

Essential Oils for ADHD

Essential oils are concentrated, aromatic plant extracts that have been used for thousands of years.

The calming effect of essential oils has been the subject of several research studies.

When children with ADHD inhaled vetiver essential oil three times a day for 30 days they had improved brain wave patterns and behavior and did better in school.

Other research showed vetiver essential oil to have particular promise for ADHD, as it led to changes in brain activity suggestive of increased alertness.

Other essential oils that may relieve ADHD symptoms include cedarwood, rosemary, ylang ylang, frankincense, lavender, blood orange and more.

How to use essential oils

Inhalation or applying the oils topically to the skin are two effective ways to use essential oils for ADHD. Placing three to four drops of oil into a diffuser is one of the simplest methods.

To use the oils topically, first mix the oil with a carrier oil such as coconut or almond oil. Oils can be applied to the neck, wrists,