

The background features several amber-colored glass bottles of essential oils with white caps, arranged on a white surface. Pink and white flowers are scattered around the bottles. A large, dark red, stylized arrow graphic points from the top right towards the bottom left, partially overlapping the text.

Best Essential Oils

for Migraines

Lifestyle Prowess

Description of *Migraine*

According to Medline, A **migraine** is a type of headache. It may occur with symptoms such as nausea, vomiting, or sensitivity to light and sound. In many people, a throbbing pain is felt only on one side of the head.

Description of *Migraine*

Many solutions are available to treat migraines (depending on the cause) but essential oils have proven effective in easing migraines and can be grouped in two – those that work on the body and those that just ease and calm the mind.

Description of *Migraine*

While most people resort to painkillers for relief, constant use may lead to reduced effect (potency) and in the long run, may cause liver damage. Using essential oils correctly make for fewer side effects while the environment is protected.

Best Essential Oils for Migraines

Lavender Essential Oil

[Lavender essential oils](#) are beautifully scented oils extracted from a beautiful flower. It has mild sedative effects that help to induce relaxation. This relieves tension and stress as it can be very calming. As a bonus, it has anti-inflammatory properties.

Best Essential Oils for Migraines

Lavender Essential Oil

DIRECTIONS: Apply to the back of the neck, temple, and wrists to relieve stress. It can also be used as aromatherapy. It helps reduce CNS depression and is very pleasing to use at nights.

Best Essential Oils for Migraines

Peppermint Essential Oil

Peppermint has menthol like properties so it exhibits cooling effects when it evaporates from your skin. It helps inhibit muscle contractions and plays a role in stimulating blood flow which helps to ease migraines.

Best Essential Oils for Migraines

Peppermint Essential Oil

DIRECTIONS: This can be used in a similar manner as the lavender essential oil. Apply to neck, temples, and wrists.

Best Essential Oils for Migraines

Eucalyptus Essential Oil

Eucalyptus essential oil works best for migraines caused by sinus infections because it has anti-inflammatory properties. It is mostly used as a blend with other oils as it can be incorporated for other uses.

Best Essential Oils for Migraines

Eucalyptus Essential Oil

DIRECTIONS: Place a bowl of hot water and add a few drops of eucalyptus oil. Then, place a blanket over your head and try to inhale the steam for a minute or two. It can get quite stuffy but hang in there. It's aromatherapy and steam therapy in one.

Best Essential Oils for Migraines

Rosemary Essential Oil

Rosemary oil is another wonderful oil out there. With its woody fragrance, it has a myriad of uses. Its anti-cancer, anti-inflammatory, analgesic, and antioxidant properties can help reduce stress and help with emotions.

Best Essential Oils for Migraines

Rosemary Essential Oil

DIRECTIONS: Add two drops of rosemary and peppermint oil to a teaspoon of coconut oil and apply to the back of neck, temples, and forehead. One drop of rosemary oil can also be taken with tea.

Best Essential Oils for Migraines

Jasmine Essential Oil

With a flattering name comes a pleasantly scented oil. It helps mostly with migraines from hormonal imbalances. It eases depression and can help tremendously with pain. It is mostly used via aromatherapy.

Best Essential Oils for Migraines

Jasmine Essential Oil

DIRECTIONS: Inhale or use aromatherapy methods.

While these may be the best essential oils for migraines, there are a [few worthy mentions](#) which can be used as a blend or just to help with symptoms. They are:

- Bergamot
- Chamomile
- Rose
- Helichrysum
- Ginger
- Lemongrass
- Clary Sage

A background image showing several amber-colored glass bottles of essential oils with white caps, arranged on a surface with pink and white flowers. A large, dark red, abstract geometric shape is overlaid on the right side of the image.

Was this presentation helpful? Please share with friends and family who are suffering from migraines.

The presentation is especially helpful for those who are looking for the [best essential oils for migraines](#), which can be used as alternatives to conventional painkillers.