



Essential Oil Blends For Migraine

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



What Is a Migraine?

Migraines can be debilitating, they are not 'just a headache' as anyone who has ever had one will know. With around 1 in 5 women and 1 in 15 men migraines are common and as such are not regarded as a major health concern. Whilst the reason some people have migraines whilst others don't hasn't been found, however it has been linked to genetic factors which suggest that if you have family members who have or had suffered with migraines you are more likely to also have them.

The onset of migraines is typically in early adulthood, however many women who have no history of migraines find these come on as a symptom of peri-menopause and menopause. This is linked to changes in hormones and hormonal levels. Women may find they are more susceptible to migraines such times as in pregnancy or around their menstrual cycle for this reason.

Migraines typically present as a severe throbbing headache affecting one side of the head, this can extend to the side of the face as the pain radiates outwards. As well as a throbbing headache people may suffer other symptoms such as an increased sensitivity to sound or bright light or feeling or being sick.



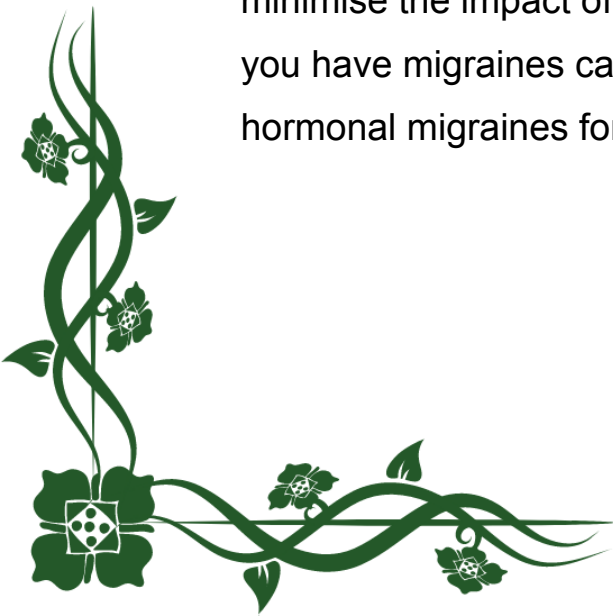
Triggers

Some people have trigger warnings that alert them to the onset of a migraine before the migraine actually starts. These can include:

- Changes in vision, including temporary loss of vision either full or the loss of peripheral vision, seeing flashes of colour or light or dark spots.
- Some people experience sensitivity to sound and loud noises before they experience the throbbing headache.
- Some people will experience numbness or tingling in their face or hands.
- Sense of smell can also be affected.
- Brain fog

Physical activity, stress, lack of sleep, certain foods and hormones can all aggravate and act as triggers for migraines. Migraines can last for between 4 and 72 hours. For some people migraines will be an occasional event but for others they may happen several times a week.

It can be helpful to identify any possible triggers and also any early warning signs of a pending migraine in order to prevent or at least minimise the impact of the migraine. Keeping a diary tracking when you have migraines can help identify if you are experiencing hormonal migraines for example.



It can help you identify if there are certain foods that trigger a migraine, I had a client that had migraines every time she ate chocolate! It can also help to bring awareness to some of the warning signs such as sensitivity to light or sound so you can take action as soon as you notice this rather than waiting until the migraine has fully kicked in.



Symptoms of Migraines

The symptoms of migraines include:

- Migraine with aura/visual disturbance – Before you experience a headache some people may see flashing lights/dark spots/floating dark spots or colours. Some people may have temporary blindness either full or in an area of their vision. Most people will experience some form of visual disturbance.
- Migraine without aura/visual disturbance – Not everyone gets visual cues to a migraine for some people the migraine will just come on without warning.
- Silent migraine - A migraine without the throbbing headache but with the visual disruptions such as light flashes, temporary blindness/peripheral vision loss.



Essential Oil Blends For Migraine

Rose Blend

Basil – With its analgesic and antidepressant properties Basil can relieve the throbbing pain migraines and soothe the nervous tension that may cause them.

Lavender – As with Basil due to its antidepressant and analgesic properties, Lavender is an excellent choice of oil to use to treat migraines. It can bring pain relief to the throbbing whilst easing the stress and tension that can be caused and cause migraines.

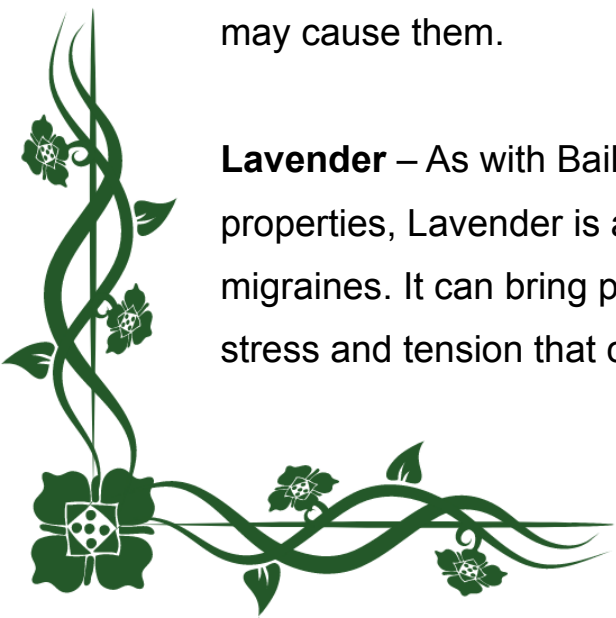
Rose - Rose with its wonderful scent not only makes this a beautiful smelling blend but it helps to relieve tension and stress thanks to its uplifting antidepressant properties.

Rosemary Blend

Rosemary - Rosemary is a stimulating oil that helps ease congestion and fatigue and has uplifting antidepressant properties

Basil – With its analgesic and antidepressant properties Basil can relieve the throbbing pain migraines and soothe the nervous tension that may cause them.

Lavender – As with Basil due to its antidepressant and analgesic properties, Lavender is an excellent choice of oil to use to treat migraines. It can bring pain relief to the throbbing whilst easing the stress and tension that can be caused and cause migraines.



Chamomile Blend

Chamomile - Due to its calming properties Chamomile can help soothe and relieve feelings of stress and anxiety along with it's analgesic properties can really help ease the crippling pain of migraines

Lavender – As with Bail due to its antidepressant and analgesic properties, Lavender is an excellent choice of oil to use to treat migraines. It can bring pain relief to the throbbing whilst easing the stress and tension that can be caused and cause migraines.

Rose - Rose with its wonderful scent not only makes this a beautiful smelling blend but it helps to relieve tension and stress thanks to its uplifting antidepressant properties.



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.

Rose Blend

Rose – 3 drops

Lavender – 3 drops

Basil – 3 drops

Rosemary Blend

Rosemary - 3 drops

Basil - 3 drops

Lavender - 3 drops

Chamomile Blend

Chamomile - 3 drops

Lavender - 3 drops

Rose - 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 discomfort and lethargy associated with migraine.

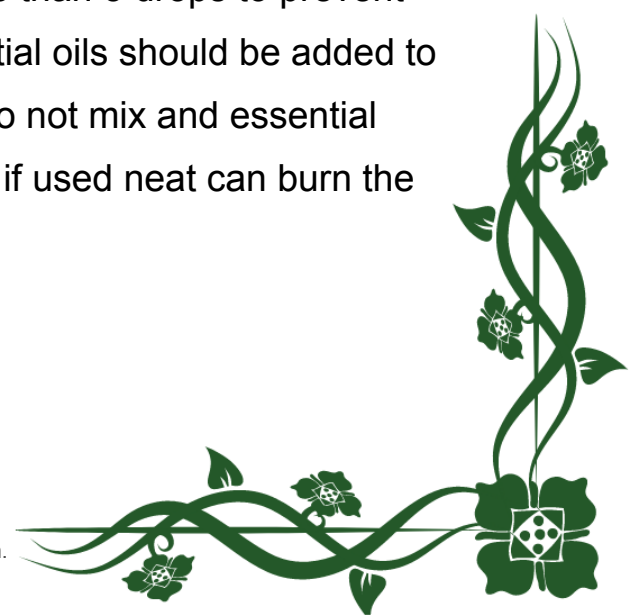
- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

Bath

These essential oil blends can be added to a warm bath to relieve migraines, they can help soothe tension and as the oils disperse into the air they start acting on the body to relieve the pain and discomfort of the throbbing headache.

- 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



Ointment

Mix with some carrier oil such as almond oil olive oil and rub over directly over the temples.

- Mix 1 to 2 drops of your chosen essential oil blend to tablespoon of carrier oil, put a few drops on some cotton wool or fingers and rub over the temple area and over the forehead.

Massage

Massage is a great way of relaxing the body and mind and easing aching muscles. Using these blends of essential oils during a massage is a very effective way of relieving a migraine.

- Add up to 7 drops of your chosen blend in 1 tbsp of carrier 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.

Basil should not be used during pregnancy and if used in excess can act as a depressant. There are no other specific cautions for Rose or Lavender essential oils.

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.

Rosemary should not be used during pregnancy or if epileptic. If used in excess can act as a depressant.

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





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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