

Menstrual Cramp Relief Essential Oil Blend

A 38 year old female half marathon runner experienced menstrual cycle fluxuations such as increase in cramping, menses beginning sooner then expected, and increase blood flow. Client was given a five ml bottle with geranium, lavender, clary sage, marjoram, and fennel seed essential oils. Almond oil and camellia oil were added to dilute the essential oil mixture. The client noticed a decrease in tension and a reduction in menstrual cramps within three to five minutes of using the oil.