

# 3 Essential Oil Techniques That Will Maximize Your Detox Cleanse

Even if you avoid junk food and eat organic to avoid harmful pesticides and herbicides, it's becoming harder to avoid chemical exposure in today's environment. One of the best ways to stay healthy is to regularly detoxify the body through natural means. '

We all know that there are several ways to detox naturally, but if you are planning to detox quickly and effectively, try adding essential oils to your detox regimen. Apart from several other health and therapeutic benefits, essential oils are very effective. They not only make you feel energetic, they will help you maximize your results.

Here is the list of top four essential oils that are proven to aid in detoxification. Later on in this article, we will address the ways to use these essential oils for detox purposes.

## Peppermint Oil

Peppermint oil is one of the most popular oils and contains tons of benefits. It has a soothing effect and is known to have positive effects on the digestive system. This oil contains properties that improve digestion and cleanses toxins in the body. Apart from being used individually, peppermint oil can be blended with the other detoxifying agents to increase the effectiveness of your detox. In all, peppermint oil is an important detoxification agent that you can't afford to skip.

# **Grapefruit Oil**

Grapefruit oil is known to possess antifungal properties. Grapefruit effectively destroys harmful viruses and bacteria that may cause severe health problems. In terms of cleansing, this oil effectively detoxifies the liver, stomach, and urinary tract. Another benefit worth mentioning is that it helps immensely when experiencing bloating.

# **Laurel Oil**

Extracted from the laurel leaf, this oil plays an important role in detoxifying your body by improving the digestion system. Laurel essential oil will optimize the immune system and detoxification system so that they're working effectively.

# **Lemon Oil**

Known as one of the best body cleanser available in nature, lemon oil not only removes the impurities from the body, but also prevents severe diseases such as cancer by removing existing toxins. You can use it individually or as an additional agent for proper detoxification.

Some other amazing oils worth mentioning for performing a detox include Juniper Berry, Rosemary, Mandarin, Patchouli, Hyssop, and Helichrysum.

## **3 Ways To Implement Essential Oils In Your Detox**

### **Topical Application**

Applying essential oils directly on your skin is a powerful detoxification technique. Before applying essential oils to your skin, we recommend that you dilute the oil with a carrier

oil. The purpose behind this is because they may be too potent for your skin and may cause sensitivity. A good ratio is 3 drops of essential oil to 1 teaspoon of carrier oil.

## **Aromatherapy**

You may have heard of this technique before, but to put it plainly, you can achieve optimal detox results just by inhaling the aroma of essential oils. Simply place 1-2 drops of oil on the palm of your hands, rub them together, cup your hands to your nose and inhale the aroma by taking deep breaths.

## **Baths**

Taking baths filled with herbs is a popular technique for performing detoxes. This is my favorite way of implementing essential oils because it allows you to submerge your entire body in oils. The effects behind this are not only cleansing to the body, but also physically, emotionally, and mentally therapeutic.

Place about 10-20 drops of your chosen essential oils in a warm bath. Be sure to get in the tub as quickly as you can because the oils tend to evaporate quickly. Also, we recommend that you do not submerge your head under water as essential oils should stay away from your eyes.

## **Conclusion**

Essential oils have been tried and tested throughout the world for centuries and have shown great results. They are one of the most organic, effective, and fast-acting solutions for hundreds of health ailments. By implementing essential oils in your detox, you will experience more energy, an amazing cleanse, and maximum results.

To learn more about essential oils, subscribe to our email

updates and get 2 free audiobooks on essential oils and a 9-day free essential oil eCourse.

### **Suggested Reading:**

- *Inexpensive, Easy Detox – The One Gallon Challenge*
- *Doc Shillington's Total Body Cleanse*
- *Cheap and Easy Detox Diet Plan*

### **Sources:**

- *10 Essential Oils for Detoxing and Purifying the Body* – Bembu
- *Essential Oils to Detoxify the Body* – Ezine Articles
- *Essential Oils for Body and Mind Detox* – Pure Inside Out