

# 10 Essential Oils for Fibromyalgia / Fibrositis (Plus 3 Recipes & Application Tips)

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Fibromyalgia (also known as fibrositis or myofascial pain syndrome) is an inflammation caused by overgrowth of cells of the fibrous white tissue of the musculoskeletal system. Fibromyalgia most often occurs as a result of chronic inflammation or hormone dysfunction. Sometime it occurs as a result of other bodily damage or disease.

Those suffering from fibromyalgia often experience the following symptoms:

- Tenderness
- Stiffness
- Unbearable pain
- Chronic tiredness
- Gastrointestinal problems
- Concentration problems
- Depression
- Generalized aches or stiffness at many sites for more than three months.
- Generalized fatigue
- Chronic headache including migraines
- Sleep disorder, particularly timings of cycles

- Neuronal and psychological complaints
- Swelling
- Numbness/ tingling sensations

Fibromyalgia affects a lot of people for a disease which we have only little understanding of. The disease affects over 5 million individuals in the U.S. alone. The condition also disproportionately affects women over men.

## 9 Essential oils for Fibromyalgia (Fibrositis)

Basically, Fibromyalgia is a major pain to deal with. But luckily we have essential oils. And while they won't help with everything, for this condition they do a lot of good.

Read below for the most recommended oils, followed by some recipes and additional tips.

### 1.) Rosemary Oil



Rosemary oil is another fantastic all around oil. In addition to its brain tonic qualities it contains high levels of analgesic properties which support the inflammatory aches, and pains of fibromyalgia.

Rosemary can also be applied topically for a wide variety of ailments, including reducing cellulite, improving hair growth, healing skin and curing headaches.

## 2.) Black pepper oil



Black pepper is one of the best oils for muscular aches and pains.

It is highly warming and circulation improving. It also contains pain relieving properties. For this reason it is great not only for relief fibromyalgia, arthritis or sore muscles, but for pre-exercise pain prevention and stiffness reduction.

If you're feeling stiff, tight and in pain, black pepper could be your saving grace.

## 3.) Lavender Oil



Lavender is a wonderful therapeutic oil, as you likely know.

This plant has some of the best anti-inflammatory and analgesic properties in the plant kingdom, which works out perfectly for those of us who are suffering with fibromyalgia.

Lavender's wealth of therapeutic actions mean it's a great fit for anti-inflammatory, calming, and parasympathetic inducing purposes. Lavender will also ease swelling and improve blood circulation.

#### 4.) Thyme Oil



Thyme is a perennial herb with culinary, medicinal and cosmetic uses. It has long been associated with strength and well being.

Thyme oil is reviving. It has stimulant action on the immune system and strengthening, tonic action on the circulatory system and the mind. helps treat joint and muscle pain with it's warming action on the body.

For this reason it is also beneficial for fibromyalgia, arthritis and rheumatism. It also lowers blood pressure while also increasing blood circulation!

## 5.) Ginger Oil



Ginger is a natural pain reliever. The essential oil provides relief from aching muscles and eases spasms in the muscles. Ginger supports muscles in this way with its warming action together with its analgesic properties.

These properties help it to soothe painful joints, muscles and symptoms of arthritis. It is also a powerful digestive aid as well as a circulation enhancer.

## 6.) Eucalyptus Oil



Some of the most common symptoms of Fibromyalgia, including chronic muscle aches, soreness and stiffness have been associated with poor blood circulation. This poor circulation increases toxin buildup in the soft tissue of the body, which greatly enhances the likelihood of fibromyalgia flare ups. Eucalyptus is one of the best essential oils to improve circulation.

Eucalyptus is also a potent anti-inflammatory, which is further enhanced by its ability to stimulate circulation and improve the blood supply. All of this action greatly enhances the body's ability to flush out toxins from the system while helping to deliver fresh oxygen and nutrients to your aching, tired cells and tissues.

This oil will alleviate both soreness and, with its invigorating qualities, fatigue as well.

## 7.) Marjoram Oil



With excellent warming, soothing and antispasmodic properties marjoram oil helps to ease the joint pain and muscle spasms associated with fibromyalgia.

Marjoram is also a highly supporting herb in other facets of life including being beneficial for fatigue, brain health, grief, high blood pressure, arthritis, indigestion, circulation – among many others!

## 8.) Peppermint Oil



A refreshing and uplifting oil, peppermint helps to reduce mental and physical fatigue while also improving concentration. It's benefits for fibromyalgia continue, as it's use is highly supportive of aching joints and muscular aches and pains when applied in massage or bath.

## 9.) Cypress Oil



Cypress is a great oil for jumpstarting poor circulation and reducing fatigue, stress and tension. The ways this oil can be used vary greatly, including limiting emotional upset, reducing cough and edema. It's also widely used for women's issues around menstruation, cramps and hot flashes.

## 10.) Juniper Oil



Juniper berries are well known for their detoxifying and cleansing properties. It helps to stimulate the mind as well as ease muscle spasms and joint/muscle pain. Juniper has a natural muscle relaxing quality and a 'hyper-tensive' nerve calming quality when applied topically. It's great in the bath!

## 3 Essential Oil Based Recipes & Application Tips for Fibromyalgia



### 1.) Fibromyalgia Massage Blend

- 2 drops lavender
- 1 drop juniper
- 1 drop peppermint
- 1 tsp grapeseed or sweet almond oil



Directions:

1. In a small non-reactive bowl combine ingredients of your fibromyalgia blend for massage
2. Mix well and massage over your body

## 2.) Fibromyalgia Blend for Baths



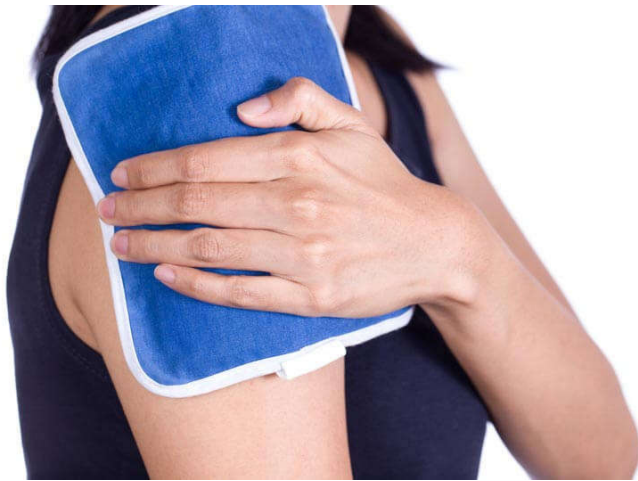
- 2 drops juniper berry
- 2 drops cypress
- 1 drop black pepper
- 1 tsp grapeseed or sweet almond oil

Directions:

1. Fill your tub with warm water
2. While the tub is filling combine your bath oil blend together in a non-reactive bowl
3. Massage blend into skin for getting into bath
4. Soak in the tub for 30 minutes

**TIP:** Do not add essential oils to the tub while the water is running. You might lose some of the power of the oils due to evaporation.

### 3.) Fibromyalgia Blend for Compresses



#### Ingredients:

- 1 tsp rosemary essential oil
- 50 drops lavender essential oil
- 50 drops marjoram essential oil

#### Directions:

1. In a 1/2 oz (10 mL) glass dropper bottle combine rosemary, lavender and marjoram
2. Shake to blend

#### **Warm Compress**

#### Directions:

1. In a non-reactive bowl combine 1 cup hot water and 10 drops of your fibromyalgia blend for compresses
2. Stir well to disperse oils
3. Soak a cloth and wring out enough water so the cloth doesn't drip
4. Lay cloth on the affected area and secure firmly, but not too tightly, by wrapping plastic wrap around the area and over the damp cloth

#### **Cold Compress**

#### Directions:

Try the above as a cold compress treatment to see which gives you the most relief. Treat as often as needed.