Better Grades and Fewer Sick Days: Clinical Aromatherapy for the School Year

It’s that time again—books, new clothes, and first-day jitters. That’s right, ready or not, it’s back to school—tests, homework, and flu season included. Parents do their best to keep their children healthy and to excel academically, but adding essential oils to daily life can give students of all ages an added edge. Best of all, it’s easy and enjoyable! Children journey through life through their senses, so it is only logical that aromatherapy can be a friend during their greatest challenges, both in and out of the classroom.

Boosting Academic Performance with Aromatherapy

It has been shown that inhaling essential oils such as lavender, peppermint, and rosemary during study time and before taking exams boosts cognitive function, eliminates “brain fog”, and yields higher grades. Studies have also demonstrated that citrus oil, especially grapefruit, improves focus and mental performance before exams, public speaking, or performances. Let’s take a closer look at the five top brain boosters and how they can help young people excel during the school year:

Peppermint: Peppermint is the premiere essential oil to boost energy levels, especially on Mondays or rainy days when classwork feels like an insurmountable chore. It is also helpful for the apathetic child who is easily discouraged or distracted. Peppermint is highly effective as a study aid to sharpen memory, keep the mind alert, and increase concentration. **How to use:** Add a drop to a tissue, fold, and

inhale for 5 minutes or so before taking exams or at intervals while studying. It can also be used in the morning to help wake up sleepyheads. ***Caution:*** *do not use in cases of asthma unless it is certain that menthol can be tolerated. Substitute with grapefruit.*

Lavender: Lavender is well-known for its calming properties, even for promoting sleep, but it also has a great reputation for boosting brain clarity, especially when inhaled before taking a test. Lavender essential oil has been shown to boost test scores up to 50%. **How to use:** Add a drop or two to a tissue, fold, and inhale for 5 minutes or so before taking tests or at intervals while studying. It can also be used to calm pre-exam nerves.

Lemon: Lemon is a "bright" oil that is excellent to clear foggy thinking, improve optimism and self-confidence, and improve test scores. Studies have shown that inhaling lemon essential oil prior to exams produced better grades with 54% fewer mistakes.

Grapefruit: Grapefruit essential oil, like lemon, promotes a "sunny" outlook, brightens the mood, and most of all, sharpens memory and boosts overall brain function—so much so, that this oil has been shown to be a powerful tool in improving symptoms of Alzheimer's and other forms of dementia by inhibiting cholinesterase, the enzyme responsible for breaking down the neurotransmitter acetylcholine, which is essential for brain health and memory retention. **How to use:** Add a drop or two to a tissue, fold, and inhale for 5 minutes or so before taking exams or at intervals while studying.

Rosemary: "Rosemary for remembrance" is an age-old expression from folk medicine and one that rings true. Rosemary essential oil improves memory in general and is highly useful before taking exams and during study time. It also provides the body and mind with a boost of energy during long school days or afternoon slumps. **How to use:** Add a drop to a tissue, fold,

and inhale for 5 minutes or so before taking exams or at intervals while studying. ***Caution:*** *Do not use in cases of epilepsy or seizure disorders. Substitute with grapefruit.*

Boosting Your Child's Immune Response with Clinical Aromatherapy

Essential oils can be your child's best friend, not only for better grades but fewer sick days. These precious, concentrated essences from plants, fruits, and trees kill viruses and bacteria, increase oxygen in the bloodstream, and promote the production of white blood cells. They also balance the pH factor (acid/alkaline balance essential to life) and can increase the electrical frequency of the body. *Disease and pathogens cannot thrive or survive in an oxygen-abundant environment*, therefore, using essential oils topically throughout the school year can build your child's defenses *from the deepest level possible*.

Parents are busy people, and children are not far behind with packed schedules, schoolwork, and extracurricular activities. Rest assured, arming your family and fortifying the immune system is easy to incorporate even in the busiest day. Here's a closer look at the top three immune boosting essential oil combos and how they can make you and your family fight any bug that comes around this year:

Lavender (Lavandula angustifolia) and Organic Lemon (Citrus limonum): Lavender and lemon essential oils, both considered "universal" oils, possess antibacterial, antiviral, and antifungal properties and are heavy hitters when it comes to boosting the immune system and fighting illness. Gentle but powerful, both lavender and organic lemon essential oils are appropriate for all ages. **How to use:** At bedtime, apply 2 drops of each essential oil to the soles of the feet, 4 drops total. *For children under the age of six, use 1 drop of each essential oil, 2 drops total*. Allow the oils to be absorbed

into the skin and do not shower after application. Use this combination for a week then switch to another combination for another week so the body does not build up a tolerance to the oils and lessen immune response.

Tea Tree (Melaleuca alternifolia) and Lemon Eucalyptus (*Eucalyptus citriodora)* Two more "universal" oils that have powerful antibacterial, antiviral, and antifungal properties are tea tree and lemon eucalyptus. When combined, these essential oils pack a heavy punch to any flu bug, infection, or cold. **How to use:** At bedtime, apply 2 drops of each essential oil to the soles of the feet, 4 drops total. *For children under the age of six, use 1 drop of each essential oil, 2 drops total*. Allow the oils to be absorbed into the skin and do not shower after application. Use this combination for a week then switch to another combination for another week so the body does not build up a tolerance to the oils and lessen immune response. ***Caution:*** *Do not use lemon eucalyptus in cases of asthma unless it is certain that menthol can be tolerated. Substitute with juniper berry essential oil.*

Clove Bud (Syzygium aromaticum) and Eucalyptus (Eucalyptus globulus): Two more "universal" allies for the flu season, clove and eucalyptus can combat the toughest viruses. **How to use:** At bedtime, apply 2 drops of each essential oil to the soles of the feet, 4 drops total. *For children under the age of six, use 1 drop of each essential oil, 2 drops total*. Allow the oils to be absorbed into the skin and do not shower after application. Use this combination for a week then switch to another combination for another week so the body does not build up a tolerance to the oils and lessen immune response. ***Caution:*** *Do not use eucalyptus in cases of asthma unless it is certain that menthol can be tolerated. Substitute with ravensara essential oil.*

Aromatherapy can be something the entire family can use and enjoy—from the helpful hints in this article to innumerable other ways. This beautiful and effective healing modality is

vast, and children’s needs are addressed differently, so please be sure to gather as much information as possible before diving into the realm of aromatic medicine. There are many good books on the subject, especially those written by Robert Tisserand.

DISCLAIMER

The statements contained herein have not been evaluated by the Food and Drug Administration, and the material presented in this article is not intended to treat, prescribe for, cure, mitigate, or prevent any disease or to replace conventional medical treatments.

Sources:

Donato, Marlaina. Multidimensional Aromatherapy. Ekstasis Multimedia, 2015

Young, Gary. Essential Oil Desk Reference. Essential Science Publishing, 2004

Further Reading:

How To Correctly Use Essential Oils To Prevent the Flu and Other Illnesses