

Emerging Woman Happy Period Aromatherapy Mix

This is a beautiful mix to celebrate your changing body, and early periods. Massaging with this oil will relax any tension and discomfort in your belly, and the scent will infuse your mood with delight and tranquillity.

Add to a 25ml bottle of almond oil:

3 drops Rose or Geranium

6 drops Orange

3 drops Ylang Ylang

Apply the oil mix to your hands and warm by rubbing them together. Rub your oily hands together; bring to your nose and breath deeply. Now massage your belly, from the bottom right to up under your ribs, across the centre and down the left side, then just above the pubic bone from left to right. Repeat this circular motion, as long as you are comfortable and enjoying it.

Adapted from A Blessing Not a Curse, by Jane Bennett, with thanks to awesome aromatherapist Melinda Smith. © Jane Bennett 2021