

Using Essential Oils for Weight Loss

Many people struggle with weight problems at some point in their life. What many people don't realize is that aromatherapy can help. There are many essential oil recipes for weight loss that can be used by anyone currently suffering from weight problems.

Of course, this doesn't mean the the essential oil recipes for weight loss will be a cure. For them to be effective, they need to be used in conjunction with healthy eating and some basic exercise. What the essential oil recipes for weight loss are great for is helping to keep you on track.

Many essential oil recipes for weight loss are great at the beginning of a new health regime, as they can help with the 'withdrawal' sometimes felt at the beginning of a weight loss program. Essential oil recipes for weight loss can continue to help once you get over the first few weeks, by providing energizing or uplifting aroma's which can help to keep you motivated.

If you find that you're craving something sweet, try burning or massaging yourself with some vanilla oil. The sweet smell of this oil can help to curb your cravings, and stop you from snacking on something unhealthy.

Other oils that are useful in helping to curb appetite include grapefruit, basil, cinnamon, peppermint, fennel, rosemary, nutmeg and thyme. Try the following essential oil recipes for weight loss to see which is the most effective for you, or try creating your own.

4 drops grapefruit oil
3 drops fennel oil
3 drops rosemary oil

or

4 drops cinnamon oil
3 drops thyme oil
2 drops nutmeg oil

The above essential oil recipes for weight loss can be used in a burner or diffuser, or added to a carrier oil to be massaged directly on the body. It is important to note that none of the essential oil recipes for weight loss should be applied directly to the skin without the dilution of a carrier oil.

Oils that are useful in decreasing appetite can also be placed into an oil diffuser or burner before meal times to help stop you from over eating. Try the following essential oil recipes:

4 drops raspberry oil
3 drops juniper oil
3 drops of rosemary oil

or

4 drops celery oil
3 drops birch oil
3 drops fennel oil

Again, these essential oil recipes for weight loss are simply a guide. Try creating your own combinations, based on the scents that are most effective for you.

About the Author

Robert Watson, noted hypnotist and webmaster of the only free [aromatherapy](http://www.myaromatherapyclass.com) ecourse website, offers a variety of reviews and information about the different methods of developing your skills as an aromatherapist and integrating the power of aromatherapy into your everyday life. Check out his website to learn more.

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