**eQUAnimity NYC** offers handcrafted aromatherapy gifts infused with the healing powers of therapeutic grade essential oils, wrapped with love.

**Deep Breathing Exercises with Essential Oils**

Treating yourself or a loved one with essential oils and deep breathing techniques will assist with relaxation and healing. Essential oils are the scented part of different plants (flowers, trees, herbs, fruits). Every oil is different and can be used to treat certain problems.

**How can essential oils help?**

The scents and healing power of essential oils help when you or your loved one feel restless, irritable, or have trouble sleeping and mild pain. The essential oils often work better with deep, focused breathing techniques.

**What oil to use?**

* **Lavender oil** is distilled from the flowers of the lavender plant.
* **Peppermint oil** is steam distilled from partially dried peppermint leaves.

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| **PURPOSE** | **ESSENTIAL OIL** |
| Improves mood | Lavender |
| Calming | Lavender |
| Relief of mild pain | Peppermint |
| Comforting | Lavender, Peppermint |

**Are there any safety issues when using essential oils?**

Consider the following safety tips when using essential oils:

* Only use pure essential oils from a trusted source. Artificial fragrances and products do not have the same effect as pure essential oils from plants with nothing else added.
* Check with a healthcare provider ***before*** ingesting essential oils by mouth. Some essential oils may cause harm when combined with certain medications and health problems.
* Use essential oils with caution if you or family members are pregnant or have migraines, active respiratory diseases, or poorly controlled seizures.
* Keep essential oils out of children’s reach.
* Avoid having essential oils contact the eyes.

**How can deep or focused breathing with essential oils help me or my loved ones?**

Deep breathing helps the body relax and helps oxygen get to the lungs and body promoting good circulation. You can use deep breathing with or without essential oils. Adjust these instructions for your personal needs.

1. Lie down or sit in a comfortable chair, with good posture. You should be as relaxed as possible. The technique works best if you can do the deep breathing for 5 to 10 minutes.
2. Lightly rub 1 to 2 small drops of essential oil on your wrists, your temples and behind your ears.
3. Close your eyes. This can help you focus on your breathing.
4. Breathe through your nose. If your nose is stuffy or clogged, breathe through your mouth.
5. Pay attention to your breathing by putting one hand on your chest or belly. Feel the rise and fall with each breath.
6. Inhale deeply and slowly through your nose (or mouth).
7. Exhale through your mouth, keeping your mouth, tongue and jaw relaxed.
8. Focus on the sound and feeling of your long, slow, deep breaths.

Contact, Valtisha, the Passion Pusher and MVP of eQUAnimity for 1 on 1 consultations,

healing analysis and Positivi-TEA plan.

Positive Thought, Expression & Action! Enjoy your journey!