

Four Techniques to Relieve Joint Pain Using Essential Oils

Joint pain may result from injuries, rheumatism, arthritis, or by maintaining bad posture for long periods or time. Essential oils are widely used for relieving joint pain due to their anti-rheumatic, anti-inflammatory, and antispasmodic properties. These effective oils may be used individually or blended together before they are applied to the affected area.

Depending on the location and severity of the pain, application of the essential oil may be through massage, soaking in the bath, or hot or cold compresses. The best essential oils for joint pain alleviation include clove, rosemary, lavender, ginger, marjoram, chamomile, peppermint, eucalyptus, and juniper.

Technique 1: Massage Clove Oil on the Affected Area

Clove oil is a popular essential oil with strong antibacterial, antimicrobial, and hemostatic properties that is used to counter inflammation. Apply small quantities over the painful muscle or joint to avoid skin irritation or you can dilute clove oil with a carrier oil (such as coconut oil) if you have sensitive skin. Add up to 12 drops of clove oil to 2 ounces of carrier oil, and massage it into the affected area.

During pregnancy and breastfeeding, clove oil should be avoided.

Technique 2: Apply a Blend of Essential Oils

A blend of clove oil with other essential oils such as cinnamon, rosemary, peppermint, lavender, and geranium is also effective for alleviating joint pain. Mix at least three of the oils with your preferred carrier oil to make a 1% dilution (6 drops of essential oil to 1 ounce of carrier oil). Apply to the painful joint two times a day.

You may increase the concentration to 3% (20 drops of essential oil to 1 ounce of carrier oil) or more or apply more than twice a day depending on the reaction.

Another combination that works well with sore joints is 1 drop of black pepper, 1 drop of ginger, 2 drops of V'Nilla blend, 3 drops of rosemary, 3 drops of coriander, 4 drops of marjoram, and 6 drops of roman chamomile with 2 ounces of carrier oil. Massage the area with this blend on a daily basis until the pain decreases.

Technique 3: Bath Soak With Oils

Pain involving many joints is best relieved by taking a warm bath in water blended with essential oils. Mix 2 drops of rosemary, 4 drops of juniper berry, 2 drops of cypress, 2 drops of lavender and 1-2 cups of bath salts. Make the bath salts by mixing Epsom salt and baking soda in equal amounts.

Add a few flakes of sea salt and magnesium chloride, and pour the mixture into a tub. Fill the tub with water and allow it to blend for about 30 minutes before bathing.

Technique 4: Hot and Cold

Compresses

Medics have found that hot and cold compresses alleviate joint pain, and adding essential oils improves the effectiveness of this therapy. Heat water to a favorable temperature. Select at least three essential oils and add 4 drops of each oil. Dip a towel in the water, squeeze out the excess water, and place it on the affected area. Apply the hot pack for 15 minutes for each session, alternating with a cold pack after a few hours.

Conclusion

Applying the right combination of essential oils on affected areas is an effective way to relieve joint pain. These oils also reduce muscle spasms and muscle tension and create a soothing effect.

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Sources:

- *Arthritis and Joint Pain Relief Using Essential Oils – Birch Hill Happenings*
- *What Essential Oils are Best for Joint Pain? – Chronic Body Pain*
- *The Top 16 Essential Oils to alleviate Inflammation and Pain – Healthy and Natural World*