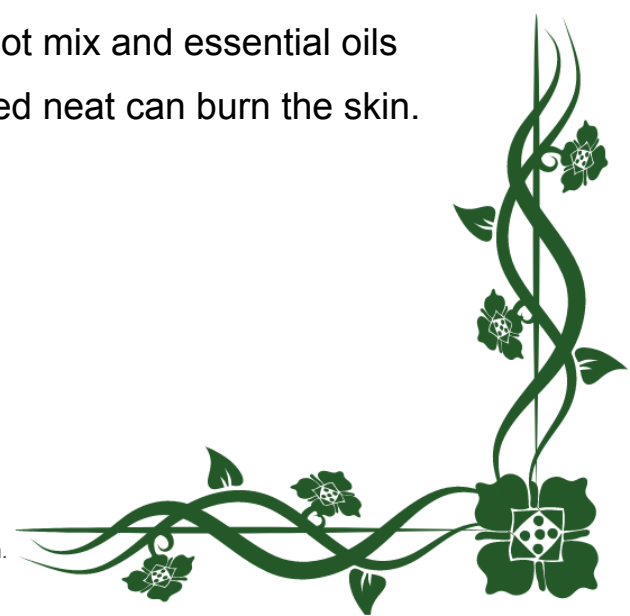
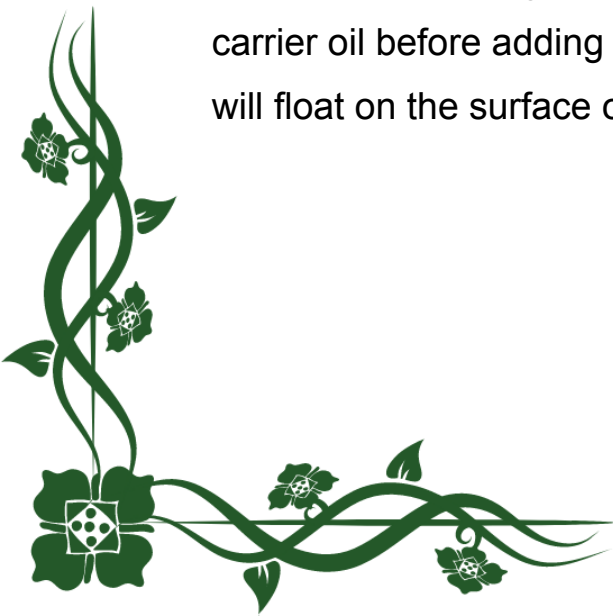
- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

### ***Bath***

Taking a warm bath with these wonderful healing blends can help relieve the symptoms of hot flashes, lift mood, calm the mind and relieve anxiety..

- Add 1 - 3 drops of your chosen essential oil blend to a warm bath.

**Note:** Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



## ***Ointment***

Mix these blends with some carrier oil such as almond oil olive oil and dab a little under the nose or on the wrists at the first sign of a hot flash or to relieve brain fog and anxiety.

- Mix 1 to 2 drops of your chosen essential oil blend to tablespoon of carrier oil such as olive oil or almond oil.



## Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Sage and Cypress should be avoided if pregnant or breastfeeding and in rare cases can also cause allergic reaction or skin irritation. Avoid using Chamomile during the early months of pregnancy. Do not administer oil directly into the eye when treating conditions of the eyes such as conjunctivitis. Geranium can also cause skin irritation or allergic reactions in some people.

There are no other specific cautions for Lavender essential oil.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



# About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





*The Reformed Bohemian*  
*Health & Well-Being Powered By Nature*



Find out more at

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