

Sleep and Insomnia

Smelling lavender oil has been shown to positively affect the sleep quality of women after childbirth, as well as patients with heart disease.

One review examined 15 studies on essential oils and sleep. The majority of studies showed that smelling the oils (mostly lavender) had positive effects on sleeping habits.

Reducing Inflammation

It has been suggested that essential oils may help fight inflammatory conditions. Some test-tube studies show that they have anti-inflammatory effects.

One study found that ingesting a combination of thyme and oregano essential oils helped induce the remission of colitis. Two rat studies on caraway and rosemary oils found similar results.

Antibiotic and Antimicrobial

The rise of antibiotic-resistant bacteria has renewed interest in the search for other compounds that can fight bacterial infections.

Essential oils, such as peppermint and tea tree oil, have been investigated extensively in test tubes for their antimicrobial effects. In fact, they have shown some positive results.

Other Uses

Essential oils have many uses outside of aromatherapy. Many people use them to scent their homes or freshen up things like laundry.

They are also used as a natural scent in homemade cosmetics and high-quality natural products.

It has also been suggested that essential oils could provide a safe and environmentally friendly alternative to man-made mosquito repellents, such as DEET.

