

Relaxing

Sometimes just relaxing with your lover is all that you need...

Try this wonderful diffuser blend for those special moments:

- 3 drops of Citrus Bliss
- 2 drops of Lavender
- 1 drop of Peppermint

Now, take a deep breath and enjoy!

Date Night

I am curious... when was your last date night as a couple and what did you do?

As you are commenting below, save this diffuser recipe so that your next date night is filled with passion!

- 2 drops of Cinnamon Bark
- 2 drops of Patchouli
- 2 drops of Rosemary
- 6 drops of Sandalwood
- 2 drops of Ylang Ylang

All I can say is... GET READY FOR A DATE NIGHT TO REMEMBER!

Please let me know if you have any questions about essential oils!

Essential Oils For Men and Women



Essential Oils for Romance

Posted on February 10, 2016

Did you know that essential oils can enhance a romantic mood? Because people are strongly impacted physically and emotionally by scents, the aromas of some essential oils are great aphrodisiacs. But essential oils can help with more than providing a lovely scent.



Essential Oils for Romance

Much of the following information is from the *Modern Essentials* Personal Usage Guide section. Keep in mind, however, that if an essential oil is unappealing to you or your spouse, don't use it. Needless to say, it will distract from rather than enhance your romantic experience.

Arousing Desire:

An aphrodisiac is a substance used to stimulate feelings of love or sexual desire. Many books on aromatherapy tout the aphrodisiac qualities of a number of oils. Perhaps an aphrodisiac to one individual may not be to another. The most important factor is to find an oil that brings balance to the mind and body. A balanced individual is more likely to extend love.

Some oils that are known to be aphrodisiacs include sandalwood, ylang ylang, rose, jasmine, Blend for Women, cinnamon, ginger, and clary sage.

Another oil that may be worth trying because it is a warming oil and may help improve circulation is black pepper. A single drop can help enhance a massage blend. Make sure to always dilute this oil though.



Sandalwood Oil

While few people would associate the woody scent of sandalwood oil with romance, it has been shown to have very alluring properties. In fact, many cultures have been using this [oil to treat impotence](#) for centuries. Women also respond very well to the scent of sandalwood. It has a relaxing effect, but can also help to [increase blood flow](#). Ladies who catch a whiff of sandalwood are likely to experience strong feelings of arousal shortly after.

A loss of libido is not something that people should just accept. As we get older, it can be more difficult to become aroused and to get in the mood. Men and women can both increase their sex drive naturally by using aromatherapy. Sexual intimacy is a vital part of any relationship. Couples should do all they can to maintain a healthy sex life to keep the fires burning and to stay connected.



Great information! But what do you actually DO with the essential oils? You can add a few drops to a plain [massage oil](#) or almond oil. But my preference is to use an [essential oil diffuser](#). You just add about 1/2 cup of water, and then around 4-6 drops of oil, and it fills the air for the next 2-3 hours. It's amazing! I use a blend during the day that helps me to concentrate, and then one at the end of the day that helps me to relax. But tonight I'll add some sandalwood for something else!

Some Essential Oil Blends to try

Have you lost your why, your mojo, your passion?

Too much of even a good thing can become predictable and boring over time. dōTERRA's Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement for your life.

This is a MUST HAVE to keep your relationship filled with PASSION!

Couples Blend

I want to put a challenge out to all couples...

The person who gets home first will set up a diffuser (EVERYDAY) with the "Love Is In the Air" blend...

-3 drops of Ylang Ylang

-4 drops of Grapefruit

Okay - who is ready?!?!

Feel Alive

Make the commitment to your partner that your relationship will always remain ALIVE and THRIVING!

Here is a really special massage blend that will enhance your romance:

-1 tablespoon of dōTERRA® Fractionated Coconut Oil

-2 drops of dōTERRA® Ylang Ylang

-2 drops of dōTERRA® Bergamot

-2 drops of dōTERRA® Clary Sage

(Did you know: Ylang Ylang was used in the past to cover the beds of newlywed couples on their wedding night due to its natural ability to enhance sexual energy!)

The best essential oils to boost your libido. Add some fun to your marriage!



Low libido can take a serious toll on a marriage. As women get older and hormones begin to change, they may find that their desire for sex begins to wane. Energy levels plummet and very often, the lack of energy accounts for lack of desire. When women show a lack of sexual interest, their husband may feel unattractive and unwanted. Thankfully, there are steps couples can take to get their spark back. Aromatherapy can boost libido and bring the fire back into any relationship. These essential oils have the power to boost the sex drive of men and women alike.

Cinnamon Oil for Libido

While cinnamon is frequently used to add spice to a meal, it can also be used to spice up a sexual relationship. Researchers have found that the [scent of cinnamon can increase blood flow to the penis](#). It can also help out ladies with a low sex drive. Cinnamon has been used as an aphrodisiac for centuries.

Although cinnamon is effective, it doesn't always work immediately. Couples should start using the scent early in the night. Long, luxurious cinnamon oil massages are the perfect way to start a night full of passion.

Ylang Ylang Oil

While people experience a loss of libido for a number of reasons, one of the primary culprits is stress. People are so overwhelmed by their jobs and responsibilities that they just can't relax at the end of the night.

Ylang Ylang oil can help even the most tightly-wound people kick back and relax. It can bring [blood pressure down, and bring skin temperatures up](#). Diffusing this oil can give couples a chance to reconnect and make the most of the time they have with each other.

Rose Oil and Libido

Many people see roses as the most romantic flower in the world. People give roses to their loved ones on holidays, and rose-imagery can be found on a variety of mushy cards. However, it's not just the appearance of roses that makes people associate them with love. The smell of roses can also induce feelings of romance. Rose oil has a strong anxiolytic effect, which allows people to [feel less inhibited in the bedroom](#). In addition, the right smell can bring back happy memories. Because roses are associated with romantic holidays, the scent of rose oil can remind couples of happier times.

Jasmine Oil

Jasmine is an exotic flower, so it's no surprise that the scent of jasmine oil can induce passion. Its rich, flowery scent has strong seductive properties, which is why it's commonly used in women's perfume. In India, jasmine oil has been used to treat low libido for centuries.

In modern times, researchers have also found a strong link between the scent of jasmine and increase in sex drive. Inhaling jasmine can have a [stimulating effect on both men and women](#). This oil can improve blood flow, increase body temperature, and give men a much-needed libido boost.

Frigidity:

Female frigidity is a female's lack of sexual drive or her inability to enjoy sexual activities. This disorder has many possible physical and psychological causes, including stress, fatigue, guilt, fear, worry, alcoholism, or drug abuse.

Some oils that may help with frigidity include clary sage, ylang ylang, Blend for Women, and rose.

Impotence:

Impotence in men, also known as erectile dysfunction, is the frequent inability to have or sustain an erection. This may be caused by circulation problems, nerve problems, low levels of testosterone, medications, or psychological stresses.

Some oils that may help with impotence include clary sage, clove, rose, ginger, and sandalwood.

Libido (Low):

Libido is a term used by Sigmund Freud to describe human sexual desire. Causes for a lack of sexual desire can be both physical and psychological. Some possible causes include anemia, alcoholism, drug abuse, stress, anxiety, past sexual abuse, and relationship problems.

Some oils that may help with libido include ylang ylang and Joyful Blend.

Men: Some oils that may help with low libido in men are cinnamon, ginger, and myrrh.

Women: Some oils that may help with low libido in women are clary sage and geranium.

Ways to Use Essential Oils to Enhance Romance

Massage Oil: Combine 3–5 drops of your desired essential oil(s) with 1–2 Tbsp. [fractionated coconut oil](#) or [sweet almond oil](#) to use as a massage oil.



Diffuser: Add 3–5 drops of your desired essential oil(s) to a [diffuser](#), and diffuse into the air.

Perfume or Cologne: Simply dilute a drop of essential oil with a little bit of carrier oil, and apply to temples, neck, or wrists to wear as a perfume or cologne. [Roll-on bottles](#) are an easy way to apply your perfume or cologne.

Bath: Combine 1–2 drops of essential oil with 1/4 cup [Epsom salts](#), and add to warm bathwater when filling the tub. You can also use [this recipe for a bubble bath](#) and just substitute the lavender oil for a romantic scent.

Breath Freshener: A great way to freshen your breath is to place a drop of peppermint essential oil on your tongue or dip a toothpick in cinnamon essential oil and suck on it for a minute.

Personal Lubricant: To create a personal lubricant, combine 3–5 drops of essential oil with 1–2 Tbsp. coconut oil. Some essential oils that may be great for this are lavender, black pepper, peppermint, clary sage, or ylang ylang. A black pepper and peppermint essential oil combo provides a warming/cooling effect that can be exciting. A blend you can try is 3 drops ylang ylang, 1 drop black pepper, and 1 drop peppermint essential oil.

Linen Spray:



ROMANTIC LINEN SPRAY

- **Time:** 2 minutes active
- **Difficulty:** Easy

• [Print](#)

INGREDIENTS:

- 1 Tbsp. [Liquid Vegetable Glycerin](#) or rubbing alcohol
- 5 drops rose essential oil (or substitute with 3 drops geranium essential oil)
- 3 drops ylang ylang essential oil
- 2 drops bergamot essential oil
- 1 drop sandalwood essential oil
- 1/4 cup distilled water
- [2 oz. Red Plastic Spray Bottle](#) or other [small spray bottle](#)

INSTRUCTIONS:

1. Mix liquid glycerin and essential oils in a small spray bottle. Fill the remainder of the bottle with distilled water, screw lid on, and shake to combine.
2. To use, simply spray in the air, on clothes, or on pillows or bed linens.

life that deserves as much attention as the mom, employee, chauffeur, cook, and housekeeper parts! And be sure to open the lines of communication about sex and intimacy with your husband, even if it seems difficult. (Believe me, I know that's hard to do – but it's worth the effort!)

- **Participate.** Let's be honest – sometimes sex seems like one more item on your “to do” list. You just want to hurry it up because you have more important things to do – like get some sleep! Here's a secret to overcoming that feeling and making things more fun and exciting – **take an active role in your sex life.** In other words, participate! It's easy to fall into the habit of letting our husbands do all the work and to think of sex as primarily something for him. That's okay once in a while, but not as a steady diet. So **become an active participant.** Hold him, kiss him, touch him. Respond to his touches, and let him know (with words, sounds or actions) what makes you feel good. Speak up about things you'd like to try – or just do them! Try out different ways of [using your body to improve sex and increase intimacy](#). Try some **essential oils that may boost sensual feelings.** As you become an active participant (rather than an observer) in your own sex life, you're likely to find it to be a lot more fun and interesting.

- **Instigate.** Don't you love the word “instigate?” It **sounds just a little bit naughty** – which is exactly what sex in marriage should be (at least some of the time). It includes the idea of “initiating” sex occasionally, which is a great way to participate in your own sex life. But it also includes stirring things up, surprising your husband (and yourself!), trying something new, or setting a sexy mood. It could be as simple as **playing sexy music**, dancing together, wearing some new (or rarely used!) lingerie, setting the mood with candles and scent, or doing other **simple things that can spice up your marriage.** Or it could be a bit more adventurous – a different location, a new position, a vibrator, or some fun props. Of course, you don't need to try something exotic every time, or even most of the time. But every now and then, instigating can rejuvenate sex and intimacy in your marriage! (Here are some additional **ideas for boosting sex and intimacy.**)



Have you used any of these words to transform your sex life? What words (and actions) have worked for you?

3 Words That Can Improve Your Sex Life



Do you ever feel like sex and intimacy **require more energy and enthusiasm than you can muster**? That figuring them out, or trying to improve your sex life, is just a bit too much trouble – possibly not worth the effort? Or that sex is primarily about your husband and not very much about you?

Yeah, I know that feeling. I've felt that way in the past and, to be completely honest, I still feel that way once in a while. But most of the time, I know that sex and intimacy add much more to my life, my husband's life and our marriage than it requires of me in the way of time and energy.

If you want to improve sex and intimacy in your marriage, but aren't sure you have quite enough energy or enthusiasm to get started, don't despair. Change is entirely possible – if you decide to make it happen. Here are three words that can help. If you're looking for ideas to **improve your sex life**, or even **just change it up a bit**, consider applying one, two or all three of them to your life.

3 Words that Can Improve Your Sex Life

- **Activate.** Sometimes women feel as if their sexuality has gone missing, or never showed up in the first place. They just don't feel sexual. But God created us as sexual beings, and we're missing out on a tremendous blessing (and a lot of fun!) if we don't tap into that part of ourselves. So the first step for many women will be to **activate their sexuality**. For some, this may involve focusing on feeling sexual, taking care of themselves, taking time to learn what feels good to their bodies, or **talking openly with their husband about sex**. Others may need to let go of commitments that absorb large amounts of time or energy, ask for help with day-to-day responsibilities, get more sleep, or make time to take care of themselves. For other women, activating their sexuality may take a little more work. If you're in that group (and even if you're not), check out the excellent information at **Pearl's Oyster Bed** and **Hot, Holy and Humorous** or read an **encouraging sex-positive book**. Then begin to **take small steps toward thinking of yourself as a sexual woman**— an important part of your

Essential Oils for Sex and Intimacy



Honestly, sometimes the path to embracing and enjoying our sexuality just seems too difficult to navigate, doesn't it? **Everything pulls us in the opposite direction** – the direction that leads to stress, fatigue and low libido. Our jobs, families and responsibilities seem to absorb every bit of our energy.

And the sensual woman inside of us, the one who used to show up with some frequency, seems to have disappeared. Very often, it seems like finding her will take more effort and energy than we have to give.

For me, finding that inner sensual woman has sometimes been very, very difficult. Honestly, at times I've wanted to forget about her. It just seemed too hard and too tiring to muster any sexual energy or enthusiasm.

I knew that giving up would be bad for me and bad for my marriage. So I worked on figuring out ways to channel some of my work, home and child-rearing energy into sexual energy. I found that taking care of my health and **exercising regularly** helped, as did recognizing that **sex is important for me**, not just my husband.

But, I was looking for more. (Honestly, I was looking for a magic pill!) And so I started thinking about essential oils for sex and sensuality.

I started to wonder if they could be used to increase libido or sexual energy. As it turns out, it seems likely that they can. After some reading and research, here's what I learned:

Essential Oils for Sex and Sensuality

- **People have used essential oils to increase sensuality and libido for thousands of years.** The idea that certain essential oils and sensuality go hand in hand, and that oils can increase interest in and enjoyment of sex, is not new; people have been using them for those purposes for a very long time. Ancient Egyptian writers and artists often created sensual images by referring to scents and fragrances in the context of sexual relationships. And the Song of Songs in the Bible refers to scents, perfumes and anointing oils as part of its sensual imagery.

- **While many oils are considered to have sensual properties, several emerged as the top sensual oils for women.** Although a woman's response to scents is very individual and personal, certain scents are considered to be particularly sensual or evocative for women. *Modern Essentials, 5th Edition* lists **ylang ylang, clary sage, rose, geranium, cinnamon, and jasmine** as oils that may promote sexual energy or libido. Other sources mention sandalwood, cinnamon and the citrus scents. Some companies create blends of oils that are designed to promote sensuality and sexuality in women, using the sensual scents they consider most effective. For example, one of those blends (my new favorite – **Whisper essential oil blend**) contains **patchouli, bergamott, sandalwood, rose, jasmine, cinnamon bark, vetiver, ylang ylang, geranium, and cocoa and vanilla bean extracts.**

- **Oils can be used in a variety of ways that may enhance sensual feelings.** Generally, these methods involve applying diluted essential oils to the skin, inhaling the scent of the oils, or both. The oils should be diluted in a carrier oil (such as almond oil, light olive oil or liquid coconut oil) and can be worn as a perfume. The same oil mixture can be used as a massage oil. Oils can also be added to a warm bath or shower, diffused or sprayed into the air, or spritzed onto bed linens.

- **Different oils appeal to different women.** Some women love floral scents, such as ylang ylang, jasmine or rose. Some feel energized by spicy scents, like cinnamon, or energizing scents, like lemon or orange. Some women may consider a relaxing scent to be sensual, while others may find that an invigorating scent increases their sexual energy.

So, armed with this information, I tested some of these oils. **Here's what I've tried so far –**

- **Ylang ylang + wild orange,**
- **Whisper essential oil blend**
- **Bergamot + ylang ylang**

I diluted all of these in a carrier oil, either **fractionated coconut oil or almond oil.** I wanted to try ylang ylang because it came up repeatedly in my research as a primary essential oil for sensuality in women. But it's very strong and very floral, so I added wild orange or bergamot (a light citrus scent) to "soften" it. I've used all of these mixtures as a perfume (separately, not together); I put some of them in **roller bottles for easy application** and the rest in **regular oil bottles.**

I also used a couple of the combinations as a bath oil and a massage oil. I sweet-talked my husband into giving me several massages (it wasn't that hard!). And I took the advice of a midwife friend, who suggested rolling or massaging the oil mixtures onto the lower abdomen (over the ovaries). After several weeks of experimentation, here's what I learned:

- **Essential oils can reduce stress and elevate mood, which can promote increased feelings of sensuality and sexual energy.** Although they weren't the magical cure I was seeking, the essential oil mixtures increased

sensual feelings and interest in sex – but not on their own. So, for example, if I worked hard all day, never took a break, worked until bedtime and fell into bed exhausted, no amount of ylang ylang (or anything else) was going to conjure up a sensual mood! It just wasn't going to happen. But, **if I used the oils as part of a plan,** taking some time to unwind, relax, have a glass of wine, enjoy a warm bath or massage – then it was fairly easy to feel sensual and create some sexual energy.

Now, you might be thinking, "Well, making a plan and taking some time to unwind could put you in the mood without essential oils." And you're right – it could. At this point I don't know if something inherent in the oils increases sensuality or libido, or if they create a placebo effect. Either way, **for a small investment of money and time, I think the results were worth the effort.** I plan to keep experimenting, and if I learn anything new I'll let you know.